

Senior Scope

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

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Faces of these Acushnet veterans are on the wall, but it's the camaraderie of the group that truly sustains them.

'There's nobody like me until I come here'

Veterans Wall honors those who served and the Tuesday mornings that bring them together

August "Gus" Cote is 93 years old, a Korean War veteran, and possibly the oldest living veteran in Acushnet. Sitting around a table with seven other veterans at the Acushnet Council on Aging one Tuesday morning in June, he said words that landed like something not yet

spoken but true. "All these guys are my brothers," Cote said. "And getting together on a Tuesday like we do is better than being at a VFW meeting or the American Legion. We talk with each other in our meetings. We don't get to talk much elsewhere." There is a new Veterans Wall at the

Acushnet Council on Aging honoring the service of veterans connected to the town. Families are represented here, multiple generations as well as husbands and wives who served together, each photographed in uniform, with name and rank listed.

Continued on page 12

A Fitting Send-Off: Celebration honors a champion of older adults

For Bristol County District Attorney Thomas M. Quinn III, the annual Celebration of Seniors has always been about the people in the room: the older adults he has spent nearly 12 years fighting to protect. This year, the feeling was mutual. The June 12 event at White's of Westport drew more than 700 people, filling every corner of the venue with the energy that has made the Celebration of Seniors the largest event of its kind in the South Coast, and possibly beyond. About 650 older adults enjoyed a free breakfast while hearing from speakers on topics ranging from fraud and elder abuse to home care supports. All 70 vendor tables were crowded with attendees seeking information and the many giveaways on offer. For those who needed a breather after filling their bags, chair massages provided a welcome rest.

Continued on page 7



SSA resources to help protect elders from scams

World Elder Abuse Awareness Day was on June 15 this year. On this day, communities, seniors, caregivers, governments, organizations, and the private sector united to prevent the mistreatment of and violence against older people.

Social Security scams are widespread across the United States. Scammers use sophisticated tactics to deceive you into providing sensitive information or money. They target everyone – especially the elderly – and their tactics continue to evolve.

Here are five easy-to-use resources to prevent Social Security fraud:

1. Create your personal my Social Security account at www.ssa.gov/myaccount to stay one step ahead of scammers.
2. Read our blog post to learn how to guard your Social Security card – and protect your personal information at www.ssa.gov/blog/en/posts/2025-06-05.html.
3. Check out our Protect Yourself from Scams page to learn how we fight scammers at www.ssa.gov/scam.
4. Read our Scam Alert fact



sheet to learn what tactics scammers use and how to protect yourself at www.ssa.gov/fraud/assets/materials/EN-05-10597.pdf.

5. Learn about other types of fraud on our Office of the Inspector General’s (OIG) Scam Awareness page at oig.ssa.gov/scam-awareness/scam-alert. You’ll also see how to report these scams to our OIG and other government agencies.

Please share this information with your friends and family to help spread awareness about Social Security imposter scams.

Fifty-plus issues and counting

It’s not the milestone you’d normally point out. The 50th issue back in March would have been a much better one to celebrate.

But this one, the 54th, stands out to me for more personal reasons.

Next month will be the first month we’ve skipped an issue since I became editor.

And, that means I get a break.

A month where I’m not thinking ahead to what health or social issues need to be shared with readers. Not looking for sources to talk about some underfunded program or undervalued person. Not trying to convince someone with a remarkable story that sharing it could make a difference. And not wading through pages of Medicare and benefits information in a futile attempt to understand it well enough to explain to others before turning to the experts and asking them to let me interview them instead.

Every other year, we’ve produced 12 issues. This year, there will be 11.

Looking back, there’s much

more that has changed since I became editor five years ago. In the last two of those years especially, the topic of aging has grown in both visibility and recognition.

Aging tips, the phenomenon of superagers, how care is evolving as the ranks of retirees grow, how each of us continues to contribute to a better world as we age, all of it is making the news regularly now.

Gradually, we are changing the way aging is perceived. Progress is slow, but for the first time, it’s visible.

I’m excited to watch it continue to evolve.

I plan to use this one-month break to catch up on other work, rest, and hopefully find some fresh inspiration for what’s ahead for Senior Scope.

I’ll see you in September.

Connect with Beth at bperdue@coastlinenb.org or call her at 774-438-2729.



Beth Perdue

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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 ½ 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 Feeney
Mattapoisett Council on Aging 17 Barstow Street, Mattapoisett	508-758-4110	Connie Heacox
New Bedford Council on Aging 181 Hillman St., Monday-Friday (for New Bedford residents only)	508-991-6250 508-991-6250	Nora Rose Patricia Foster David Ducharme
City of New Bedford-Community Services, 133 Williams St., NB	508-984-2670	Ivis Espinoza-Oviedo
Rochester Council on Aging 67 Dexter Lane, Rochester	508-763-8723	Jan Cote
Southcoast Health 200 Mill Road, Suite 109, Fairhaven	508-965-1047 (Internal referrals)	Denise Dupuis

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— Gus Cote, Acushnet

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Many aging adults use complementary therapies - but most don't tell their doctors

Many older adults quietly add something extra to their health routines whether it is a yoga class, herbal supplements, or even meditation.

But their doctors may never hear about it.

A new study from Mass General Brigham suggests these “complementary” health approaches are far more common than many people realize. Researchers found that nearly 6 in 10 older adults reported using at least one such therapy in the past year, and more than three-quarters said they had tried one at some point in their lives.

The findings, published in the American Journal of Medicine, draw on survey data from more than 16,000 participants in a large national clinical trial known as COSMOS. The study included women age 65 and older and men age 60 and older.

“I hope this study opens the eyes of the healthcare community to talk to their patients about complementary and integrative health modalities.”

—Howard Sesso,
Senior Author

Complementary health approaches, often called CHA, cover a wide range of practices that fall outside standard

medical care. In this study, researchers grouped them into six categories: manual therapies such as chiropractic care and massage; mind-body practices like yoga or tai chi; herbal products; acupuncture; spiritual practices; and the use of cannabis or psychedelics.

Spiritual practices were the most commonly reported, with nearly 39 percent of participants saying they had engaged in them over the past year. Manual therapies and herbal products followed, each used by about one in five respondents. Acupuncture was less common, reported by fewer than 4 percent.

“What surprised me most was just how common these complementary therapies were,” said lead author Dennis Muñoz-Vergara, a researcher at the Osher Center for Integrative Health. “They are much more mainstream than many people may realize.”

The study also found patterns in who was more likely to use these approaches. Women reported higher use than men. Participation was also more common among people with higher levels of education, those who were more physically active, and those with a history of falls or depression.

Still, the researchers caution that the study group does not perfectly represent all older Americans. Participants were enrolled in a clinical trial focused on dietary supplements, which means they may be more



health-conscious and have higher incomes than the general population.

Just as important as how many people are using these therapies is the question of communication. Researchers say there may be a gap between what patients are doing and what their healthcare providers know.

“Patients often seek to supplement their doctors’ recommended treatments,” said senior author Howard Sesso. “I hope this study opens the eyes of the healthcare community to talk to their patients about complementary and integrative health modalities.”

The study did not examine why participants chose these therapies, how often they used them, or whether they found them effective. That

leaves important questions unanswered, particularly about benefits, risks, and possible interactions with medications.

For older adults, those details can matter. Some herbal supplements, for example, can interfere with prescription drugs, and certain therapies may not be appropriate for people with specific health conditions.

Researchers say the takeaway is not that complementary therapies are good or bad, but that they are common and worth discussing openly. Better conversations between patients and providers, they note, could help ensure these approaches are used safely and effectively alongside conventional care.



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508-717-8715 [GiftsToGive.org](https://www.GiftsToGive.org)

Updates

No-Cost heat pumps for moderate income New Bedford residents

The City of New Bedford and HomeWorks Energy is holding a free program to explore how some city residents can receive no-cost heat pumps, weatherization, and more through Mass Save's Turnkey Services pathway. The program, Turnkey Services: How to Receive a No-Cost Heat Pump for Moderate Income Customers, is recommended for New Bedford's moderate-income residents who heat with oil or electric resistance. It will be held at 6 p.m. on July 29 at the main New Bedford Public Library, 613 Pleasant St., New Bedford. Attend to find out if you qualify. For more information or to register, visit: <https://www.eventbrite.com/e/turnkey-services-how-to-receive-a-no-cost-heat-pump-for-moderate-income-tickets-1990478255043?aff=oddtcreator>

Shakespeare events happening this summer

Reverie Theatre Group will present a Shakespearean workshop, catering to kids, teens, and adults at the Rotch-Jones-Duff House & Garden Museum on July 9. Patrons are invited to attend the free workshop to learn more about the play with Reverie's dramaturg and award-winning journalist, Tony Silvia, and Shakespeare in NB 2026 director, Omar Laguerre-Lewis. Participants can expect an interactive, two-part informational session centered on the Bard's rich and layered language. Starting at 5 p.m., families will learn about Hamlet through passages from Charles & Mary Lamb's Tales from Shakespeare. At 6 p.m., teens and adults are welcomed to explore the text on a deeper level, with Omar and Tony focusing on the play's history, vocabulary, and iambic pentameter rhythm. The event is free as part of AHA! Night. Reverie Theatre Group returns to RJD between Aug. 13 and 23 to perform Hamlet for free. Visit rjdmuseum.org/calendar or reverietheatregroup.org for more information on the production and the July workshop.

New Bedford announces summer concert series

The Summer Sound Series, New Bedford's free popular weekly summer concerts, is back, bringing an eclectic mix of musical genres with new acts and returning favorites to downtown New Bedford on Friday nights until Sept. 4. Performances began on June 26, with shows from 6:30 – 8:30 p.m. (except for July 3) and alternating locations between lower Union Street and Purchase Street. The July 3 show will be on Purchase Street beginning at 6 p.m. and finishing at 8:30 p.m. in time for the fireworks. See the ahaneurbedford.org or explorenewbedford.com for the entire summer line-up and full details on each performance. This year's series coincides with the NB250 celebrations on July 3, creating a fun evening of family-friendly activities and music before the annual holiday fireworks display over the harbor at 9 p.m. The July performances are:

JULY 3: Autumn Drive and Morrissey Blvd
The concert will start at 6 p.m. on Purchase Street and finish at 8:30 p.m. in time for the fireworks over the harbor at 9 p.m.

JULY 17: Groovalottos
The show takes place on Lower Union Street and also kicks off the NB Roots and Branches Festival.

JULY 24: Funkie White Honkies
The show takes place downtown on Purchase Street.

Sign up for 21-Day Eat Local Challenge

The Marion Institute is once again holding its 21-Day Eat Local Challenge this summer, an annual guided journey of sourcing, cooking, and connecting with local food and our individual roles in our regional food system. The challenge, which runs from July 6-26, is simple. For 21 days, you'll be encouraged to source, cook with, and eat foods grown, caught, or made within 200 miles. You can tailor the experience to fit your lifestyle, focusing on small, meaningful shifts in how you shop, cook, and eat. It's designed to be approachable, educational, and inspiring. Once registered, you'll receive one email a day for 21 days, packed with information on how to source local food and make it last; food facts and nutritional insights; seasonal recipes; simple, inspiring tips; and more. Each day builds on the last, helping you create lasting habits while deepening your connection to local food. Sign up at www.marioninstitute.org.

Mental health support for people with disabilities

Upcoming sessions from The Link Center offers participants an opportunity to learn about and discuss critical warning signs and risk factors for suicide, while sharing actionable strategies and resources to provide ongoing support and restore a sense of hope. These shared learning groups are an opportunity to dive into important topics together, sharing resources, information, and ideas to better support people with intellectual and developmental disabilities (I/DD), brain injuries, and other disabilities and co-occurring mental health conditions. Sessions on July 30 are targeted to families from 1-2 p.m. and individuals from 3-4:30 p.m. An earlier session is designed for professionals. Live captioning and ASL interpretation will be provided during all live webinars. Registration is required. The Link Center works to improve access to mental health services for people with disabilities. To register, go to thelinkcenter.org/shared-learning-groups/

Know your options as you age

Options Counseling is a free program that guides adults age 60 and older, families and caregivers through resources that can help them remain in the community. An Options Counselor will work with you to meet your individualized goals. They can provide counseling to you, whether you're currently at home, in the community, or in a hospital or facility setting. The program is part of the Aging and Disability Consortium of Southeast Massachusetts, which partners with Independent Living Centers to assist people with disabilities of any age and can assist with connecting you with a local partner to receive Options Counseling Services. A referral can be made through Coastline's Information and Referral Department at 508-999-6400.

Cookout Season Begins

Tripp Towers residents knew how to enjoy a summer day. Their annual cookout on June 16 drew a bigger crowd than anticipated, with Coastline and Anodyne staff serving up hamburgers, hotdogs, and more and residents enjoying the food, a DJ-hosted Musical Bingo, a raffle, and dancing. Even the resident pups had a good time.



Community

Try Japanese walking: The interval trick that could change your routine

By Donna Bosworth
New Bedford Wellness Yoga Director

The basic actions of daily living are easy to take for granted. Breathing, your heart beating, your legs carrying you from place to place are all so automatic that we rarely think about them, with the exception of aches and pains. But there’s one of these everyday actions that deserves a second look: walking. It’s simple, it’s free, and the health benefits might surprise you.

Taking up a habit of walking regularly will help you maintain a healthy weight, keep your joints happy, boost your mood and help with heart health. An easy to do exercise, it is considered to be a low-impact activity that is kind to your joints with minimal risk and lots of benefits.

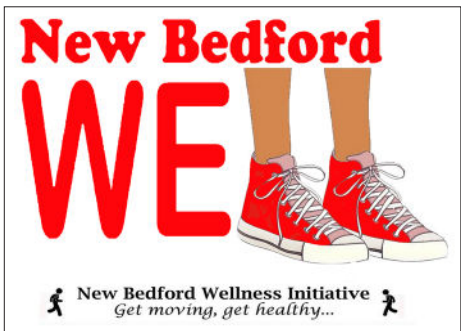
Aiming for 30 minutes a day is the general time suggestion to start to reap the benefits of regular exercise. If you don’t have 30 minutes, break it into smaller parts, taking a few shorter walks throughout your day. Some ideas: park farther away when you go to a store, take the stairs instead of an elevator, make a meeting a walking meeting, ask a friend to join you for a short jaunt to a park or beach. Any amount of activity is better than none. Even short bursts add up and have health benefits.

A brisk walk can burn approximately 150-200 calories depending on your pace and body weight. It can strengthen heart health, reduce the risk of heart disease, stroke and high blood pressure while also lowering LDL cholesterol. It strengthens your bones and muscles, improves balance and lowers fall risk. If a brisk pace isn’t for you, consider walking at your regular pace with small bursts of a faster pace.

You may have heard of Japanese walking, which is also known as



“Taking up a habit of walking regularly will help you maintain a healthy weight, keep your joints happy, boost your mood and help with heart health.”



Interval Walking Training (IWT). It is a technique that alternates between slow and brisk walking for overall health benefits.

How to do Japanese Walking or Interval Walking Training:

- Warm-up:** Begin with a few minutes of gentle walking
- Interval:** Walk briskly for about 3 minutes and then slow down for 3 minutes.
- Repeat:** Complete the cycle five times for a total of 30 minutes.
- Posture:** Maintain an upright

posture, engage your core and practice deep abdominal breathing. This will help with stability and digestion.

•**Optimal Benefits:** Practice this routine four or more days a week.

Ready to make a change? Set yourself up for a successful walking session with these suggestions:

- Start with a simple goal that you can easily reach. Perhaps a walk down the driveway or from your car to the store. As your routine builds, slowly build your goals.
- Make it enjoyable! Walk with a

friend or neighbor, walk your dog, join a health club or walking club, listen to music or an audiobook. Find something that will make you want to continue.

•Change your routine. Try a different route, find a park, add short hills or stairs.

•Take missed days in stride. If you miss a walk, it’s okay. Remember how good you feel when you include walking in your daily routine and get back to it when you can.

Taking that first step will start you in the right direction for better health!

Donna Bosworth is a certified group fitness instructor with 30+ years of experience in the fitness community. Her love of exercise includes Yoga 500-hour E-CYT, TaiJi Fit, Pilates, Barre and she is a fifth degree Black Belt in American Kenpo.

The Way Things Were



OLD HOME WEEK: Old Home Week celebrations are taking place in this circa 1900 photo taken looking north on Pleasant Street from William Street in New Bedford. (Courtesy of Spinner Publications.)

Pedestrian crashes still a concern

WalkMassachusetts’s 2025 fatal pedestrian crash report shows that pedestrian safety remains a serious issue across Massachusetts, with 76 pedestrian deaths statewide last year and clear patterns tied to time, place, and age.

For New Bedford and Dartmouth, the report underscores a South Coast corridor where recent crashes have also drawn local attention, making safe crossings, driver behavior, and nighttime visibility especially relevant.

•Statewide, pedestrians made up more than one in five traffic deaths in 2025.

•People age 65+ accounted for 43.4% of pedestrian fatalities, showing older adults are especially at risk.

•Nearly 70% of fatal crashes happened in the dark, and most were on local roads with 25–35 mph limits.

•In the New Bedford area, recent fatal pedestrian crashes have included deaths on Route 6 and at Route 18/Coggeshall Street, reinforcing concerns about high-traffic corridors and crossings.

The report is not just about statewide numbers, it highlights the need for safer crossings, slower speeds, and better nighttime protections in communities like New Bedford and Dartmouth.

Heat can be dangerous faster than you think

As summer temperatures rise, older adults face a higher risk of heat-related illness, sometimes faster than they realize. People over 65 often do not adjust to heat as easily as younger adults. Certain medications and chronic health conditions can also affect the body’s ability to cool itself. That means dehydration, dizziness, exhaustion, and even heat

stroke can happen quickly during very hot or humid weather. Warmer temperatures can also affect air quality. When the Air Quality Index, which ranges from 1 to 500, gets above 100, outdoor air is considered unhealthy for sensitive groups. On these days it is okay to be outside, but it’s recommended that you track how you feel and take breaks when needed.

One common mistake is waiting until you feel thirsty to drink water. Another is relying only on fans during extreme heat. Experts recommend spending time in air-conditioned spaces whenever possible, especially during the hottest part of the day. Check on neighbors, friends, and relatives during heat waves, especially those living alone. Wear lightweight

clothing, avoid strenuous outdoor activity, and ask your doctor or pharmacist whether your medications increase heat sensitivity. To learn more about heat safety and warning signs, visit the Centers for Disease Control and Prevention’s Heat Health page at www.cdc.gov/heat-health/ or call 2-1-1 for local assistance and cooling resources.

O calor pode ser perigoso mais rapidamente do que se pensa

À medida que as temperaturas de verão sobem, os idosos enfrentam um risco mais elevado de doenças relacionadas com o calor, por vezes mais rapidamente do que imaginam. As pessoas com mais de 65 anos muitas vezes não se adaptam ao calor tão facilmente como os adultos mais jovens. Certos medicamentos e doenças crônicas também podem afetar a capacidade do corpo de se arrefecer. Isso significa que a desidratação,

as tonturas, a exaustão e até mesmo a insolação podem ocorrer rapidamente durante períodos de tempo muito quente ou húmido. Temperaturas mais elevadas também podem afetar a qualidade do ar. Quando o Índice de Qualidade do Ar, que varia de 1 a 500, ultrapassa 100, o ar exterior é considerado insalubre para grupos sensíveis. Nesses dias, não há problema em estar ao ar livre, mas é recomendável que acompanhe como se

sente e faça pausas quando necessário. Um erro comum é esperar até sentir sede para beber água. Outro é confiar apenas em ventiladores durante o calor extremo. Os especialistas recomendam passar tempo em espaços com ar condicionado sempre que possível, especialmente durante a parte mais quente do dia. Fique atento aos vizinhos, amigos e familiares durante as ondas de calor, especialmente aqueles que vivem

sozinhos. Use roupa leve, evite atividades extenuantes ao ar livre e pergunte ao seu médico ou farmacêutico se os seus medicamentos aumentam a sensibilidade ao calor. Para saber mais sobre segurança contra o calor e sinais de alerta, visite a página de Saúde e Calor dos Centros de Controlo e Prevenção de Doenças em www.cdc.gov/heat-health/ ou ligue para o 2-1-1 para obter assistência local e recursos de refrigeração.

El calor puede ser peligroso antes de lo que usted piensa

A medida que la temperatura sube en verano, los adultos mayores corren un mayor riesgo de sufrir enfermedades relacionadas con el calor, a veces más rápido de lo que creen. Las personas mayores de 65 a menudo no se adaptan al calor con la misma facilidad que los adultos más jóvenes. Ciertos medicamentos y condiciones de salud crónicas también pueden afectar la capacidad del cuerpo de regular su temperatura. Eso significa que la deshidratación, los mareos, el sentirse agotado, e

incluso el golpe de calor pueden suceder rápidamente cuando hace mucho calor o hay mucha humedad. Las temperaturas más altas también pueden afectar a la calidad del aire. Cuando el Índice de Calidad del Aire, que oscila entre 1 a 500, supera los 100 puntos, el aire exterior se considera perjudicial para la salud de los grupos sensibles. En estos días se puede estar al aire libre, pero se recomienda estar atento a cómo se siente y tomar descansos cuando sea necesario.

Un error muy común es esperar a tener sed para beber agua. Otro error es depender únicamente de los ventiladores cuando hace mucho calor. Los expertos recomiendan, siempre que sea posible, pasar tiempo en espacios con aire acondicionado, especialmente durante las horas más calurosas del día. Asegúrese de que sus vecinos, amigos, y familiares estén bien durante las olas de calor, especialmente de aquellos que viven solos. Lleve ropa ligera, evite las actividades extenuantes

al aire libre y pregunte a su médico o farmacéutico si sus medicamentos aumentan la sensibilidad al calor. Para obtener más información sobre la seguridad frente al calor y los signos de alerta, visite la página sobre salud y calor de los Centros para el Control y la Prevención de Enfermedades en www.cdc.gov/heat-health/ o llame al 2-1-1 para obtener ayuda local y recursos para refrescarse.

Translations provided by:



New Bedford retail harmacy fined for submitting false claims to MassHealth

The Massachusetts Attorney General’s Office announced in June that it had reached a settlement with PharmaHealth Pharmacy Inc. a New Bedford-based retail pharmacy for falsely billing MassHealth for an expensive multivitamin, even when it was not medically necessary. Under the terms of the agreement, PharmaHealth will pay \$464,205 to the Commonwealth, three times the amount falsely billed to MassHealth, and is also required to implement a three-year independent compliance and monitoring program at its own expense. This settlement agreement resolves allegations that, at its owner’s direction, PharmaHealth fraudulently billed MassHealth, the state Medicaid program, for the prescription multivitamin DermacinRx Multitam (“DermacinRx”), even though it was not medically necessary and when much cheaper multivitamin alternatives were available from MassHealth. According to state regulations, MassHealth will only reimburse providers for prescription drugs and services if the prescription is deemed medically necessary and meets all applicable federal and

state requirements. The AGO alleges that between March and September 2024, PharmaHealth deliberately sought out the most expensive multivitamin eligible for reimbursement by MassHealth and solicited authorization for DermacinRx prescriptions from members’ physicians to obtain additional money from MassHealth. The AGO’s investigation was initiated by a referral from MassHealth. The AGO’s Medicaid Fraud Division is a Medicaid Fraud Control Unit, annually certified by the U.S. Department of Health and Human Services to investigate and prosecute health care providers who defraud the state’s Medicaid program, MassHealth. The Medicaid Fraud Division also has jurisdiction to investigate and prosecute complaints of abuse, neglect and financial exploitation of residents in long-term care facilities and of Medicaid patients in any health care setting. Individuals may file a MassHealth fraud complaint or report cases of abuse or neglect of Medicaid patients or long-term care residents by visiting the AGO’s website.

Starting in 2026!

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 monh. Same audience. Same value.

Inside

Senior Scope, December 2025

Do you have questions?

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OR, EMAIL

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Above, Bristol County District Attorney Tom Quinn poses with older adults at Celebration of Seniors. Above right, the AG's office participate in the vendor fair at the event and below right, speakers chat on stage before presentations began.

Celebration of Seniors continued...

This year's event carried special weight. Quinn, who is retiring at the end of the year after three terms and nearly 12 years as district attorney, hosted his final Celebration of Seniors. It was Quinn who launched the event in 2015, and Coastline CEO Justin Lees made sure the event crowd of 700-plus knew it.

"What began as a small gathering at Bristol Community College has grown into what you see today, taking up every single square foot here at White's of Westport," Lees said. He described Quinn as a model public servant who made the prevention of elder abuse and financial exploitation a cornerstone of his tenure. "He has been an effective advocate, a great community partner, and a strong district attorney."

Quinn has long made elder financial exploitation a signature cause, delivering the same message at events across the region with a call-and-response that his audiences know by heart. If you don't know who is on the phone, what do you do? The answer comes back loud and confident every time: Don't answer it.

"What began as a small gathering at Bristol Community College has grown into what you see today, taking up every single square foot here at White's of Westport."

—Justin Lees,
Coastline CEO

On Thursday, he kept it simple and direct. "Somehow you get a threatening call that says go down to the Bitcoin machine. Don't do it," he told the room. "The DA is telling you the sheriff's not coming after you, the FBI, ICE, whoever they are, they're not coming after you. It's a tragedy to see somebody who's worked hard their whole lives put 20 grand in a machine

and never see it again. And it's happening quite often."

He also took a moment to reflect on the people in front of him. "It's important to me to prioritize our seniors," Quinn said. "You have given so much to our communities over the years, raising families, making sacrifices. Hopefully your example continues. There's certainly reason to be concerned about the state of affairs now, but there's still a lot of good out there and there's good out there because of people like you."

Making her first appearance at the event, state Attorney General Andrea Joy Campbell brought both a personal and professional connection to the South Coast. A Dartmouth resident, Campbell said her move from Boston was among the best decisions her family has made. "This community has already poured so much into my family and my two beautiful boys," she said.

Campbell pushed back on the idea that older adults should be seen primarily through the lens of vulnerability. "We see you as the backbone of the Commonwealth," she told the audience, "as folks who contributed to this incredible state to make it what it is, as leaders in your families, your communities, and in your own right." She described protecting older residents not just as an opportunity but as "a responsibility, a significant one, to make sure that we are protecting you and giving you tools to continue to live your life with dignity."

Among the first actions Campbell took as AG was establishing an Elder Justice Unit. Her office, she said, is actively prosecuting cases of elder abuse, neglect, and financial exploitation, including in long-term care settings sometimes in coordination with local district attorneys. She encouraged attendees to connect with the AG's New Bedford office, which is currently expanding its staff.

In her comments and others', the threat of elder abuse was described as real and local.

Bristol Aging and Wellness Protective Services Director Jennifer Matthews reported that her office received 477 abuse

reports in April and 427 in May alone. She urged community members to stay alert and act on their instincts. "Anytime you have reasonable cause to believe abuse has happened, or concern that it may be happening, we encourage you to please file a report," Matthews said. Reports can be made by calling the state hotline at 1-800-922-2275 or through mass.gov. All reporter information is kept confidential.

Lees echoed the call to awareness. "It's a worldwide issue, but unfortunately it's just as prevalent locally as it is anywhere else on the globe," he said. "By increasing your knowledge on this issue, you

can protect yourselves and others from this all-too-common threat."

Quinn closed out his final Celebration of Seniors the way he has always approached the job focused on the people he serves. When he announced his retirement in January, he offered a reflection that seemed to capture everything the room felt on Thursday: "I have tried to be a District Attorney who listened, who respected differing perspectives, and who worked to ensure that justice was administered thoughtfully and fairly to all."

If this year's celebration was any indication, the feeling of respect runs both ways.

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Understanding and paying for nursing home costs in Massachusetts

By Erin L. Nunes, Esq.
Managing Partner
Surprenant, Beneski & Nunes, P.C.

The prospect of nursing home care can be financially daunting. In Massachusetts, costs often exceed \$15,000 per month, making it one of the most expensive states for long-term care. Because nursing homes provide round-the-clock skilled medical attention and personal care, these expenses can rapidly deplete a lifetime of savings. Understanding the primary avenues for covering these costs is crucial for protecting your family’s financial future.

Primary Payment Options

1. Private Pay (Out-of-Pocket)

Most individuals begin their nursing home stay by paying directly from personal savings, pensions, and Social Security.

•Flexibility: Paying privately offers the most choice when selecting a facility.

•Asset Liquidation: Families often sell a primary residence to fund care once liquid assets are exhausted. However, without a strategic plan, this “spend-down” can leave little for heirs or a spouse remaining at home.

2. Long-Term Care Insurance

These specialized policies cover nursing home stays, assisted living, and in-home care.

•Benefits: Policies provide a daily or monthly benefit for a set period, significantly offsetting costs.

•Timing is Key: You must purchase coverage before a health crisis occurs. Premiums increase with age, and health qualifications become more stringent as you grow older. Always review your policy for waiting periods and benefit triggers.

3. Medicare: A Short-Term Solution

A common misconception is that Medicare pays for long-term nursing home care. In reality, it only covers short-term rehabilitation after a qualifying hospital stay of at least three nights.

•Days 1–20: Medicare generally pays 100%.

•Days 21–100: You are responsible for a daily co-payment.

•After Day 100: All Medicare coverage ends. Medicare does not cover “custodial care” (help with activities of daily living like bathing or dressing), which is what most nursing home residents require long-term.

MassHealth (Medicaid)

For those who cannot afford private pay indefinitely, MassHealth is the primary payer for long-term care in Massachusetts. However, eligibility is strictly regulated.

•Financial Limits: Typically, an individual is limited to \$2,000 in countable assets. While certain assets like a primary residence (under specific conditions) and one car may be exempt, most income must go toward care, leaving the resident with a “Personal Needs Allowance” of only \$72.80 per month.

•The 60-Month Look-Back: MassHealth scrutinizes all financial transfers made within five years of your application. If you gifted money or property for less than fair market value during this “look-back” period, you may face a penalty period of ineligibility.

•Spousal Protections: If one spouse enters a nursing home while the other remains in the community, “Spousal Impoverishment Rules” allow the community spouse to keep a portion of the couple’s assets (the Community Spouse Resource Allowance) and income to prevent them from falling into poverty.

•Estate Recovery: After a recipient passes away, the state may seek reimbursement for the cost of care from the individual’s remaining estate, which often includes the family home.

Professional Guidance

Navigating the intersection of healthcare and asset protection is complex.

Elder Law Attorney: An attorney can help you navigate the 60-month look-back period, protect assets for a healthy spouse, and manage the MassHealth application.

SHINE Counselors: For Medicare-specific questions, “Serving the Health Insurance Needs of Everyone” (SHINE) counselors provide free, unbiased assistance. (See page 2 for local counselors.)

Proactive planning is the only way to ensure access to quality care while preserving your legacy. By understanding these options today, you can make informed decisions for tomorrow.

Legal Notice: This content is for educational purposes and is not legal advice. Consult with a qualified professional before taking action.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) Which of these famous toys was named after a US president?
A.) Teddy Bear B.) Rubik’s Cube
C.) G.I. Joe D.) Polly Pocket
- 2.) Which classic game rewards quick and accurate drawing?
A.) Clue B.) Ludo C.) Monopoly D.) Pictionary
- 3.) Which famous 60’s TV series featured a catchy finger snapping tune?
A.) The Adams Family B.) Mr. Ed
C.) Bewitched D.) Get Smart
- 4.) What was the historical setting of the 70’s TV series, MASH?
A.) World War II B.) Korean War
C.) Vietnam War D.) Civil War
- 5.) What 1978 soap opera featured the Ewing family?
A.) ER B.) Dallas C.) Beverly Hills 90210 D.) Dynasty
- 6.) What was Gomez Adams’ wife’s name?
A.) Felecia B.) Cleopatra C.) Ophelis D.) Morticia
- 7.) Potassium, Sodium and Calcium are what type of essential nutrients?
A.) Fatty Acids B.) Amino Acids C.) Minerals D.) Vitamins
- 8.) What is Kale an important source of?
A.) Vitamin D B.) Vitamin A C.) Vitamin B1 D.) Vitamin K
- 9.) How old was Jesus reported to have been when he died?
A.) 17 B.) 21
C.) 33 D.) 39
- 10.) An “Old Fashioned” uses what type of alcohol as it’s base?
A.) Whiskey B.) Gin C.) Vodka D.) Creme d’Menthe

[Answers listed on page 11]



Full Plate project announces July dates

The YMCA’s Full Plate Project, a year-round food access program, has announced its July calendar for picking up food.

The program is run locally by YMCA Southcoast in partnership with the Greater Boston Food Bank, distributing pre-packaged bags of groceries, fresh produce, and meats to community members in need.

If you plan to attend one of the following dates, the YMCA asks that you be prepared to give the number of adults, children, and seniors in your household along with your zip code.

There are no eligibility, YMCA membership, or town residency requirements.

Vehicles of those picking up foos may enter 30 minutes prior to the market start time. Markets typically last for 90 minutes or until food runs out.

July distribution dates are:

- July 3**
Fall River YMCA
199 N Main St.
Fall River, MA
1st Friday of the month
- July 10 and July 24**
Gleason Family YMCA
33 Charge Pond Road,
Wareham, MA
2nd & 4th Friday of the month
- July 14 and July 28**
St. Mary’s Catholic Parish
795 Dartmouth St.
Dartmouth, MA
2nd & 4th Tuesday of the month
- July 17**
Stoico/FIRST FED YMCA
271 Sharps Lot
Swansea, MA
3rd Friday of the month

SMP efforts to raise Medicare fraud awareness leads to consumer complaint increase

By MA Senior Medicare Patrol

The Massachusetts Senior Medicare Patrol Program joined other SMP programs across the country, as well as federal agencies, namely the Administration for Community Living and the Centers for Medicare and Medicaid Services, to recognize this year’s Medicare Fraud Prevention Week from June 1-5.

This annual effort, commemorating its sixth anniversary, helped raise awareness among Medicare beneficiaries, family members, caregivers, and professionals about the importance of protecting consumers from healthcare fraud, errors, and abuse, which can contribute to substantial financial losses and significantly impact one’s healthcare.

Medicare fraud costs American taxpayers over \$60 billion dollars annually and puts beneficiaries at risk for medical identity theft, inaccurate medical records, and unnecessary services.

During Medicare Fraud Prevention Week, the MA SMP Program attended or hosted five outreach activities, two educational presentations, and a very robust public awareness media campaign across the

Commonwealth.

As a result of the MA SMP Program’s efforts, the office has received a record number of complaints from Medicare beneficiaries and family members across the state.

Consumers have called and emailed to report erroneous claims on their Medicare Summary Notices, such as intermittent urinary catheters being billed to their Medicare numbers, incorrect bills from ambulatory healthcare services, and other questionable charges for durable medical equipment such as braces, diabetic supplies, ointments, and genetic tests.

One beneficiary even called to report over \$100,000 worth of charges from three different and unknown providers in states he has never been to.

“Medicare fraud affects more than finances,” said Lucilia Prates, MA SMP Program Statewide Director. “It can compromise a person’s medical identity and records, create barriers to receiving appropriate care or equipment, and leaves beneficiaries vulnerable to additional scams.”

Residents are strongly encouraged to:

- Review Medicare Summary

Notices, Explanation of Benefits, and other billing statements;

- Protect their Medicare number and personal health information;
- Detect common fraud schemes and deceptive marketing tactics; and,
- Report suspected fraud, errors, or abuse to the MA SMP Program.

The MA SMP Program also encourages beneficiaries to keep a detailed record of each of their healthcare appointments, prescriptions, and medical services by using a personal healthcare journal, My Health Care Tracker.

Free copies are available from the MA SMP Program. Beneficiaries may also download the SMP Medicare Tracker app through the App Store.

“Prevention begins with awareness,” added Prates. “When beneficiaries review their statements, ask questions, and report suspicious activity, they help protect the integrity of Medicare and themselves.”

The MA SMP Program works year-round to educate and empower older adults, family members, and caregivers across Massachusetts to recognize and report suspicious activity. Anyone who suspects Medicare fraud or would like assistance

addressing healthcare billing concerns is encouraged to contact the MA SMP Program at (800) 892-0890 or visit MASMP.org.

The MA SMP Program is a federally-funded initiative dedicated to helping Medicare beneficiaries, family members, and caregivers prevent, detect, and report healthcare fraud, errors, and abuse.

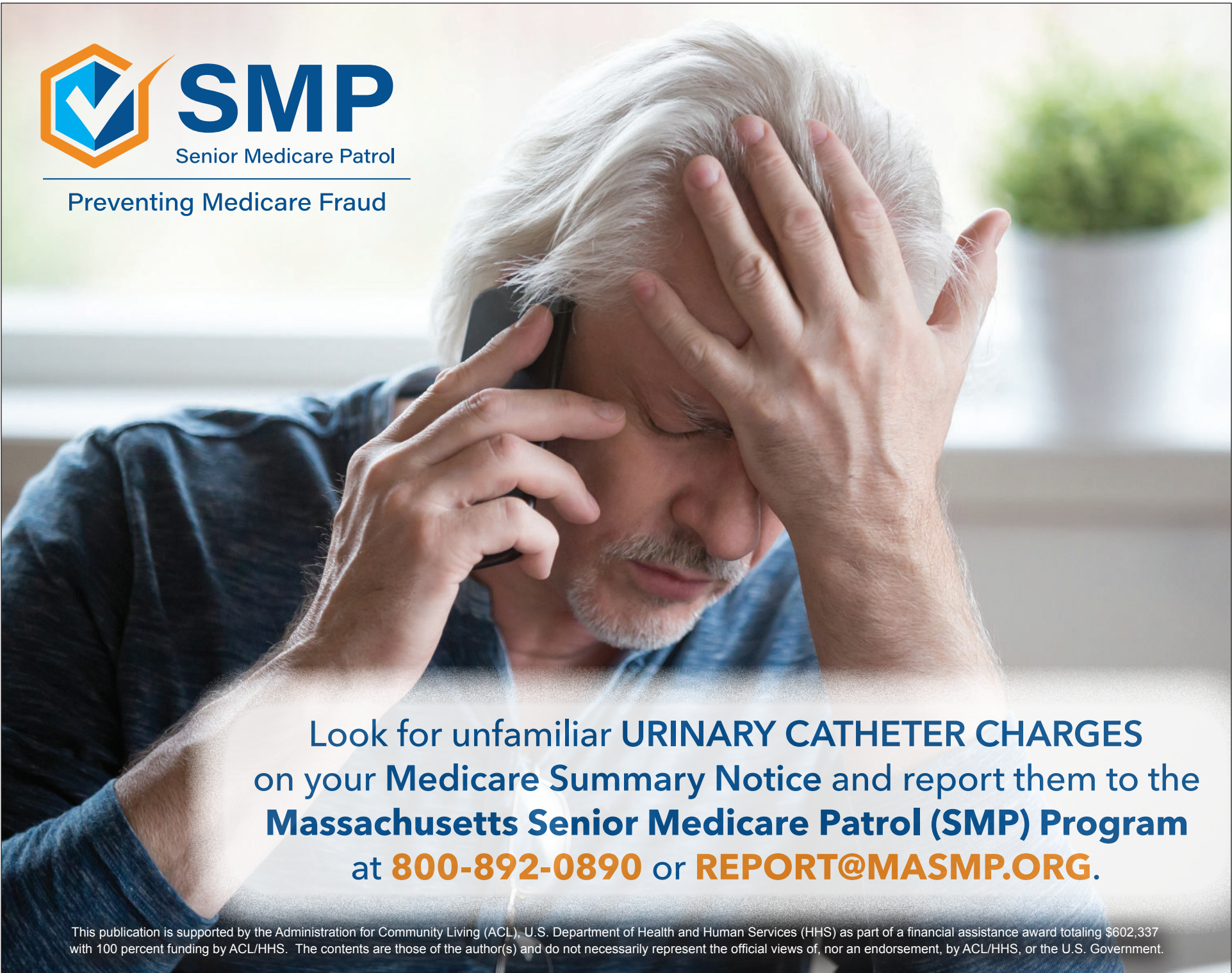
The MA SMP Program operates under the leadership of AgeSpan, Inc. and works in partnership with community-based organizations and agencies statewide. Contact us if you would like a presentation delivered in your community or to your constituents. Also, please feel free to contact us if you are looking for a meaningful volunteer opportunity.

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.



SMP
Senior Medicare Patrol

Preventing Medicare Fraud



Look for unfamiliar **URINARY CATHETER CHARGES** on your Medicare Summary Notice and report them to the **Massachusetts Senior Medicare Patrol (SMP) Program** at **800-892-0890** or **REPORT@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 ½ South Main St., Acushnet, MA 02743.

The Wandering Brush: Wednesday July 1 and 15, 10:30 a.m. Watercolor with The Wandering Brush. The cost is \$10 per person. Registration is required.

Veteran’s Coffee Social: Tuesday July 7, 8:30 a.m. Veteran’s Coffee Social with Brad Fish, VSO.

Ice Cream Float Social with River Falls Senior Living: Wednesday July 8 at 12:15 p.m. Registration required.

Nutrition Demonstration: With Community Nurse on Wednesday July 15 at noon. Registration required.

Old Grist Mill Tavern Lunch Trip: Thursday, July 16. Transportation is complementary. Attendees are responsible for their own meals. Registration required.

Walecka Law P.C.: 15-minute Consultation Sessions on Thursday July 16. Appointment times vary. Registration required.

Trips: Capt’n John’s Whale Watch Tour-Aug. 13. \$88; Springfield Fair- Sept. 24 \$72; Foxwoods Casino-Nov. 12. \$44; and, Aqua Turf Club “Holiday Classics with the Cartells”-Dec. 8 \$110. Call or visit COA to reserve your spot.

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.

DNRT Walk w/ Kendra Perkins: July 7 Ocean View Farm 1.5 miles roundtrip. It’s wide open grassland versus a woods walk, but there’s usually a nice breeze coming off the ocean. Bus leaves center at 8:45 a.m. Must preregister.

Brown Bag Review: July 9 10 a.m. – noon. Bring in every medication - prescriptions, over-the-counter meds, supplements, even creams or inhalers, for a private, one-on-one review. Call to schedule an appointment.

Tall Ships Boston: July 15. Join us for a day trip to the Boston Seaport. \$10 for transportation. Bus leaves at 9:30 a.m. Return time 2:30 p.m. Spend the day viewing the Tall Ships docked at the Boston Harbor, enjoy lunch and some sightseeing! Must preregister.

Coffee, Conversation and Kendra: July 17 11 a.m. Meet Kendra, our new program coordinator and learn about upcoming programs and activities focused on staying active, eating well and taking care of yourself this summer! Call center to preregister.

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

Little Changes, Big Differences w/ Aimee Perron, PT: Practical PT tips for arthritis, numbness and everyday activities. July 20. 4 p.m. Call to preregister.

Car Fit: July 22. 1-4 p.m. (Outside) Bring your car for hands-on learning. - You will learn: How to adjust your vehicle for the best fit; tips to reduce strain and improve visibility; and, about resources to help you drive safely and confidently. Limited spaces available. Must preregister.

Tailgate Party w/ Coastline: July 23. Join us as we “party” in the parking lot like its 2020 with a summer cookout hosted by Coastline. Stacey Tinkham, DJ! Call center to register.

Tech w/ Carly: July 28

Watercolors for Beginners: July 30. 10 a.m.

Movie: July 27. Remarkably Bright Creatures

Tai-Chi: Wednesdays 1pm with Sifu Jamie. \$8 per session.

Line Dancing: Every Friday at 1 p.m.

Parkinson’s Support Group: Second Thursday of the month. Contact Donna Valente for more info at dvalente@comcast.net.

Widows Person Support: 1st and 3rd Thursday of the month. Please call Jane Rocha, WPP director, at 774-284-5652 for more information.

Cardio Drumming: Mondays at 4 p.m. Work your body and brain, strength and balance with Sue Mandra-Thompson. Cardio drumming supports cardiovascular health, upper-body strength, coordination, and range of motion. It enhances circulation and lower-body engagement and supports cognitive, emotional and social goals as well. Free to All. Call the center to register.

Everybody’s Book Club: This monthly group meets on the second Monday of the month at 1 p.m. Come join us! The book pick for July is Heart of a Samurai by Margi Preus. August pick: The Beach Club by Elin Hilderbrand. Walk-ins are welcome!

Sports Gab with Wayne: Third Friday of every month. 1-2 p.m. Join Wayne Tomczewski for a fun and lively gathering where fans come together to talk about the latest games, big plays, hot takes, and everything happening in the world of sports! Walk-Ins are Welcome.

Pound by Pound: Wednesdays at 10 a.m. A support group for people eager to adopt healthy lifestyles and eating habits.

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.

Walking: There will be no senior walking until the end of August.

Mall Trips: July 1, First Light Casino. Bring a lunch; July 8 Wrentham Outlets; July 15, Plymouth Shopping; July 22, Thames Street, Newport RI; July 29, Mashpee Commons. Call to sign up and please mention if you live in town or not.

Monday Movie Matinee: 12:15 p.m. If you would like lunch before the movie at 11:30 a.m., please call the Thursday BEFORE the movie. July 6, Office Romance; July 13 Voicemails for Isabelle; July 20, Death becomes Her; July 27, Thirteen going on 30.

Alzheimer’s Association Caregiver Support: Every First Thursday 1-2 p.m.

Cribbage: Mondays 10 a.m. to noon.

Tai Chi: Mondays 11 a.m. 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: Paused for the summer. Wednesday’s 4:30-5:30 p.m.

MS Support Group: Paused for the summer. 10:30am-noon. Third Tuesday of the month. Contact A.Nogueira@aol.com for more information and to join the meeting.

Watercolor Classes: Wednesdays 2-3:30 p.m. \$10/class. See the COA Newsletter for the dates. Please call to sign up.

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

LGBTQ Supper Club: July 22. 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 12:30-1:30 p.m. \$2 per person.

Public Transit Information: 11:30 a.m.-1 p.m. July 11.

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.

Tech Cafe: Thursday, July 2 at 1 p.m. Android Smartphone Basics. Perfect for beginners. You will leave feeling more confident. You will learn: care for your smartphone, basic gestures, connecting to Wi-Fi, adding and finding contacts, text messages and how to use important settings. Bring questions and instructor will help you troubleshoot. Call 508-748-3570 to register. Class size is limited. **RESCHEDULED: CALL FOR INFORMATION.**

Grief Support Group: Thursday, July 2, 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.

Continued on Page 11

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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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Community Reading: ‘What to the Slave is the Fourth of July?’ Monday, July 6 1 p.m. The Marion Art Center, in partnership with the Tri-Town Against Racism and the Marion Council on Aging, is staging a group presentation of Frederick Douglass’ speech ‘What to the Slave is the Fourth of July?’ Introductory remarks will be made by Dr. Moise St. Louis, PhD from the University of Massachusetts at Dartmouth.

How Do I Know What is Real Anymore?: Thursday, July 9 1 p.m. It is getting harder to tell what is real and what is not. From AI generated videos to misleading headlines, fake reviews and online scams, the line between truth and reality is less clear than ever, especially for anyone navigating new technology. During this lecture, topics that will be covered are: why it is getting harder to know what is real online, common types of misinformation and why they work, how AI is changing images, videos and written content, simple ways to verify misleading content and practical habits to build everyday digital confidence. This timely and practical workshop helps participants make sense of what they are seeing online and feel more confident in their everyday decisions.

The Larchmont Shipwreck: Friday, July 10 1 p.m. Daniel F. Harrington, a long-time featured columnist for the Providence Journal will tell the tale of a night in 1907 when the Larchmont, a wooden, side-wheel steamship, collided with The Harry Knowlton, a three-masted schooner, just off Block Island in zero-degree weather. The presentation covers the story of the ship, its crew, the passengers and the unbelievable stories of survival, panic, murder, and, yes, miracles, using digitally restored photos and eyewitness accounts.

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.

Art is for your Mind: July 1 12:30 p.m. An engaging, educational, art observation experience designed to broaden the minds of its participants. The featured topic this month, The Art of Ancient Greece. Explore the groundbreaking innovations of ancient Greek pottery, sculpture, and architecture that forever transformed the history of art. Join local art historian Jill Sandford for an enjoyable hour of challenging yourself to see in new ways! Registration required.

America’s Birthday Party: July 2, 1 p.m. You’re invited! America is turning 250! Join us as we celebrate America’s 250th Birthday with friends, fun, games, prizes and patriotic spirit! Come honor this historic milestone and enjoy a sweet treat. Come for the celebration, stay for the cake and ice cream! Free. Registration required.

The Lunch Café: New to the calendar, the Lunch Café! Please join Coastline’s Lunch Café, here at the COA for a hot lunch. Starting on July 8 at noon, and every second Wednesday of the month. Must be 60 or older. You must register to participate in this lunch event. July menu: Bacalao (codfish) with Cilantro Lime Rice, Kale, Hawaiian roll and vanilla pudding for dessert! To register, call the COA at (508)758-4110.

Titleist Golf Swing Workshop: Seasoned golfers, beginner golfers, aspiring golfers, has Cam got the class for you. Unlock a more efficient, powerful, and pain-free golf swing by learning the proper kinematic sequence and identifying the key characteristics of an inefficient swing. Gain practical strategies to improve mobility, flexibility, and coordination. Participants will receive a corrective exercise packet complete with descriptions and illustrations to support continued improvement. July 22 at 1 p.m. Cost: \$25. Registration required.

Pottery: One of our most popular classes! July 9 and 23 at 10 a.m. \$10. Use your imagination to craft unique items from clay. Draw inspiration from the instructor’s guidance and ideas shared by fellow classmates. Registration is required. Instructor: Barbara Greenspan. Registration required.

Seashell Anchor: July 17 at 10 a.m. Join the Get Creative Crew for this fun crafting event inspired by summer and coastal life. Design a beautiful wooden anchor using treasures from the seashells, sea glass, pearls, and more. Create a one-of-a-kind piece that captures the spirit of the shore and makes the perfect decoration to adore all summer long. Free for Mattapoisett residents. \$5 otherwise.

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 townofrochestermass.com/council-aging. Facebook: [facebook.com/Rochester, Mass.](https://facebook.com/Rochester,Mass)

July 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 16, Newport, RI Depart COA at 9 a.m. and return by 3 p.m. Shop, stroll, sit seaside, grab a bite to eat. Wednesday, July 22nd, Heritage Museum & Gardens, Sandwich with lunch at Luzia’s on Buzzard’s Bay. Depart COA at 9:30 a.m. and return by 2:30 p.m. There are 100 acres of landscaped grounds, classic automobiles, American Folk Art and a vintage carousel.

Cookout: Monday, July 13. Cheeseburgers, hamburgers, hot dogs and more. See page 5 of the COA newsletter for more info.

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: July 2 at 5 p.m.

Caregiver Group: Are you the caregiver for someone with Alzheimer’s, Dementia or another illness? We have a Caregiver Support Group here at the COA. This month’s meetings are on July 7 and 21 at 10 a.m.

Grief group: July 9 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.

Mobile Food Pantry: July 25 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.

July 2026 Trivia Quiz Answers

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



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Community

A Night at the Symphony: A First for IAC's Elders Group

For many people, attending a live symphony is a cherished memory from childhood, a school field trip, or a special occasion. For a group of Portuguese and Cape Verdean elders served by the Immigrant Assistance Center in New Bedford, last Saturday night was something even more remarkable: their very first time.

The IAC brought members of its Elders Group to the New Bedford Symphony Orchestra for an evening that organizers say will not soon be forgotten. They were able to offer the concert at a special price to participants, many of whom face financial as well as language barriers to accessing cultural events in their community.

The evening carried an extra layer of meaning: Portuguese guitarist Pedro Silva performed as part of the program, giving the elders an immediate, personal connection to what they were hearing.

"It was wonderful! Pedro Silva did such a great job," said Maria P., one of the group's members. "I could not stop thinking of old times in the Azores. We used to gather together in the evening for the serões, time with family. The women made crochet to sell to support the family, and my father-in-law played the guitar to cheer us up."

"I loved it," Odete C. said. "I have seen those concerts on TV, but I never dreamed I would attend one in person. I felt special and important!"

Maria L., who spent decades working in factories and holding multiple jobs in America, reflected on the broader significance of the evening. "I never attended such a beautiful concert in a beautiful building," she said. "I feel

lighter. It even helped my back pain."

Filomena G. was equally moved, sharing a charming comparison: "I adored it. I loved the first part with the Portuguese guitar — what a beautiful sound! The second part was so beautiful! The composer, Beethoven, was as good as our John Philip Sousa. I feel happy inside."

Helena DaSilva Hughes, Executive Director of the IAC, expressed her gratitude for the partnership that made the evening possible. "We are deeply grateful to David Prentice at the New Bedford Symphony for generously providing an opportunity for our Portuguese and Cape Verdean elders to attend the symphony for the very first time," she said. "This meaningful experience brought joy, cultural enrichment, and a sense of inclusion to elders who may otherwise have limited access to such events."

Hughes noted that many of the IAC's elders face layered challenges in daily life. "Many of our elders who are linguistically isolated face significant challenges, including loneliness, social isolation, depression, and difficulty accessing services and community activities," she said. "Music plays a vital role in improving the well-being of linguistically isolated elders because it transcends language and creates meaningful connections. For immigrant elders, music from their native countries can evoke cherished memories, provide comfort, and foster a sense of community."

The IAC Elders Group meets regularly and offers Portuguese-speaking older adults in the New



Bedford area a place to socialize, speak their native language, create art, play

traditional Portuguese card games, and support one another as they age.

Veterans Wall continued...

The wall matters. Acknowledging the sacrifices of those who served matters.

But Gus Cote wasn't talking about the wall.

The others agreed. Military service is something nearly impossible to share with those who haven't experienced it, so they don't — not outside a circle of people who already know.

"We were never given any appreciation for what we did. At least here, you can talk to these guys. And anybody that's been to Vietnam knows it wasn't all a big disaster. There were some good times, but most of it was bad."

**—Ray Barlow,
Army veteran**

"I never really talked about it either, even though it was things we did saving people's lives, saving property," said Keith Stalter, who served in the Coast Guard. "But the wall, it's deserved recognition. Nobody ever said thank you, and now everybody's like, 'Oh, thank you for your service.' I don't want to



hear it from you. I don't want to hear it from them. I want to hear it from politicians."

The wall was the idea of Brad Fish, Acushnet's veterans service officer and veteran, who saw a similar wall make a difference in Fairhaven, where he previously worked. He reached out to local VFW and American Legion commanders before getting started, establishing criteria for being on the wall, then worked with veterans individually to find a photo of themselves in uniform.

For Fish, the wall is one more way he can serve veterans in Acushnet. He connected with Council on Aging Director Lauren Golda about creating it at the Senior Center and handles all of the logistics of making it happen.

"They bring me their picture and

I put all the tags on and I buy the frame just so everything's uniform," Fish said.

Fish also runs the regular meeting on the first Tuesday of each month where veterans can connect with others who have served. And veterans have been showing up reliably.

Sergeant Major James Rollins, an Army veteran, is on the wall alongside his wife, Laurie, both in uniform. They met in the service and have been married for 43 years. Their story is its own kind of military narrative. After the wedding, she was stationed at Fort Lewis while he was at Fort Ord, and it took six months before they could be together. Even then, regulations kept them on opposite sides of the post.

"I'm glad they're doing this. It's



Acushnet VSO Brad Fish points to one of the families rerepresented on the wall of photos. At left, the monthly veterans coffee social is a chance to connect with others who know what it feels like to serve.

great for everybody that served in this area," Rollins said about the wall. "We're all service members and being part of the military is part of our life."

Ray Barlow served in the Army from 1969 to 1972, completing two tours in Vietnam. He came home to a country that wasn't ready to thank him, or anyone who served there.

"I like this for one reason," Barlow said of the wall. "We were never given any appreciation for what we did. At least here, you can talk to these guys. And anybody that's been to Vietnam knows it wasn't all a big disaster. There were some good times, but most of it was bad."

Manny Santos, who served in the Air Force, wrapped it up simply.

"You know, you get old like me. I'm 88. My friends are gone. And there's nobody like me until I come here."