

Community Nurse Invites you to bring holiday cheer to hospice families

Hospice and advanced illness management is a team care approach. It offers support, comfort and care to the patient and their family. Our teams here at Community Nurse care deeply for their patients. These nurses, home health aides, social workers, volunteers, therapists and chaplains are welcomed into these homes during the most intimate of times.

And during the holidays what is a joyous time for many can be difficult for some.

We see it firsthand.

We see the big adjustment a husband faces when his wife is transferred to long term care around the holidays and how a very different holiday season lies ahead.

We sympathize with a retired healthcare professional who experiences a loss of independence when faced with their own care.

We help to comfort grandchildren who may not understand what is happening to their grandfather. Or small children who see the toll grief and caregiving is taking on their mother.

We reminisce with patients and families about fun filled times in their lives, holidays spent with loved ones, and their personal hobbies and missed activities: days filled with golfing, music, cooking, dining out, football games, reading, bingo, sailing, photography, arts & crafts, dancing, knitting, trips to the beach, movies, theater, concerts, travel or something as simple as being able to shop for loved ones at Christmas.

We mourn with caregivers when a patient passes just weeks

before Christmas.

We offer emotional support and respite when normal day to day functions seem overwhelming.

We see family members take time off from work to be with their loved ones during the last days, even though it makes their finances tight.

We see caregivers who put themselves on hold to care for their loved one.

We see sacrifices being made during the holidays.

We see hospice families who could use a little cheer this holiday season.

And so we invite you to contribute an item – be it practical, celebratory, personal, indulgent or comforting – or a card to the personalized holiday cheer packages for some deserving hospice or patient coping with a serious illness families.

On behalf of our patients and their families, thank you in advance.

For more information, please contact Clare

(508) 717-0758 or info@communitynurse.com

Unwrapped items and cards can be dropped off at either Community Nurse location:

62 Center Street | Fairhaven or 41 State Road | Dartmouth

www.communitynurse.com/

<https://www.facebook.com/CommunityNurseHomeCare/>



Help Keep Recyclables out of the trash this holiday season.

Thank you for Recycling!

With the hustle and bustle of the holidays it's easy to forget sometimes what you should be putting in the bins. Here is a quick refresher course that will help you through the new year.

- Do put clean bottles, cans, jugs, and jars in the recycling cart with the gray lid.
- Do put clean paper and cardboard in the recycling cart with the black lid.
- Don't put in trash, plastic bags, clothing, food, liquid, or hoses in the recycling carts.

Help keep recyclables out of the trash. Doing so means our landfill last longer, saving the town money in the long run. Please have a safe and happy holiday season.

What Goes In Your Recycling Cart?

Gray Lid Bottles, Cans, Jugs & Jars

1. Empty & rinse containers.
2. Do not flatten containers.
3. Place loose in cart.

EXAMPLES



Black Lid Paper & Cardboard

1. Flatten boxes.
2. Place loose in cart.

EXAMPLES



No plastic bags



No product wrap



No bagged recyclables



No Styrofoam
(cups, blocks, take-out containers)



No tangles
(hoses, chains, electronics)



No food or greasy
pizza boxes



Some images courtesy of RIRRC

<https://www.facebook.com/dartmouthrecycling/>

New Bedford High School Drama Club Presents Romeo & Juliet

by Jamie Roballo

The New Bedford High School Drama Club is proud to present their production of William Shakespeare's "Romeo and Juliet," with performances December 1st and 2nd at 8 and 3rd at 2.

This is a classic play, arguably Shakespeare's most famous, and its beautiful and timeless story is still relevant today. The rivalry between House Capulet and House Montague, the fervor of the fights, the passionate love at first sight between our titular hero and heroine, are all still as palpable and effective as they were five hundred years ago. Everyone knows the story, and each time reading or watching it brings on a new feeling of hope, excitement, futility, and awe as the familiar plot progresses, spiraling ever downwards. Some may argue that Romeo and Juliet is a love story, some may say that it's a tragedy or an example, but regardless, it's a play that leaves everyone speechless.

Sarah Cadieux Pacheco, the NBHS Theatre Teacher and Drama Club Co-Director, explains the ideas behind this production. "Our inspiration in tackling such a well-known piece has been to not only modernize, but to put our own spin on the presentation- much like a contemporary artist does with a cover song. Audience members will notice cover songs of well-known music interspersed throughout the show."

A question that comes up often when you think of Romeo and Juliet- is it really the beautiful love story it's portrayed as, or is it merely a cautionary tale? Says Caitlyn Hodges, "I feel as if it's a love story, because they're so deeply in love that they decide they can't live without each other...it

may be insane, but insanity is love." Caitlyn plays the Apothecary. Sara Cravo, Lady Montague, however, has a differing opinion.

"I think [Romeo and Juliet] is a tragedy, because it's the story of two families who can't get along...it's sad because the ending is inevitable, and the whole story is spent fighting against destiny."

Why should you come and see Romeo and Juliet? According to Zara Lemieux, Drama Club president, "It's not really as sacred as people think...it's a lot crasser and a lot funnier. It doesn't need to be taken so seriously...it's a fun time." Jakob Braz, Benvolio, says, "People should come see the show because of all the work and dedication that we've put into it, and the talent of the students."

Tickets for "Romeo & Juliet" are available at the NBHS Bronspiegel Auditorium Box Office beginning 30 minutes before each performance.

Ticket reservations are accepted by emailing scadieux@newbedfordschools.org. Drama Club students involved in the production include: Zara Lemieux, Jaden Borden, Ethan Bousquet, Sara Cravo, Seth Sweeney, Jakob Braz, Ashley Cowles, Jayden Lima, Joshua Botelho, Eva Watts-Pine, Madison Ashworth, Trevor Lopes, Leah Leahy, Britney Soares, Jamie Roballo, Caitlin Hodges, Laura Conde, Maxine Duarte, Ricardo Alvira, Jasmine Garrick, Isabel Almy-Daigle, Rhyan Ramos, Taryn Padilla, Akissi Konan, Megan Lima, Quinn Mulvey, Claire Morck, Pearl Racine, Hailey Duarte, Devin Duarte, Maranda Gray, Joseph Martin, Kaycee Langlois, Gianalis Estrella, and Cheyenne Rodriguez. The production is co-directed by Sarah Cadieux Pacheco and Aaron Valente.

December 1-2 at 8pm

December 3 at 2pm

Tickets available at the door. General Seating.

\$10 students/seniors
\$12 adults.

Facebook

Event

Page :

<https://www.facebook.com/events/118500942149281/>

[www.http://nbhsdramaclub.weebly.com/](http://nbhsdramaclub.weebly.com/)

Hatch Street Studio Welcomes the Community to their Open House Event This Weekend

Open Studios & Holiday Sale
88 Hatch Street Studios

Fri., Nov 17th, Special Preview, 5 - 8pm

8 - 11, 2nd Floor, Music & Dancing w/

Pumpkin Head Ted

Saturday & Sunday, Nov 18th - 19th,
11am to 5pm Daily

Join us as we celebrate the art and craft of over 50 talented artists and artisans working in this newly renovated historic mill building in New Bedford's North End. The weekend festivities will include music by steel drum ensemble *El Caribe* on Saturday, and well-known guitarist *Butch McCarthy* playing for us on Sunday. Both days, delectable food will be available from a downtown favorite - *Destination Soups*.

For directions and more information visit our website at www.HatchStreetStudios.com or email us at contact@HatchStreetStudios.com

 Now handicap accessible.



Thank you to New Bedford Open Studios and the Mass Cultural Council for their continued support.

THIS WEEKEND!

Hatch Street Studios, New Bedford's largest artist community, is pleased to announce their annual Open Studios / Holiday Sale 2017.

This three-day celebration, popular with art lovers from the Southcoast and the entire New England region for more than 10 years running, offers a look into the professional spaces of 60+ artists working in a restored 19th-century textile mill. Visitors are invited to view the studios, discover their creative processes, and purchase original works of art in a wide variety of media including ceramics, jewelry, photography, wood, glass, painting, and textiles.

The festivities begin on Friday, November 17 from 5 to 8 p.m. We continue throughout the weekend from 11 a.m. to 5 p.m., with live music on Saturday by steel drum ensemble El Caribe and on Sunday by guitarist Butch McCarthy. Food service will be available all weekend by Destination Soups. The event is free and open to the public, with plenty of free parking and handicapped accessibility.

Check out their event page:
<https://www.facebook.com/events/301052790371346/>
Visit their website: <https://www.hatchstreetstudios.com/>

Hatch Street Studios

88 Hatch Street

New Bedford, MA 02745

Community Nurse to host 'Seasons' a reception to support the Memory Loss Program



Chances are you know someone who is living with a memory loss diagnosis. Far too many in our community have been affected in some way by dementia and Alzheimer's diseases.

Community Nurse Home Care's Memory Loss Program is there to help those individuals and their loved ones through a difficult and challenging time.

Did you know that Insurance doesn't cover memory loss programs? In fact, most South coast cities and towns have rates that far exceed the national average of 11%, ranging from 14% up to 24%. This is a staggering statistic and most of these folks live in the community as opposed to a facility or nursing home.

Community Nurse Home Care provides guidance, support and education on this important topic. The program relies exclusively on public support and donations. On Tuesday November 7th at 8pm you can join them at the New Bedford Yacht Club; located on 208 Elm Street in South Dartmouth and help their cause.

If you think it's important to educate and empower local families, provide counseling and care plans, hope, and a lifeline, then this event can help make a difference for people in our community. Check out the link below for all the details and to buy tickets, or make a donation.

Check out the event page:

Seasons, a reception to support the Memory Loss Program

Click Here for Tickets:

<https://cnhc.ejoinme.org/seasonstix>



Community Nurse Home Care

62 Center St

Fairhaven, Massachusetts

Phone: (508) 992-6278

Website: www.communitynurse.com

Facebook: facebook.com/CommunityNurseHomeCare/

New Bedford's Oktoberfest is

much more than a Party

by Leo Monteiro

Over the past twelve years the South Coast Business Alliance (SCBA) has put on one of the most anticipated events in the city: Oktoberfest. Each year the festivities have grown, the crowds have gotten bigger and the entertainment, top notch. What most folks don't realize is that everyone involved is volunteering their time and 100% of the proceeds have gone back into the community. The SCBA is a shining example of what a non-profit organization should be; its run by committed volunteers, no extravagant salaries, in fact there are NO paid positions at all. Every single dollar raised is donated, it all flows back to the community.

With this years Oktoberfest happening on Saturday October 14th its important reflect back on the good work they have accomplished. Now in its 12th year and after raising 500K in revenue over Forty organizations have directly benefited from over \$218,000 in net proceeds. Did you know that every year the UMass Dartmouth Foundation provides a scholarship to a local youth? Ever heard of the Star Kids Program? The SCBA covers tuition for children in low income communities to attend private schooling. By empowering kids and giving them opportunities to shine the whole community benefits.



Here is just a short list of some of the things the SCBA has managed to do and programs they actively support:

Smiles

Mentoring

Program:

<http://www.smilesmentoring.org/index.htm> SMILES is a school based one-to-one mentoring program serving New Bedford and Fall River.

The Boys & Girls Club of Greater New Bedford:

<http://www.bgcnewbedford.org/> In 2008 the SCBA raised several thousand dollars for the Boys & Girls Club to help build a boxing training facility. The SCBA didn't simply write a check for this project, they worked tirelessly on weekends to gut the basement of it's existing bowling alley and replace it with the boxing facility. The proceeds raised for this project allowed them to renovate the space, outfit it with several heavy bags and other training equipment as well as a top-of-the-line boxing ring.

The Zeiterion Theatre: <http://www.zeiterion.org/> In 2008 the SCBA began a working relationship with the Z and developed a program called "Front & Center." This program allows us an opportunity to send dozens of at-risk youth to different performances each year. To date we have sent over 150 youth, who receive the full red carpet treatment complete with a limousine ride to and from the historic theatre located in New

Bedford's Historic National Park.

Friendly Sons of St. Patrick: <http://www.friendlysons.net/>

This past year the SCBA helped the Friendly Sons with their annual Turkey Drive during the Thanksgiving holiday. The Friendly Sons provide a traditional Thanksgiving meal to those who can not afford the day with all the fixings.



The United Way of Greater New Bedford : <http://www.unitedwayofgnb.org/> The SCBA has co-hosted their fundraising events with the United Way in years past donating all the proceeds from those events to the United Way and their efforts in the Greater New Bedford area.

The Community Foundation : <http://www.cfsema.org/> The SCBA began a working relationship with the Community Foundation in 2008. The Community Foundation has several programs and scholarships that they continue to work on and achieve high marks. We are pleased to be working with them, creating new ways to give back to the community through their dedicated efforts.

The work they are doing largely goes unnoticed, but we're shining a light on them this week and showcasing a great local organization that should be applauded for its efforts. If you

support their goals and see value in the work they are doing head to Oktoberfest this weekend, not just for some brews but to really make a difference.

Check out their event page [here](#) and you can purchase tickets [here](#).

PAACA – An indispensable resource in treating addiction

by Leo Monteiro

Our city, like many in the Commonwealth finds itself in the grips of an opioid epidemic. Addiction comes with a high cost; loss of employment, family, trust and even self-worth. Who can you turn to, who can your family and friends reach out to? Sometimes it's hard to find the answer or the resources to get help. Often a person might not want help and sometimes it takes being at your lowest point to finally make that decision. When that moment comes it's important to know that someone is listening, that someone actually gives a damn.

In New Bedford, for the past 34 years a ray of hope has shined bright, like a beacon in the fog. That organization is PAACA (Positive Action Against Chemical Addiction), founded in 1983 and dedicated to providing quality substance abuse and treatment services in the heart of New Bedford.



Every day they meet the needs and challenges of a diverse and ever changing population. PAACA is a registered Non-Profit and relies heavily on donations grant funding and volunteers to help a growing community struggling with addiction.

Through education and outreach they have established themselves as an invaluable community resource. PAACA provides innovative adult services by viewing their clients holistically, taking the person and making them whole over time.

On any given day you might find the staff doing Detox referrals, running a support group, organizing transportation or getting folks permanent housing. There is also a food pantry to maintain as well as clean clothing for those in need. Working hand in hand with the Braz / Bean Memorial Community Center the staff collaborates to provide for

hundreds of families. Like any non-profit the needs are great and the resources limited.

Today especially the greatest challenge the organization is facing is transportation. Often times they are able to secure a bed for someone in treatment, but lack the means to get the person there. That jeopardizes their slot and might delay or even prevent the client from getting the help they need. To that end, the organization is aggressively looking to purchase a vehicle to help ease the burden on their staff and volunteers.



One of the ways they are looking to accomplish this is through some innovative fundraising. On September 29th PAACA is hosting their 1st Annual Golf Tournament at the Bay Pointe Club of Buzzards Bay. If you'd like to be a sponsor for the tournament they would love to have you.
<http://www.paaca.org/Golf.html>

The facility is continuously running, 365 days a year with staff members and volunteers willing to help anyone walking through the door who needs help recovering from addiction. There is no judgement, just someone willing to listen and share their own experiences and start them down the path towards recovery. PAACA is a community for recovery where people can feel safe.

One of the many services the organization provides is finding permanent housing for people in recovery who are transitioning from homelessness and are either doing employment training or already working. It's a crucial part of the recovery process, providing some stability and creating a sense of normalcy. People need a safe place to sleep and a support network backing you up every step of the way.

Another program under the PAACA umbrella is INSIGHT Youth Services **whose mission** is to work with young people to help strengthen their Coping skills, Achievement, Resources, and Educational attainment to overcome challenges in their lives. We do this by meeting young people where they are at and designing an individual success plan tailored to their individual needs that includes educational support, mentoring/case management, career planning and other support services.

Under the guidance of Executive Director Carl Alves and Operations Manager Jamie Casey, PAACA is in capable hands. What they really need are corporate and community partnerships to help deal with the growing crisis that has exploded in the last few years. Relying on grants and donations can only take the organization so far, so its crucial to help make the broader community realize what's at stake and how important the work is that they are doing.



In an interview with Jamie he expressed hope that by sharing their story PAACA might be able to encourage some new supporters, volunteers and awareness. Here is some of what he shared.

“After a couple of weeks here I walked out of my office and surveyed all the activity going on around me. We had people lined up receiving food and clean clothes; young people prepping for GED testing; case workers brainstorming about a creative way to make a bigger impact with a client and in the midst of all that two volunteers were comforting a distraught woman who had come in off the streets asking for help for the first time. I watched as they secured a bed for her, encouraged her and comforted her and then as she broke down in tears she accepted help for the first time in her life. I actually teared up and thanked God for the opportunity to work in this capacity. I never want to do anything else, I found my place to make a difference, and it’s here.”

Jamie shared his favorite quote and his mantra from Helen Keller “Alone we can do so little, together we can do so much” It really hits home given the scope of the crisis and the sense of hopelessness and isolation often associated with addiction. We all need to face this together and take a multi-faceted approach to attacking this problem. If you want to volunteer your time please reach out. If you think your

company or organization can lend a hand it would be welcome. Join them for a round of golf or become a sponsor for the event, every little bit helps.



SEPT 29TH, 2017

@

The Bay Pointe Club of Buzzards Bay

19 Bay Pointe Dr, Buzzards Bay, MA 02532

PAACA
Together We Can!



\$125 per player

* includes cart, play, dinner and door prize

**PROCEEDS WILL BENEFIT PAACA AND
THE FIGHT AGAINST ADDICTION**

**REGISTER for this event by visiting
facebook.com/PAACAINC
OR calling (508) 997-9051**

Positive Action Against Chemical Addiction, Inc.

360 Coggeshall Street

New Bedford, MA 02746

Phone: (508) 997-9051 (Adult Services)

Phone: (508) 979-1580 (Youth Services)

Monday-Friday: 8:00am-4:00pm

Saturday & Sunday: 10:00am-1:00pm

Website: paaca.org/

Facebook: facebook.com/PAACAINC/