

Better Living



During the legislative event, hosted by Coastline and New Bedford, a panel of guest speakers discussed the age-friendly movement in general and as it pertains to the City of New Bedford. From left to right: Sandra Harris, President, AARP Massachusetts; Cheryl Bartlett, CEO, Greater New Bedford Community Health Center; Joyce Dupont, Wellness Director, Greater New Bedford Community Health Center; Mary Rapoza, Director of Parks, Recreation, and Beaches, City of New Bedford; and Angela Constantino, Senior Transportation Planner, SRPEDD.

Age-friendly continued...

New Bedford's Council on Aging, during the event.

Nora Moreno Cargie, President of the Tufts Health Foundation, said that five years ago there were only a handful of communities pursuing the project. As of March 2019, there are 48 communities across the state enrolled in the AARP network of age-friendly communities. More than 70 cities and towns are in the process of attaining the designation, including Dartmouth and Mattapoisett. Acushnet and Marion recently received the designation.

"People are looking to our communities as examples," said Cargie. "[The movement] will effect what matters most to people, which is making communities stronger, services accessible, social engagement possible, and the health of our neighborhoods attainable."

The continued effort to make New Bedford an age-friendly city is divided into eight broad categories, or "domains": outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information, and community support and health services.

More than two dozen people representing various agencies, non-profits and municipal departments are meeting regularly to focus on these eight areas and to ensure that steps on the action plan are being carried out. During the event at Buttonwood, several representatives from the team offered updates and discussed future plans.



Nora Moreno Cargie, President of Tufts Health Plan Foundation, talked about the evolution and expansion of the age-friendly movement throughout Massachusetts.

"We're working on expanding the availability of evidence-based programs that help seniors live at home for as long as possible," said Joyce Dupont, Wellness Director from the Greater New Bedford Community Health Center. "These programs help with memory and chronic disease management."

She also discussed the upcoming oral cancer screening sessions happening in April. The team focused on oral health because many seniors in the area have identified dental care as one of their greatest needs. At the events in April, there will be SHINE counselors present who can help answer questions about dental insurance.

Mary Rapoza, Director of Parks, Recreation and Beaches in New Bedford, said the Parks Department has been looking at boosting overall accessibility at local beaches and parks as well as making the journey to those locations easier.

For example, Rapoza pointed to improved lighting and a new walkway into Hazelwood Park from Brock Avenue. The Parks Department is also looking to improve wheelchair accessibility at West Beach. Starting this spring, the City will add new programming, including bowling on the green (or lawn bowling) at Hazelwood.

Angie Constantino, Senior Transportation Planner at SRPEDD, said she's looking at making the overall experience on the bus more user-friendly. Part of that effort will include the expansion of tools riders can use, including online bus routes and individualized, location-based schedules.

"One thing we're working on is an outreach event at Buttonwood Senior Center," said Constantino. "The event is planned for May and will include the ability to sign up for senior Charlie Cards directly at the event. We're also going to have a lot of education on schedules and how to ride the bus. We're planning on bringing a bus to the senior center."

Senior Scope will continue to report on the age-friendly movement as it expands throughout the South Coast. Check the "Update" section on Page 4 for details on specific events happening this spring.

Trivia

FOR YOUR ENTERTAINMENT — Ed and Kim Camara

- World's Fairs (sometimes called World Expositions) have happened many times all over the world. Pick the last one that was held in North America:
 - HemisFair (San Antonio)
 - New York World's Fair
 - Louisiana World Exposition
 - Vancouver World Exposition
- Johnny Carson always had a sidekick. Name the one who never sat next to him at the opening of the show as his sidekick.
 - "Doc" Severinson
 - Tim McVeigh
 - Ed McMahon
 - Tommy Newsome
- What was Tonto's real name?
 - J.K. Rowling
 - J.J. Abrahams
 - J. Silverheels
 - Ke-mo sah-bee
- At what age is someone considered to be a "senior citizen"?
 - 50 years
 - 55 years
 - 70 years
 - Unfair question. It's different for everybody. Age is a number!
- Peter Marshall hosted "Hollywood Squares" for years. Who was NOT a regular "square"?
 - Rose Marie
 - Joyce Brothers
 - Vanna White
 - Paul Lynde
- In early television, there were detectives and lawyers with bald heads, lollipops, stinky cigars and even a bird. But only one ended his series in a wheelchair. Who?
 - Robert T. Ironside
 - Matlock
 - Richard Diamond
 - Peter Gunn
- How do you make yellow?
 - Mix red & blue
 - Mix green & blue
 - You can't
 - Mix green & purple
- What is the maximum number of pitches a starting pitcher can throw in a baseball game?
 - 50
 - 150
 - 100
 - 85
- Which of the following Central Florida attractions is still there?
 - Splendid China
 - Circus World
 - Boardwalk & Baseball
 - Ripley's Believe It Or Not Museum
 - All of them
- Pope's Island has always been a busy place with businesses and restaurants coming and going. In the plaza in front of the old Fairhaven Hardware, there has always been a family restaurant. We are not counting Fathoms (old WBSM) location, which of these were NOT located on the island?
 - Ground Round
 - Bridge Diner
 - Bag Piper
 - The Skipper

[answers listed on page 11]



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