Presented by:
Coastline
Your guide to independent living
863 Belleville Ave, New Bedford, MA 02745

FREE

Senior Scope

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

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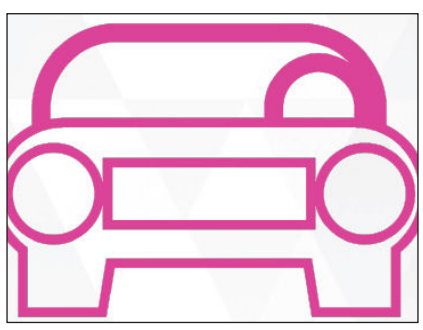
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Mass. Dept. of Transportation: GoldenGears

New bikeshare pilot program for adults ages 50 years or older

September was Healthy Aging Month which is an annual time for policy leaders in the aging field to focus on physical health, mental well-being, social connection and financial fitness for adults as they continue to age. Fittingly, the Massachusetts Department of Transportation launched its Golden Gears program last month in an effort to educate adults aged 50 and older on bikeshare programs in their communities. Bikeshares provide low-cost rentals of bicycles for short-term rides, typically accessed through a mobile app or curbside kiosk. Currently bikeshares are available in less than thirty cities and towns in Massachusetts, primarily in metro Boston. Bikeshares tie into healthy aging by providing physical exercise, stress relief, and an affordable solution compared to purchasing and maintaining a bike.

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Bridging the Digital Divide for Older Adults

Technology has become an important part of everyday life, from staying connected with family and friends to accessing healthcare, ordering groceries, managing finances, and connecting with important community resources. Recognizing that navigating the digital world can sometimes feel overwhelming is precisely why our Technology Program continues to work toward one important goal: bridging the digital divide and helping older adults feel confident using technology.

As we head into October, Coastline is reflecting on the tremendous success and growth of our technology initiatives. Through our Technology Program we've now supported more than 800 individuals, providing education, devices, and online resources designed to make technology more accessible.

One of the program's most successful initiatives has been our Learn & Earn iPad Program. To date, 244 individuals have received an iPad and successfully graduated from the program. Participants gain the knowledge and confidence needed to use their devices in their everyday lives.

Whether it is learning how to send an email, participate in a video call, access online services, download an app, or stay connected with loved ones, these skills can make a meaningful difference in a person's independence and quality of life. those who served matters.

For more information and to sign up, please call 508-742-9160.





Active Military & Veterans: Discover All you can do online with Social Security

Whether for your next mission, your family's future or life after service, you already know the value of planning ahead. Your personal my Social Security account helps you do just that. It's the most convenient way to do business with Social Security. If you have not created your personal my Social Security account yet, get started today at www.ssa.gov/myaccount.

What Veterans can do online:

With your my Social Security account, you can securely access your information, manage your benefits without visiting a field office and keep an eye on your personal records. Whether you're transitioning out of the military, working in a civilian career or already retired, your account moves with you.

If you're already receiving benefits, you can: - Set up or change direct deposit, including to a new bank after a relocation. - Get a Social Security 1099 (SSA-1099) form for tax time. - Print a benefit verification letter if a lender, landlord or other agency needs proof of income. - Change your address when your duty station or home address changes.

If you're not currently receiving benefits, you can: - Apply for benefits and check your application status online. - Access personalized retirement benefit estimates to help plan alongside your military retirement or VA benefits. - See estimates for your spouse's benefits to support your family's financial planning. - Get proof that you do not receive benefits if another agency or program requests it.

You can also request a replacement Social Security card without visiting an office. For a full list of services, visit Social Security's Online Services webpage at www.ssa.gov/onlineservices.

Visit Social Security's website to sign in or create your personal my Social Security account. Explore everything you can do online, securely, conveniently and at your fingertips.

Social Security also has a dedicated Information for Military and Veterans webpage at www.ssa.gov/people/veterans.

Pardon Our Appearance

My name is Zach Boyer, and I'm the Planning Director at Coastline Elderly Services. Part of my role here at Coastline is to write grants to support the administration of our Federally funded programs and services, which includes the Senior Scope newspaper. Because of these duties, I was naturally the most well-equipped staff member to serve as the interim-Editor for October's edition.

I've had the pleasure of working with three previous Senior Scope Editors, including Beth Perdue, Seth Thomas, and Jeannine Wilson, and through the process of learning the newspaper's technically-complicated software and strict editorial style, I have deepened my already significant appreciation and respect for those who have served as this paper's editor.

While we are excited to introduce you to the new Senior Scope Editor in next month's issue, I would like to kindly ask our readers to pardon our appearance in this month's issue of Senior Scope. I had anticipated that serving as interim-Editor would be a cumbersome, complicated, and time-consuming process; however, I never could have anticipated the numerous layers of complexity and steep learning-curve thats involved in creating our beloved monthly newspaper.

I hope that our support and committment to this publication will be demonstrated by our collective effort to ensure this month's newspaper makes it into your hands. Although the content of this month's paper will primarily be focused around Coastline and may not be as professionally well-done as past issues, we can assure readers and supporters that following issues will return to the same high-level of editorial professionalism and coverage of stories that are relevant to our readership.

Until then, I hope you enjoy this month's Senior Scope and all the content it has to offer.. and please pardon our appearance as we navigate the transition between Editors!

Sincerely,
Zach Boyer
Interim-Editor

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 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

Senior Scope

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or e-mail: SeniorScope@coastlinenb.org

Senior Scope at Coastline
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New Bedford, MA 02745

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

Donations for October 2026

Our donors help *Senior Scope* carry out its mission, and we cannot thank you enough for your support. Voluntary donations can be mailed to Coastline, 863 Belleville Ave., New Bedford, MA 02745. Checks can be paid to the order of: *Coastline*. We cannot process checks made out to "*Senior Scope*."

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St. Jude - Healthy Son, Myself & Family
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— Ethel Souza, New Bedford

In Memory Of
Princess of 11 Years Old
$11
— Kevin Bizarro, Dartmouth

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Why Aligning Your Body Is Crucial for Better Mobility and Balance

When people talk about falls, they often assume the cause is weakness, poor fitness, or "just getting older." But in my work with older adults, I see something very different. Many falls happen not because someone is incapable—but because their body mechanics are slightly off. The good news? Small adjustments can make a big difference.

Let's start with walking. Walking is often described as "controlled falling." Each step is a brief loss of balance followed by a recovery. When our mechanics are working well, the body manages that process automatically. When they're not, walking becomes less stable and more effortful.

One of the simplest—and most overlooked—adjustments is foot position. Many people walk with their feet very close together, almost like they're on a tightrope. Widening the stance just a little creates a more stable base and makes it easier to recover if you trip or turn quickly.

> "Balance is a whole-body activity, not just something that happens at the feet"
>
> —**Kathy Clark,** *Owner, Moxie Mobility*

Another common issue is arm movement. Take a look around the next time you're out walking. You'll see many people holding their arms stiffly at their sides or clasped in front of them. But our arms are meant to move. Arm swing helps counterbalance the motion of our legs. When we stop using our arms, we make walking harder than it needs to be.

I often talk about what I call the "rules of balance"—simple principles that support safer, more efficient movement. One of the most important is breathing. It sounds obvious, but many people hold their breath when they feel unsteady or nervous. When we don't breathe well, muscles tighten. Tight muscles don't respond quickly, and delayed responses increase fall risk.

Breathing helps the body stay adaptable. It allows us to respond instead of react. And bad things happen if you don't breathe!

Posture also plays a key role. When the head juts forward or the shoulders round, the body's center of gravity shifts. The farther your center of gravity moves away from your base of support, the harder it is to stay upright. Small posture corrections—stacking the head over the shoulders and the shoulders over the hips—can immediately improve balance and reduce strain on the back and neck. As we age, this becomes more difficult if gravity has been working its effects on our head but with practice, I have seen this to reverse in my clients.



What's important to understand is that balance isn't about standing perfectly still. Life doesn't happen that way. Balance is about managing movement—turning, reaching, stepping, and adjusting to the unexpected. When the body is aligned and moving efficiently, it's better prepared for real life.

The goal isn't perfection. It's awareness. Once people understand how their body is designed to move, they often feel more confident. They walk with less fear. They trust themselves more. And that confidence alone can change how someone moves through the world.

Falling is not a normal part of aging. Most falls happen because we've lost touch with the basic balance skills we learned naturally as children—not because our bodies are incapable. With consistent practice, many people can improve these skills, enhance stability, and move more safely and confidently in daily life, even if underlying medical conditions or injuries create limitations.

Better balance doesn't require complicated equipment or intense workouts. Often, it starts with a few intentional changes: breathing, posture, foot placement, and letting the arms do their job. When those pieces come together, movement feels safer, smoother, and more natural.

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Gifts To Give .org

Senior Volunteer Opportunities

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GIFTS TO GIVE IS A 501(C)3 NONGOVERNMENTAL ORGANIZATION (NGO) 4 Slocum Street in Acushnet

Updates

Exciting events coming up at the Acushnet Public Library

The Acushnet Public Library has some exciting events happening in October! Thursday, October 1 @ 11 am, Readers' Group - Morning Edition: This month's selection is There, There by Tommy Orange. Thursday, October 1 @ 6 pm, Readers' Group -This month's selection is Between Two Kingdoms by Suleika Jaouad. Saturday, October 10 @ 12 pm - IN THE WHALE - The Greatest Fish Story Ever Told - a feature-length film about a Cape Cod lobster diver who was swallowed by a whale and lived to tell the tale, followed by an exclusive Q&A with the director, David Abel. Space is limited; registration is required. Monday, October 19 @ 2 pm - Movie Matinee - You, Me & Tuscany, rated PG-13, 1 hr. 45 min. Monday, October 19 2026, 6:00 pm - 7:30 pm - Knitting & Crocheting Group

This fall at RJD House

The Rotch-Jones-Duff House & Garden Museum is ringing in the Autumn with a plethora of public events. On October 8, visit the grounds for an autumnal evening of family-friendly activity. See this year's display of Jack-O-Lanterns carved by local community members and enjoy lawn games in the garden. Inside the mansion, children can participate in a scavenger hunt with prizes. At 5:30pm, Toe Jam Puppet Band performs. Suggested donation: $5 Individuals $10 Family.

This event is also part of AHA night. The public can also contribute carved pumpkins for this event. Interested individuals are encouraged to email Lauren Pothier at lpothier@rjdmuseum.org for more information and are asked to bring their carved pumpkins no later than noon on October 8.

Visit rjdmuseum.org/calendar for information on all of these events, and more. All of these events are held at the Rotch-Jones-Duff House & Garden Museum, located at 396 County Street, New Bedford.

Celebrating Coastline's Learn & Earn Graduates

We believe success is worth celebrating! Coastline will host a special celebration recognizing the individuals who participated in our Learn & Earn iPad Program, along with our amazing instructor, Kraig Perry, whose dedication and expertise have helped make the program such a success.

The celebration will take place on Thursday, November 19, from 11 a.m. to 1 p.m. at Coastline. Participants are invited to join us for a brunch as we celebrate their accomplishments and the incredible journey they have taken toward greater digital confidence and independence.

If you participated in the Learn & Earn program and would like to attend, please RSVP by calling 508-742-9160. Please leave your name and let us know when you participated in the program so we can add you to our guest list.

At Coastline, we are proud of everything our Technology Program has accomplished and even more excited about where we are going next. By providing access to technology, education, and individualized support, we are helping older adults stay connected, engaged, and independent in an increasingly digital world.

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.

Habitat for Humanity plans groundbreaking for three New Bedford homes

Buzzards Bay Area Habitat for Humanity will hold a groundbreaking ceremony at noon on Friday, Oct. 2, to celebrate the start of three new homes being built in the City of New Bedford. The project sites are at 1256 and 1268 Pleasant St. and 59 Merrimac St. Community members are invited to attend the celebration, which will include a site blessing by the Reverend David Lima. The event comes as Buzzards Bay Area Habitat for Humanity marks its 30th anniversary.

Craft fair to benefit St. Julie's Ladies Guild

St. Julie's Ladies Guild will hold its fourth annual craft fair from 10 a.m. to 3 p.m. Saturday and Sunday, Nov. 7 and 8, in the Bishop Stang High School cafeteria, 500 Slocum Road, Dartmouth. The fair will feature handmade crafts, vendors, raffles, food and a bake sale. Proceeds will benefit the guild.Raffle ticket sales will close at 1 p.m. Sunday, with winners announced at 2 p.m.

New Bedford Connect offers free services

New Bedford Connect will bring free services and community resources to individuals and families experiencing homelessness or at risk of losing their housing from 9 a.m. to 1 p.m. Oct. 21 at the New Bedford YMCA, 25 South Water St.

The event will offer health screenings, haircuts and clothing, with breakfast and lunch provided. Shuttle transportation will be available from House of Hope, PAACA, Howland Green Library and Sister Rose House.

Participants should bring identification to access some services. Free Massachusetts IDs will be available through the Registry of Motor Vehicles with completed required paperwork. Those in temporary or transitional housing must also have residency affidavits completed by their housing provider.

For more information, including transportation details, email info@riseupforhomes.com.

Coastline's Staff Appreciation

Each year, Coastline hosts a staff appreciation event in order to recognize milestones, highlight staff who go 'Above & Beyond' in service to older adults, and to celebrate the important work we do in our community to benefit older adults & maintain their ability to age at home, with access to quality programs and services









Community

Understanding Hypnosis: Separating Myths from Reality

By John Barboza
New Bedford Wellness Certified Hypnotist



Hypnosis has long captured the imagination and curiosity of people around the world. Its mysterious reputation is fueled by dramatic portrayals in literature and film, as well as by sensational stories of mind control and manipulation. Despite its widespread use in therapy, entertainment, and personal development, hypnosis remains one of the most misunderstood psychological phenomena. Many people approach the subject with skepticism, fear, or even fascination, often shaped by popular culture rather than scientific evidence.

Svengali, a fictional hypnotist from George du Maurier's 1894 novel Trilby, instilled fear in the minds of readers and viewers of the movie adaptation because of how he controlled, dominated, and manipulated others through hypnosis. This characterization contributed to many myths, fallacies, and misconceptions about hypnosis that persist today; for instance, a hypnotist cannot force you to act against or override your free will, nor will you lose total awareness or get stuck in hypnosis, and hypnotists do not possess special or supernatural powers.

When I first witnessed someone get hypnotized by simply shaking hands, I feared shaking hands because of how quickly and deeply I saw the person unknowingly get hypnotized. As I continued to educate myself by reading many books, going to several workshops and seminars, and eventually becoming a certified hypnotist, the fears, myths, fallacies, and misconceptions vanished, and I began helping others to understand this incredible tool of the mind that can help people make drastic behavioral changes while also eliminating their self-limiting beliefs.

> "Today, hypnosis is increasingly being recognized and accepted by both science and medicine for its value in helping people"

Understanding what hypnosis truly is and what it is not requires looking beyond the myths and examining the reality grounded in research and clinical practice. When you are provided with accurate information about how hypnosis works, you will discover that hypnosis is not about surrendering control; it's about unlocking the mind's potential to create positive change.

Studies led by Stanford University revealed three distinct physiological changes during hypnotic trance. Overthinking is reduced, creating deep mental absorption. The brain-body connection is strengthened, allowing individuals to exert greater conscious control over heart rate, inflammation, and pain perception. And suggestions can be executed without intense self-consciousness or second-guessing.

Irritable bowel syndrome, surgical pain management, and cognitive behavioral therapy, when used with hypnosis, increase treatment efficacy for these and other conditions like anxiety, phobias, and depression. As a National Guild of Hypnotists (NGH) board-certified consulting hypnotist, I have used hypnosis to reduce stress, manage nervousness, help patients relax during dental procedures to alter the perception of pain, overcome unwanted habits such as smoking, nail biting, and unhealthy eating patterns, and many other issues that everyday people experience.

Hypnosis has been around for more than 4,000 years. Throughout history, it has been documented, misunderstood, and consistently clarified by hypnotists dedicated to educating others about its safety and positive potential. Today, hypnosis is increasingly being recognized and accepted by both science and medicine for its value in helping people, while also challenging and changing negative mindsets about its use and benefits.

The Way Things Were



OLD MARKET: Alfred Dion's Cider & Friuty Stand, Acushnet Avenue and Peckham Road, Sassaquin, 1944. *(Courtesy of Spinner Publications.)*

Proposed state funding would keep Engine 9 in service

New Bedford's Engine 9 could remain in service under a proposed $1.3 million state funding allocation for the city's Fire Department.

Following several weeks of discussions with the Healey-Driscoll administration, Mayor Jon Mitchell was informed Sept. 23 that the governor intends to include the funding in a supplemental appropriations bill.

If approved by the Legislature, the funding would provide additional aid through the state's Municipal Public Safety Staffing Program, administered by the Executive Office of Public Safety and Security.

Mitchell has committed to using the money to keep Engine 9 operating. The engine had been slated to be taken out of service later this fall.

For more information, visit the City of New Bedford's website.

In-Home Vaccinations: Acushnet, Fairhaven & New Bedford

The City of New Bedford's Health Department, in partnership with the Southeastern MA Public Health Collaborative, is graciously providing free In-Home Flu Vaccinations for residents of Acushnet, Fairhaven, and New Bedford that are 18 years of age or older and have difficulty getting to community vaccination locations. If you would like to schedule your annual in-home vaccination, provided by the City of New Bedford's public health nurses, please contact the New Bedford Health Department to schedule an appointment or for more information at 508-991-6199. This in-home vaccination campaign is especially important now as we head into the fall, and subsequently, the flu season. This time of the year puts immunocompromised individuals, especially older adults and the disabled, at an increased risk for adverse health outcomes. Receiving annual flu vaccinations is proven to be one of the most effective ways to maintain your health as we head into the cold winter months!

Disponibilizar vacinação contra a gripe ao domicílio para os residentes

O Departamento de Saúde da Cidade de New Bedford, em parceria com a Colaboração de Saúde Pública do Sudeste de Massachusetts, está a disponibilizar gratuitamente vacinação contra a gripe ao domicílio para os residentes de Acushnet, Fairhaven e New Bedford com 18 anos de idade ou mais e que tenham dificuldade em deslocar-se aos locais de vacinação da comunidade. Se desejar marcar a sua vacinação anual ao domicílio, prestada pelas enfermeiras de saúde pública da cidade de New Bedford, contacte o Departamento de Saúde de New Bedford para marcar uma consulta ou para obter mais informações através do número 508-991-6199. Esta campanha de vacinação ao domicílio é especialmente importante agora que nos aproximamos do outono e, consequentemente, da época da gripe. Esta altura do ano coloca as pessoas imunocomprometidas, especialmente os idosos e as pessoas com deficiência, num risco acrescido de complicações de saúde. Está comprovado que a vacinação anual contra a gripe é uma das formas mais eficazes de manter a sua saúde à medida que nos aproximamos dos meses frios de inverno!

Vacunación contra la gripe a domicilio para los residentes

El Departamento de Salud de la ciudad de New Bedford, en colaboración con la Asociación de Salud Pública del Sureste de Massachusetts, ofrece de forma gratuita un servicio de vacunación contra la gripe a domicilio para los residentes de Acushnet, Fairhaven y New Bedford mayores de 18 años que tengan dificultades para desplazarse a los centros de vacunación comunitarios. Si desea concertar su vacunación anual a domicilio, que llevan a cabo las enfermeras de salud pública de la ciudad de New Bedford, póngase en contacto con el Departamento de Salud de New Bedford para concertar una cita u obtener más información llamando al 508-991-6199. Esta campaña de vacunación a domicilio cobra especial importancia ahora que nos acercamos al otoño y, posteriormente, a la temporada de gripe. En esta época del año las personas inmunodeprimidas, especialmente los adultos mayores y las personas con discapacidad, corren un mayor riesgo de sufrir complicaciones de salud. ¡Está demostrado que vacunarse anualmente contra la gripe es una de las formas más eficaces de mantener la salud a medida que nos adentramos en los fríos meses del invierno!

Translations provided by:
Southcoast Health

Neuro Bloom Wellness: In-home tech support

Coastline's technology program is excited to welcome a new community partner and Digital Navigator, Ally Etzkorn, MS, CCC-SLP, a licensed Speech-Language Pathologist and founder of Neuro Bloom Wellness.

Ally brings more than eight years of clinical experience working with adults and specializes in adult speech, communication, and digital support.

Through Neuro Bloom Wellness, Ally will be working with Coastline to provide technology-related assistance and education to older adults.

As part of this new partnership, Ally will conduct group sessions at area Councils on Aging, providing opportunities for older adults to learn, ask questions, and build confidence in using technology.

She will also be available for individual one-on-one sessions, either in the home or at one of the centers, for those who may benefit from more personalized assistance with their technology needs. For more information, call 508-742-9160.

This partnership represents another important step in Coastline's commitment to making technology more accessible and meaningful for the people we serve. Classes are funded thanks to the Mass Broadband Institutes' Digital Equity Partnerships Grant.

Starting in 2026!

Inside



Senior Scope, December 2025

Questions?

Email Senior Scope at SeniorScope@Coastlinenb.org or call 508-742-9102

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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 monh.

Same audience. Same value.

Help Coastline recognize a caregiver who makes a difference

Most of us know someone who gives their time and energy to care for another person. It may be a family member helping an aging parent, a friend supporting someone with a disability or a grandparent raising grandchildren. Their efforts make a difference every day, often without much recognition.

This November, Coastline wants to share their stories. For National Caregivers Month, Coastline is inviting community members to nominate a family member, friend or associate who has gone above and beyond in caring for someone. Nominated caregivers will be highlighted throughout November on Coastline's social media channels and in Senior Scope. Caregivers of any age are eligible if they currently care for an older adult or a person with a disability. Grandparents of any age caring for a grandchild or grandchildren are also eligible.

The person receiving care must live within Coastline's service area, and the nominee should have made a positive difference in that person's life or the surrounding community. Details about the service area are available at coastlinenb.org/about-us/.

To nominate a caregiver, call 508-999-6400 and ask for Jessica, the community resources supervisor. Please provide your name, email address, phone number and organization, along with the caregiver's name, email address and phone number.

The nomination is an opportunity to tell others about the person you know and the care they provide. Share how long they have been a caregiver, in months or years, and describe their experience, including any challenges they have faced. What makes them deserving of recognition? How have they made life better for the person in their care? Include a specific example of a time the caregiver went above and beyond, along with anything else you would like to share about them.

These details will help readers understand their commitment and the difference their support makes. A photograph of the caregiver is required. Email a JPEG, GIF or PNG image to jkopeckylanausse@coastlinenb.org, with the caregiver's name in the subject line. Nominations are due Oct. 23, 2026.

If someone comes to mind, consider sharing their story and helping Coastline give their work the recognition it deserves.

Free rides available for qualifying residents

The New Bedford and Fall River residents who need transportation for medical appointments, work or food access may qualify for free rides through a partnership between Mass 2-1-1 and Lyft.

The Relief Rides program provides limited, short-term transportation for people who meet eligibility requirements and have no other local transportation resource available.

Eligible trips include grocery shopping, food pantry visits, pharmacy trips and nonemergency medical appointments. Participants may also qualify for up to one week of employment-related transportation, consisting of five one-way or three round-trip rides.

Rides can be scheduled up to 48 hours in advance, including return trips when appropriate. Some rides may be available immediately. Riders must have a phone that can receive text messages for driver information and pickup updates.

Mass 2-1-1 navigators can help new Lyft users connect with their drivers and provide information about longer-term transportation options. To check eligibility, call 2-1-1 or 877-211-6277. The program's phone line is available Monday through Friday from 7:30 a.m. to 4 p.m.





Planning for the Future: Your Estate Planning Essentials

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

Taking the time to plan for the future is about peace of mind and making sure your wishes are honored. Many people believe estate planning is only for the wealthy, but every adult can benefit from having a plan in place.

An effective estate plan serves two purposes: It helps protect your interests while you are alive and guides what happens after your death. The documents work together, with each serving a different role.

Understanding the key documents:

Durable power of attorney: This document designates someone to manage your financial and legal affairs and can remain effective if you become incapacitated. The authority ends upon your death.

Health care proxy: A health care proxy appoints a person to make medical decisions if you are unable to make them yourself. That person's authority to make health care decisions ends upon your death.

Advance directive: An advance directive helps your health care agent and doctors understand your wishes regarding medical treatment and end-of-life care. In Massachusetts, a living will is not legally binding, but it can provide guidance. Funeral wishes should also be recorded and shared with family members.

Revocable trust: A revocable trust holds and manages assets during your lifetime. After your death, assets properly placed in the trust can be distributed privately, outside probate, and often more quickly than through the probate process. A revocable trust does not, by itself, provide tax savings or protection from your creditors.

Will: A will identifies how you want your probate assets distributed and allows you to nominate guardians for minor children, subject to court approval. You prepare it during your lifetime, but it takes effect after your death and guides the distribution of your estate through probate.

Beneficiary designations: These identify who will inherit assets such as life insurance proceeds or retirement accounts. After your death, those assets generally transfer directly to the named beneficiaries outside probate.

Why start now?

Creating an estate plan can make a difficult time easier for your loved ones. It gives them guidance about your wishes and identifies who should handle important decisions.

Reduced family burden: Clear instructions take much of the guesswork out of financial and medical decisions. Family members have a plan to follow instead of trying to determine what you would have wanted.

Asset protection: Depending on your circumstances, an estate plan may include strategies to help protect assets from certain legal claims or creditors. The protection available depends on how the plan is structured.

Tax efficiency: Planning may help minimize estate taxes and preserve more of what you leave to your heirs. An attorney can explain which strategies, if any, apply to your situation.

Your wishes: Naming people you trust and putting your preferences in writing helps ensure your voice is heard, even if you cannot speak for yourself.

Start the conversation: Whether you are starting from scratch or reviewing an existing plan, the most important step is to begin. Think about who you would trust to make decisions, what you want your family to know and whether your current documents reflect those wishes.

An estate planning attorney can help you put those decisions in writing and develop a plan that meets your needs.

This information is for educational purposes only and is not legal advice. Please consult with an experienced estate planning attorney to discuss your specific situation.

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

1.) In which country did Halloween originate?
A.) Ireland B.) Scotland C.) Romania D.) Iceland

2.) What was the name of Dracula's sidekick?
A.) Martin B.) Igor C.) Renfield D.) Franz

3.) Of which vegetable were Jack-O-Lanterns originally made?
A.) Butternut Squash B.) Acorn Squash
C.) Watermelon D.) Turnips

4.) From which region of the world do pumpkins originate?
A.) Asia B.) Central America C.) Caribbean D.) United States

5.) Transylvania is a region in which country?
A.) United States B.) Russia C.) Ukraine D.) Romania

6.) Pumpkins can be organge, green, white, or what other color?
A.) Black B.) Pink C.) Blue D.) Red

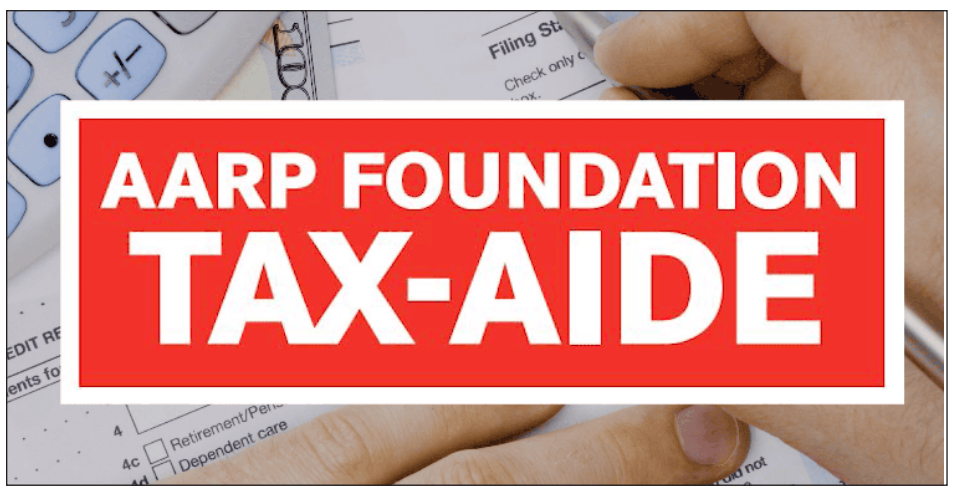
7.) In the Texas Chainsaw Massacre movie, how many people are killed with a chainsaw?
A.) 1 B.) 2 C.) 4 D.) 5

8.) Who wrote the classic novel Dracula?
A.) Mary Shelly B.) Stephen King
C.) Bram Stoker D.) Edgar Allen Poe

9.) What do people in New England call the night before Halloween?
A.) Parents night B.) Candy night
C.) Cabbage night D.) Eggo night

10.) What was Dr. Frankenstein's first Name?
A.) Victor B.) Sigfried C.) Hans D.) Igor

[*Answers listed on page 11*]



Tax Preparation Volunteers Needed!

Since 1968, AARP Foundation Tax-Aide has helped over 80 million taxpayers to file their returns. This year, nearly 28,000 Tax-Aide volunteers helped secure almost $1.3 billion in total refunds for nearly 1.7 million people. AARP Foundation Tax-Aide is the nation's largest volunteer-based free tax assistance and preparation service. As a Tax-Aide volunteer, you'll receive training and support with IRS-certification, learn new skills, and connect with people in your community while giving back.

Whatever your skill set, there's a role for you! Join our team of volunteers and find out why volunteering with Tax-Aide is so rewarding. For your planning, in our district, there are 2 mandatory, in-person training sessions for new volunteers.

The first is scheduled this year for the first Thursday in December (December 3), and the second session - which all volunteers must attend - typically is scheduled for early in January. We begin preparing taxes on the first week of February, and all volunteers must complete their training and certification tasks before we begin the season.

If you are interested in volunteering, or want more information, please click the link below, or type the link below into your browser and fill out the volunteer form. A Local Volunteer Coordinator will reach out to each person who completes this form: https://www.aarp.org/forms/volunteer-tax-aide/

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

By MA Senior Medicare Patrol

The Medicare Open Enrollment Period runs from **October 15** through **December 7, 2026.** During this time, Medicare beneficiaries have an opportunity to review their coverage and make changes for the following year. While Open Enrollment is an important opportunity to make sure your Medicare coverage still meets your needs, it is also a time when beneficiaries may encounter deceptive marketing and enrollment.

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. This can take place as advertisements, phone calls, mailers, television ads, and/or online promotions promising "more benefits", "zero-dollar plans", or "money back in your pocket".

Be cautious if you encounter:

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

- Requests for your Medicare number or personal information outside of a trusted setting. (This can lead to fraudulent charges for services on your Medicare Summary Notice or other medical billing statements.)

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

- Pressure to enroll quickly or risk "losing benefits".

- Claims that an insurance plan is "endorsed by Medicare" (this is not accurate).

Never feel pressured to provide personal information or make an immediate enrollment decision. Enrolling in a plan based on misleading information can have serious consequences including the loss of access to trusted doctors or hospitals, unexpected out-of-pocket costs, enrollment in plans that don't cover medications, and/or delays or denials in care.

How to Protect Yourself:

- Treat your Medicare Number like a credit card: NEVER give it out to untrusted sources.

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

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

- Work with trusted counselors: Free, unbiased help is available through your local SHINE Program. Contact SHINE at mass.gov/shine-program or (800) 243-4636.

- Confirm information with official sources like 1-800-MEDICARE or the SHINE Program.

If you believe you've experienced deceptive marketing or were improperly enrolled in a plan, contact the Massachusetts Senior Medicare Patrol (SMP) Program for assistance at masmp.org or (800) 892-0890. SMPs empower beneficiaries to prevent, detect, and report Medicare fraud, errors, and abuse.

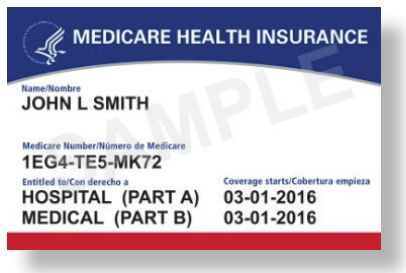
Take the time to ask questions, understand your options, and make informed decisions about your Medicare coverage. Reporting helps protect not only you, but others in your community.

Disclaimer: 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 $606,780 with 100% 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.



During this time each year, Medicare beneficiaries are strongly encouraged to review their Medicare coverage by consulting a SHINE counselor who can provide comprehensive and unbiased information about health benefits. To schedule an appointment, contact a local Council on Aging or call (800) 243-4636

- ✔ Protect yourself and your loved ones from becoming a victim of deceptive marketing.
- ✔ Make sure your healthcare coverage works for you and your needs.
- ✔ MA SMP is ready to provide you with the information you need to:
  - PROTECT yourself from deceptive marketing
  - DETECT potential fraud, errors, and abuse, and
  - REPORT your concerns.



The MA SMP Program helps educate and empower Medicare beneficiaries, family members, and caregivers in the fight against healthcare fraud. MA SMP also provides informational and educational presentations.

SMP Senior Medicare Patrol
Preventing Medicare Fraud

Massachusetts Senior Medicare Patrol Program
800.892.0890 | 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 $606,780 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.

Strong Women, Strong Bones: With Karen, Mon. - Thurs., 9 a.m. $2/suggested, voluntary donation. Strength training, weight-bearing aerobic exercise, stretching, and balance. A Title III funded program through Coastline.

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

Zumba Gold: With Pati. Tuesdays, 10:30 a.m $8; Thursdays, 10:30 a.m Free; Fridays, 9:00 a.m $8 A lower-intensity version of the typical Zumba class designed to meet the needs of those over the age of 50.

Strength and Conditioning: With Larry. Wednesdays, 10:30 a.m. $6, Fridays, 10:30 a.m. $1 Standing or seated with low-impact cardio to maximize fitness.

Resistance Bands: With Karen. Thursdays, 10:15 a.m. Free. Resistance bands use oppositional force to train your muscles instead of weight.

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.

THRIVE: Thursday, October 1, 5:00–6:30 p.m. Brian Souza – Greater New Bedford Choral Society. Free and open to all.

Movie Series: Monster: The Lizzie Borden Story Thursdays, October 1, 8, 15 and 22. Two episodes will be shown each Thursday at 1pm.

The Happiness Project, Session 1: Friday, Oct. 2nd, 9th, 16th, 23rd, 11am–12:30pm. Four-week series. $5 per session.

Touch a Truck Event: Sat., Oct. 3rd, 11:00am–2:00pm Free and open to all.

Single Senior Supper: Tuesday, October 6, 4:00–6:00 p.m. $5 per person.

AI in Daily Life: Wednesday, October 7, 1:00 p.m. Free and open to all.

Movie Series: Monster: The Lizzie Borden Story: Thur., Oct. 8, 1:00 p.m.

The Happiness Project – Session 2: Friday, October 9, 11:00 a.m.–12:00 p.m.

Movie Series: Monster: The Lizzie Borden Story: Thur., October 15, 1:00 p.m.

Fire Safety Bingo: Thurs, Oct. 15, 12:30–2p.m.With Fire Safety Officer Anthony Puentes

The Happiness Project – Session 3: Friday, Oct. 16, 11:00 a.m.–12:00 p.m.

Hartley Farm Cranberry Bog Wagon Tour: Mon, Oct. 19, 9:00 a.m. $25 PP. Van leaves the Center at 8:15 a.m.

DNRT Walk: Paskamansett Woods: Tuesday, October 20, 10:00 a.m.
Join Kendra Parker for a walk through Paskamansett Woods.

Pizza Presentation with Whalers Cove: Wednesday, October 21, 12:30 p.m. Featuring a special guest from Summit ElderCare's Program of All-Inclusive Care for the Elderly (PACE). Free and open to all. Limit 30 participants. Registration required by October 12.

Movie Series: Monster: The Lizzie Borden Story: Thurs, Oct. 22. 1:00 p.m..

The Happiness Project – Session 4: Friday, Oct. 23, 11:00 a.m.–12:00 p.m.

Hearing Clinic: Friday, Oct. 23, 1:00–3:00 p.m. Held in the Bullard Building.

Author Visit: Jeff Young, Bridges Through Baseball: Mon, Oct. 26, 4:30pm Free. Jeff Young will discuss his intergenerational book. Bring your grandchildren!

Wellness Walk: Wed., Oct. 28, 9–10a.m. With Town RN Maura Reimer.

Lizzy Borden House Tour & Lunch: Wed, Oct. 28. One-hour tour followed by lunch at Lizzy's Café. $35 PP for tickets and transport. Lunch is on your own.

SRTA: Thurs. Oct. 29, 9–11am. SRTA will now visit the COA every other month.

DCOA Halloween Party: Friday, October 30, 1–3p.m. Music by Stacey. $5 per person. Wear a costume for a chance to win a prize!

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.

Mall Trips: Oct.7- Tiverton Casino, Oct.14- Hyannis Mall/ Trader Joes, Oct. 21-Prov. Place Mall, Oct. 28- Warwick Mall.

Monday Movie: 12:15 p.m. Monday. Oct. 5- Arsenic & Old Lace, Oct.19-Something Wicked This Way Comes, Oct. 26- The Birds.

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

Cribbage: Mondays 10 a.m. to noon.

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

Osteo Class: Bone boosting exercises. Mon., Wed., & Fri. 8:30-9:30 a.m. $1.

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

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

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

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

Watercolor Classes: Wednesday's - 2:00-3:30pm $10/Class. Call to sign up.

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

LGBTQ Supper Club: Must call to sign up.

Senior U Technology Classes: Mondays 1:30-3:30 p.m. Call center to sign up.

Music Bingo: 12:30-1:30pm $2 Per Person. Oct. 30th Halloween Themed!

Bingo: 2nd Friday of the Month 1:00pm (Pay for cards and 50/50 at the door)

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

Triple Play Game Day!: 1st and 3rd Friday 12:30-3:00pm

Vaccine Clinics: Oct. 7- 11am-1pm (Flu, COVID, RSV, Shingles). Oct. 23 1:30-3:30pm Flu Only

Junk Journaling Craft: Oct. 23- $10 Per Person, 10am. Call to sign up.

Brain Health & Nutrition: Oct 28, 11am. Discover the connection of Brain Health along with Nutrition and your lifestyle.

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. For more Marion COA programs and activities, see the COA newsletter at https://www.marionma.gov/council-aging/pages/newsletters or https://mycommunityonline.com/find/marion-council-on-aging

Podcasts Monday, October 5 1:00 p.m. You may have heard of podcasts but have been intimidated due to the novelty of technology. It is much simpler and more accessible than you might think. In this lecture, you will learn step-bystep how to find and listen to podcasts at your convenience. Podcasts are a revolution in the sphere of digital storytelling and entertainment.

Continued on Page 11







'**Monday, October 5 1:00 p.m**. This **support group** is facilitated by Sue Griffith, RN, and is open to people with Parkinson's and/or their Care Partners. All are welcome. Contact Sue to join. Registration & Questionssgriffith@marionma.gov, or the Marion COA at 508-748-3570.

Hear Better Today Tuesday, October 6th10:00 a.m. - 12:00 p.m. Lauren Warburton, Board-certified LIC #275 Hearing Instrument Specialist from At Home Hearing Healthcare will be on hand to provide complimentary hearing screenings, hearing aid cleanings and video ear exams. Call 508-748-3570 to schedule your appointment.

Mindful Movements for People with Parkinson's Thursdays at 10:00 a.m. This program offers functional movement experiences - both seated and standing - along with selected yoga postures and breathing exercise to support those afflicted with Parkinson's. Together, we'll enjoy the benefits of movement while addressing common challenges and embracing the joy of exercise. Instructor: Linda Vivino. Thank you to the APDA MA Chap-

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.

Sheryl Faye Presents Abigail Adams, Tues, Oct. 6 Lunch: 11:30am. Show: 12PM Cost: $10 Registration begins September 21.

Medicare Basics: The Choices, The Gaps. Wednesday, October 7. 6:00 PM

The Scam Landscape: Staying Safe and Cybercrime. Tues. Oct. 13 11:30am. Free, Call to register .

My Passion with Liz Leatham: Thursday, October 15. Share something that brings joy to your life today or brought you joy in the past.10:00–11:15 AM

Medicare Open Enrollment 2026 Begins: Oct. 15 – Dec. 7. Call today to register.

Medication Review with Pharmacist Lisa Lavalette: Monday, October 19. 10AM–12PM. Call today to schedule your appointment.

NEW! Tech Together – Let's Get Connected: Tues., Oct. 20 9–10:30 AM. Free

Frankly Speaking – Stick 'Em Up: Exploring Historic Bank Robberies in MA 11:15 AM Lunch, 11:30 AM Presentation. Residents: $5, Otherwise: $10

NEW! Tech Together – Let's Get Connected: Tues, Oct. 27 9–10:30AM. Free

Manicures with Old Colony Regional Vocational High School: Wed., October 28 First appointment: 9:30–11:00 AM. Cost: Free, Register today.

Mondays: Pilates, Instructor: Shawn Sweet, 8:15 AM, $6. Tai Chi, Instructor: Mary Beth Soares, 8:45 AM, Free. Tai Yo-Ba, Instructor: Cam Bergeron, 9:30 AM. Free.

Tuesdays: Yoga, Instructor: Shawn Sweet, 8:15 AM. Free. Zumba Gold – Instructor: Marge Blinstrub. 10:30 AM. Free.

Wednesdays: Barre – Instructor: Shawn Sweet, 8:15 AM, $6. Tai Yo-Ba – Instructor: Cam Bergeron, 10:45 AM, Free.

Thursdays: Chair Yoga – Instructor: Eileen Waxler, 9:00 AM, Free.

Fridays: Barre – Instructor: Shawn Sweet, 8:15 AM, Free. Country Line Dancing – Instructor: Marge Blinstrub, 10:30 AM,

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.

Zumba Gold: Mondays, 10:00–11:00 a.m.

Strength & Conditioning: Mondays, 12:30–1:30 p.m., and Fridays, 2–3p.m., with Larry Bigos

Line Dancing: Mondays, 1:30–2:30 p.m., with Kristina Hernandez

Yoga Chair: Tuesdays & Wednesdays, 10:00–11:00 a.m., with Susan Ashley

Tai-Yo-Ba: Wednesdays, 8:30–9:15 a.m., with Cameron Bergeron

Zumba Toning: Thursdays, 12:30–1:30 p.m., with Pati Cautillo

Chair Massage: Every other Tuesday, 12:30–2:10 p.m., with Diane Charnley. Call for the schedule. Advance sign-up required. 15-minute appointments; $5 cost.

Rochester COA

The Rochester Council on Aging offers a variety of programs, activities, and services designed to support and engage older adults in the community. Located at 67 Dexter Lane, Rochester, MA 02770. For additional information or assistance, residents can contact the Rochester Council on Aging directly at 508-763-8723.

Veterans' Social: Thurs., Oct. 1. 5:00 P.M.

Caregiver Support Group: Tues, Oct. 6th & 20th. 10:00 A.M. Are you a caregiver for someone with Alzheimer's, dementia, or another illness? Join us for support and connection.

Brain Builders (Memory Classes): Thurs, Oct. 8th & 22nd. 12:30 P.M.

Grief Group: Thurs, Oct. 8. 1:30–3PM. All are welcome. Led by Certified Grief Educator Carol Valcourt.

South Shore Plaza, Braintree: Thurs., Oct. 15. Enjoy a wide variety of stores and dining options. Depart COA: 9:30 A.M. Return: By 3:00 P.M.

Cranberry Harvest Experience: Mon, Oct. 19. Visit Hartley Family Farms in Rochester, a family-owned cranberry farm, and learn how this Thanksgiving favorite gets from the bog to your plate. Lunch at Mickey B's in New Bedford. Depart COA: 11:15AM-2:30 P.M.

Free Hearing Clinic: Fri, Oct. 23. 10am–12pm. Registration is required. Call 508-763-8723

Halloween Luncheon: Mon, Oct. 26. 11:30 A.M., $12

Volunteer Appreciation Dinner: Thurs, Oct. 29. 5–7 P.M. Volunteers register at front desk.

Mobile Food Pantry: Sat., Oct. 31. 10am–12pm. In parking lot. For Tri-Town seniors.

Van Trips: Van rides are available for town residents for a $5 or $10 voluntary donation and $10 or $20 for non-residents, depending on the distance traveled.

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.

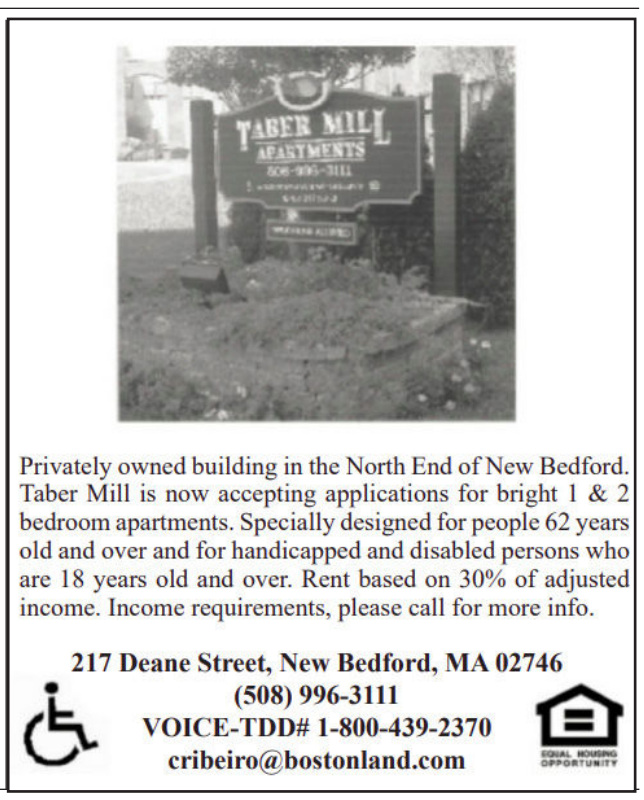
LGBTQIA+ Bereavement Support Group: An 8-week free online support group for LGBTQIA+ meets via Zoom from Nov. 1 to January 3 on Tuesdays from 6-7:30 p.m. Email Lisa Krinsky at lkrinsky@fenwayhealth.org if interested.

October 2026 Trivia Quiz Answers

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







Community

Golden Gears continued...

The Golden Gears program complements bikeshares by educating adults on how to access the bikes, refreshers on bike riding and safety, and coordinating group rides to promote social connections.

Events were held in Worcester, Everett and Springfield in the last two weeks of September to officially launch Golden Gears. These public clinics provided a biking refresher, an introduction to the local bikeshare system, a guided group ride, free cycling equipment, and bikeshare passes for up to twenty participants.

The history of Golden Gears begins at the MassDOT's Special Commission on Micromobility, which in 2025 held five meetings to review state and local laws and regulations, develop recommendations for regulations, and develop recommendations for supporting expansion and innovation of micromobility throughout the Commonwealth. If you have never heard the term "micromobility", you're not alone. This term broadly includes electric-assisted bikes, scooters, mopeds or other wheeled devices powered by batteries. During the Commission's meetings, some members noticed that most of the conversations revolved around younger people and safety with little mention of older adults utilizing micromobility devices.

This revelation that older adults were being overlooked in the micromobility planning process did not go ignored. The Commission's overall goal was to improve the micromobility experience for residents of all ages. To specifically target older adults, MassDOT applied for the AARP Community Challenge Flagship Grant. MassDOT's Golden Gears program was one of 544 awardees from the 2026 annual grant campaign from AARP.

The funding from the AARP grant was used to form a partnership between MassDOT and MassBike to create the Golden Gears sessions held in September. Beyond educating older adults about bike safety, how to use bikeshares, and removing barriers to access, MassDOT hopes to learn from the participants during the events. MassDOT is interested in what concerns they have not considered yet that can be implemented as Golden Gears moves forward. Another goal is to determine if the program can be replicated in other areas of the Commonwealth. Overall MassDOT hopes to learn if they are effectively reaching older adults in their micromobility education outreach. If not, they aim to identify improvements to make sure this age group is served in their work.

The results of the three clinics in September will guide the future work of Golden Gears. There are currently no bikeshares in southeastern Massachusetts, but with the MassDOT's focus on micromobility across the state one can hope this will change in the future.

For more information on Golden Gears visit mass.gov/info-details/golden-gears.

Technology Device Loans

New program aims to help older adults get 'Connected and Online'

For an older adult without a computer or tablet, a video appointment with a doctor or an online benefits application can be difficult to arrange. Staying in touch with family and caregivers can also be harder when reliable technology is out of reach.

The Fairhaven Council on Aging and Coastline Elderly Services, along with surrounding Councils on Aging, are working together on a Technology Device Loaner Program to help older adults and people with disabilities access online services and stay connected.

The program will offer eligible participants temporary use of internet-enabled devices free of charge, such as tablets or laptops. Participants will be able to use the equipment for telehealth appointments, benefits applications, virtual activities and communication with family members and caregivers.

Priority will be given to people who are socially isolated, have limited financial resources or are managing chronic health conditions that could benefit from better access to online services.

> "Learning has no boundaries! Resources like Coastline Elderly Services provided a program for encouragement, curiosity, knowledge for our health of mind, body and soul is rewarding."
>
> **—Kathy A. Arruda,**
> *Technology Program Graduate*

Help getting started

Having a device is only part of the solution. For someone unfamiliar with a tablet or laptop, learning how to use it can be another obstacle.

The Fairhaven Council on Aging will provide basic orientation and support to help borrowers become more comfortable with the equipment. When possible, participants will also be connected with digital literacy training to help them learn to navigate online resources on their own.

The goal is to meet an immediate need while helping participants develop skills they can continue to use.

How the loans will work

Beginning mid-October, Coastline will supply the devices to participating Councils on Aging. The Fairhaven Council on Aging will administer the program locally at their center. The partnership brings together Coastline's regional resources and the council's relationships with community members to help identify and support participants.

Through access to equipment and help learning to use it, the organizations aim to make health care, benefits, and social activities easier to reach. The program is intended to support older adults' independence and give those who may be isolated more ways to connect with others.

This effort is a part of a broader effort by Coastline and the national Aging Network to develop programs and services that help older adults participate in the digital world. Without access to a device, accessing online services, benefits applications, connecting with family and friends, can all prove to be too cumbersome. By providing devices, technology instructors, materials and information to older adults, our community comes closer to bridging the digital divide.





Above is an example of the Dell Laptops that will be made available through the Connected and Online Device Lending Program.

Left is an example of the Dell Tablets that will be made avaialble through the Connected and Online Device Lending Program.

Below is a group of student graduates from Coastline's Learn & Earn iPad program

