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New Bedford Scores Lowest in State on Healthy Aging

New Bedford scored lowest in the state in a report on healthy aging released last year, but local elder services agencies are working hard to improve the city's ranking.

"The regional 4C Collaborative, a group of community and health care organizations, has applied to the Tufts Health Plan Foundation for funding to address some of the poorer outcomes identified in the report," says Paula Shiner, CEO of Coastline Elderly Services.

New Bedford Council on Aging Director Debra Lee states, "We have been on the cutting edge of this issue, and we continue to place emphasis on health and wellness programs for elders in our community."

The Mass. Healthy Aging Data Report: Community Profiles was created by researchers at the Gerontology Institute at the University of Mass. Boston and commissioned by the Tufts Health Plan Foundation.

The city was below the state average on 31 of the nearly 100 indicators of healthy aging included in the report, followed by Springfield with 25 below average and Fall River with 24 below average. The indicator categories range from physical and mental health to chronic disease, nutrition, access to care, and safety.

According to the Mass. Healthy Aging Collaborative, healthy aging requires that older adults have a good diet, be socially engaged, be physically active, lead meaningful lives, be proactive about their health, and feel safe and secure. "Healthy aging is influenced by our genetics, lifestyle, behaviors, and health practices, which are in turn influenced by our community, our culture and our access to opportunities," states the report. "From birth to death we are constantly adding to or subtracting from our capacity to age well."

While New Bedford may be last in healthy aging in the report, efforts are underway to improve the city's standing. COA Director Debra Lee says, "In the coming months the senior centers will continue to focus education on the areas of chronic disease" outlined in the Healthy Aging report.

Ms. Lee points to the Aging Mastery program offered in the fall as part of the initiative to improve the health of older adults in the city. She notes that poor mental health often leads to poor physical health, and the COA is already working to address this issue.

She said the COA recently received two \$10,000 grants, one from the Association for the Relief of Aged Women and one from the Executive Office of Elder Affairs, to identify issues such as anxiety and depression in the city's older population.

A questionnaire from the National Association for Mental Health was delivered to 450 Meals on Wheels customers in late February. Recipients were asked to complete the surveys and return them to the COA in the envelopes provided. In March the same questionnaires will be administered at the Senior Centers. All replies will be strictly confidential. Elders who may have depression or anxiety will be offered counseling or other services.

"We're trying to put a face on depression, to reduce the stigma," said Ms. Lee. "Suicide is the leading cause of death for men 85 and older. But elders 80 and up are not comfortable seeking mental health services. They were

Valentine Party at Hazelwood



Ray Jay, the popular DJ who performs at many Council on Aging events, dances with his wife at the Hazelwood Senior Center Valentine's Day Party.

Photo courtesy of Kindred Hallmark Nursing and Rehab

New Bedford Scores Lowest... continued on page 2

Just Get Moving to Improve Brain Function

Everyone knows that exercise makes you feel more mentally alert at any age. But do you need to follow a specific training program to improve your cognitive function? Science has shown that the important thing is to just get moving. It's that simple.

In fact, this was the finding of a study conducted at the geriatric institution affiliated with Université de Montréal in Canada and published in the journal AGE (American Aging Association).

The study compared the effects of different training methods on the cognitive functions of people aged 62 to 84 years. Two groups were assigned a high-intensity aerobic and strength-training program, whereas the third group performed tasks that targeted gross motor activities (coordination, balance, ball games, locomotive tasks, and flexibility). While the aerobics and strength-training were the only exercises that led to physical fitness improvements after 10 weeks, all three groups showed equivalent improvement in cognitive performance.

The subjects in the third group performed activities that can easily be done at home, which is excellent news

for sedentary people who can't see themselves suddenly going to a gym to work out. To improve your cognitive health, you can simply start by doing any activity you like.

"Our study targeted executive functions, or the functions that allow us to continue reacting effectively to a changing environment. We use these functions to plan, organize, develop strategies, pay attention to and remember details, and manage time and space," explained Dr. Louis Bherer, PhD.

"For a long time, it was believed that only aerobic exercise could improve executive functions. More recently, science has shown that strength-training also leads to positive results. Our new findings suggest that structured activities that aim to improve gross motor skills can also improve executive functions, which decline as we age. I would like seniors to remember that they have the power to improve their physical and cognitive health at any age and that they have many avenues to reach this goal," concluded Dr. Nicolas Berryman, PhD.

Editor's Notes

Winter Wonderland not so Wonderful

We all remember the song "Winter Wonderland," a perennial favorite at the holiday season. I heard it quite a few times in December on a Christmas CD I loved listening to in the car.

With nothing but light snow that month, I really enjoyed singing along to "Winter Wonderland" as I drove the mostly clean roads of Southcoast. Those happy feelings about the beauty of winter quickly dissipated over the last month or so, as we struggled through one of the worst winters ever.

Unrelenting cold and snow have pushed us all to the breaking point, and even at the tail end of February, we had another three inches last night. But every cloud has a silver lining, and one of my Good Samaritan neighbors cleaned off my car this morning. Thank you!

So here I am at work reminiscing about old songs and winter disasters of the past.

I had assumed that "Winter Wonderland" was a new tune when I heard it in my teen years. Not so.

I did a little research on Wikipedia and found it was written in 1934 by Felix Bernard and Richard B. Smith. It was a top ten hit for Guy Lombardo's orchestra that year.

Through the decades it has been recorded by over 200 different artists. Popular crooner Perry Como and singer-songwriter Johnny Mercer both had top selling recordings of "Winter Wonderland" in 1946.

Not only this year, but a few other winters as well, stand out in my memory as being anything but a wonderland. I was in college in 1959 when Perry Como included

a new version of "Winter Wonderland" on his 1959 Christmas album.

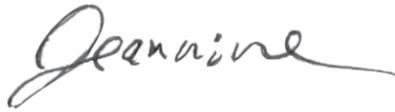
I'm not sure if it was 1959, but I remember it was so cold during the Christmas break that the car key snapped off in the lock when I tried to open the door after meeting some friends for coffee. I can't recall how I got out of that situation, but I guess one of my friends took me home and Dad had to retrieve the car the following day.

I do vividly recall being stuck at the Holiday Inn in Brockton for two days in 1969. My sister Sue and I were driving back to our apartment in Boston one Sunday afternoon. We left New Bedford in a heavy rainstorm that turned into a blizzard as we drove north on Route 24. We had to abandon the car on the exit ramp and walk the rest of the way to the hotel.

Everyone remembers the Blizzard of '78 that paralyzed the Northeast for more than a week. It was bad in the New Bedford area, but it was even worse in Methuen, on the New Hampshire border, where my daughter and I lived at the time. We were buried under more than three feet of snow and school was canceled for two weeks.

One thing is for certain—this winter is one for the record books and the Winter Wonderland fantasy has outworn its welcome.

But take heart, the days are getting longer. Daylight saving time starts next week, and spring really is almost here.



You Can Receive SeniorScope in the Mail

Would you like to receive *SeniorScope* in the mail for only \$12 a year? Please call 508-979-1510 for more information.

We Need Your Old Photos

If you are like most people, you have some wonderful old photos in a drawer or closet. Would you like to share them with our readers? We need old photos for our Remember When feature.

Please send the photos to SeniorScope, New Bedford Council on Aging, 181 Hillman Street, New Bedford, Mass. or drop them off if you prefer. The photos will be returned to you after we run them.

Those people who think they know everything are a great annoyance to those of us who do.

Isaac Asimov

Senior Scope

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Letter to the Editor

Pass It On

I am grateful for the opportunity to serve as your District Attorney and to work closely with you on issues that concern you. I hope to address these issues with you directly through articles in this newsletter. In my first article, I want to stress how important it is to me to provide information to empower our seniors against scams. My office is promoting a new educational campaign designed by the Federal Trade Commission (FTC) to enlist people over 65 in the effort to recognize and report fraud and scams.

The "Pass it On" campaign from the FTC discusses some of today's most common scams and gives seniors a short and straightforward way to share that knowledge with their family members, friends and communities. It focuses on the ability of seniors to be a part of the solution when it comes to scams. Our seniors can pass on what they

know about scams, not only to their peers, but also to the younger generations. The topics of the "Pass It On" campaign include imposter scams, identity theft, charity fraud, health care scams, paying too much and "you've won" scams.

Staff from my Office will be distributing an initial supply of "Pass it On" folders with bookmarks and fact sheets to each of the Councils on Aging in Bristol County during the month of March. Every year, National Consumer Protection Week falls during the first week of March. It is an effort to encourage people and businesses to learn about avoiding scams and understanding consumer rights, so there is no time like right now to learn more about fraud or to share what you already know.

Sincerely,
Thomas M. Quinn III
District Attorney

A bargain is something you don't need at a price you can't resist.

Franklin Jones

Donations for March 2015

In Honor and In Memory

In memory of Parents: Margaret and Armand Andrade and grandson, David - Joan and Ed St. Onge	\$25.00
In memory of Edna V. Cornell - Anonymous	\$10.00
In memory of Donald Marshall February Birthday Remembrance - Wife, Edith Marshall	\$20.00
In memory of Evelyn Smith, March 4th Birthday Remembrance - Anonymous	\$10.00
In memory of Eva Benoit, 20 year anniversary. Loved and missed - Muriel and Laurette	\$20.00

In Thanksgiving

Thank you for answered prayers - M.A.F.	\$10.00
Thank you St. Jude, St. Joseph and Virgin Mary for answered prayers, as promised - H.F.	\$10.00

Donations this month	\$105.00
Donations last issue	\$165.00
Donations Year to date FY'15	\$1011.00

To: SeniorScope 181 Hillman Street, New Bedford MA 02740

Yes, I want to help support SeniorScope. My voluntary donation in the amount of \$ _____ is enclosed.

- You may list my name and my town/city in a future issue
(my street address will NOT be listed)
- Do not list my name; I am contributing anonymously.

Please list my donation as follows:

In Memory of: _____

Get Well Wishes for: _____

In Honor of: (Birthday or other celebration) _____

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Address _____

You and Your Money

Who Has Access to Your Digital Assets When You Die?

By Catherine Seal, CELA

It used to be that people kept important things in filing cabinets, banks, and photo albums. Now everything from communications, to photos, to music, to sensitive financial information is increasingly kept online. In fact, 51 percent of U.S. adults bank online, according to the Pew Research Center; and 63 percent of all American adults, and 27 percent of all Americans ages 65 and older, use social networking sites.

And, while the Internet has made things easier in many ways, it can cause a lot of complications when someone dies or loses the ability to manage their own affairs. That's why the Uniform Law Commission, a group of state appointed attorneys, created the Uniform Fiduciary Access to Digital Assets Act (UFADAA) as a way to clear up some of the complications.

Right Now, Accessing a Loved One's Account Could Be a Criminal Act

What becomes of a person's digital life, such as their Facebook accounts, Flickr photos, and online banking information, when they die or become incapacitated? Currently, there's no good answer. Very few states have laws that deal with these issues. Even if someone's will contains instructions, there is no guarantee their wishes will be carried out.

Often, only the account holder can legally access their online account. The terms of agreement on many sites prohibit sharing passwords and third-party access. Worse, it may be an actual criminal act to violate those terms of the service agreement. Even a fiduciary, the person that's designated to act in your best interest, could be breaking a federal privacy law or the Computer Fraud and Abuse Act when accessing your account.

Current Limits on Access Make Problem of Identity Theft Worse

Glenn Williamson discovered

Quit Smoking Medicines Covered by Insurance

Give the gift of health to yourself and your family in the New Year. If you're a smoker, quitting is the single most important step you can take to protect your health and the health of your loved ones. Smoking causes immediate damage to your body and increases your risk for many kinds of cancers, as well as heart attack, lung disease, and early death.

Kathleen Wilbur, Director of the Southeast Tobacco Free Community Partnership reminds smokers that the holidays can be a tough time to quit, but the New Year is an excellent opportunity to make a quit plan and prepare friends and family to support you.

"If you want to quit and you've

Fuel Assistance Still Available

Applications are still being accepted for the Fuel Assistance program administered by PACE. This program assists moderate and low income households with their heating needs. The Fuel Assistance program helps pay heating bills from November 1 through April 30.

Fuel Assistance is an income based program for home owners and renters. The amount of the benefit is based on household income and size of the family. Some clients whose heat is included in their rent and tenants in subsidized housing may also be eligible.

what all too often happens when his mother passed away. The identity thieves get busy. "The year after somebody passes is one of the most vulnerable times for identity theft. It's a heinous crime, but it's what the bad guys do, because death is public record, they'll go out there and they'll comb through recently deceased and they'll create a fake identity, because the deceased don't check email and they don't get the mail," said Williamson in a July 2014 interview with PBS. The inability to access a loved one's digital assets makes problems like Williamson's much harder to stop.

UFADAA Is an Important Update for the Internet Age

The UFADAA gives people the power to plan for the management and disposition of their digital assets the same way they can make plans for their tangible property: by providing instructions in a will, trust, or power of attorney. If a person fails to plan, the law contains provisions for distributing those assets. Also, the Act would put limits on access to digital assets and extends a fiduciary's existing authority and duties when overseeing a person's tangible assets to include the person's digital assets.

The Uniform Law Commission will introduce UFADAA in 2015. It will be up to state legislatures to pass it. So far, 26 states plus the District of Columbia have expressed interest in a UFADAA bill for 2015. Obstacles still exist – some Internet companies oppose the UFADAA because of the administrative costs associated with complying.

Find out more about the UFADAA and what you can do by visiting the Uniform Law Commission website.

Catherine Anne Seal, CELA, is vice president of the National Academy of Elder Law Attorneys (NAELA). She acted as NAELA's official observer to the Uniform Law Commission's Fiduciary Access to Digital Assets Committee.

already tried in the past, don't give up. It takes most smokers several tries before they are able to quit for good," said Kathleen Wilbur. "Quitting can be hard, but with planning and support you can free yourself from this addiction."

Fortunately, all health insurance plans in the Commonwealth cover quit-smoking medicines. The Massachusetts Smokers' Helpline, 1-800-QUIT NOW (1-800-784-8669), is available to you for free coaching to help you make a plan and to support you through quitting. Using this coaching support and quit-smoking medicines together can make you three times as likely to quit for good.

Households that receive Fuel Assistance may be eligible for weatherization of their homes or apartments and repair or replacement of the heating system if they are homeowners.

If you received an application because you are a former recipient of Fuel Assistance, you need to complete the application and submit it now. If you are not a former recipient and want to find out if you are eligible, call PACE Fuel Assistance at 508-999-4473 or visit the office at 166 William Street, New Bedford.

Security Is our Middle Name

By Delia De Mello
Social Security

On March 6, Americans recognize Middle Name Pride Day. At the Social Security Administration, our middle name is "Security," and every day, we do everything we can to live up to that name. As part of protecting our vital services, we safeguard against all forms of Social Security fraud.

Social Security has zero-tolerance for fraud and those who try to cheat the system. While we can't prevent all fraud schemes any more than the best police force can stop all crime, we work aggressively with our Office of the Inspector General to investigate and prosecute people who commit fraud.

Acting Commissioner Carolyn Colvin's message to those who would defraud Social Security is clear: "We will find you; we will prosecute you; we will seek the maximum punishment allowable under the law; and we will fight to restore to the American public the money you've stolen."

We provide benefits to one-fifth of the American population, including elderly retirees, people with severe illnesses, and widows and children

after the death of a wage earner. Our beneficiaries also include wounded warriors and the chronically ill, all of whom tend to be the most vulnerable of our population. Protecting our critically important programs from fraud can be challenging. Yet, our standard is absolute—any fraud is unacceptable. And, our focus on preventing fraud works.

Our Office of the Inspector General works in concert with our frontline employees to identify fraud and bring offenders to justice. Together, we use a number of tools to help us accurately predict where fraud may occur. By monitoring cases closely, we identify fraud sooner rather than later—and often we prevent it before it happens. We also have stiff penalties that discourage people from committing fraud, including hefty fines, suspension of benefits, and even jail time for the most severe offenses.

We take our middle name seriously and so should you. If you suspect someone is committing Social Security fraud, we ask that you report it online at <http://oig.ssa.gov/report> or call the Social Security Fraud Hotline at 1-800-269-0271 immediately.

New Bedford Scores Lowest... continued from page 1

taught at an early age they had to pull themselves up by their bootstraps. We want them to know that help is available, and the brain just like the rest of the body does get sick."

Coastline CEO Paula Shiner noted that her agency has been offering several healthy aging programs and all are based on solid research and recent studies. Those programs include Matter of Balance, Tai Chi, Healthy Eating, Powerful Tools for Caregivers and Chronic Disease Self-management.

Anyone interested in learning more about these programs can call Jackie Medeiros at Coastline at 508-742-9151 or Email her at jmedeiros@coastlinenb.org. For information on programs presented by the New Bedford COA, call 508-991-6250 or visit your local senior center.

"We are also working collaboratively with the city and town COAs to create more age friendly communities," Ms. Shiner added. More information on this initiative will be announced in the near future, she said.



Michelle D. Beneski, Esq.

Daniel M. Surprenant, Esq.

Robert L. Surprenant, Esq. of Counsel

With nursing homes costing an average of \$9,000 a month, you must plan ahead. As Elder Law Attorneys, we can show you how to protect your assets from nursing homes, probate fees and estate taxes. Even with a relative in a nursing home now, assets can still be protected. Call us today to set up a consultation.

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Menu for March 2015

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AT LEAST 24 hours in advance.
Tuesday is Voluntary Donation Day,
Thank You!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swedish Meatballs Egg Noodles Carrots Oatmeal Bread Pineapple	3 Vegetarian Chili with Crispy Tortilla Strips Dirty Rice Corn Bread Fresh Apple	4 Unsalted Saltines Cream of Broccoli Soup Honey Lime Chicken Whipped Potato Wheat Roll Mixed Fruit	5 Pork Lo Mein Oriental Blend Multigrain Bread Blonde Brownie Diet: Graham Wafer Fortune Cookie	6 Salmon with Lemon Dill Sauce O'Brien Potatoes Green Beans w/ Almonds Snowflake Roll Melon Cup
9 Chicken Marsala Confetti Rice Asparagus Honey Wheat Bread Fresh Orange	10 American Chop Suey Country Blend Scali Bread Tropical Fruit	11 Roast Pork with Apple Gravy & Pearl Onions Red Bliss Potato Peas with Pimento Multigrain Roll Applesauce	12 Meatloaf with Rosemary Gravy Whipped Potato California Blend Oatmeal Bread Chocolate Pudding Diet: Pudding	13 Tortellini with Alfredo Sauce Tuscany Blend Veggies Wheat Roll Pineapple Yogurt
16 BBQ Beef Patty Seasoned Potato Wedges Green & Wax Beans Whole Wheat Roll Banana Peanut Butter	17 High Sodium Corned Beef Hash Ketchup Packet Cabbage & Carrot Blend Raisin Bread St. Patty's Cake Diet: Graham Wafer	18 Chicken La'Orange Rice Florentine Spring Blend Multigrain Bread Peaches Granola Bar	19 Shepherd's Pie Chopped Broccoli Snowflake Roll Tropical Fruit Tossed Salad with Dressing	20 Sweet Potato Pollock Tartar Sauce Au Gratin Potato Genoa Blend Pears Fruit Muffin
23 High Sodium LS Hot Dog Hot Dog Roll Mustard & Ketchup Packet Baked Beans Hot German Slaw Applesauce w/ Cinnamon	24 Oyster Crackers Parmesan Potato Soup Sweet n' Sour Chicken Peas & Carrots Multigrain Roll Mixed Fruit	25 Italian Style Penne with Meat Sauce Italian Blend Veggies Honey Wheat Bread Pineapple Upsidedown- Cake Diet: Graham Wafer	26 Roast Turkey Cranberry Sauce Whipped Potato Winter Squash Egg Dinner Roll Fresh Apple Tossed Salad w/ Dressing	27 Mac n' Cheese Escalloped Tomatoes Mandarin Oranges Fruit Muffin Banana
30 Chicken Stew with Vegetables Rice Medley Snowflake Roll Fresh Orange	31 Sloppy Joe Hash Browns Roman Blend Veggies Hamburger Roll Diet Chocolate Mousse with SF whipped topping			

Recipe Roundup

Tuna and Tomato Mac & Cheese

Ingredients:

8 ounces (about 3 cups) whole-wheat rotini pasta
2 tablespoons all-purpose flour
1 cup nonfat milk, divided
1/2 cup grated extra-sharp Cheddar cheese
1/2 cup grated pepper Jack cheese
1/4 teaspoon ground chili powder
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1 1/2 cups reduced-fat cottage cheese, preferably low-sodium
1 5- to 6-ounce can chunk light tuna, drained and flaked
1 10-ounce can diced tomatoes with green chiles, drained
1/4 cup crumbled tortilla chips

Directions:

Preheat oven to 450°F.
Cook pasta in a large saucepan of boiling water according to package directions. Drain and rinse.
Meanwhile, whisk flour and 2 tablespoons milk in a small bowl. Heat the remaining milk in a large ovenproof skillet over medium heat until steaming.
Gradually whisk a few tablespoons of the hot milk into the milk-flour mixture, then whisk this mixture back into the skillet. Cook over medium heat, stirring constantly, until the sauce is smooth and slightly thickened, 1 minute. Remove from the heat and stir in Cheddar, pepper Jack, chili powder, salt and pepper.
Puree cottage cheese in a food processor or blender until very smooth, scraping down the sides as necessary. Stir into the sauce in the skillet. Add tuna and the pasta; stir well to coat with the sauce. Sprinkle drained tomatoes evenly over the top. Bake until hot and bubbling, 20 to 25 minutes. Top with crumbled tortilla chips.

Serves four

Source: eatingwell.com

Oven Fried Fish & Chips

Ingredients:

Canola or olive oil cooking spray
1 1/2 pounds russet potatoes, scrubbed and cut into 1/4-inch-thick wedges
4 teaspoons canola oil
1 1/2 teaspoons Cajun or Creole seasoning, divided
2 cups cornflakes
1/4 cup all-purpose flour
1/4 teaspoon salt
2 large egg whites, beaten
1 pound cod or haddock, cut into 4 portions

Directions:

Position racks in upper and lower third of oven; preheat to 425°F. Coat a large baking sheet with cooking spray. Set a wire rack on another large baking sheet; coat with cooking spray.
Place potatoes in a colander. Thoroughly rinse with cold water, then pat dry completely with paper towels. Toss the potatoes, oil and 3/4 teaspoon Cajun (or Creole) seasoning in a large bowl. Spread on the baking sheet without the rack. Bake on the lower oven rack, turning every 10 minutes, until tender and golden, 30 to 35 minutes.
Meanwhile, coarsely grind cornflakes in a food processor or blender or crush in a sealable plastic bag. Transfer to a shallow dish. Place flour, the remaining 3/4 teaspoon Cajun (or Creole) seasoning and salt in another shallow dish and egg whites in a third shallow dish. Dredge fish in the flour mixture, dip it in egg white and then coat all sides with the ground cornflakes. Place on the prepared wire rack. Coat both sides of the breaded fish with cooking spray.
Bake the fish on the upper oven rack until opaque in the center and the breading is golden brown and crisp, about 20 minutes.

Serves four

Source: eatingwell.com

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- Close to SERTA Bus Line, Restaurants, Shops, Banks, Library

Professionally Managed By:  **PEABODY PROPERTIES, INC.**  *We Put The "HOME" In Housing!*

*Income limits apply. 62 years+, HP/disabled person 18 years+ community. Please inquire in advance for reasonable accommodations. Info contained herein subject to change w/o notice.

Carriage House at Acushnet Heights
 Now Accepting Applications for Studios & 1 Bedroom



Offering Many Amenities:

- ❖ Affordable Rent 30% of Adjusted Income
- ❖ Applicant or Member of Household Must be 62 or Older
- ❖ All Utilities and Air Conditioning Included
- ❖ On-Site Laundry Facilities
- ❖ Beautiful Living Environment with Plenty of Natural Light
- ❖ Community Patio and Courtyard for Outdoor Enjoyment
- ❖ Residents Library / Computer Room
- ❖ Community Room for Residents Parties and Events
- ❖ On-Site Covered Parking (Limited)
- ❖ 24 Hour Maintenance
- ❖ On-Site Professional Management

Choose Carriage House at Acushnet Heights as Your New Home
Call 508-993-0433 for an Application

Olympia Tower

Now Accepting Applications. Overlooking New Bedford Harbor and Buzzards Bay, Olympia Tower is now accepting applications for 1 & 2 bedroom apartments. Specially designed for people 62 years old and over and for handicapped or disabled persons who are 18 years old and over. Enjoy the convenient downtown location and feel secure in the friendly atmosphere. Rent based on 30% of adjusted income. Income requirements, please call for info.

(508) 997-1205
 TDD# 800-439-2370



TABER MILL APARTMENTS
508-996-3111



Privately owned building in the North End of New Bedford. Taber Mill is now accepting applications for bright 1 & 2 bedroom apartments. Specially designed for people 62 years old and over and for handicapped and disabled persons who are 18 years old and over. Rent based on 30% of adjusted income. Income requirements, please call for more info.
217 Deane Street, New Bedford, MA 02746

(508) 996-3111
VOICE-TDD# 1-800-439-2370

The Car Barn
Designed for the Elderly

HUD subsidized affordable housing specially designed for People 62 years and older and for handicapped/disabled persons

ACCEPTING APPLICATIONS FOR 1 AND 2 BEDROOM UNITS

The Car Barn offers many amenities:

- Gated community
- Heat and central air included
- Daily activities
- Beauty salon
- Computer room
- Fitness center
- Movie theater
- Library
- Community room
- On-site laundry facility
- Manager and Residential Service Coordinator
- 24-hour maintenance available
- Handicapped accessible

Please call for more information
508-997-5484

Now Accepting Applications



Fairhaven Village

Contact Eunice or Mary Lyn today to schedule a tour!
 330 Main St., Fairhaven, MA
508-994-1908
fairhaven@peabodyproperties.com
www.peabodyproperties.com

- 1 & 2 Bedrooms
- Heat Included
- On-site Maintenance
- On-site Professional Mgmt.
- On-site Laundry Facilities
- On-site Parking
- Resident Services Programs

Housing for 62 yrs+ & handicapped & disabled person 18 yrs+. Rent based on 30% of adjusted gross income.

Update

Garden Program at RJD

Learn how three veteran gardeners incorporate key elements of style and design to create a satisfying personal landscape on Saturday, March 7, at the Rotch-Jones-Duff House and Garden Museum, 396 County Street in New Bedford.

Rochelle Greayer, author of *Cultivating Garden Style*, will take participants through the design process. She will suggest new twists on classic styles and offer suggestions to help you reinvent your garden by extending your sense of interior design and style into your gardens and outdoor spaces.

Garden writer, blogger and plantsman Matt Mattus will examine which gardening trends are actually attainable, which are realistic, and which ones will probably not endure. Learn how to combine beauty, ease and simple skills like topiary, espalier and natural plantings, together with your busy lifestyle, to get an outdoor living area to suit your aesthetics.

"Gardening in the Zone" is the title of John McCormack's presentation, which will explore the unique opportunity we have to grow plants that go beyond the traditional New England plant list. John will talk about the joy of gardening in our special climate, his favorite plants, and some of his latest projects and landscape makeovers as the principal of Westport Art and Garden, a 3-D design studio that builds objects and environments.

Reservations are required at 508-997-1401, or at www.rjdmuseum.org. Refreshments and lunche will be provided. The all-inclusive cost is \$80 for members, \$89 for non-members.

Acushnet Senior Center Yard Sale

An indoor, multi-family yard sale will be held at the Acushnet Senior Center on Saturday, March 14, from 9 a.m. to 2 p.m.

Farming Lecture at Dartmouth Historical Society

Claude Ledoux, farmer, author, radio show host, father, public servant, Marine and avid historian, will present the first of a series of lectures on ethnic farming on the Southcoast on March 15, at 7 p.m., at the Dartmouth Historical and Arts Society's Russells Mill Schoolhouse, 1205 Russells Mills Road in Dartmouth.

Mr. Ledoux came to this country from Quebec, Canada, in 1949, where 13 generations of his family had passed on the love of farming. The eldest of eight children, his family moved to a farm in Westport. "The main difference was that here the farms were owned by a variety of populations: Polish, Portuguese, Jewish, Yankee, French Canadians, Russians and other. Farmers are the same everywhere and adaptation only required learning the common language," Mr. Ledoux says.

YTI Presents *Other Desert Cities*

Your Theatre, Inc. director Robin Richard, of New Bedford, has announced the March production of *Other Desert Cities*, by Jon Robin Baitz. The play follows Brooke Wyeth who returns home to Palm Springs after a six-year absence to celebrate Christmas with her parents, her brother, and her aunt. Brooke announces that she is about to publish a memoir dredging up a pivotal and tragic event in the family's history – a wound they don't want reopened.

The performance dates are March 19, 20, 21 and 26, 27, 28, 2015 at 8 p.m. and March 22 and 29 at 2:30 p.m. Performances are held at Your Theatre, Inc. located at 136 Rivet St. (corner of County St.), in the wheelchair accessible auditorium of St. Martin's Episcopal Church. Tickets are \$15 general admission, \$13 for senior citizens, students, and military

personnel. For reservations and further information call Your Theatre, Inc. at 508-993-0772, or send an email to info@yourtheatre.org.

Guitar Recital at St. Anthony

A Classical Guitar Recital will be presented by Jon Wienen on Sunday, March 15, at 3 p.m. at St. Anthony of Padua Church in New Bedford. The concert is a fundraiser for St. Anthony's 100 year old Casavant pipe organ. No tickets are needed; a freewill offering will be collected for the organ fund. Complimentary tea and cookies will be served after the concert in the church hall.

For more information, call the rectory at 508-993-1691. Directions and information about the Church and the organ fund are posted at www.saintanthonynewbedford.com.

Laurel Tree Players Cabaret

Be prepared to laugh, cheer, and maybe even spell along at the Laurel Tree Players' production of *The 25th Annual Putnam County Spelling Bee*. The production will feature relaxed cabaret seating around tables where audience members can order drinks and a variety of tasty snacks. Tickets for the March 20, 21, and 22 production are on sale at Holy Family Holy Name School, 91 Summer Street.

For reservations, call the school at 508-993-3547. Tickets are priced at \$15 for adults and \$12 for seniors and children. Seating is limited.

Free Financial Fraud Seminar

Protect yourself from financial fraud and abuse! On Thursday, March 26, at 10 a.m., The Oaks, 4525 Acushnet Avenue, New Bedford, is hosting a free seminar. Learn warning signs, important "do's" and "don'ts", and what to do if you suspect financial fraud or abuse. A light lunch will be provided. RSVP by Friday, March 20, to 508-998-7807. Seating is limited.

Mardi Gras Party



Flo DaCosta wore a feathery mask at the Mardi Gras Party at the Buttonwood Senior Center in February.
Photo courtesy of Kindred Hallmark Nursing and Rehab

New Bedford Council on Aging & Senior Centers

"Welcome Spring" Celebration



Friday, March 20
12PM-3PM

Fort Taber Community Center
950 South Rodney French Blvd.

Doors Open at 11:15AM
Lunch Served from Noon-1PM
Entertainment from 11:15AM-3PM.

Lunch Catered by D&D Catering
Cheese and Fruit Platter
A Choice of Tuna, Chicken and Egg Sandwiches
Pasta Salad, Chips and Assorted Pastries
Coffee and Punch

Entertainment by "The Silver Fox" George Cataldo



\$10.00 per person
Please Sign up by March 11 at any New Bedford Senior Center
Check/Money Order Payable to: City of New Bedford

Special Thanks to D&D Catering for Catering this Event

New Bedford Council on Aging & Senior Centers

Karaoke Sing-A-Long



Tuesday, March 31
Noon - 1PM

Hillman Street Support Center
181 Hillman Street, Building #9

Refreshments Will Be Served
Entertainment by Rick Ferreira



For More Information, Please Call Pamela @ 508-991-6250

Puzzling Weather



Andrew McCartney whiles away a winter afternoon doing a puzzle at the Buttonwood Senior Center in February.

Discover Powerful Tools for Caregivers

Coastline will be offering a free six-week caregiver class, "Powerful Tools for Caregivers," this spring. This free evidence-based workshop will begin Wednesday, April 1, and run weekly through May 6 from 4:30 p.m. to 6:00 p.m. at Brandon Woods of Dartmouth, on Dartmouth Street.

Former participants report that following the program, they experienced fewer feelings of anger, guilt and depression and had increased confidence in coping with the demand of caregiving, says Stephanie Gibson, Family Caregiver Support Specialist at Coastline.

Through the Family Caregiver Program at Coastline, caregivers can receive or be linked to the following services: One-on-one Counseling, In-home Assessment, In-home Services, Respite (a break for caregivers), Nutrition services, Transportation services, and Support Groups, says Ms. Gibson. She is available to meet and talk with caregivers about the program.

"So many people in the community are not aware of the Family Caregiver Program and don't even recognize themselves as Caregivers," Ms. Gibson adds "because they are the sons, daughter, spouses who are just giving back. But they are Caregivers who also need to take care of themselves. I am grateful that the Family Caregiver Program helps them to recognize the importance of the role that they play in caring for their loved ones at the same time being able to get the assistance that they may need."

The Powerful Tools for Caregivers program is designed to help family caregivers develop new skills that will improve their lives and enable them to be happy, healthy caregivers for as long as possible. Topics presented include identifying and reducing stress, communicating your feeling, needs and concerns; communicating in challenging situations; learning from your emotions; and mastering caregiving decisions.

Class size is limited, pre-registration is required, and care is available for your care receiver while you participate in the program. For more information or to register, contact Stephanie Gibson at 508-742-9186 or email her at sgibson@coastlinenb.org.

Ten Warning Signs of Caregiver Stress

- Feeling overwhelmed
- Exhaustion
- Sleeping too much or too little
- Feelings of anger, resentment and guilt
- Loss of interest in things that were once pleasurable
- Aches, pains, headaches, physical discomfort
- Gaining or losing weight
- Constant worry and fear about the future
- Lack of concentration
- Irritability, moodiness

Compassionate Care Volunteers Needed

Compassionate Care Hospice serves patients in Southeastern Massachusetts. Hospice volunteers serve as members of the hospice team by sharing skills and interests in support of patients, families and caregivers. Volunteer assistance helps comfort and enrich the quality of life for the patients served.

Training is offered, and volunteers can serve in a variety of ways which meet personal preferences-- companionship for patient, respite

for caregiver, assistance with errands, crocheting or knitting lap blankets, as well as complimentary therapies such as Reiki, massage or pet therapy.

Being able to assist people as they near the end of life is rewarding beyond compare. To become a hospice volunteer call Jeannine Hight at Compassionate Care Hospice at 508-399-5900 or email her at jeannine.hight@cchnet.net

Senior Travel

Day Trips

Contact the Acushnet Senior Center at 508-998-0280 about the following trip

Wed. March 25 -- Twin River Casino

Call the Marion Council on Aging at 508-748-3570 to reserve your spot on the van. These trips fill up quickly.

Mon. April 20 -- JFK Memorial, Hyannis

Mon. May 18 -- Wrentham Mall

Mon. June 15 -- Glass Museum in Sandwich

Mon. July 20 -- Butterflies of Cape Cod Bourne

Mon. Aug.17 -- Canal Boat trip

Mon. Sept. 21 -- Isaac's Plymouth

Mon. Oct. 19 -- Fall River Maritime Museum

Contact the City of New Bedford Senior Travel program at 508-991-6171 about the following trips open to anyone 50 or older.

Wed. March 11 -- Boston Flower Show

Mon. March 16 -- Mohegan Sun

Wed. March 18 -- Aqua Turf Club -- St. Patrick's Day Celebration

Mon. April 13 -- Foxwoods Casino

Thurs. May 21 -- Foxwoods -- Frankie Valli Tribute Show

Wed. May 27 -- Lobster Roll Cruise and Woods Hole Aquarium

Sun. June 14 -- Providence Performing Arts Center and Gregg's

Wed. June 17 -- Capt'n Jack's Lobster Bake and Mohegan Sun

Sat. June 20 -- Elizabeth Park Rose Gardens

Mon. June 22 -- Boston Harbor Cruise and Quincy Market

Multi-Day Tours

Contact the Acushnet Senior Center at 508-998-0280 about the following trip:

March 24-26, 2015 -- Turning Stone Resort and Casino

Contact the City of New Bedford Senior Travel program at 508-991-6171 about the following trips open to anyone 50 or older.

May 15-19, 2015 -- Washington, DC

The Samaritans Need Volunteers

Since 1984, the mission of The Samaritans of Bristol County, Inc. has been to reduce and prevent future suicides from occurring, to bring attention to the causes of suicide, to diminish the stigma of suicide and to support the survivors of suicide victims.

The Samaritans of Bristol County, Inc. achieves its mission by hosting a suicide prevention and crisis hotline, available to the public, 7 days a week from 8 a.m. to 11 p.m. including holidays. Samaritan volunteers are compassionate and listen in confidence, without

judgment, to anyone who is feeling suicidal, overwhelmed, upset, anxious, burdened, depressed or lonely. They also offer assistance to the survivors of suicide victims through a bi-monthly support group called Safe Place.

For more information about this event or becoming a volunteer at The Samaritans of Bristol County, Inc., please contact Lori at 508-679-9777, samsfrnb@aol.com or visit www.samaritans-bristolcounty.org. The Samaritans of Bristol County is a Greater New Bedford and Greater Fall River United Way Agency.

A stockbroker urged me to buy a stock that would triple its value every year. I told him, "At my age I don't even buy green bananas."
Claude Pepper

Savoy Nursing & Rehabilitation Center

670 County Street, New Bedford



A homelike atmosphere for short term rehabilitation, respite, hospice or long term care.

Owned and operated by a physician.

Call to schedule a tour

Tel. 508-994-2400

Fax 508-994-4746

If you think nobody cares if you're alive, try missing a couple of car payments.
Flip Wilson

At the Senior Centers

Acushnet Senior Center

For more information on the following activities, call the Acushnet Council on Aging at 508-998-0280.

Indoor, Multi-Family **Yard Sale** on Saturday, March 14, from 9 a.m. to 2 p.m.
Free manicures and hand massage will be offered by Cosmetology students from Old Colony on Thursday. Call for dates and times.

Stretch and Flex with Larry Bigos meets Wednesday at 2:30 p.m. and Fridays at 10:30 a.m.
Zumba with Pati is offered every Wednesday at 8:30 a.m. and Fridays, 1:00 p.m. fun at your own pace exercise class.

Strong Women/Strong Bones with Karen Corcoran is back every Monday and Wednesday at 10 a.m. Perfect for those living with osteoarthritis or osteoporosis.

Needle Arts group meets on Thursday from 1 p.m. to 3 p.m. A fun social group, bring your own project.

Lovely Ladies Learning to Eat Healthy, a free nutrition, weight management group meets every Friday at 10 a.m. New faces always welcome.

SHINE Counselor Kathy Audette will be available on Wednesdays by appointment.

Aerobics with Sue high energy, low impact class meets on Tuesdays at 10:15 a.m.

Cribbage games are held every Friday at 12 p.m. This is not a league, drop in and play. The New Bedford **St. Anthony's Senior Group** now meets at the Acushnet Council on Aging on Monday, 1 p.m.

Groovercise class on Thursday mornings at 9:30 is a mix of cardio, strength, flexibility and balance, set to upbeat music led by Certified Group Fitness Instructor Ellie Higgins.

A new **Book Club** meets every other Monday from 11 a.m. to 12 p.m. For more information, call Linda or Lynn at 508-998-0280.

The **French Cultural Group** now meets on Tuesdays at 9 a.m.

The Tuesday **Pitch League** is playing in the afternoons. Play starts promptly at 1 p.m. so be sure to arrive a few minutes early. New players and substitutes are always welcome.

The **Red Hat Society**. New members always welcome.

Chair Yoga with Sue Ashley meets on Tuesday mornings from 9 to 10.

Cardio Fusion, a low-impact, high energy class, meets Fridays from 10 a.m. to 11 a.m.

Ashley Park Center

The Ashley Park Center in New Bedford is open Monday through Friday from 10 a.m. to 4 p.m. A Wellness Clinic is held every third Thursday of the month from 10:30 a.m. to 12:00 p.m. For information on activities such as cards, dominoes, and crocheting, call 508-991-6211.

Brooklawn Senior Center

The Brooklawn Senior Center is now open Monday, Wednesday and Thursday from 9 a.m. to 3 p.m. and Tuesday and Friday from 9 a.m. to 4 p.m. For more information on the following activities, call the Brooklawn Senior Center at 508-961-3100.

St. Patrick's Day Party on Monday, March 9

Scrabble Group meets Wednesday from 11 a.m. to 1 p.m.

"Dirtiest Places in your Home" presentation with Ava Hallam, Thurs., March 19, at 11:30

Brown Bag Lunch Series – Bring a lunch and listen to a speaker talk about Heart Health. Call or See Jordan to learn more.

A **Veterans' Coffee Hour** is held on the first Monday of every month from 9 a.m. to 10 a.m.

Lunch is served daily at 11:15 a.m. Call 508-995-8055 for information.

Crochet and Knitting group will meet on Mondays from 9:30 a.m. to 11:30 a.m. Beginners welcome.

Jewelry Making Class will meet on Monday 1 p.m. Please sign up in advance.

Chair Yoga with Joey Machado meets on Tuesdays from 2:30 to 3:30. Cost of each class is \$3.

Blood Pressure Clinic is held the first Wednesday of the month from 11 a.m. to 12:30 p.m.

Zumba Gold with instructor Pati meets on Wednesdays at 10 a.m.

Birthdays will be celebrated on Monday at noon.

Free weekly **Craft group** meets on Thursdays from 11:30 to 12:30.

A new **Tai Chi class** meets from 1:30 p.m. to 2:30 p.m. The class is free but you must call to register.

The **Discussion Group** on Tuesday afternoons at 1 is welcoming new members.

Enjoy the ancient Chinese game **Mah Jongg** every Tuesday at 10 a.m. Experienced and new players are welcome.

Play **Cribbage** Thursday mornings starting at 10. If you've never played and are interested, join in as the players teach you this longtime favorite.

Strength and Conditioning class with Larry Bigos that meets on Thursdays at 10:15 a.m.

The **Senior Choral Group** rehearses every Thursday from 12:30 p.m. to 2:30 p.m. New members are welcome.

Blue Cross Blue Shield presentation will be offered Friday, November 21, at 11 a.m.

Buttonwood Senior Center

For more information on the following activities, call the Buttonwood Senior Center at 508-991-6170, ext. 5: Hours have changed New hours are Monday and Tuesday, 8:30 a.m. to 3:00 p.m. Wednesday, Thursday and Friday, 9:00 a.m. to 3:00 p.m.

Monthly Birthday Party will be held on Thursday, March 26, at noon.

Breakfast is available daily.

Blood Pressure Clinic provided by Greater New Bedford Community Health Center will be held Thurs., March 5, from 11:30 a.m. to 12:30 p.m.

Foot Doctor returns on Tues., March 10, from 8:30 a.m. to 9:15 a.m. Must sign up by March 3.

Hearing Screenings and Hearing Aid Check-ups on Thurs., March 12, from 9 a.m. to 11 a.m.

Have Curiosity Will Travel with Bob Bailey on Fri., March 13, from 10 a.m. to 11 a.m.

Bingo Brunch hosted by The Oaks on Thurs., March 12, 10 a.m. to 2 p.m.

Learn to play **Mah Jongg** on Mondays from 10 a.m. to 2 p.m.

Gentle Yoga with Joan Davignon meets on Tuesday at 10 a.m. at Tifereth Israel Synagogue.

Chair Zumba class with Pati Cautillo meets on Fri., March 6 and March 20, from 9 a.m. to 10 a.m.

A new **Gentle Chair Yoga** class with Joey Machado meets on Monday, from 8:30 a.m. to 9:30 a.m.

Senior Discussion group meets every Tues. from 2 p.m. to 3 p.m.

Classic Painting with Ryan Santos meets Wed. 9:30 a.m. to 11:00 a.m.

Knitting group meets Wed. from 10:30 a.m. to 11:30 a.m.

Play Cribbage at 10:00 a.m. on Wednesdays.

Painting with Friends meets on Wednesdays at 12:30 p.m. with instructor Kathy Arruda.

Tai Chi with Karen Corcoran meets every Wednesday at 2 p.m. Join this free class and improve your health and balance.

The **Swing Dancercise** class with Victor Fonseca meets from 1 p.m. to 2 p.m. on Fridays.

Strength and Conditioning with Larry Bigos meets Fridays from 2 p.m. to 3 p.m.

Caroline Street Senior Center

For more information on the following activities at the Caroline Street Senior Center, 26 Caroline Street, call 508-991-6301.

Lunch is served Monday through Friday at noon.

Exercise Class meets every Monday at 11 a.m.

Ice Cream Social is held every other Friday.

Dartmouth Senior Center

For more information on the following activities, call the Dartmouth Senior Center at 508-999-4717:

Call for information about **Transportation** to local doctors and grocery shopping for Dartmouth residents.

The Dartmouth COA **Food Bank** is open to all Dartmouth residents in need, Monday, Wednesday, and Friday from 10 a.m. to 2 p.m. Proof of residence is required.

The **SHINE Representative** (Serving the Health Information Needs of Seniors) is at the Center on Tuesdays from 9 a.m. to 12 p.m. Please call the Center to schedule an appointment.

Are you reaching the gap or "donut hole" in your prescription drug plan? Prescription Advantage presentation will be held Fri., March, 13 at 10 a.m.

Enjoy **Wii Bowling** Tues. at 12:30.

Learn to Play Chess or brush up on your game with Joseph Medeiros. New free class Thurs., at 10 a.m.

Everybody's Book Club meets the second Monday of the month at 1 p.m. Take turns hosting or choosing a book. Browse our Free Book Lending Library. We welcome donations of recently published books.

Dance with Russ and Bob Trio the first and third Wednesday of the month from 12:30 p.m. to 3:00 p.m.

Knitters and Handcrafters meet on Wednesdays from 1 p.m. to 3 p.m.

Play Bridge on Mondays from 12 p.m. to 3:30 p.m.

A **Hand Quilting** class meets on Mondays from 9 a.m. to 11 a.m.

Stop in the Center most mornings at 9:30 for a **game of pool**.

We are looking for **Cribbage** players. If you are interested in playing or would like to learn how, join our players on Tuesdays at 9:30 a.m.

Tai Chi class meets on Tuesdays, 9 a.m. to 10 a.m. This Chinese health exercise will improve your balance and mobility.

Computer Class meets on Tuesdays from 10:15 a.m. to 12:15 p.m. and Wednesdays from 11:30 a.m. to 1:30 p.m. Learn the basics for a strong foundation and use the computer to do what you want.

Zumba Gold class meets Tuesdays from 11 a.m. to 12 p.m. and Thursdays from 11:30 a.m. to 12:30 p.m.

Pound by Pound, a free weight loss support group, meets Mondays at 10 a.m. Walk-ins are welcome.

The **Basic Sewing Class** meets Thursdays at 11 a.m. We provide a machine or you may bring your own. No sign up is required.

Gentle Yoga seated or standing with instructor Joan Davignon meets on Thursday at 10 a.m. and Gentle Yoga with Kat meets on Mondays at 9 a.m.

Free **Osteo Exercise** classes are offered Monday, Wednesday and Friday at 10:15 a.m.

An **individualized Flex and Strength** class meets on Wednesday at 8:30 a.m. and Friday at 9:00 a.m. Beginners are welcome. This class is offered at a reduced cost of \$1.00.

A **Foot Care Clinic** is held on the first Thursday and last Tuesday of each month. Appointments are required.

Play **horse shoes** Fridays at 10.

Enjoy a game of **Mah Jongg** on Fridays from 11:30 a.m. to 3:00 p.m. Experienced and new players welcome.

Line Dancing classes meet on Friday afternoons at 12:45 to 1:15 for beginners and 1:15 to 3:00 for advanced.

Blood Pressure Clinic is held the second Friday of the month from 9 a.m. to 10:30 a.m.

Downtown Senior Center

The Downtown Senior Center is located in the New Bedford Hotel elderly housing complex, first floor. For more information on the following activities, call at 508-991-6255:

Lunch is served daily at 11:30. Reservations must be made 24 hours in advance.

Enjoy a **movie and popcorn** every Friday at 12:30.

A **Birthday Social** is held the first Monday of the month.

The **Yarn Group** meets on Mondays at 1 p.m.

Bingo games are held Tuesday and Thursday afternoons from 12:30 to 2:30.

Fairhaven Senior Center

For more information on the following activities, call the Fairhaven Council on Aging at 508-979-4029:

Need a Notary? A notary is available at the Fairhaven COA Monday through Friday from 7:30 a.m. to 3:30 p.m. If you are home bound and live in Fairhaven, the notary will be happy to go to your home. Call the COA for assistance.

Cops and Donuts is back with Det. Jan Bublaski. Call for dates.

Line Dancing with Lyn Richard meets every Monday from 1 p.m. to 3 p.m.

Fit Quest, a healthy weight program, meets on Thursday mornings at 9. Confidential weight-in is followed by a meeting featuring tips on losing weight and keeping it off.

Single Seniors Supper Club meets the first and third Tuesday of the month for a light supper and companionship.

L.G.B.T Supper Club will meet on the last Wednesday of the month from 5 p.m. to 7:00 p.m.

Friends of the Fairhaven Elderly meets the second Tuesday of each month at 6 p.m.

Computer Classes meet on Monday, and Tuesday. Call for times and to sign up.

Chair Yoga class now meets on Monday and Thursday mornings from 10:15 to 11:15. An

Osteo Exercise class meets Monday, Wednesday and Friday mornings from 8:30 to 10:00.

A **Wellness Clinic** is held on Tuesday mornings from 9:30 to 11:30.

On Tuesday the **Wii Fit** group meets from 9:00 a.m. to 11:30 a.m.

Play **Bridge** on Tuesday from 12:30 p.m. to 3:30 p.m., and play **Pitch** on Wednesday and Thursday from 12:30 p.m. to 3:30 p.m.

Trips to the Mall call for details.

The **Tai Chi** class meets on Thursdays from 10 a.m. to 11 a.m. and **Zumba** meets on Wednesday and Friday from 11:30 a.m. to 12:30 p.m.

Complete Foot Care by a licensed professional is available once a month. Call for dates and times.

Hazelwood Senior Center

For more information on the following activities, call the Hazelwood Senior Center at 508-991-6208:

Conversational Spanish class meets Mon. 9:30 a.m. to 10:30 a.m.

Open Computer Lab is now on Mon. from 2 p.m. to 3 p.m.

St. Patrick's Day Bingo will be Wed. March 18 from 12:30 p.m. to 3 p.m.

Project Day from 10 a.m. to 11 a.m. 2nd Tuesday of the month only sponsored by Brandon Woods.

The **Garden Club** will resume on Thurs. in April from 12:45 p.m. to 2:00 p.m.

Name that Tune will be held the first Tues. of the month from 12:45 p.m. to 2:00 p.m.

SMP presentation will be held Fri., March 13, from 11:15 a.m. to 11:45 a.m.

HOPE Health presentation is set for Wed., March 25, from 11:30 a.m. to 12:00 p.m.

Ballroom Dancing class meets Mondays at 10:30 a.m.

Zumba class meets on Mondays from 1 p.m. to 2 p.m.

At the Senior Centers... continued on page 12

Senior Safety

Senior Safety Zones Await Approval of Legislature

The Senior Citizens Safety Zones proposal voted by the City Council and signed by Mayor Jon Mitchell is awaiting action by the State Legislature. The home rule petition, similar to a measure already in place in Quincy, must be approved by the state's legislative body.

At its November 25 meeting, the City Council voted unanimously to send the "Senior Citizen Safety Zones" proposal to Mayor Mitchell, who signed it shortly after. The measure allows speed limit reductions and other improvements if necessary in areas adjacent to senior housing, nursing homes, and community centers where seniors gather.

"I applaud the work of the City Council and am pleased to have this opportunity to work together to improve pedestrian safety in areas where our seniors live and gather for group activities. We are sending the Legislature a sensible proposal that protects senior safety while providing flexibility to ensure traffic and neigh-

borhood needs are also addressed," said Mayor Mitchell.

"New Bedford is a community that values the wellbeing of our senior citizens. With this proposal we are adding another element of safety for our senior population. This initiative would allow city departments to identify areas frequented by our senior population and make simple road improvements such as, painting crosswalks, and adding signage," said At-Large City Councilor Naomi R.A. Carney, who sponsored the measure.

"This is an instance where the Council, the Mayor, and the Legislative delegation can all work together to achieve a positive result for the seniors of New Bedford," said City Council President Joseph Lopes.

If approved by the state legislature, the City of New Bedford would then enact a special ordinance governing Safety Zone speed limits, the installation of signage, and the re-striping of roadways to improve visibility and pedestrian safety.

Preventing Falls at Home

Each year, thousands of older Americans fall at home. Many of them are seriously injured, and some are disabled. In 2002, more than 12,800 people over age 65 died and 1.6 million were treated in emergency departments because of falls.

Falls are due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home.

Floors

When you walk through a room, do you have to walk around furniture? Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor? Remove the rugs or use double sided tape or a non-slip backing so the rugs won't slip.

Are there papers, books, towels, shoes, magazines, blankets or other objects on the floor? Pick up things that are on the floor.

Do you have to walk around wires or cords (like lamp, telephone, or extension cords)? Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

Stairs and Steps

Are there papers, shoes, books, or other objects on the stairs? Pick up things on the stairs. Always keep objects off stairs. Are some steps open or uneven? Fix loose or uneven steps.

Are you missing a light over the stairway? Have an electrician put in a light at the top and bottom of the stairs.

Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)? Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.

Has the stairway light bulb burned out? Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn? Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs? Fix loose handrails or put in new ones. Make sure the handrails are on both sides of the stairs and are as long as the stairs.

Kitchen

Are the things you use often on high shelves? Move items in your cabinets.

Keep things you use often on the lower shelves (about waist level)

Is your step stool steady? If you must use a step stool, get one with a bar to hold on to. NEVER use a chair as a step stool.

Bathrooms

Is the tub or shower floor slippery? Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub or up from the toilet? Have a carpenter put grab bars inside the tub and next to the toilet.

Bedrooms

Is the light near the bed hard to reach? Place a lamp close to the bed where it is easy to reach.

Is the path from your bed to the bathroom dark? Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

Other Things You Can Do To Prevent Falls

Exercise regularly. Exercise makes you stronger and improves your balance and coordination.

Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines you take. Some medicines can make you sleepy or dizzy.

Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.

Get up slowly after you sit or lie down.

Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

Improve the lighting in your home. Put in brighter light bulbs. Fluorescent bulbs are bright and cost less to use.

It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.

Paint a contrasting color on the top edge of all steps so you can see the stairs better. For example, use light color paint on dark wood.

Other Safety Tips

Keep emergency numbers in large print near each phone.

Put a phone near the floor in case you fall and can't get up.

Think about wearing an alarm device that will bring help in case you fall and can't get up.

Nutrition News

March Is National Nutrition Month

by Stephanie Boulay, RD, Coastline Elderly Services

Build a Healthy Plate:

Make half your grains whole
Choose low-fat dairy products

Vary your veggies
Go lean with protein!

Crispy Green Beans with Pesto

Ingredients:

1/2 tsp olive oil
1 garlic clove, minced
2 cup fresh green beans, edges trimmed

1/4 cup store-bought pesto
2 tsp toasted pine nuts

Heat olive oil in a non-stick skillet. Cook garlic on medium-high heat for about 30 seconds, set aside.

Sauté green beans for 6 minutes or until beans are cooked but still crispy. Return garlic to the skillet and cook for 30 seconds. Remove from skillet. Toss with pesto, sprinkle with pine nuts and serve.

Did you know... green beans are high in zeaxanthin, an anti-oxidant, which can help protect against macular degeneration.

Servings: 4

Dietary Fiber and Weight Loss

When it comes to losing weight, keeping it simple may be the secret to success, reports Dr. Cindy Haines of HealthDay TV. A new study published in the Annals of Internal Medicine compared the weight loss results of the American Heart Association diet versus a one-step high fiber diet.

240 adults who were at risk for developing type 2 diabetes took part. Half were assigned to simply increase their fiber intake to at least 30 grams per day. The remainder were asked to follow the AHA diet, which includes 13 components from limiting calories, reducing sugar and choosing lean proteins to eating more fruits,

vegetables and whole grains, as well as consuming adequate fiber.

The average weight loss after 12 months was 6 pounds for the AHA followers and 4.6 pounds for the fiber followers. All of the participants had lower blood pressure and decreased insulin resistance, indicating the high fiber diet may be as effective as the AHA plan in helping prevent diabetes.

One of the study authors says increasing fiber led participants to make other healthy eating decisions, which shows one simple change can have collateral effects on the rest of the diet.

Whole Grains and Heart Health

Whole grains are recommended as part of a healthy diet. Now there may be even more reason to add them to your daily menu, reports Dr. Cindy Haines of HealthDay TV. A new study concludes eating more whole grains may lower your risk of dying, especially from heart disease.

Researchers looked at the dietary intake of more than 74,000 women and nearly 44,000 men who were followed over a span of more than two decades. All had no history of cancer, stroke or coronary heart disease at the start. Participants were asked to fill out food questionnaires every 2 to 4 years.

The surveys were used to estimate their whole grain consumption. The researchers also documented the number of deaths during the monitoring period. After analyzing the data, they found that eating more whole grains was associated with lower total mortality and lower risk of dying from cardiovascular disease, but not cancer deaths.

The authors estimated that each daily serving of 28 grams of whole grains was associated with 5 percent lower total mortality or 9 percent lower cardiovascular mortality.



Beacon
Adult Foster Care, Inc.

Are you caring for a disabled adult in your home?

Beacon Adult Foster Care pays caregivers a tax-free stipend to care for your loved ones at home, as an alternative to assisted living or nursing home placement.

Adult Foster Care (AFC) is a MassHealth-funded program that provides 24-hour home care services for people with chronic health care needs. AFC lets people maintain their daily routines with ongoing supervision and assistance from a qualified live-in caregiver.

An AFC member must live in Massachusetts and have MassHealth Standard or CommonHealth insurance.

An AFC caregiver must be 18 years of age and may not be the spouse or legal guardian of an AFC member.

For more information call 774-202-1837
or visit our website www.beaconafc.com

Your Health

Mixing Medications and Dietary Supplements Can Endanger Your Health

When you take prescription or over-the-counter (OTC) medications, do you also take a vitamin, mineral, or other dietary supplements? Have you considered whether there is any danger in mixing medications and dietary supplements?

There could be, says Robert Mozer-sky, a medical officer at the Food and Drug Administration (FDA). "Some dietary supplements may increase the effect of your medication, and other dietary supplements may decrease it," he says.

Certain dietary supplements can affect the potency of a medication. "You may be getting either too much or too little of a medication you need," Mozer-sky warns.

Combining dietary supplements and medications could have dangerous and even life-threatening effects. For example, drugs for HIV/AIDS, heart disease, depression, treatments for organ transplants, and birth control pills are less effective when taken with St. John's Wort, an herbal supplement. Depending on the medication involved, the results can be serious.

Obesity May Speed Aging of the Liver,

Extra pounds cause the liver to age faster, potentially explaining why obesity is linked to diseases like liver cancer and insulin resistance, new research suggests.

It's not clear if this aging directly translates to higher risks of certain diseases. Still, it's possible that "people whose liver is much older than expected need to be screened more carefully for various diseases even if they managed to lose a lot of weight," said study author Steve Horvath, at the University of California, Los Angeles School of Public Health.

Epigenetic aging is the aging rates of various tissues in the body. "According to the epigenetic aging clock, the vast majority of tissues, cell types and organs age at the same rate," Horvath said. But these aging rates may differ from person to person.

"Some people are clearly older than others. Genetics plays a big role," Horvath explained. "Twin studies show

Warfarin (a prescription blood thinner), ginkgo biloba (an herbal supplement), aspirin and vitamin E (a supplement) can each thin the blood. Taking any of these products together may increase the potential for internal bleeding or stroke.

Dietary supplements are widely used and include vitamins, minerals, and other less familiar substances—such as herbals, botanicals, amino acids, and enzymes. A study by the Centers for Disease Control and Prevention (CDC) found that 34 percent of participants were taking some kind of dietary supplement along with a prescription medication. Dietary supplements should not be used as a substitute for eating the variety of foods that makes up a healthy diet.

Some people may believe that a so-called "natural" product, such as an herbal supplement or fish oil, can't hurt them. Mozer-sky disagrees. "Natural does not always mean safe," he says. Ingredients in a "natural" product may interact with medications or may be dangerous for people with certain medical conditions.

that about 40 percent of the variation in epigenetic age is genetic."

The goal of the new study was to "understand why we age," Horvath said. "One way of tackling this question is to understand which factors relate to the epigenetic age of different human tissues. Although many people probably suspected that excessive weight ages the body, there was no objective way of demonstrating such an effect," he said.

The researchers reached their conclusions by studying 1,190 samples of human tissue, including samples from more than 130 livers.

"Assume there is a man who is 5-foot-8 and weighs 130 pounds. This slender man would have a body mass index of 20," Horvath said. "Compare him to a man of the same age and height who weighs 230 pounds. The liver of this obese man -- who has a BMI of 35 -- would probably be five years older than that of the slender man."

Seniors often Keep Falls a Secret

Because maintaining an independent lifestyle is so important for some elderly individuals, they may keep it a secret when they fall. The Centers for Disease Control and Prevention reports that millions of adults 65 and older suffer from falls each year. Fewer than half tell their physician.

According to Dr. Nicole Osevala, an internal medicine specialist at Penn State Hershey, these adults may be concerned that a fall signals they're not safe living on their own anymore. "They're worried about other people becoming concerned about safety issues at home and the potential that they may have to move from their home to assisted living or a nursing home," she says.

Additionally, Osevala believes that older patients do not want others to worry about them. "If they fall and don't have a serious injury, they don't want to bother their kids or loved ones," she says. They also may want to avoid further evaluation.

Osevala advises patients and caregivers to tell their primary care physician when a fall has occurred so the reasons can be identified. She says there are three questions that help her assess why a patient may have fallen:

What about the patient makes them at an increased risk for falling? Osevala asks what chronic or preexisting conditions does the person have that may increase their risk of falling. Osteoarthritis and peripheral neuropathy are two conditions that Osevala says are common.

What medical changes may have occurred to heighten their risk? A patient might have a few risk factors but has not yet fallen. "Things like infections-- urinary tract infections, pneumonia, skin infections -- anything that might make them be not quite as strong as they would be normally can put them

at increased risk," Osevala says. Medications may cause side effects that can affect balance. Antidepressants and anti-anxiety medication can be particularly problematic. Blood pressure medication can sometimes lower pressure too much.

Are safety hazards in the environment? Caregivers and family members should address any dangers like throw rugs, loose cords, poor lighting and clutter on the floor. Patients should be reminded that they should avoid icy or slick surfaces as well as uneven surfaces, and know their limitations.

"For example, they might try to climb stairs carrying a laundry basket when they normally have to hold onto the railing," Osevala said. "It may be just a poor choice but they get half way through the task and realize that they're in a precarious situation and they're falling."

Quite often, Osevala says, there is more than one reason for the fall. What contributes to a fall is different for every person.

Older adults are at an increased risk for falling because their bodies don't react to losing balance as effectively. Muscles lose the synchronization they once had and have a much harder time recovering than in a younger person.

Regardless of the reason, one fall puts seniors at a higher risk for having another. "It's really important to report a fall to your doctor so they can look at all of those areas and identify anything that might be pertinent to you and try to address as many as possible," she says.

In some cases, patients need to see a physical therapist. Therapists can provide balance training along with the appropriate assistive device. It is not recommended that a patient use a walker or cane meant for someone else.

Parkinson's Support Group

The next meeting of the Parkinson's Support Group will be held on Thursday, March 12, at 1 p.m. at the Dartmouth Senior Center on Dartmouth Street.

Neurologist Norman Gordon, M.D.

of East Providence and Alicia Manocchio of Teva Neuroscience will speak on Living Well with Parkinson's and Current Treatments. The meeting is free and open to everyone.

New Bedford Council on Aging & Senior Centers



Reiki Class



Wednesday, March 4th
1:30 PM - 2PM
Downtown Senior Center
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Relaxation + Aromatherapy



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Your Health

Lower Your Stroke Risk

Eating Mediterranean or DASH-style diets, engaging in regular physical activity and keeping your blood pressure under control can lower your risk of a first-time stroke, according to updated guidelines published in the American Heart Association's journal *Stroke*.

"We have a huge opportunity to improve how we prevent new strokes, because risk factors that can be changed or controlled — especially high blood pressure — account for 90 percent of strokes," said James Meschia, M.D., lead author of the study.

The guidelines recommend these tips to lower risk:

Eat a Mediterranean or DASH-style diet, supplemented with nuts.

Monitor high blood pressure at home with a cuff device.

Keep pre-hypertension from becoming high blood pressure by making lifestyle changes such as getting more physical activity, eating a healthy diet

and managing your weight.

Reduce the amount of sodium in your diet; sodium is found mostly in salt.

Visit your healthcare provider annually for blood pressure evaluation.

If your medication to lower blood pressure doesn't work or has bad side effects, talk to your healthcare provider about finding a combination of drugs that work for you.

Don't smoke. Smoking can significantly increase your stroke risk.

Mediterranean or DASH Diet

Mediterranean or DASH-style diets are similar in their emphasis on fruits, vegetables, whole grains, legumes, nuts, seeds, poultry and fish. Both are limited in red meat and foods containing saturated fats, which are mostly found in meat, butter, cheese and full-fat dairy.

Avoiding secondhand smoke also lowers stroke and heart attack risks, according to the guidelines.

Diminuir Su Riesgo de la Trombosis

Comiendo dietas del estilo Mediterraneo o DASH, practicando actividades físicas regularmente y manteniendo su tensión arterial bajo control puede disminuir su riesgo de una trombosis por la primera vez, de acuerdo con las últimas directrices publicadas en el periódico "Stroke." (Trombosis) de la Asociación Cardíaca Americana.

"Nosotros tenemos una enorme oportunidad para mejorar como evitar nuevas tromboes, porque los factores de riesgo que pueden ser modificados o controlados-especialmente la presión arterial alta- causan el 90 por ciento de las tromboes," dijo James Meschia, M.D., principal autor de la pesquisa.

Las directrices recomiendan estos soplos para disminuir el riesgo:

Come una dieta del estilo Mediterraneo o DASH, complementada con nueces.

Controlar la tensión arterial alta en casa con un aparato de medición.

Evite que la pre-hipertensión venga a ser la alta tensión arterial haciendo cambios en el estilo de vida así como más actividad física, comiendo una dieta saludable y controlando su peso.

Reduzca la cantidad del sodio en su

dieta; se encuentra el sodio principalmente en la sal.

Visite su proveedor de cuidados médicos anualmente para evaluar la tensión arterial.

Si su medicamento para bajar la tensión arterial no funciona o usted ha tenido malos resultados adicionales, habla con su proveedor de cuidados médicos sobre encontrar una combinación de drogas que funcionan para usted.

No fume. El fumar puede aumentar significativamente su riesgo de trombosis.

Dietas Mediterraneas o DASH

Las dietas del estilo Mediterraneo o DASH son similares en su énfasis de frutas, vegetales, cereales integrales, legumbres, nueces, semillas, aves domésticas y pescado. Ambos limitan la carne roja y las comidas que tienen la grasa saturada, que se encuentra en gran parte en carne, mantequilla, queso y leche entero.

Evitando el humo en segunda mano también baja los riesgos de la trombosis y ataque cardíaco de acuerdo con las directrices.

Diminuir O Seu Risco de Trombose

Comendo dietas do estilo Mediterraneo ou DASH, practicando atividades físicas regularmente e mantendo a sua tensão arterial sob controle podem diminuir o seu risco de uma trombose pela primeira vez, de acordo com as últimas diretrizes publicadas no jornal "Stroke." (Trombose) da Associação Cardíaca Americana.

"Nós temos uma enorme oportunidade para melhorar como evitar novas tromboes, porque os fatores de risco que podem ser modificados ou controlados-especialmente a pressão arterial alta-causam 90 por cento das tromboes," disse James Meschia, M.D., principal autor da pesquisa.

As diretrizes recomendam estes palpites para diminuir o risco.

Come uma dieta do estilo Mediterraneo ou DASH, complementada com nozes.

Controlar a pressão arterial alta em casa com um aparelho de medição.

Evita que a pre-hipertensão venha a ser a alta tensão arterial fazendo modificações no estilo de vida assim como mais atividade física, comendo uma dieta saudável e controlando o seu peso.

Reduz a quantidade de sódio na sua dieta; encontra-se o sódio principalmente no sal.

Visite seu provedor de cuidados médicos anualmente para avaliar a tensão arterial.

Se o seu medicamento para baixar a tensão arterial não funciona ou tenha tido maus efeitos adicionais, fale com o seu provedor de cuidados médicos sobre encontrar uma combinação de drogas que funcionam para si.

Não fume. Fumar pode aumentar significativamente o seu risco de trombose.

Dietas Mediterraneas ou DASH

As dietas do estilo Mediterraneo ou DASH são similares na sua ênfase de frutas, vegetais, cereais integrais, legumes, nozes, sementes, aves domésticas e peixe. Ambas limitam a carne vermelha e comidas que têm a gordura saturada, que se encontra na grande parte em carne, manteiga, queijo e leite inteiro.

Evitando o fumo em segunda mão também baixa os riscos da trombose e ataque cardíaco de acordo como as diretrizes.

Seniors Need 2 Pneumonia Vaccines, CDC Advisory Panel Says

Many women have to get up more than once a night because of a full bladder, a new study finds.

Researchers found that of over 2,000 women aged 40 and up, one-third said they routinely got up at least twice a night to use the bathroom. Doctors refer to that as nocturia, and it can be a sign that you're drinking too much tea or coffee at night -- or a signal of a serious health condition.

"Traditionally, nocturia has been considered a part of other urinary tract disorders," said lead researcher Dr. Amy Hsu, a fellow at the San Francisco VA Medical Center. But in this study, 40 percent of the women with nocturia reported no other urinary tract symptoms, such as daytime overactive bladder or urine leakage.

That suggests nocturia often cannot be attributed to those conditions, according to Hsu, who reports the findings in the January issue of *Obstetrics & Gynecology*.

Mary Townsend, a researcher at Brigham and Women's Hospital in Boston, said even if nocturia is a woman's only symptom, it can still be significant.

"We know that nocturia can lead to lower sleep quality," Townsend said. "Poor sleep can negatively affect your mood or daytime functioning, including your productivity at work." And for older women, she noted, getting up

at night could lead to a fall and potentially serious injury.

Hsu's team found that, not surprisingly, nocturia was more common among relatively older women. Nocturia was also more common among women who'd had a hysterectomy, hot flashes or had used vaginal estrogen to treat menopause symptoms.

On the other hand, relatively few women in the study were actually bothered by their nighttime trips to the bathroom. Only one-quarter said they were at least "moderately" bothered.

So is nocturia only an issue if it "bothers" you? "That's a good question," Hsu said. "If it really doesn't bother you, and you're able to go right back to sleep, then it may not be a problem."

However, Townsend said nocturia can be a symptom of certain health conditions that boost the body's urine production, like diabetes or heart failure. "So, there are still reasons to pay attention to nocturia, even if a woman isn't bothered by it," she said.

Nocturia can also affect people with certain conditions that disrupt sleep, Townsend said -- including sleep apnea and restless legs syndrome. "So women with nocturia -- especially those whose symptoms are affecting their mood or ability to function during the day -- should be encouraged to talk to their health care provider," Townsend said.

Pneumonia Raises Heart Disease Risk for Years: Study

Older patients hospitalized with pneumonia appear to have an increased risk of heart attack, stroke or death from heart disease for years afterward, a new study finds. The risk was four times higher in the first month after pneumonia but remained 1.5 times higher over subsequent years, the researchers say.

"A single episode of pneumonia could have long-term consequences several months or years later," said lead researcher Dr. Sachin Yende, of the University of Pittsburgh.

This year's flu season is particularly hard on older adults, and pneumonia is a serious complication of flu, he said. Getting a flu shot and the pneumonia vaccine "may not only prevent these infections, but may also prevent subsequent heart disease and stroke," Yende said.

Pneumonia is the most common cause of hospitalizations in the United States, the researchers said in background notes. The report was published Jan. 20 in the *Journal of the American Medical Association*.

Aging Mastery Program Offered in Rochester

The Rochester Council on Aging is one of 15 Councils on Aging awarded a grant from the Massachusetts Council on Aging to run a new national model program to promote healthy aging.

Aging Mastery will begin Thursday, March 12, at 2:15 p.m. and run for 12 consecutive weeks at the Rochester Senior Center, 12 Dexter Lane in Rochester. The program has space for 30 participants from any town in the local area. All participants must commit to attending the full 12 weeks. At each meeting, educational topics focusing on different aspects of wellness will be covered by guest presenters. Incentives and points will be offered for participants.

"AMP is an approach to living that embraces this gift of longer lives," according to the National Council on Aging, which developed the program. Aging Mastery "combines knowledge sharing with goal-setting and feedback routines, daily practices, and peer support to help you make meaningful and enduring changes in your life. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results, and that all of us can learn to make the most of our longer lives."

Please sign up in advance at the Rochester Senior Center to reserve your spot. Call Marie or Sharon at 763-8723 with any questions.

Diabetes Linked to Memory Problems

A new study finds people diagnosed with diabetes in midlife are more likely to experience significant memory and cognitive problems over the next 20 years.

Researchers analyzed data from more than 13,000 adults involved in a study on risk of atherosclerosis or hardening of the arteries. Participants were seen five times during the monitoring period, which spanned more than two decades. They underwent neuropsychological tests during three of those visits to assess verbal learning, memory, executive function, processing speed and language.

Diabetes diagnosis was either physi-

cian reported or measured through blood tests. The researchers then compared the amount of cognitive decline associated with normal aging with the amount of decline found in the study group. There was a 19 percent greater decline over 20 years in participants with poorly controlled diabetes.

The lesson, according to the study leader: To have a healthy brain when you're 70, you need to eat right and exercise when you're 50. She says preventing diabetes and controlling diabetes can help prevent the progression to dementia for many people, reports Dr. Cindy Haines of HealthDay TV.

My therapist told me the way to achieve true inner peace is to finish what I start. So far I've finished two bags of M&Ms and a chocolate cake. I feel better already.

Dave Barry

Remember When

Sledding at Common Park, 1974



Children enjoy some winter fun at Common Park in New Bedford in 1974.

At the Senior Centers... continued from page 8

Zumba Toning Class will meet every other Thursday 12:45 p.m. to 1:45 p.m.

Birthday Cake for all seniors who celebrated a birthday on the last Friday of each month.

Blood Pressure and Wellness Clinic is held the third Wednesday of the month from 11 a.m. to 12:30 p.m.

Yoga meets Wednesday at 10 a.m. and Friday at 9 a.m.

Dancercise with Big Band Music led by Victor Fonseca meets every Tuesday from 1 p.m. to 2 p.m.

A Knitting and Crocheting class meets on Thursdays from 9:30 a.m. to 11:30 a.m. Beginners are welcome.

Move those feet at the **Line Dancing** class every Thursday from: 1:00 p.m. to 2:30 p.m.

Strength and Conditioning with Larry Bigos will meet every Tuesday from 11:30 to 12:30.

Play Cards Wednesday and Friday from 9 a.m. to 4 p.m.

Visually Impaired support Group meets the third Tuesday of the month at 9 a.m.

Marion Council on Aging

For information on activities, call the Marion COA office at 508-748-3570. If no one answers, please leave a message and someone will get back to you.

Tax Help for simple returns is available Wed. afternoons by appointment.

Podiatry Care available by appointment.

Medical equipment such as walkers, bath seats, commodes are loaned for free.

Movies are offered for free at the Music Hall once a month at 7 p.m.

Cardio/Strength/Flexibility, a low-impact aerobics class easy on the joints, is now being held on Mondays from 9:30 a.m. to 10:30 a.m. at the Atlantis Drive Facility.

Easy Yoga with Ellie Higgins meets Fridays, from 9:30 to 10:30 a.m. at Atlantis Drive. No floor exercises.

Senior Stretch class meets Tuesdays, Thursdays and Fridays from 10:30 a.m. to 10:30 a.m. at the First Congregational Church Fellowship Hall. Try once for free. Sign up for one, two or three days.

The Public Health Nurse is available for health consultation, blood pressure and glucose monitoring, wound assessment and routine adult vaccinations on Mondays at Town Hall from 9:30 a.m. to 11:30 a.m. The nurse is available by appointment Tuesday through Friday.

Transportation is available Monday through Friday to the Fairhaven Social Day Program.

Transportation to medical appointments must be arranged as soon as possible.

Friendship Table -- enjoy a free meal at St. Gabriel's Church in Marion on the first Thursday and at the Congregational Church Community Center the third Thursday, both at 5 p.m.

The **SHINE Counselor** is available by appointment to answer health insurance questions.

Grocery store transportation: Every Wednesday the van goes to Market Basket. On Friday the schedule alternates between Wareham and Fairhaven.

The COA offers **transportation to the Y** in Wareham on Tuesdays and Thursdays. Pick up will begin at 10:00 a.m. and return at 12:30 p.m. Scholarships available.

The COA has a drop off box outside the office door for **used eye glasses** which will be donated to the Lion's Club.

Mattapoisett Social Center

For more information on the following activities, call the Mattapoisett Council on Aging at 508-758-4110:

Belly Dancing for all ages, shapes and sizes meets Thursdays at 11:30 a.m. Helps improve posture, balance and strength. Learn basic moves of this ancient art with easy and slow movements.

Water Aerobics is back every Monday morning. Transportation is provided to the New Bedford YMCA for the 9 a.m. class.

A free **QiGong** class meets on Mondays at 10 a.m.

Play **Mah Jongg** every Wednesday at 1:15 p.m. and **Scrabble** every Monday at 1 p.m. Play **Beginner's or Duplicate Bridge** on Thursdays at 9 a.m. All levels of players are welcome. Refreshments will be served.

A **Knitting** group meets Mondays at 10 a.m.

On Monday and Wednesday, a **Strength and Balance** class for all abilities meets at 12 noon. A **Yoga** class meets on Tuesday and Friday mornings at 8:45.

The **Cardio and Strength** class, an aerobic and strength training class with low to moderate intensity, led by a certified group exercise instructor meets Wednesdays at 9:30 a.m.

Reader Exchange

Praying Winter Nevermore

by Gerald J. Riding Sr.

Steeped in *Winter* drab and dreary
The city huddles cold and weary
While her streets are idle
From the traffic of before
For with darkness fast descending
As the *Winter* day is ending
No one ventures from the warmth
Found behind their chamber door
Warmth and friendship each are seeking
Found behind their chamber door
Indeed this and nothing more...

Surely *Spring* they now remember
As they hold hands with December
Thinking of her budding flowers
And the promise of the shore
But as through the window peering
Some sweet miracle each seeking
Nothing greets the eye but snow
While on the ear a windy roar
Drifting snows and frozen rains
Driven by the windy roar
Only this and nothing more...

Hope is in each heart that's beating
That nature's sadness will be fleeting
And the warming sun will shine his face
Upon the streets once more
Then with the cheeks of tan and laughter
Sharing green days ever after
The city will forget the cold
And the *Winter* winds that roar
Sitting in the sun and praying
Banning *Winter* winds that roar.
Praying *Winter*...Nevermore.

(With apologies to Edgar Allen Poe)

The **Public Health Nurse** is available on Thursday mornings at 9:30. On Fridays **Foot Care** is available all day by appointment.

Line Dancing class meets Fridays at 1 p.m. Beginners welcome.

Rochester Senior Center

For more information on the following activities, call the Rochester Senior Center at 508-763-8723:

The monthly Veterans Social for area Veterans of all ages is held on the fourth **Wednesday**, from **6 p.m. to 8 p.m.**

Play cribbage Mondays from 9:00 a.m. to 11:30 a.m. Anyone of any level is welcome to attend.

Monday night Bingo is back from 6 p.m. to 8 p.m. A few volunteers are needed to help with Monday night Bingo game. Call for information.

Bowling League meets on Tuesday mornings at 9 at the lanes in Mattapoisett. Any skill level is welcome.

Ballroom Dancing Lessons with instructor Nancy Barrett will continue on Wednesdays at 10 a.m. All singles and couples are welcome.

Computer Lab Volunteer Ed Kaeterle is here on Mondays, from 1-3, to help you with Self-Assisted Computer Learning on your own computer, or learn how to use the computers here. It will be a 1-on-1 lesson on whatever topic you would like assistance with.

Weekly grocery shopping trips to Market Basket in New Bedford are scheduled on Wednesday mornings. Seniors must sign up in advance to reserve a seat.

Blood Pressure Checks with Town Nurse Betsy Dunn are held Mondays, 11 a.m. to 12 p.m.

Cardio-Fit Groovercise, an exercise class led by certified instructor Ellie Higgins, now meets on Tuesday from 9 a.m. to 10 a.m.

New **Chair Yoga Classes** meet on Monday afternoons from 1 to 2 with Susan Ashley, a certified fitness instructor and personal trainer. This modified format offers yoga practice without having to get down on the floor.

Scrabble with Judy MacGregor meets on Tuesdays at 9 a.m.

Friday Movies are free and we serve popcorn too. Movies start at 1:30 sharp. Call the center for the schedule for this month.

Line Dancing class meets Tuesday afternoons from 2:00 to 4:00

Stepping and Stretching on Tuesdays and Thursdays, 1 p.m. to 2 p.m., is a fun filled hour of easy exercise to build strength and improve balance.

Monday Morning Art Group invites anyone interested in painting to come and join them from 9:30 a.m. to 12:00 p.m. All levels welcome.

Ye Olde Breakfast Shoppe serves breakfast Monday through Friday from 7 a.m. to 9 a.m. This is a joint effort of the Friends of the Senior Center and the Rochester Lions Club.

Social Security Extends Office Hours

The Social Security Administration (SSA) has announced that starting March 16, all Social Security Field Offices will be open an additional hour on Mondays, Tuesdays, Thursdays, and Fridays. Most offices will now stay open to the public until 4 p.m. on these days. Most offices will continue to close at noon on Wednesdays. Most Social Security business does not require a visit to a local field office. Many services are available anytime at www.socialsecurity.gov. Social Security also offers assistance via a toll-free number, 1-800-772-1213 (Voice) and 1-800-325-0778

A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.
Lana Turner