

Senior Scope

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

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Own Your PRIDE, page 12



Brenda Grace and Renay Ribeiro, l-r, are retiring after helping grandfamilies for nearly 20 years.

Two grandmothers built support from the ground up

Brenda Grace is no stranger to fighting for justice. As a young woman in New Bedford, she had to fight to make her way in the world. Later, when her daughter struggled with addiction, she stepped up again—this time to protect her grandchildren and keep them together as a family. Those battles eventually shaped her next one: advocating for all grandparents raising grandchildren. Grandparents Raising Grandchildren Inc. (GRG), the grassroots organization she founded in New Bedford 18 years ago, grew directly out of Grace’s personal experiences and her determination to change the legal, financial, and social barriers facing families like hers. Since its founding, GRG has evolved into a small but nimble support system—part advocacy group, part support group, part community builder. The organization has helped families understand complicated custody issues, hosted cookouts and holiday parties, provided scholarships and school supplies, and worked to push state policies in a more supportive direction. What began in Grace’s home became something bigger—but the roots remained personal. At first, Grace took in her two granddaughters. Later, when her daughter had two more children, Grace cared for them on weekends, working with their fathers and the court system to make arrangements that kept the children in contact with both parents. Keeping the siblings together was non-negotiable. Back then, Grace considered but declined to become a licensed foster parent, despite the additional

Continued on page 12

Senior Games clinic offers fitness, fun, and a shot at competition

Calling all active agers and curious beginners on the South Coast. Massachusetts Senior Games, the state’s affiliate of the National Senior Games Association, is bringing a free sports clinic to Wareham, and you’re invited. This event will feature six fun, low-impact sports for older adults to try out or sharpen their skills: pickleball, cornhole, disc golf, shuffleboard, basketball skills, and power walking. Designed with older adults in mind, the clinic offers a friendly and supportive introduction to sports that are easy on the body, socially engaging, and, for those interested, potentially competitive. Each of the featured sports is part of the Massachusetts Senior Games’ annual lineup of competitions, and participants who catch the bug can train toward qualifying for state and even national games. However, you don’t need to be competitive to join in. Whether you’re already active or just looking for light movement and connection with others, the clinic is a welcoming place to have fun and try something new, according to organizers. The event is open to adults aged 40 and older. Kathy Clark of Moxie Mobility is coordinating the event in partnership with Massachusetts Senior Games. She’s excited to bring more Senior Games opportunities to the South Coast, a region she believes is filled with older adults



Continued on page 7

Social Security projections one year earlier

Social Security funds are expected to run out one year earlier than projected last year, according to a report released by the Social Security Board of Trustees in June.

The combined reserves of the Old-Age and Survivors Insurance and Disability Insurance Trust Funds are projected to have enough dedicated revenue to pay all scheduled benefits and associated administrative costs until 2034, with 81 percent of benefits payable at that time, according to the media release.

The OASI Trust Fund is projected to become depleted in 2033, the same year as last year's estimate, with 77 percent of benefits payable at that time. The DI Trust Fund reserves are not projected to become depleted during the 75-year projection period.

In the 2025 report, trustees said:

- The reserves of the combined OASI and DI Trust Funds declined by \$67 billion in 2024 to a total of \$2.72 trillion.
- The annual cost of the program is projected to exceed annual income in 2025 and remain higher throughout the 75-year projection period. Total cost began to be higher than total income in 2021. Social Security's cost has exceeded its non-interest income since 2010.
- If Congress does not act, combined trust fund reserves are currently projected to become depleted in 2034. At that time, there would be sufficient income coming in to pay 81 percent of scheduled benefits.

Other highlights of the report include:

- Total income, including interest, to the

combined OASI and DI Trust Funds amounted to \$1.42 trillion in 2024. (\$1.29 trillion from net payroll tax contributions, \$55 billion from taxation of benefits, and \$69 billion in interest)

- Total expenditures from the combined OASI and DI Trust Funds amounted to \$1.48 trillion in 2024.
- Social Security paid benefits of \$1.47 trillion in calendar year 2024 with about 68 million beneficiaries at that time.
- The projected actuarial deficit over the 75-year long-range period is 3.82 percent of taxable payroll - higher than the 3.50 percent projected in last year's report.
- During 2024, an estimated 184 million people had earnings covered by Social Security and paid payroll taxes.
- The cost of \$7.4 billion to administer the Social Security program in 2024 was a very low 0.5 percent of total expenditures.
- The combined trust fund reserves earned interest at an effective annual rate of 2.5 percent in 2024.

The Board of Trustees usually comprises six members. Four serve by virtue of their positions with the federal government: Scott Bessent, Secretary of the Treasury and Managing Trustee; Frank Bisignano, Commissioner of Social Security; Robert F. Kennedy, Jr., Secretary of Health and Human Services; and Lori Chavez-DeRemer, Secretary of Labor. The two public trustee positions are currently vacant. View the 2025 report at www.socialsecurity.gov/OACT/TR/2025/.

From the Editor

Have you ever walked down the street or grocery aisle or scanned the doctor's waiting room and wondered about the people you see there?

One of the gifts of being in the role I'm in is it brings me the chance to meet people I wonder about and hear their stories. They've shown me that there are so many important events and circumstances behind any individual you walk by in a single day - so many stories that you might never imagine until you get the chance to hear them.

These stories are always fascinating and this month has been no exception.

First, *on page one*, I visited with Brenda Grace and Renay Ribeiro and heard how their lives were shaped by the decision to take in their grandchildren.


I also stood under a tent in the pouring rain at PRIDE Festival in New Bedford and heard from two amazing individuals about what it's like to live your life when your personal identity differs from what some consider social norms. For anyone who has lived outside that norm, their comments will inspire you. *See page 12*.

I also connected with Kathy Clark of Moxie Mobility. Outside her role helping people there, Kathy is determined to bring Mass Senior Games events to the South Coast. It's a good idea given the number of active adults age 60 and over in this region and even better when I discovered that in Massachusetts people over age 40 can participate. *See more on Kathy's first free clinic to try out some of Senior Games sports on page one*.

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




Beth Perdue



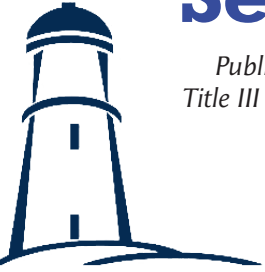
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SHINE Counselors
in the Greater New Bedford Area

Acushnet Council on Aging 59 1/2 S. Main St. Acushnet	508-998-0280	Jennifer Ledo
Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Virginia Walega Matthew Dansereau
Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven	508-979-4029	Dianne Perkins Carolyn Dantoni Jean Silver
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
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
PACE, Inc. 166 William St., New Bedford	508-999-9920	Freda St. Marie-Johnson
Rochester Council on Aging 67 Dexter Lane, Rochester	508-763-8723	Jan Cote
Southcoast Health 200 Mill Road, Suite 109, Fairhaven	508-965-1047	Denise Dupuis



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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 Elder Affairs, our advertisers and donors. As the publisher, Coastline is not responsible for the content of third party advertising.

Correction

Question No. 4 in the June Trivia quiz was incorrect. The correct question is: *What part of the grape makes the wine red? The answer is C) skin.*

Donations for June 2025

Our donors help *Senior Scope* carry out its mission, and we cannot thank you enough for your support. Voluntary donations can be mailed to Coastline, 863 Belleville Ave., New Bedford, MA 02745. Checks can be paid to the order of: *Coastline*. We cannot process checks made out to "*Senior Scope*." You can also call Coastline's Payment Department at 508-742-9114 to donate with a credit card or use the QR code below to donate online.

In Memoriam

My mother Enid.
— With love, Ann McCrillis Tipping **\$25**

Donation

To Senior Scope and your efforts.
— Anonymous **\$60**

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

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Smart, safe & in the know, with plenty of fun along the way!

Celebration of Seniors connects older crowd with tools to stay safe.

By now, regular attendees of the Celebration of Seniors event have heard the warnings about scams many times over.

They know not to answer calls from unknown numbers. They've learned that, thanks to artificial intelligence, a familiar voice can be faked.

Yet the reminders remain essential.

As technology evolves, so do the tactics scammers use to take people's money and older adults remain a frequent target due to their savings and unfamiliarity with emerging tech.

At last month's packed event, speakers emphasized the scale of the threat, the constant shifts in scam methods, and the need for continued education.

District Attorney Thomas M. Quinn III outlined one of the latest concerns: the use of Bitcoin machines in everyday locations like corner markets, gas stations, and laundromats.

"Bitcoin ATMs allow customers to buy digital currency such as Bitcoin and crypto, and people have lost billions," he said. "By putting the cash into a machine at Cumberland Farms (at the request of a scammer), it goes into the pocketbook, if you will, of the scam artist and cannot be traced."

Ryan Berard, AARP Massachusetts Associate State Director for Advocacy, echoed these concerns.

"People lost over \$200 billion last year using these machines alone," he said. "And there is no regulation either at the state or federal level that can help you and prevent other people from losing their money."

Berard noted that AARP has introduced a bill at the State House that would, he said, "put common sense regulation on these machine of which there are more than 600 across the Commonwealth right now."

While neighboring New England states have already implemented regulations, Massachusetts is currently deliberating on the issue.

Celebration of Seniors continues to grow each year. This year's event drew more than 700 older adults along with the professionals staffing more than 70 vendor tables. For the first time, the event expanded to use the entire White's of Westport facility after outgrowing last year's rooms.

This year, the Bristol County District Attorney's office and Coastline, both event organizers, were particularly proud to welcome state Secretary Robin Lipson of the Executive Office of Aging & Independence. In her remarks, Lipson offered a brief overview of how the state agency helps older adults access the resources and tools needed to age on their own terms.

Recently, she noted, Gov. Healey signed an executive order requiring



every state department to consider the needs of older adults in decision-making. At the RMV, for example, Lipson said staff will now think about how an older adult might experience long waits, struggle with small print, or feel overwhelmed by kiosk systems.

"It means with this executive order that I'm not the only person in state government thinking about all of you," she said. "It means that folks in Public Safety and Parks and Recreation and Environment and Energy and Housing are thinking about older adults."

In his remarks, Berard also urged attendees not to stay silent if they fall for a scam. Though older adults often lose more money to fraud, younger people ages 20 to 29 are actually scammed more often. Shame or embarrassment should never prevent anyone from seeking help.

"It can happen to anyone," he said.

Courtney Quinn, Vice President of Anodyne, emphasized the importance of community-based support for seniors.

"We believe everyone should have the opportunity to live independently with dignity, especially our senior populations," she said. "While aging can sometimes make independent living more challenging, a well-rounded support



team can make all the difference." Lucillia Prates, state director of the Senior Medicare Patrol, offered another angle on fraud—its ripple effects on healthcare costs.

"Healthcare costs are what they are today because of all the fraud that's out there," she said.

She cautioned against calls asking about personal health issues, noting they're often phishing attempts to obtain Medicare numbers and submit fraudulent charges.

"We need to be very vigilant,"

Prates said. "I want you all to please look at your Medicare summaries... Look at your explanation of benefits. Keep a personal healthcare journal."

For those needing guidance or support, Berard recommended contacting AARP's Fraud Watch Network.

"It's a nationwide group of volunteers, many of whom themselves have at one time been a victim of a scam or fraud," he said. "And they can help you to deal with honestly the emotional weight."

Updates

Caregiving program at Buttonwood on July 11

Caring for someone living with dementia brings a unique set of challenges and rewards. With the right help and support, you can empower yourself to provide quality care while managing your own well-being. ‘Building Foundations of Caregiving’ offers support and information on topics including: the role of a caregiver and changes you may experience; using a person-centered care approach; building a support team; and managing caregiver stress. Part of the Alzheimer’s Association’s Empowered Caregiver Series, this program is happening at the New Bedford Council on Aging’s Buttonwood Senior Center from 11:45 a.m. to 12:45 p.m. on Friday, July 11. Registration is required; call 508-991-6170 to save your spot. For information on other programs in the caregiver series, visit alz.org/CRF.

Cape Air adds Boston routes

Cape Air will begin twice-daily passenger service between New Bedford Regional Airport and Logan International Airport in Boston sometime in early fall, the city announced last month. The decision will give Southeastern Massachusetts residents direct air access to Logan International Airport without having to battle Boston-area road congestion and high parking rates. In addition, local passengers will be able to pass through TSA security checkpoints in New Bedford, rather than in Boston, making it easy to connect to domestic and international flights departing from Logan. The 35-minute gate-to-gate flights from New Bedford to Boston are scheduled to depart daily at 8:15 a.m. and 2 p.m., with return flights from Boston scheduled for 1 p.m. and 6:40 p.m. The new flights are scheduled to begin on Sept. 29, 2025, and passengers can purchase tickets now on Cape Air’s website, www.CapeAir.com.

Know your options

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 can provide counseling in your home, community, or in a hospital or facility setting. To make a referral, call Coastline at 508-999-6400.

HIP amount goes back up

Funding via the state’s Healthy Incentive Program increased to \$40 per month as of July 1, according to the state. The decision brings funding amounts back to pre-December 2024 levels when reductions to \$20 were enforced. The state made the June 10 increase announcement on its mass.gov website. No other information was provided. With HIP funds, Massachusetts SNAP recipients can purchase local fruits and vegetables at participating farmers markets and have the HIP money put back on their EBT card. For more information, visit mass.gov/info-details/massachusetts-healthy-incentives-program-hip-frequently-asked-questions or connect with an outreach coordinator at your local council on aging.

‘Eat Local’ challenge starts

The Marion Insitute is challenging South Coast residents to eat local for a month. That means, the organization said, eating foods sourced from within a 200-mile radius of where you live. This year’s Eat Local Southcoast Challenge begins July 7 and runs until Aug. 1. People who register will receive weekly emails with tips, facts, recipes, and more to stay motivated throughout the four-week challenge. Information will help people learn to source, eat, and learn more about local food and everyone’s role in the South Coast’s regional food ecosystem. Sign up here www.marioninstitute.org/programs/sfpc/eat-local-southcoast-challenge-2025/

Writers, yoga at RJD this summer

The Westport Writers Group will present selections from its newly-released *Waterscapes: A SouthCoast Anthology* from 5:30-7 p.m. July 18 at the Rotch-Jones-Duff House in New Bedford. This is a unique opportunity to enjoy the insightful narratives and striking images of 30 area authors and photographers in the historic RJD gardens. Donations welcome in lieu of a fee; books will be available for purchase. Also, beginning July 19 until Sept. 27, the summer yoga series will be held in the RJD garden every Saturday at 8 a.m. In partnership with YMCA Southcoast, the classes will be led by YMCA Instructor Mark Borgetti. Classes are \$10 or free for Y members. Fee can be paid online at <https://rjdmuseum.org/buy-tickets-online/>. Bring a mat and water; no class Aug. 2. The RJD is located at 396 County St. and is open Wednesday-Saturday, 10 a.m. to 4 p.m.

New Bedford designated a ‘Purple Heart City’

New Bedford has been officially designated a “Purple Heart City” by the Military Order of the Purple Heart for its commitment to honoring and commemorating military veterans who were wounded or killed in combat. The city will be installing signs marking the designation at major entry points across New Bedford. The Purple Heart is a decoration awarded to any member of the military who is wounded or killed while serving. Its history traces back to the country’s beginnings as George Washington established the honor in 1782 as the Badge of Military Merit. It was redesigned and renamed as the Purple Heart in 1932. As a Purple Heart City, New Bedford will be added as a stop on the Purple Heart Trail, a symbolic system of roads and highways across the U.S. that honor veterans who were awarded the Purple Heart. New Bedford will mark Purple Heart Day later this summer, on Aug. 7. For more information about the Purple Heart City designation, please contact the City’s Department of Veterans’ Services at (508) 991-6184.

Entertainment line-up for summer concerts announced

The city announced its line-up of performers for the Summer Concert series happening on scheduled Wednesday nights in July and August. Dates and performers are: The After Hours Combo, July 9; Portuguese American Concert Band, a Boston Pops style concert, July 23; Tom Rose Combo, A Touch of Class, Aug. 6; and, Meadowlarks Big Band, in the style of Glenn Miller, Tommy Dorsey, and the Benny Goodman Orchestra, Aug. 20. Concerts take place from 6:15 p.m. to 8 p.m. Weather cancellations will be announced by 4 p.m. on WBSM. No seating is provided. Bring lawn chairs or a blanket with you.

Volunteer to help older adults

Coastline offers a variety of volunteer opportunities to help others. Volunteer in the Money Management program helping older adults manage their finances. Call 508-742-9113 to learn more. Or be an advocate in the Nursing Home Ombudsman Program, listening to and advocating for those living in a nursing home setting. Call 508-742-9178 to learn more.



The Way We Were

NEW BEDFORD CENTENNIAL PARADE, 1947: Among its many celebratory parade floats, the New Bedford Centennial Parade in 1947 included this one paying homage to the men at Iwo Jima. This iconic image shows U.S. Marines holding the American flag in the Battle of Iwo Jima. The photo was taken at Sargent Field. (Photo courtesy of Spinner Publications.)

Community

Laughter Yoga: Giggle, it makes you feel young!

By Bill and Linda Hamaker
New Bedford Wellness

We are Certified Laughter Yoga Master Trainers in our seventies and we believe if it feels good to laugh, then laugh to feel good! Giggle, it will make you feel young!

We formed Let's Laugh Today over 16 years ago and have been running laughter sessions all around New England. We have free ones every week on Zoom that anyone of any age and physical ability can attend.

We show you how to bring more laughter into your life and the life of others and laugh just "for the health of it". Laughter Yoga combines guided laughter exercises with breathing exercises to bring more oxygen to the body's cells. This oxygen boost gives enhanced vitality, energy, a feeling of real well-being, and helps to build up the immune system. It can help with anxiety, pain and depression. unwind the negative effects of stress, lower blood pressure, lift your spirits, improves mental alertness and much, much more.

You do not even need a sense of humor! You can sit or stand. There are no yoga poses.

Laughter Yoga is a unique concept where anyone can laugh for no reason without relying on humor, jokes or comedy. We initiate laughter as an exercise in a group but with eye contact and childlike playfulness, it soon turns into real and contagious laughter.

The reason we call it Laughter Yoga is because it combines laughter exercises with yoga breathing. This brings more oxygen to the body and the brain which makes one feel more energetic and

"People can practice this fun form of self-care by learning how to lighten up about different situations in life, such as laughing when someone cuts you off in traffic, the store is out of your flavor of ice cream, etc...Try laughing to be happy instead of waiting to be happy to laugh."

healthy.

The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter if done with willingness. One gets the same health benefits, whether laughter is real or simulated.

It was started by a medical doctor Dr. Madan Kataria supported by his wife, Madhuri Kataria, a yoga teacher, from India with just five people in a Mumbai Park in 1995. There are now thousands of laughter clubs in more than 110 countries.

We had three in-person laughter clubs before the pandemic and now hope to open one up again in the fall. We have also trained over 350 people to become certified in laughter yoga and run their own sessions or learn how to just bring more laughter into their own lives. We also celebrate World Laughter Day with a big event on the first Sunday in May. The vision of Laughter Yoga is to achieve Health, Joy and World Peace through Laughter!

People can practice this fun form of self-care by learning how to lighten up about different situa-



tions in life, such as laughing when someone cuts you off in traffic, the store is out of your flavor of ice cream, etc. We can all laugh at these situations and also learn how to laugh at ourselves. Try laughing to be happy instead of waiting to be happy to laugh. You can create your own happiness, the best self-

care there is!
Bill and Linda Hamaker, (top photo), are Laughter Yoga Master Trainers who run laughter sessions all around New England with free ones every week on Zoom. Learn more at www.letslaughtoday.com or reach them by email at billandlinda@letslaughtoday.com.

PBS documentary spotlights family caregiving experiences

"Like most people, I didn't even think about caregiving, until my father was diagnosed with cancer," says actor Bradley Cooper in the opening line of *Caregiving*, a new PBS documentary now available at www.pbs.org/video/caregiving/.

The film explores the U.S. caregiving crisis through personal stories and expert insight. Produced by Cooper's company, Lea Pictures, with WETA and Ark Media, the two-hour special is narrated by award-winning actress Uzo Aduba, herself a caregiver for her mother.

Personal stories are woven into the broader context of cultural and economic conditions in the U.S., filmmakers said, leading to a care system tipping into crisis.

Estimates of unpaid caregivers in the U.S. range from 53 million to over 100 million. In Massachusetts alone, AARP reports there

are 780,000. Cooper's experience mirrors what Coastline Elderly Services sees every day.

WellBeings.org, a resource site of public broadcast station WETA-TV, describes caregiving as both challenging and profoundly meaningful.

"At times, the burdens of caregiving can seem unbearable," the site states. "The 'needs gap' for information may be greater for caregivers than for care recipients."

"Most people don't think about caregiving until a crisis hits," said Justin Lees, CEO of New Bedford-based Coastline. "The first inclination is often to do it all on your own, but that can be very difficult, often impossible. That's why Coastline exists, to help people navigate care options with the help of trained counselors."

Coastline is an aging services access point that works with families in the South Coast.

Cooper said his caregiving experience with his father inspired the documentary.

"During his battle with lung cancer, I came face to face with the overwhelming realities of taking care of a loved one," he said in a media release.

"Caregivers are heroic people. Their ability to focus and give all of themselves is something I stand in awe of," Cooper continued. "I came to appreciate how we need to care for caregivers better. It is my hope that 'Caregiving' will provide affirmation and support for those who do this profoundly meaningful and increasingly vital work."

On social media, the documentary has sparked widespread response. AARP's Facebook post on 'Caregiving' drew comments from people sharing their own journeys.

One organization, Music Beats Cancer nonprofit, commented, "So glad that caregivers are

getting the attention they deserve. More needs to be done to support the people who help others. Without caregivers, more people would succumb to disease and depression. Grateful to Bradley Cooper for shining light on our unsung support system."

Caregiving stories are also being posted on Facebook using the hashtag #ShareYourCaregivingStory where individuals share their personal experiences.

Caregiving is available to stream on PBS.org and the PBS App. Coastline Elderly Services can be reached by calling 508-999-6400 or visiting www.coastlinenb.org.

The Caregiving project also includes 18 short films that examine current caregiving experiences, programs and perspectives. The films began debuting in October 2024 and are available on wellbeings.org and the Well Beings YouTube Channel.

Stay safe in the summer heat

July brings warm weather, time outdoors, and chances to connect with others. But as temperatures rise, so does the risk of heat-related illness—especially for older adults and families with young children.

The Centers for Disease Control and Prevention (CDC) warns that heat can make us sick. Watch for signs like muscle cramps, heavy

sweating, shortness of breath, dizziness, headache, weakness, or nausea.

To stay safe, the American Red Cross recommends drinking enough water—about 96 ounces (or $\frac{3}{4}$ of a gallon) per day for the average person, though your needs may vary.

Stay cool by visiting air-conditioned places or taking cool show-

ers or baths. Keep in mind: once temperatures hit 90°F or higher, fans alone won't keep you safe. Also, limit your outdoor activities. If you must work outdoors, schedule tasks earlier or later in the day.

Check on friends, neighbors, and family, especially those who may be more vulnerable to the heat. If someone shows signs of heat illness,

move them to a cooler spot, loosen clothing, use cool cloths or misting to lower body temperature, and have them sip water slowly. Seek medical help immediately if symptoms last over an hour, worsen, or include confusion or vomiting.

For more summer safety tips, visit www.redcross.org or www.cdc.gov/heat-health.

Proteja-se do calor do verão

O mês de julho traz consigo um clima quente, tempo ao ar livre e oportunidades para se conectar com outras pessoas. No entanto, com o aumento da temperatura, aumenta também o risco de doenças relacionadas com o calor, especialmente para idosos e famílias com crianças pequenas.

Os Centros de Controle e Prevenção de Doenças (Centers for Disease Control and Prevention, CDC) alertam que o calor pode causar doenças.

Fique atento a sinais como câibras musculares, transpiração intensa, falta de ar, tonturas, dor de cabeça, fraqueza ou náuseas.

Para se manter seguro, a American Red Cross recomenda beber água suficiente — cerca de 96 onças (ou $\frac{3}{4}$ de galão) por dia para uma pessoa média, embora as suas necessidades possam variar.

Mantenha-se fresco frequentando locais com ar condicionado ou toman-

do banhos frios. Tenha em mente: uma vez que as temperaturas atingem os 90°F (32 °C) ou mais, os ventiladores por si só não são suficientes para mantê-lo seguro. Limite também as suas atividades ao ar livre. Se precisar trabalhar ao ar livre, programe as tarefas para o início ou o final do dia.

Procure saber como estão os seus amigos, vizinhos e familiares, especialmente aqueles que podem ser mais vulneráveis ao calor. Se alguém apre-

sentar sinais de insolação, leve-o para um local mais fresco, afrouxe as roupas, use roupas frescas ou borrifadores para baixar a temperatura corporal e faça com que beba água lentamente. Procure ajuda médica imediatamente se os sintomas persistirem por mais de uma hora, piorarem ou incluírem confusão ou vômitos.

Para mais dicas de segurança no verão, visite www.redcross.org ou www.cdc.gov/heat-health.

Cuídese del calor del verano

El mes de julio trae clima caluroso, tiempo para estar al aire libre, y oportunidades para conectarse con otros. Pero a medida que la temperatura aumenta, también aumenta el riesgo de enfermedades relacionadas con el calor, especialmente para los adultos mayores y las familias con niños pequeños.

Los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) advierten que el calor puede enfermarle.

Preste atención a los signos como calambres musculares, transpiración intensa, dificultad para respirar, mareos, dolor de cabeza, debilidad o náuseas.

Para conservar su seguridad, la Cruz Roja Americana recomienda beber suficiente agua—unas 96 onzas (o $\frac{3}{4}$ de galón) por día para una persona promedio, aunque sus necesidades pueden variar.

Manténgase fresco visitando lugares con aire acondicionado o tomando duchas o baños fríos.

Tenga en cuenta que una vez que las temperaturas lleguen a los 90°F o más, los ventiladores por sí solos no lo mantendrán seguro. También limite sus actividades al aire libre. Si tiene que trabajar al aire libre, programe las tareas más temprano o más tarde.

Compruebe que sus amigos, vecinos, y familiares, especialmente aquellos que puedan ser más vulnerables al calor. Si alguien muestra signos de enfermedad por el calor, llévelo a un lugar más fresco,

aflojele la ropa, use ropa fresca o rocíelo con agua fría para bajar la temperatura del cuerpo y pídale que beba agua lentamente. Busque ayuda médica inmediatamente si los síntomas duran más de una hora, empeoran, o incluyen confusión o vómitos.

Para más consejos de seguridad en el verano, visite www.redcross.org o www.cdc.gov/heat-health.

Translations provided by:

 Southcoast Health

Mass. Registry of Motor Vehicles cautions public to beware of text ccams

Do not open links in messages which request payment

The Massachusetts Registry of Motor Vehicles is cautioning the public to beware of text messages that allege to be from the RMV that request payment or other information.

The practice, also known as smishing, can involve messages stating the RMV will take action against an individual due to unpaid fees.

Attempts have been made in Massachusetts and several other states to trick individuals into sharing credit card numbers and other sensitive information, directing them to websites to pay outstanding balances. The RMV strongly encourages customers not to click links contained in such messages.

“If you receive any kind of message telling you to make a payment or that you need to act quickly, do NOT click the link. The RMV will never text you looking for payment,” said Registrar of Motor Vehicles Colleen Ogilvie. “Scammers will often convey urgency to manipulate you. If you need to



perform a Registry transaction online, be sure to only use Mass.Gov/RMV.”

A wave of current text messages circulating warns of traffic ticket enforcement and that immediate action must be taken to avoid license suspension and vehicle registration revocation and impact to one's credit score.

The texts referenced a false regulation that allows for this enforcement action. These texts are being customized with dates and different states and can include the word “Massachusetts” to trick individuals into immediate payment.

Scammers will sometimes create links that mimic the names and URLs of official websites. Customers should only use Mass.Gov/RMV for online RMV services.

SUBSCRIBE TO SENIOR SCOPE

You can have a one year subscription (12 issues) of the print edition of Senior Scope delivered to your door for \$18.

Senior Scope is available for free at Senior Centers, grocery stores, medical offices and more in the South Coast.

If you'd prefer to have the newspaper mailed directly to your home, you can subscribe for a full year, by mailing an \$18 check made payable to “Coastline” (not “Senior Scope”) to 863 Belleville Ave., New Bedford, MA 02745, Att. Senior Scope. Please include your full name, and mailing address.

If you have questions, call or email Beth Perdue at 774-438-2729 or bperdue@coastlinenb.org.

New police chief announced

New Bedford Mayor Jon Mitchell appointed a new police chief in June, making the announcement on June 24 at City Hall.

Jason Thody, retired police chief of Hartford, Connecticut, will serve as New Bedford’s next Chief of Police, he said.

Thody served 30 years in the Hartford police department and was chief from 2019 to 2024, before retiring, the city said in its media announcement.

He served as Hartford’s chief through the challenges posed by the pandemic and its aftermath. The Hartford Police Department has an authorized force of 475 sworn officers and a \$53 million annual budget.

Among Thody's achievements, the city said, are:

- Violent crime declined 31% in Hartford during the period when Thody served as police chief.
- Thody led the policy development and reform efforts that resulted in HPD becoming the first major city police department in Connecticut to achieve both national accreditation from the Commission on Accreditation for Law Enforcement Agencies and state accreditation from the Police Officer Standards and Training Council.
- Thody led the Department through 199 protests following the murder of George Floyd, with only two arrests and no reported



Mayor Jon Mitchell introduces Jason Thody as New Bedford’s next police chief in June.

property damage.

- Thody secured the phasing out of a 50-year-old civil rights consent decree that mandated judicial oversight of the department.
- Thody instituted major reforms across the department’s operations to promote transparency. He reconfigured the citizen complaint process to ensure complaints were investigated thoroughly and consistently, resulting in the number of sustained complaints rising from 7% to 29%. He developed and implemented HPD’s bodyworn and in-car camera programs. And he created a Career Development Division, which led to significant increases in the recruitment of minority and female officers.

Senior Games continued...

who would thrive in and enjoy both the social and athletic aspects of these events.

"Having the Massachusetts Senior Games come to the Southcoast is more than exciting, it's energizing," said Clark. "You can feel the momentum building as people are inspired to move, play, and connect. I hope it sparks a wave of self-motivation among older adults, reminding them that it's never too late to try something new, rekindle a passion, or rediscover what makes them feel truly alive."

The next National Senior Games will be held July 24–Aug. 4 in Des Moines, Iowa. Athletes can qualify for future competitions through state games, and while players as young as 40 can participate in state events, only those 50 and older are eligible for national qualification.

Founded in Springfield in 1991, Mass Senior Games is a nonprofit organization dedicated to promoting the health and wellness of older adults through education, physical activity, and competitive sports. Their motto is "Stay Fit, Have Fun, Make Friends." Many of their events are based in Western Massachusetts, making this South Coast clinic a special opportunity.

During the clinic, instructors will offer short introductions to each sport, followed by time to practice in small groups. Participants can rotate among the activities at their own pace and comfort level.

The free clinic takes place from



1:00–2:30 p.m. on Saturday, July 12, at the Gleason Family YMCA, 33 Charge Pond Road, Wareham. Check-in begins at 12:45 p.m.

Registration is required. Visit www.maseniorgames.org for details and to sign up, or call 413-366-1147. To learn more about becoming involved with Senior Games or to support them, email info@maseniorgames.com.

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Why Most Americans Skip Estate Planning (and Why They Shouldn't!)

By Atty. Wendy W. Weston
Surprenant, Beneski & Nunes

We understand that estate planning can stir up a range of emotions. Some fear it tempts fate, while others see it as a distant concern. Both are misconceptions. Estate planning attorney is meant to empower you, not scare you. Life throws curveballs, and a well-crafted estate plan lessens burdens and brings peace of mind to your loved ones during challenging times.

Let's tackle common roadblocks to estate planning:

"I Don't Have Enough Assets"

Estate planning is about loved ones, not the size of your bank account. Assets go beyond money. Who will care for your minor children? Without a designated guardian, a judge will decide, potentially not according to your wishes. How will your finances be managed if you can't? Again, the courts get involved, leading to a lengthy, expensive, and emotionally draining process for your family. Even modest assets can be depleted by court procedures. An estate plan lets you outline your wishes for medical treatment during illness, taking that burden off their shoulders during an already stressful time. This isn't just about what happens after you're gone; it's about being prepared for the unexpected and ensuring your needs are met. There are four key documents that make this possible, giving you peace of mind and control over your care.

Procrastination

We understand the reasons for putting things off: fear, lack of family, feeling overwhelmed, or simply being busy. An estate plan allows you to make informed decisions while you still have the capacity. Procrastinating on your estate plan can be a recipe for stress and chaos for the people you love most. Without clear instructions, loved ones facing your illness or death are left scrambling to make tough decisions you should have made. This can lead to family conflict, delays, and even unintended consequences for your assets. Don't wait for the unexpected – take charge now and ensure your wishes are known.

Feeling Overwhelmed

Estate planning can seem complex, but that's where an estate planning attorney comes in to explain everything in clear, everyday language, welcoming your questions and encouraging you to bring a trusted companion. You will be guided step-by-step in crafting a plan for your needs and family. The good news is you can break it down. Begin by gathering basic information about your assets (house, car, accounts) and loved ones (beneficiaries, guardians for minor children). This simple step will give you a clear picture and empower you to take the next steps. Remember, even a basic plan is better than no plan at all, and you can always build on it later.

Cost Concerns

While there are costs associated with estate planning, they pale in comparison to the potential costs of not having a plan. Court processes for guardianship, healthcare decision-making (conservatorship), or managing finances (conservatorship) can quickly overshadow even complex estate plan costs. Probate court, with or without a will, can be expensive and time-consuming for your family at a difficult time. A well-crafted plan saves your family significant money and emotional strain down the road.

Open Communication, Lasting Legacy.

While discussing death and finances can be difficult, open communication is key. An estate plan can actually become a bridge for these conversations, fostering understanding and easing the burden on your loved ones later.

Estate planning isn't about good-byes, it's about celebrating life's legacy. It's about ensuring your wishes are honored, your loved ones are protected, and your future is secure. Don't wait – take control of your tomorrow, today Remember, you deserve peace of mind.

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

Trivia

FOR YOUR ENTERTAINMENT – KIM CAMARA

- 1.) What is the largest organ in the human body?
A.) Lungs B.) Stomach C.) Heart D.) Skin
- 2.) Which of these body parts are mostly made of Keratin?
A.) Nails B.) Muscles
C.) Veins D.) Bones
- 3.) What Broadway production was the most expensive ever made?
A.) Wicked B.) Lion King
C.) Phantom of the Opera D.) Spiderman
- 4.) How long did the battle of Gettysburg last?
A.) One day B.) Three days C.) Four days D.) Six days
- 5.) "Pamplemousse" is the name of which French fruit?
A.) Cherry B.) Apple C.) Pineapple D.) Grapefruit
- 6.) In which state did the last documented stagecoach robbery take place?
A.) Nevada B.) Texas
C.) Montana D.) Utah
- 7.) How much of the body's total oxygen does the brain consume?
A.) 50% B.) 20% C.) 70% D.) 10%
- 8.) Which of these fruits has more vitamin C than an orange?
A.) Banana B.) Pear C.) Kiwi D.) Blueberry
- 9.) What is the most shoplifted food item in the US?
A.) Cheese B.) Meat C.) Bread D.) Eggs
- 10.) Las Vegas eats more of what food in one day than the entire United States eats in 1 year?
A.) Tacos B.) Shellfish
C.) Eggs D.) Pancakes

[Answers listed on page 11]

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No break for summer: Stay vigilant for Medicare fraud all year!

By Sara Sturdivant, Outreach and Education Coordinator
Massachusetts Senior Medicare Patrol Program

Happy Summer! As the warm weather continues to roll in, so do Medicare scam calls. The summer for many is a time to relax or go on vacation, but scammers and fraudsters are as active and persistent as ever. Medicare loses an estimated \$60 billion each year to fraud, errors, and abuse. Scammers don't take breaks—and neither should we when it comes to protecting personal information and making smart healthcare decisions. Medicare Beneficiaries, their caregivers, neighbors, loved ones, and community members must remain vigilant to protect, detect, and report Medicare errors, fraud, and abuse. Fraud doesn't stop—and neither should you. Medicare fraud can take many forms. It might be a scammer calling you on the phone pretending to be from Medicare, asking for your Medicare number or personal information. It could be a dishonest provider billing for services you never received—or billing for unnecessary equipment like braces or urinary catheters. Sometimes, fraud happens when someone uses your Medicare number to enroll

you in insurance plans without your permission. Being aware of these schemes is the first step in prevention, but staying active year-round as a healthcare consumer takes consistent effort. Beneficiaries, caregivers, family members, and advocates all play an important role in keeping Medicare strong for everyone. Here are steps you can take to stay involved in protecting yourself from fraud all year long:

- 1. Protect Your Medicare Number**
Treat your Medicare card and number like a credit card. NEVER give your number out over the phone. Scammers often call claiming they need to “verify” your Medicare number, or that you are eligible for a new card, test, or service. Medicare will never call you asking for your Medicare number.
- 2. Review Your Medicare Statements**
Every three months, Medicare sends you a “Medicare Summary Notice” (MSN) if you have Original Medicare, or an “Explanation of Benefits” (EOB) if you're in a Medicare Advantage plan. These statements show what services were billed to Medicare and what Medicare paid. Review these statements carefully. If you

see services you don't recognize, or providers you didn't see, that could be a sign of fraud or billing errors. We recommend you keep track of all medical appointments and prescriptions using our free personal health journal, the My Health Care Tracker. Call (800) 892-0890 or email tkreyling@agespan.org to receive yours in the mail. You may also download the NEW SMP Medicare Tracker app on your smart phone.

- 3. Ask Questions**
Don't be afraid to ask your healthcare providers why they are recommending certain tests or procedures. Make sure you understand what will be billed to Medicare. If something doesn't sound right or seems unnecessary, you have the right to ask for more information or seek a second opinion. If anything seems unusual to you after receiving your MSN or EOB, call (800) 892-0890 to receive free counseling from a MA SMP team member.
- 4. Know the Signs of a Scam**
Scammers often use pressure tactics or urgent language to trick people into giving out personal information. They might say you need to act quickly to qualify for a “free” test, genetic screening, brace, or medication. If it sounds too good to be true—it probably is.

And remember – Medicare is not sending out hard plastic cards to anyone!

- 5. Report Suspected Fraud**
If you think you've seen or experienced Medicare fraud, don't stay silent. Reporting suspicious activity helps stop scammers and prevent future theft, which protects the integrity of Medicare for yourself and future generations of beneficiaries. You can contact the Massachusetts Senior Medicare Patrol (SMP) Program for free, confidential assistance. We are here to help!

Stay connected and informed! Even though summertime relaxation and warm weather are here, the Massachusetts Senior Medicare Patrol (SMP) Program is alert and ready to provide educational materials, presentations, and one-on-one counseling. Stay engaged, attend community events, and sign up for newsletters or alerts that can help you stay aware of emerging fraud trends. Remember: Medicare fraud prevention is an ongoing responsibility we all share as active, informed consumers. Together, we can help protect Medicare for ourselves, our loved ones, and future generations. For more information call (800) 892-0890 or visit masmp.org.



Senior Medicare Patrol

Preventing Medicare Fraud



SCAM ALERT!

Scammers and Fraudsters are calling you pretending to be from Medicare in order to get your Medicare number.

REMEMBER:

- NEVER give out your Medicare number and other personal information to anyone you do not know and trust!
- NEVER answer unknown calls!
- NEVER click links in text messages!
- NO GOVERNMENT ENTITY WILL CONTACT YOU VIA CALL OR TEXT!

If you think you've been scammed, contact the Massachusetts Senior Medicare Patrol (SMP) Program at **1-800-892-0890**, and we will happily provide you with free counseling.

Contact the Massachusetts Senior Medicare Patrol (SMP) Program:
www.masmp.org or call 1-800-892-0890.

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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.

Busting Myths and Getting Savvy about Senior Living: Noon, July 23. With Jodi Tolman from Oasis Senior Advisors. Lunch will be served. Call the center to register.

SRTA Transportation Presentation: 1:30 p.m. July 2. Let us give you a ride to a doctor’s appointment, food shopping and more within SRTA’s service area. Plus information about the commuter rail.

Veteran’s Coffee Social: Tuesday July 1, 8:30-9:30 a.m.

Watercolor with The Wandering Brush: Wednesday July 9 & 30, 10:30 a.m. Registration required.

Counseling Sessions with Alexa Moniz, LICSW: Tuesday, July 8, 9 a.m. - 1 p.m. & 14 1-4 p.m. Appointments necessary.

Chair Yoga: With Sue. Fridays, 1 p.m \$3. A gentle practice in which postures are performed while seated and/or with the aid of a chair. Registration required.

Blood Pressure Clinic: Wednesday July 23, Noon - 2 p.m. With Community Nurse.

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.

MADOT RMV Clinic: Last Friday by appointment. Assistance with applications, paperwork review, appt setting, Real ID, Disability Placard and RMV questions.

New Summertime Massage: With Linda by appointment. Licensed massage therapist is offering both table and chair massage options. Choose a personalized blend of Therapeutic Touch, Myofascial Release, Reiki, Craniosacral Therapy, or Aromatherapy. \$20 for a 15-minute session.

Spa Afternoon: Tuesday, July 15th at 1 p.m. Chair Massages, Hand Massages, Face Masks, Cookies & Tea. Pre-registration required.

Grow Gourmet Mushrooms Workshop: Wednesday, July 16 at 1 p.m. Cost is \$10. Join us for a hands-on, fun-filled workshop where you’ll learn the fundamentals of mushroom cultivation! From Oyster mushrooms to Lion’s Mane and more, discover how to prepare a mushroom block for fruiting and set yourself up for a plentiful harvest of delicious fungi. Pre-registration required.

Farmer Market Trip: Friday, July 18th 1 p.m. No ride to our local farmer’s market? We’ve got you covered! Please call 508-999-4717 for more info.

Beach Bus to Round Hill: Friday, July 25 leaving the Center at 9:30 a.m. Pre-registration required.

Elliot Farm in Lakeville: Thursday, July 31 at 9:30 a.m. Fresh, locally grown produce and baked goods. Enjoy a U-Pick Flower Experience! Cost is \$5. Pre-registration required.

Popcorn and Movie “Nonnas”: Thursday July 31 at 1 p.m. Pre-registration required.

Tech Literacy with Carly: By appointment, Tuesdays 10:30-11:30 a.m. Bring questions, computer, phone or tablet.

Acoustic Jam Session: Tuesdays 1-2:45 p.m. Do you love music, sing or play an instrument? Drop in on this informal group and join in.

Nutrition Clinic: Private Consult with Registered Dietician. Last Thursday of the month by appointment.

Blood Pressure Screenings: 2nd Thursday, Last Tuesday 9-11 a.m.

Basic Waterless Pedicures: For healthy feet 3rd Tuesday of the month by appointment.

Manicures: 2nd and last Friday by appointment.

Hand and Foot card game: Mondays 9:30-11:30 a.m.

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

French Conversation and Culture: Wednesdays at 10 a.m. Walk-ins welcome.

Knitting for Charity: Thursdays at 9 a.m.

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

Belly Dancing Demo and Education: July 1 at 1 p.m. In this engaging hour-long program, Celia will perform belly dances set to a variety of rhythms from Egypt, Lebanon, Greece, and other regions around the world. Her performance will include dynamic props such as veils and sword balancing. For those interested, she will also teach fun beginner friendly moves, share insights into the history of belly dancing, and answer audience questions. Free. Preregistration required.

Beach Bus: Friday, July 25. 9:30-11:30 a.m. We will drop riders off for a two-hour stay at Round Hill Beach, on Friday, July 25th. Please bring your own refreshments and a beach chair. Bus leaves the Center at 9:30 am and returns at approximately noon.

Social Security 101: Thursday, May 1 at 4 p.m. Build Basic understanding of Social Security. Ideal for those not receiving benefits yet. Pre-registration required.

Thrive Dartmouth: Eat Well, Move Naturally, Unwind Intentionally, Love CommunityCentering Hope, Optimism and Love in our Daily Life. Thursday, August 7, 5-6:30 p.m. Join Steve Banno, author, teacher, consultant, outdoor and pickle ball enthusiast, for an enlightening workshop at the Center. Cultivate kindness and compassion for self and community. Call to preregister.

Fairhaven COA

For information on programs and activities, see Fairhaven Council on Aging Community Newsletter at <https://www.fairhaven-ma.gov/council-aging/pages/calendars-menus-andnewsletters>. For more information, call the COA at 508-979-4029; located at 229 Huttleston Ave., Fairhaven. Open 7:30 a.m.-3:30 p.m. and until 8 p.m. on Wednesdays.

No Bingo on July 11: Floors will be cleaned.

Mall Trips: July 2, Tiverton Casino; July 9, Garden City Cranston; July 16, Plymouth Shopping; July 23, Wrentham Outlets; July 20, Thames Street, Newport, R.I.

Monday Movie Matinee: 12:15 p.m. July 7, Knives Out; July 14, Glass Onion; July 21, My Cousin Vinny; July 28, Episode 1,2,&3 of The Four Seasons.

Moxie Motion: On Vacation for July! See everyone in August.

Alzheimer’s Association Caregiver Support: July 3 & 31 1-2 p.m.

Cribbage: Mondays 10 a.m. to noon.

Tai Chi: Mondays 11 a.m.-noon with Joe Rebelo. \$30 for 8 weeks.

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

Chair Yoga with Diana: 9-10 a.m., \$3.

Chair Yoga with Bet: 10:15-11:15 a.m. \$3. Wednesdays.

Watercolor Classes: Wednesdays July 9, 16, 23, 30 2-3:30 p.m. \$15/class. See the COA newsletter to see what you’ll be painting!

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

Upcoming Events: July 7 12:15 p.m. Cana Craft Cannabis; July 9 1 p.m. Senior Safety; July 14 Trip to Elliot Farm; 10 a.m., July 16 AARP Safe Driver Refresh; July 18 Hearing Clinic; July 24 Wheel of Fortune; 12:15 p.m., July 25 Music Bingo; 12:15 p.m., July 30 Daughters of the American Revolution 1p.m. Please call for information or see the COA newsletter 508-979-4029.

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.

Dance: Monday, July 7th 1 p.m. Have a wedding or special party coming up soon and want to brush up on your dance moves? Steve Vaughn will make sure we look good on the dance floor. Have fun while learning a new step or two and get some great exercise. Call 508-748-3570 to secure your spot.

Cooking Demonstration: With Linda Medeiros of Pampered Chef, July 22 at noon. Learn some new techniques from Linda as she helps share some ways to save money as you prepare delicious meals. Call 508-748-3570 to make your reservation. There is a \$5 donation requested to cover the cost of the food.

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.

CarFit: Thursday, July 10 9 a.m.-Noon Having the proper fit inside your vehicle can make a big difference and help protect you and those around you. With CarFit, an educational program developed by AARP and the American Occupational Therapy Association, you will get information and resources on how to enhance your safety in the driver’s seat. At a CarFit event, trained experts will show you how you can enhance your comfort, safety and fit within your vehicle. Appointments necessary. Call Rachelle Rogers at 508-973-5901 to sign up.

Music, Dance & Fun: Friday, July 11, 1 p.m. DJ Maxwell Kane will be at the Community Center pavilion to play some dance music for us all. He will show us how to do some line dancing and other fun dances that you may have seen recently and would like to learn how to do.

Experience Venice, Italy: With Matt Davis. Monday, July 14, 1 p.m. For over 1500 years, Venice has floated like a mirage above its canals and lagoon: serene, mysterious, dreamlike. In a presentaton illustrated with dozens of original photos, learn how this unique city was frst created, what daily life is like for its residents, why it is one of the world’s most beloved travel destination and what challenges the city faces today. Matt has traveled to 35 countries, but Venice, Italy is his favorite. Join us as he reflects about Venice.

Healthy You Lunch & Learn: July 17, 11 a.m.-12:30 p.m. By the Marion Board of Health and Fire/EMS Department. Topics include: the importance of hydration, stroke & stress - how they are connected, tips to avoid strokes, symptoms of heat stroke, and importance of sunscreen. Join for a healthy lunch. Reservations required.

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.

Band Concerts: Every Wednesday, July 2-Aug. 27, 7:30 p.m. Rides available weekly from your Mattapoisett home to Shipyard Park. Must schedule the ride no later than noon the day of the concert.

Taste of the Town: Hosted by Matt. Woman’s Club, July 16 5-7 p.m. Shuttle van available from parking lot of St. Anthony’s lot, 26 Hammond St. to Shipyard Park. Wave for a ride.

Harbor Days: Hosted by Matt. Lions Club, July 20 8—6 p.m. July 21 8-4 p.m. Shuttle van available from Ying Dynasty lot to Shipyard Park. Wave for a ride if you see the van.

Larchmonth Remembered: Wednesday, July 23, Noon lunch; 12:30 talk. Cost: \$5 for lunch. Register: 508-758-4110 or coadirector@mattapoisett.net Discover the amazing story of New England’s most horrific sea disaster. Providence Journal columnist, Daniel F. Harrington, will talk on the 1907 sinking of the Larchmont, a passenger ship voyaging to New York. Discover the night when the Larchmont, a side-wheel steamship, collided with the Harry Knowlton, a threemasted schooner, off Block Island in zero-degree weather. Learn about the ship, its crew, the passengers, and hear stories of panic, murder, and survival based on eyewitness accounts.

America the Beautiful: Tuesday, July 8, Noon lunch, 12:30 talk. Cost: \$5 for lunch. Register: 508-758-4110 or coadirector@mattapoisett.net Join Nancy Franks of FRANKly Speaking as she takes you on a unique visit to Yellowstone, Yosemite, Zion and Rushmore. Enjoy this presentation, which includes fun and prizes.

Intro to Card Making: There is a positive feeling when we receive a physical card from someone. You know that they cared to choose something special. Now, you can go a step above with Intro to Card Making. Learn techniques and enjoy the craft of card making with instructor, Caroline Ailes. You will create with three one-of-a-kind cards. Space is limited. July 17, 1 p.m. Cost: \$8 (everything included). Registration required.

Art for your Mind: July 2 at 12:30 p.m. Free. The featured topic, Edward Hopper’s New England, offers a close look at the work of one of Americ’s most prominent 20th Century artists. With a focus on Hopper’s images of local and coastal areas-experience the way his unique, simplified style captivates and intrigues viewers. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!

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.

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.

Billiards and Gamer’s Gala: Tuesday, 12:00-3:00.

Senior Supper’s Club: Every 4th Tuesday of the month, (3:00-5:00) Cost \$7. Advance sign-up required.

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.

Cape Cod Canal Cruise: Wednesday, July 16, a 2-hour cruise. Depart COA at 9:15 a.m. and return by 3 p.m. Lunch at a local eatery. The Van Ride donation is \$5 round trip for Rochester residents and \$10 for non-residents. (Cruise charges \$23 for admission.) Call 508-763-8723 or visit the front desk for more information.

Antiques & Oils: July 23. Visit the Middleboro Antique Co-op and the Nemasket Olive Oil company. Lunch at Central Café. Depart COA at 11 a.m. and return by 3:30 p.m. The suggested van ride donation is \$5 round trip for Rochester residents and \$10 for nonresidents. Call 508-763-8723 or visit the front desk for more information.

Cape Cod Canal Cruise: Wednesday, July 30. A two-hour cruise. Depart COA at 9:15 a.m. and return by 3 p.m. Lunch at a local eatery. The van ride donation is \$5 round trip for Rochester residents and \$10 for non-residents. (Cruise charges \$23 for admission.) Call 508-763-8723 or visit the front desk for more information.

Grief Group: July 10 from 1:30 - 3 p.m. All are welcome. Grief can be experienced from the loss of a loved one, separations & divorce, a serious medical diagnosis & more. Facilitated by certified grief educator Carol Valcourt.

Car Show: July 10, 3-6 p.m.

Outdoor Concert: July 18, 5:30-7:30 p.m.

Kitchen Closed: From July 14 to 28 so a new grease trap and flooring can be installed. No breakfast or lunch.

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 2025 Trivia Quiz Answers

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

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SOCIAL HOUSING OPPORTUNITY

Community

They Know Who They Are: Older adults talk about belonging at PRIDE event

They may have waited a long time and faced challenges along the way, but older LGBTQ+ adults who spoke with Senior Scope say they've reached a place in life where they feel respected, supported, and fully themselves — in their homes, places of worship, and in their communities.

At a rainy but joyful PRIDE celebration in New Bedford's Buttonwood Park last month, people of all ages gathered to enjoy music, dancing, drag performances, food, and information from local groups and agencies. Among them were older adults who shared stories of struggle, growth, and ultimately, acceptance — of themselves and from others.

Both Gerré Croteau and Rev. Dr. Donnie Anderson spoke about how, for many years, they believed they were alone in how they felt.

Croteau grew up in a time when being gay meant keeping it hidden. As a teenager, he sensed he was different but didn't feel safe talking about it. Today, he's a respected member of Grace Episcopal Church in New Bedford, where he serves as the church verger, a layperson who helps organize services.

"I seem to have the respect of all the people I associate with," he said. "I train the young people who serve at the altar, and they think of

me as an old uncle or something. I'm amazed at the love and affection I get from the younger people and their parents."

He spoke fondly of his late husband, Bob, and the full life they shared — one he couldn't have imagined as a young man in the 1950s.

"Everything had to be very secret," he said. "I was probably a little more obvious than other boys were, so it was difficult back then. But especially here in Massachusetts, I think we are much more accepted. Both Bob and I were totally accepted by our families."

He and Bob were the first same-sex couple married at Grace Episcopal Church after marriage equality became law in Massachusetts.

Rev. Dr. Donnie Anderson shared a different but equally personal journey. Born male and assigned male at birth, she came out as a transgender woman later in life — just shy of her 70th birthday. Her decision came after seeing Caitlyn Jenner speak publicly about her own experience. Something clicked, she said.

"For most of my life, I didn't know what I was," she said. "I've talked to a number of other folks (who've felt the same way). We all had similar experiences where we thought we were the only ones. You think that because nobody is talking about it. I

had this strong pull toward the feminine, and I didn't know how to deal with it. I was scared. I just thought I was alone."

A long-time American Baptist minister and former executive minister of the Rhode Island State Council of Churches, Anderson later transferred her credentials to the United Church of Christ. She now leads the Pilgrim United Church of Christ in New Bedford — a role she embraced after learning the congregation was open to welcoming a transgender pastor.

While not everyone in her past has been supportive, Anderson says she's found more kindness than rejection.

"For every person who was cruel or uncaring, there were ten who were supportive and loving," she said. "I'm so grateful I live in this part of the world."

Still, Anderson worries about the growing challenges faced by transgender people, especially younger ones. She's concerned that laws in some states — laws that restrict what can be discussed in schools or require disclosures that could put young people at risk — may lead to fear, isolation, and depression.

"They're going to become more insular," she said. "At the very least,



Rain didn't stop people from coming out and enjoying this year's PRIDE festival at Buttonwood Park.

they're going to be depressed."

Croteau, too, worries about the future, especially when it comes to the legal rights of LGBTQ+ individuals. For him, any change in marriage law could jeopardize the health insurance he receives as a surviving spouse of a military veteran.

Even so, he sees hope in younger generations.

"They don't seem to think there's anything wrong with it," he said. "They just accept people. ... They have friends who are gay and others who might not be. I don't see or feel any prejudice from that generation at all."

Both Croteau and Anderson say they're thankful to be living in New England, a place where they've found community, purpose, and the freedom to live as their full selves.

Grandparents continued...

financial assistance it would have brought. The role didn't feel right, she said.

"I'm doing it as the grandparent, as the family member," Grace said. "It makes more sense for me to be doing it in that role than some created role that you just made-up."

Choosing to go it alone had its own challenges. The lack of support for grandparents outside the official system was striking—and unacceptable. But Grace was ready for the challenge.

"You just do what you've got to do and that's it," she said. "Thank God that man upstairs gave me good health."

Only a few years after starting GRG, Grace was joined by Renay Ribeiro, who had taken in her two granddaughters and faced many of the same roadblocks. Like Grace, Ribeiro was shocked to learn she didn't qualify for basic supports, even with new dependents and limited income.

"I said, 'why can't you make the simple step up and whatever you would give to my daughter, sign it over to me, once I have them in custody,'" Ribeiro recalled. "I've got the paperwork to show you. I've got the custody."

"That would have been a whole lot simpler," she added.

Working together came naturally for the two women. "I was open to helping her out because I had a heart for what she was talking about and wanting to do," Ribeiro said from

Grace's kitchen table as the two reminisced.

Many of the grandparents who came to GRG shared similar stories—particularly the pain of navigating addiction in their families. Grace and Ribeiro understood those emotions well.

"Some of the grandmothers in our group were so embarrassed they would cry," Grace recalled. "I'd say, 'You know something, you're not alone. Your daughter, your son, is no different from ours. We all hurt. We all go through the same thing.'"

That deep understanding became a cornerstone of GRG's success. In 2009, the Massachusetts Commission on the Status of Grandparents Raising Grandchildren invited Grace to join its advisory group. Over the years, the group's reach expanded to include families from Taunton, Fall River, Worcester, and other communities.

Local leaders took notice, too. Grace credits Rep. Tony Cabral as one of the organization's strongest champions.

Recently, Cabral praised GRG for creating "a space and a support network for families in New Bedford."

"As grandparents do not have an automatic legal relationship with their grandchildren, many struggle to access support services," he said. "The work Brenda Grace and Renay Ribeiro have done for nearly 20 years in New Bedford has improved the quality of life for so many children and their caregivers."

Grace and Ribeiro's shared

Brenda Grace and Renay Ribeiro, l-r, display a contribution from Walmart to support grandfamilies in the region. Walmart was a regular supporter of the program which Brenda appreciate as a Walmart employee.



commitment powered the organization through nearly two decades. Then the pandemic hit. In-person meetings paused, and the group never regained its earlier momentum.

Now, as GRG prepares to close its doors under Grace's leadership, both women are looking toward the future.

At 80, Grace says she's easing out of fight mode and embracing a slower pace.

"I've learned, in the years, to mellow down," she said about her perspective now.

"And I've learned to get upset and excited because I was," Ribeiro responded with a laugh.

Ribeiro, who's seen herself as Grace's right—and left—hand, is

ready to step back too.

"She tried to get me to take it over," Ribeiro said. "And I said, 'Look, I told you when you're done, I'm done. I'm your right hand and left hand and I'm leaving right along with you.'"

Even so, both women hope the work continues. They are working with Coastline, a longtime program funder, to identify a local organization that could carry the mission forward.

"I hope somebody picks it up because it is a good program and I went 100% with this," Grace said.

The need is still there. The blueprint already exists. And thanks to Grace and Ribeiro, so does the proof that even small, community-led efforts can change lives.