

# NEW BEDFORD'S Senior Scope

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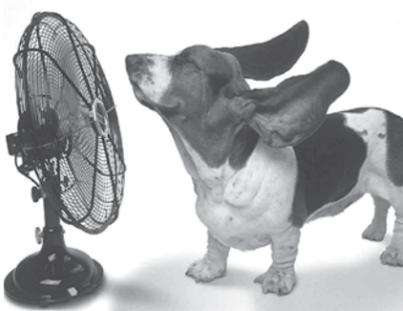
## Inside



Open House, p. 7

- Editor's Notes .....2
- SHINE Counselors .....2
- Donations .....2
- Part D Premiums.....3
- New Scams .....3
- Menu for August..4
- Recipe Roundup .....4
- Shopping Guide .....4, 5
- Update .....6
- Trivia Quiz .....7
- Senior Travel.....7
- At the Senior Centers.....8
- Buying Produce .....9
- SNAP.....9
- Osteoporosis and Hearing .10
- Chronic Disease Management ..... 10
- NSAID Dangers ..... 11
- Symptom Checkers .....11
- Remember When.....12

- Los Artículos en Español ..... Página 10
- Os Artigos em Português ..... Página 10



## Giving Up the Keys Equals Increased Risk of Health Problems in Older Adults

Older adults who have stopped driving are almost two times more likely to suffer from depression and nearly five times as likely to enter a long-term care facility than those who remain behind the wheel, according to a new report released by the AAA Foundation for Traffic Safety and Columbia University.

The study examined older adults who have permanently given up driving and the impact it has on their health and mental well-being. The importance of understanding the effects this lifestyle change has on older adults is essential, as the number of drivers aged 65 and older continues to increase in the United States with nearly 81 percent of the 39.5 million seniors in this age group still behind the wheel.

"This comprehensive review of research confirmed the consequences of driving cessation in older adults," said Peter Kissinger, President and CEO of the AAA Foundation for Traffic Safety. "The decision to stop driving, whether voluntary or involuntary, appears to contribute to a variety of health problems for seniors, particularly depression as social circles are greatly reduced."

The AAA Foundation's report on Driving Cessation and Health Outcomes for Older Adults examined declines in general health and physical, social, and cognitive functions in former drivers. The study found when older adults stopped driving it resulted in:

- Diminished productivity and low participation in activities outside of the home;
- Risk of depression nearly doubled;
- 51 percent reduction in the size of social networks over a 13-year period;
- Accelerated decline in cognitive ability over a 10-year period;

## Dementia Risk May Be Dropping With Generations

New research suggests that people born after 1930 may have a lower risk of developing dementia than the generation before them, adding to evidence that the incidence of dementia may be declining in the United States and elsewhere, according to HealthDay News.

That decline was not explained by age, but did seem to be related to improvements in heart health over time, the researchers found. The study, of nearly 1,000 elderly New Yorkers, found that those born after 1930 had a lower risk of dementia than those born between 1916 and 1930. In the older group, people developed dementia at a rate of 2.2 percent per year between 1993 and 2014, when they were in their 70s and beyond, said lead researcher Carol Derby, an associate professor of neurology at the Albert Einstein College of Medicine, in New York City.

In the younger group, that rate was just over 0.4 percent per year, Derby added. "We did see the same [declining] trend in cardiovascular disease, and that may explain part of the decrease we found in dementia," said Derby, who presented the findings last month at the Alzheimer's Association International Conference, in Washington, D.C.

The pattern confirms what's been seen in other stud-

## Hazelwood Community Garden Offers a Bounty of Healthy Food



Members of the Garden Club at the Hazelwood Senior Center take a break from their work, left to right, Phyllis Corchado, Martina Santos, Hazelwood Center Coordinator Marisol Grant, Mercedes Rivera, Sylvia Barros, Linda Gomes and Valarie Gramolini.

The garden has 10 raised beds and each member chooses what they want to grow. The crops are shared among the members and with other seniors and include broccoli, kale, cucumbers, zucchini, Brussels sprouts, cauliflower, snap peas, peppers, tomatoes, bush beans, arugula, spinach, lettuce, onions, scallions, squash and various herbs.

and former drivers were five times as likely to be admitted to a long term care facility.

"Maintaining independence by continuing to drive safely is important to overall health and well-being. When the decision is made to relinquish the keys, it is vital to mitigate the potential negative effects through participation in programs that allow seniors to remain mobile and socially connected," said Kissinger.

ies from the United States, the United Kingdom, Sweden and other countries, according to Maria Carrillo, chief science officer for the Alzheimer's Association. Overall, older people in developed countries do seem to be developing dementia at a lower rate. And improvements in heart health -- including better management of high blood pressure and heart disease -- do appear to be a big part of it, according to Carrillo. "We know that what's good for your heart is good for your brain," Carrillo said.

Regular exercise, not smoking, eating a healthy diet and maintaining a normal weight can all help ward off heart disease and stroke and possibly stave off dementia, too, Carrillo explained. For people who already have heart disease, or risk factors for it, treatment is key. "Take your statin, get control of your blood pressure, manage your diabetes," Carrillo said.

However, she added, heart health is only part of the story when it comes to dementia. Studies have shown that education and staying mentally active over a lifetime, may help protect against dementia. It's thought that

*Dementia Risk ... continued on page 2*

# Editor's Notes

## Summer Slip Sliding Away

Here we are into August already and it seems as if summer is slipping away very quickly. How did it happen? This winter seemed endless but somehow summer is so fleeting.

When we were school children, my sisters and friends could not wait for summer vacation. But once it arrived it seemed to go on forever. We enjoyed those long carefree days to the fullest. We didn't even mind the heat and humidity.

Unless it was raining we were outdoors. There were so many things to do: roller skating, jumping rope, playing cowboys and Indians. We played statues, hopscotch, Simon says, the list goes on and on.

Sometimes we walked to Brooklawn Park – unsupervised. Mom always warned us not to go into the woods near Ashley Blvd. We listened to her and we always made it home safe and sound.

At the park we enjoyed the playground and the duck pond and jumping over the little brook that ran into it. What an adventure, and it was all free.

When the weather was bad, we played in the cellar. We could pound some nails into discarded boards in Dad's workshop. We could play dress-up or make clothes for our dolls with unwanted items from the rag bag. I don't ever remember being bored.

When we were young the TV was never turned on during the day. We amused ourselves playing cards, Parcheesi or Monopoly. We didn't have a lot of toys but we had a lot of fun.

We were fortunate because Dad walked to work and Mom had the car. Usually we went to Lincoln Park one Wednesday during the summer with our friends and cousins. We brought a picnic lunch that we ate under the trees, then we headed for the amusement rides.

## We Want to Hear from You

Thanks to everyone who took the time to call, email, or write in the last few months. We appreciate your interest and support, and we want to continue hearing from you.

This is your publication and your input is needed. Perhaps you have a suggestion you would like to offer. Maybe you have something you would like to contribute – a picture,

Wednesday was dollar day – 10 rides for one dollar. We would each get 10 tickets and try to decide what rides to use those tickets on. We knew we would not get more, and there was only one summer outing to Lincoln Park.

I loved the Bumper Cars and the Titl-aWhirl. The Fun House was another favorite, but I stayed away from the Ferris Wheel and the roller coaster. I never liked heights.

About once a week Mom would take us to the beach, often with our cousins and our friends across the street.

Mom preferred fresh water beaches because she didn't like to be in the sun. Many times we went to Mary's Pond in Rochester, sometimes to Long Pond or Sassaquin.

On Sunday when Dad was home we might all go to Barney's Joy or Old Silver Beach. I drove by Old Silver Beach this fall when I was out that way with a friend.

I don't think I had been to Old Silver Beach since I was a child and remembered it as a huge expanse of smooth sand with a little inlet on one side. There were very few rocks and the waves were not too strong. It was my favorite beach as a child.

When I was there a few months ago, I was very surprised to see that Old Silver Beach is not really that big at all.

Maybe the perfect endless beach was like my memories of the endless summers of childhood -- not always accurate. We were smaller then, so many things seemed bigger than they really are.

One thing is for sure, we were lucky to grow up when we did.

*Jeannine*

a story, or a memory you would like to share. Whatever it is, we want to hear from you.

Please write to SeniorScope, 181 Hillman Street, New Bedford, MA 02740. You can also email your comments to [jeannine.wilson@newbedford-ma.gov](mailto:jeannine.wilson@newbedford-ma.gov). Or you can call 508-979-1510 or 508-979-1544.

*Dementia Risk ... continued from page 1*

such mental engagement can make the brain more resistant to the buildup of "plaques" and other tissue damage that marks Alzheimer's and other forms of dementia.

Still, despite the "good news" from this study, Carrillo and Derby both stressed that the battle against dementia isn't over. For one, the prevalence of dementia -- the total number of people affected -- is large and growing, due to the aging of the baby boomer population.

According to the Alzheimer's Association, over 5 million Americans

currently have Alzheimer's disease, the most common form of dementia. That number could nearly triple by 2050, to 14 million, the group estimates. If the rate of dementia keeps dipping, it's possible that the prevalence won't soar as high as that, Derby said.

On the other hand, she added, there are some ominous trends among younger Americans. "The rates of obesity and diabetes are going in the wrong direction," Derby explained. Carrillo agreed that those patterns are worrisome, since they could reverse some of the gains that have been made in heart health.



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PROGRAM

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New Bedford Immigrants Asst 58 Crapo Street	508-996-8113	Lucy Oliveira Philomene Tavares
Greater NBComm. Health Center 874 Purchase Street	508-992-6553 x147	Derek Mendes
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Rochester Council on Aging 57 Dexter Lane Rchtr	508-763-8723	Gordon Helme

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### In Honor and In Memoriam

In memory of Angeline Langill -Catherine H. Michaud	\$25.00
In memory of my parents, Hilda and Antone S. Rosa Jr. -Rita Ann Rosa	\$40.00
In memory of my father, George "Jack" Oliver Henderson Sr. On his birthday, born August 25, 1889 -Joan Henderson Beaubian	\$10.00

### In Thanksgiving

St. Jude. St. Joseph and Virgin Mary, as promised -Helena Faria	\$10.00
Donations this month	\$85.00
Donations last issue	\$145.00
Donations Year to date FY'15	\$1281.00

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Please list my donation as follows:

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Get Well Wishes for: \_\_\_\_\_

In Honor of: (Birthday or other celebration) \_\_\_\_\_

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## Senior Scope

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# You and Your Money

## Jury Duty Scam More Common in Summer

Jury duty is a necessary civic responsibility, which is why scammers continue to use jury duty as an efficient means to con consumers out of their hard-earned money and personal information. Though being used for the past decade, the scam remains one of the most successful fear-provoking scams around and it's historically used during the summer months.

"Scammers know the right way to phrase fraudulent phone calls to convince you they're real deputy marshals and that you really do face a likely arrest for skipping jury duty," said AARP Communications Director Gerardo Cardenas.

The scam normally begins with a phone call—though emails and letters are sometimes used—notifying the consumer of a pending arrest because they didn't report for jury duty. The call seems authentic due to caller ID spoofing, which makes the name and number appear to be coming from a courthouse or law

enforcement agency. To avoid arrest, the scammer demands you pay a fine via credit card, wire transfer, or prepaid debit card. They also often ask to you provide your Social Security number, date of birth, and other personal information to verify their records. Not only do the scammers steal your money, but your identity too!

If you receive one of these phone calls hang up immediately because:

Official notifications ordering you to serve jury duty are done by U.S. mail, no-show summonses are delivered the same way.

Jury duty officials don't ask for Social Security numbers, birth dates, or other personal information over a phone call.

Police officials don't call in advance of an arrest.

Keep in mind that most jury duty scam calls come in the evening after the courthouse has closed and its employees have gone home.

## Should Medicare Cover Hearing Aids?

The National Committee to Preserve Social Security and Medicare (NCPSSM) is urging Congress to pass a measure that would provide Medicare coverage for hearing aids.

"Today more than 70 percent of seniors between the ages of 65 and 84 who need hearing aids don't get them," states the NCPSSM. "That's because Medicare doesn't cover their cost, which leaves millions of Americans unable to afford these devices. This leads to isolation, depression and, as some studies have documented, early dementia."

NCPSSM sent a letter to members of Congress urging them to support the Medicare Hearing Aid Coverage Act of 2015 (H.R. 1653), which would allow Medicare to cover hear-

ing aids. "Enabling Medicare to cover the cost of hearing aids would not only improve the health and independence of millions of seniors, it makes good economic and policy sense by potentially preventing the costly effects of hearing loss including increased hospitalizations, cases of depression and cognitive decline. Not covering routine hearing exams, hearing aids or exams for fitting hearing aids leaves far too many seniors vulnerable. Medicare covers testing strips for diabetics and wheelchairs for people who can no longer walk, so there's no reason people suffering from hearing loss should be denied coverage for hearing aids," the letter stated.

## When It Comes to Scams Targeting Seniors, Ingenuity Never Stops

"Ingenuity never stops and constantly reinvents itself, when it comes to scams targeting seniors," says Emmett H. Schmarsow, Program Manager for Councils on Aging and Senior Centers, at the Mass. Executive Office of Elder Affairs.

Schmarsow recently notified Council on Aging directors of a new scam to obtain personal medical information that can be used to falsely bill Medicare. The scammer impersonated the COA director of the town

where the elder lives. The impersonator asked "a few questions" including the individual's doctor, medications and Medicare number. The elder wisely refused the last request, hung up and called the COA.

"We need to remind elders and caregivers that no one will call and ask for their Medicare number," Schmarsow said. "If it happens, just hang up and, if possible, get the caller's phone number from the telephone screen and contact local police."

## Cataract Surgery Fast and Safe, But Many on Medicare Get Costly Pre-Testing

By Michelle Andrews  
Kaiser Health News

Requiring patients to get blood work and other tests before undergoing cataract surgery hasn't been recommended for more than a dozen years. There's good reason for that: The eye surgery generally takes less time than watching a rerun of "Marcus Welby, MD" — just 18 minutes, on average. It's also incredibly safe, with a less than 1 percent risk of major cardiac problems or death.

Yet more than half of Medicare patients received at least one pre-operative test in the month before

undergoing surgery to remove cataracts in 2011, a recent study found.

Some doctors were much more likely than others to order a complete blood count, urinalysis, cardiac stress test and the like. Thirty-six percent of ophthalmologists ordered pre-operative tests for more than 75 percent of their patients, according to the study, which was published last month in the New England Journal of Medicine.

"Their patients were no sicker or older," says Catherine Chen, an anesthesiologist and the lead author of the study. "It suggests that it's habit or practice patterns."

## Medicare Part D 2016 Premiums Remain Flat

According to data released July 29 by the Centers for Medicare & Medicaid Services, the 2016 average monthly Medicare Part D premium is expected to remain stable at \$32.50, a figure far lower than was originally projected, the Pharmaceutical Care Management Association (PCMA) said.

"The popular Part D program continues to be a bright spot in American health care. By offering an abundance of competing choices in each region and using cutting edge, cost-saving tools like pharmacy networks and home delivery, the program is a win-win for both seniors and taxpayers," said PCMA President and CEO Mark Merritt.

*Tact is the ability to describe others as they see themselves.*  
Abraham Lincoln



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# Menu for August 2015

For Reservations/Cancellations, call (508) 742-9191 or (508) 742-9192 AT LEAST 24 hours in advance. Tuesday is Voluntary Donation Day, Thank You!

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
<b>3</b> Chicken A La King Fluffy White Rice Peas & Mushrooms Oatmeal Bread Cantaloupe				<b>4</b> Sloppy Joe Hash Browns California Blend Hamburger Bun Pears				<b>5</b> Chicken Bruschetta Italian Style Penne Tuscany Blend Scali Bread Chocolate Chip Cookie Diet: Fresh Fruit				<b>6</b> Beef Stew w/ Veg Boiled Potato Corn on the Cobb Multigrain Roll Fresh Orange				<b>7</b> Seafood & Shrimp Newberg Rice Pilaf Cut Green Beans Wheat Bread Pineapple			
Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat
385	223	37	28	305	385	31	32	304	451	31	21	447	312	38	45	281	658	31	25
<b>10</b> Broccoli & Cheese Omelet O'Brien Potatoes Fruit Muffin Mixed Fruit Yogurt Cup				<b>11</b> Unsalted Saltines Oriental Veg Soup Teriyaki Chicken Asian Rice WW Roll Fresh Fruit				<b>12</b> Meatloaf with Rosemary Gravy Whipped Sweet Potato Summer Squash Honey Wheat Bread Applesauce Cake				<b>13</b> Krunch Lite Fish Tartar Sauce Hot Pasta Salad Hot Three Bean Salad Oatmeal Roll Mandarin Oranges				<b>14</b> Pulled Pork Slider with BBQ Sauce Seasoned Potato Wedges Chuckwagon Veg Slider Roll Pineapple			
Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat
314	503	26	47	288	601	26	27	545	372	71	33	482	445	54	34	401	683	47	36
<b>17</b> American Chop Suey Italian Blend Veg Scali Bread Pears				<b>18 High Sodium</b> LS Hot Dog Mustard & Relish Packet Veggie Beans Country Blend Veg. Hot Dog Roll Fresh Orange				<b>19</b> Lemon Chicken Piccata Rice Florentine Fresh Zucchini WW Bread Brownie Diet: Graham Wafer				<b>20</b> Tossed Salad with Balsamic Vinaigrette Mac n' Cheese Escalloped Tomato with Spinach Multigrain Roll Mandarin Oranges				<b>21</b> Salmon with Sweet n' Sour Sauce Rice Medley Broccoli Crowns Oatmeal Bread Mixed Fruit			
Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat
305	237	35	25	488	763	40	51	273	562	22	30	434	520	45	40	280	293	29	21
<b>24 High Sodium</b> Chicken Parmesan Italian Style Pasta Green & Wax Beans Whole Wheat Bread Cantaloupe				<b>25</b> Swedish Meatballs Egg Noodles Jardiniere Blend Dinner Roll Banana Granola Bar				<b>26</b> Roast Pork w/ Applesauce Gravy Whipped Potato Asparagus Multigrain Roll Strawberry Short Cake Diet: Low Sugar Cake				<b>27</b> Tossed Salad w/ Dressing Beef & Cabbage Casserole Beets Honey Wheat Bread Applesauce				<b>28</b> Chicken Cantonese Hawaiian Rice Fruit Muffin Pears			
Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat
475	708	51	29	424	384	41	40	445	326	46	34	350	597	47	23	608	450	70	33
<b>31</b> Italian Style Spaghetti with Meat Sauce Tuscany Blend Veggies Scali Bread Hermit Cookie Diet: Graham Wafer								Home Delivered Meal Diabetic clients may consider reserving some meal items for a snack.  Congregate participants can reserve packaged dessert, bread, and milk only.				Menu subject to change without notice.  Visit our website: coastlinenb.org  Please make a regular affordable donation. Donations can be given to your MOW Driver.				** Nutrition includes entrée only; approx. mg sodium for milk: 100, bread: 150, fruit: 5, sweets: 200  Key: Kcal = Kilocalories Na+= Sodium mg CHO = Grams of Carbs % Fat=%Kcals from Fat			
Kcal	Na+	CHO	%fat					Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat	Kcal	Na+	CHO	%fat
329	180	33	33																

## Recipe Roundup

### Tuna and Veggie Cucumber Boats

**Ingredients:**

- 5 ounces light tuna
- 1/4 c. chopped celery
- 1/4 c. chopped broccoli
- 1 Tbsp. mayo
- 1/4 c. chopped carrots
- 2 Tbsp. diced red onion
- 3Tbsp. Greek yogurt
- 1-2 cucumbers, halved lengthwise and seeded

**Directions:**

Combine tuna, carrots, celery, red onion, broccoli, yogurt and mayo in a medium bowl. Mix until everything is well incorporated. Spoon into tuna boats and enjoy. (Makes 1-2 servings)

Recipe courtesy of Dani Spies [www.cleananddelicious.com](http://www.cleananddelicious.com)

*No matter how thin you slice it, it's still baloney.*  
Alfred E. Smith

*As for butter versus margarine, I trust cows more than chemists.*  
Joan Gussow

### Chicken with Paprika and Potatoes

**Ingredients:**

- 1/2 teaspoon salt, divided
- 1 1/2 teaspoons paprika
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon dried thyme
- 1/4 teaspoon freshly ground black pepper
- 4 (4-ounce) skinless, boneless chicken thighs
- 3 cups thinly sliced red potatoes (about 1 pound)
- 3/4 cup chopped green bell pepper
- 1/2 cup chopped onion
- 2 teaspoons olive oil
- 1 garlic clove, finely chopped
- 1/3 cup fat-free, less-sodium chicken broth
- Thyme sprigs (optional)

**Directions:**

Combine 1/4 teaspoon salt and next 4 ingredients (1/4 teaspoon salt through black pepper). Rub over chicken.

Combine 1/4 teaspoon salt, potatoes, bell pepper, onion, oil, and garlic in a large bowl. Heat a large nonstick skillet over medium-high heat. Add the potato mixture, and cook for 5 minutes, stirring occasionally. Add broth; cover, reduce heat, and simmer for 5 minutes. Uncover; add thighs to pan, nestling them into vegetable mixture. Cover and cook for 20 minutes or until the vegetables are tender and chicken is done. Garnish with thyme sprigs, if desired.

Serves two

Source: [myrecipes.com](http://myrecipes.com)

# Special Shopping and Services Guide

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- ❖ 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

Now Accepting Applications  
 1 & 2 BRs



## Melville Towers

**508-993-3077**  
[melville@peabodyproperties.com](mailto:melville@peabodyproperties.com)  
[www.peabodyproperties.com](http://www.peabodyproperties.com)

850 Pleasant Street  
 New Bedford, MA

Hours: 8am - 4:30pm  
 Monday - Wednesday - Friday

- All utilities included
- Award winning community
- Beautiful common areas including community room & hair salon
- On-site maintenance
- On-site professional mgmt.
- On-site laundry facilities
- On-site parking
- Wide range of resident services programs

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



## 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
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- Beauty salon
- Computer room
- Fitness center
- Movie theater
- Library
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- On-site laundry facility
- Manager and Residential Service Coordinator
- 24-hour maintenance available
- Handicapped accessible



Please call for more information  
**508-997-5484**



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



Now Accepting Applications



## Bedford Towers

**508-992-9603**  
[PeabodyProperties.com](http://PeabodyProperties.com)

231 Middle Street  
 New Bedford, MA

Professionally Managed By:



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.



## Fairhaven Village

Contact Eunice or Mary Lyn today to schedule a tour!

330 Main St., Fairhaven, MA

**508-994-1908**

[fairhaven@peabodyproperties.com](mailto:fairhaven@peabodyproperties.com)

[www.peabodyproperties.com](http://www.peabodyproperties.com)

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



*Whaler's Cove Assisted Living Provides Safe and Affordable Housing and Services for Seniors!*

*Call for Seasonal Rent Specials & Independent Rates Today!*

- Studio, One and Two Bedroom Units
- Assistance with Personal Care
- 3 Daily Meals in our Newly Renovated Dining Room
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- Medication Management
- 24 Hour Staffing & Emergency Response System and much more!
- Open House Every Saturday from 10:00-2:00 pm

For More Information Call: (508) 997-2880

114 Riverside Avenue New Bedford, MA 02746

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# THE OAKS

*A Premier Nursing Center*

*Rehab programs that promote relief from stroke, cancer, orthopedic, vascular and neurological conditions.*

**508-998-7807**  
 New Bedford  
[TheOaksMa.com](http://TheOaksMa.com)



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

# Update

## Thursday Night Concerts in the Park

New Bedford Whaling National Historical Park's Thursdays in the Park Concert Series will run through August 27. The concerts take place Thursday evenings from 6:30 to 7:30 in the Park's garden, 33 William Street, downtown New Bedford. In the event of inclement weather, the performance will be moved indoors.

This year's Thursday in the Park Concert Series is co-sponsored by the New Bedford Fishing Heritage Center, a new non-profit organization dedicated to telling the story of the City's commercial fishing industry. The schedule is as follows: August 6, Ken Sweeney, Maritime music; August 13, Joao Cerilo & Pilon Batuku, Cape Verdean music; August 20, Iron River Singers, Native American music; and August 27, Ambrose Wise, music of Newfoundland.

## New Bedford Farmers Markets

The downtown New Bedford Farmers Market is officially open at Custom House Square every Thursday, from 2 p.m. to 6 p.m. until the end of October. Stop by to purchase fresh fruits and vegetables, meat, eggs, fish, baked goods and more.

To receive a Weekly Farmers Market update on weekly specials and get great recipes, please email Abby at [abigail.hevey@newbedford-ma.gov](mailto:abigail.hevey@newbedford-ma.gov).

On Mondays, a farmers market is held from 2 p.m. to 6 p.m. at Brooklawn Park, and on Saturdays a market is held from 9 a.m. to 1 p.m. at Clasky Common Park. All markets accept SNAP benefits.

## Zumba Gold Classes at The Oaks

The Oaks is offering free Zumba Gold classes with certified instructor Pati Cautillo on August 4, August 18, and September 1. Each class will take place from 11:30 a.m. to 12:15 p.m. on the lawn, weather permitting. Zumba Gold is perfect for active older adults. This modified Zumba fitness class recreates the original moves you love at a lower-intensity.

Call 508-998-7807 to register by the day prior to each class.

## Mattapoisett Waterfront Walking Tours

Learn about the little town that built the whalers for Nantucket and New Bedford this summer. Meet at the Mattapoisett Historical Society, 5 Church Street, and explore the waterfront streets and wharves where the action took place. Tours are offered at 2 p.m. on Saturday August 15.

For more information visit [info@mattapoisethistoricalsociety.org](mailto:info@mattapoisethistoricalsociety.org). or call 508-758-2844.

## Free Tai Chi Workshops

Free Tai Chi workshops will be offered in September at the Dartmouth Housing Authority, 2 Anderson Way, and the Fairhaven Housing Authority, 275 Main Street. Tai Chi is proven to relieve stress, improve balance and enhance sense of well being. All fitness levels are welcome, and poses can be done sitting or standing.

For more information or to register, call Jackie Medeiros at Coastline at 508-742-9151 by September 4.

## CARES Memory Impairment Program

CARES provides an opportunity for people with memory impairment and their care partners to participate in two separate support groups held simultaneously. One group provides information, guidance and respite to caregivers while the other group provides conversation and socialization for those with memory impairment. The program is free and confidential allowing for freedom of self-expression and open conversation. The program is led by Alan Johnson, LICSW, Director of Community and Family Outreach, Hope Dementia & Alzheimer's Services. CARES programs are funded by the Tufts Health Plan Foundation.

The CARES program is held on the first and third Friday of each month from 1:00 p.m. to 2:30 p.m. at the New Bedford Council on Aging, 181 Hillman Street. For more information or to register, call 508-775-5656 or email [Info@HopeDementia.org](mailto:Info@HopeDementia.org).

## Summer Whites Exhibit at R-J-D

A sequel to last season's popular clothing exhibit at the Rotch-Jones-Duff House and Garden Museum is showcasing summer attire from the museum collections selected by Blair Walker, who curated both exhibits. This temporary exhibit features elegant women's summer dresses, gowns, blouses, and accessories, as well as men's and children's seasonal clothing.

Dressed mannequins allow the visitor to experience the changing silhouettes of ladies wear during the 19th and early 20th centuries. A close look at the featured gowns reveals the amazing handwork and artistic design that went into clothing.

The exhibit runs through October and is included with general admission to the museum at 396 County Street. For additional information, please call 508-997-1401 or visit the Museum's website at [www.rjdmuseum.org](http://www.rjdmuseum.org).

## Fort Taber Fall Dances

The City of New Bedford has again scheduled a series of six dances for this fall. The dates are as follows: October 4, October 11, November 1, November 15, November 22, and December 6. All dances start at 1 p.m. and run until 4 p.m. and all are to be held at Fort Taber.

## GNB Choral Society Announces New Season

The Greater New Bedford Choral Society will start its new season in September. New members are always welcome and no private audition is required. New member sign-ups will begin at 7 p.m. on Tuesday, September 1, 8 and 15 at the First Unitarian Church, corner of Union St. and 8th St. Rehearsals will begin at 7:30 p.m. on Tuesday, September 1.

## Computer Training Available for Visually Impaired

Bob Branco teaches basic computer skills for visually impaired individuals at the New Bedford Council on Aging. Some of the skills that Bob teaches include keyboard, internet, Microsoft Word and emailing.

The computer is fully adaptable for a visually impaired person and includes a screen reader. For more information, please email [branco182@verizon.net](mailto:branco182@verizon.net) or call Bob at 508-994-4972.

## 2015 Summer Nights Concert Schedule

ALL CONCERTS ARE FROM 6:15PM TO 7:45 PM

All Concerts outdoors at Buttonwood Park Senior Center

DATE	GROUP
Aug. 5	Billy Couto and the After Hours
Aug. 12	Nu sound at 6:30 (only this day)
Aug. 19	Jack Gomes Ensemble
Aug. 26	Meadow-Larks (Swing Band & Dance Party)

Summer Concerts Are Sponsored By:

City of New Bedford

Jon Mitchell  
MAYOR  
John R. Lopes,  
Music Director



No Seating Provided ~ We suggest that you bring lawn chairs or a blanket

New Bedford COA & Senior Centers

## Medicare "101" with Blue Cross & Blue Shield

Learn About the Different  
"Parts" of Medicare  
&  
What They Do for You!



Monday, September 14th  
10AM -Noon  
Buttonwood Senior Center  
1 Oneida St., New Bedford

For more information, please call Karen 508 991 6170

### Cedar Dell Celebrates Re-Opening

More than 200 people gathered at The Residence at Cedar Dell in Dartmouth June 18 to celebrate the Grand Re-Opening of the assisted living and memory care community for seniors. Since the community was acquired by LCB Senior Living in early 2014, a sweeping renovation and updating of the community has

taken place.

The Residence at Cedar Dell offers seniors a unique combination of quiet, suburban living and access to the area's many resources and attractions. The community includes 78 Independent, Assisted and Memory Care Living apartments.



Representatives from the Fairhaven COA at the open house include, left to right, Susan Rodrigues, Joyce Cookinham, Joan Mello and Elaine O'Neill.

### Class Reunions

#### NBHS Class of 1948

The New Bedford High School Class of 1948 will hold its 67th reunion on Saturday, August 15, at noon at the Country Club of New Bedford. For more information contact Jack Whiteside at 508-993-4245.

#### NBHS Class of 1959 Brunch

The New Bedford High School Class of 1959 is hosting its annual brunch on Sunday, August 23, from 11 a.m. to 2 p.m. at the New Bedford Country Club. The cost is \$25. Classmates interested in attending can contact Beverly Souza at 508-994-6367 or Barbara Pereira at 508-992-5051. Checks payable to the Class of 59 NBHS can be mailed to Beverly Souza, 388 Dartmouth Street, New Bedford 02740.

#### New Bedford Voke Classes of 1950-52

A reunion of the New Bedford Vocational School Classes of 1950, 1951 and 1952 will be held on Saturday, September 12, from 12 p.m. to 4 p.m. at the Century House in Acushnet.

For more information call Shirley Oliver at 508-295-8040 or Stanley Dudek at 508-212-7522.

## Trivia Quiz

by JRA

- When was the last time a commuter train ran from New Bedford to Boston?  
a) 1951 b) 1955 c) 1959 d) 1962
- Which of these celebrities/politicians did not play a saxophone?  
a) Sid Cesar b) Fred McMurray c) Bill Clinton d) Bobby Kennedy
- Where is the Baseball Hall of Fame located?  
a) Utica NY b) Cooperstown NY c) Springfield MA d) Canton OH
- There were two theatres located in New Bedford's south end. One is the Orpheum. What was the other theatre's name?  
a) Majestic b) Crown c) Royal d) Olympia
- Which of these celebrities does not have a twin?  
a) Cameron Diaz b) Jose Conesco c) Drew Barrymore d) Gisele Bundchen
- What news man opened his Sunday night radio program with the words: 'Good evening Mr. and Mrs. America and all the ships at sea...lets go to press'?  
a) Edward R. Morrow b) Walter Kronkite c) Chet Huntley d) Walter Winchell
- Two actors were given the name 'James Stewart' at birth. One of these men changed his actor name, to what?  
a) Joseph Cotton b) Stewart Granger c) James Corbin d) Joel McCrea
- What does the 'red' in the American flag represent besides 'Valor'?  
a) Security b) Sacrifice c) Guardianship d) Hardiness
- Some people will tune this instrument to humming: 'My Dog Has Fleas'.  
a) banjo b) guitar c)ukulele d) mandolin
- How many Presidents of the U.S. did not have a college degree?  
a) two b) five c) seven d) nine

(answers on page 12)

## Senior Travel

### Day Trips

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

**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.

**Mon. Aug. 10 – Foxwoods Casino**

**Wed. Aug. 12 – North Shore Music Theatre – Saturday Night Fever**

**Thurs. Aug. 20 – Provincetown Carnival Parade with Candyland theme**

**Wed. Aug. 26 – Thimble Island Cruise, lunch at USS Chowder Pot**

**Wed. Sept. 2 – Lobster dinner, George's of Galilee – Mohegan Sun**

**Wed. Sept. 9 – RI Wine & Garden Tour, lunch at Atlantic Beach Club**

**Thurs. Sept. 16 – Newport Playhouse – The Odd Couple**

**Wed. Sept. 23 – On Golden Pond cruise, lunch at Hart's Turkey Farm, Tilton Outlets**

**Wed. Oct. 7 – North Shore Music Theatre -- Billy Elliot**

**Wed. Oct. 14 – Beantown Trolley Tour – Faneuil Hall lunch on your own**

**Mon. Oct. 19 – Foxwoods Casino**

**Wed. Oct. 22 -- Fall Foliage Mystery Tour – includes lunch**

**Fri. Nov. 6 – Christmas Festival – World Trade Center, Boston**

**Sat. Nov. 7 – Providence Performing Arts Center – Motown**

**Mon. Nov. 16 – Wrentham Village Christmas Shopping**

**Wed. Nov. 18 – George's of Galilee Lobster Dinner – Mohegan Sun**

**Wed. Dec. 2 – Berkshire Museum Festival of Trees –includes lunch**

**Wed. Dec. 9 – Brightnights at Forest Park –lunch at Salem Crofts Inn**

**Mon. Dec. 14 – Foxwoods Casino**

### Multi-Day Tours

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

**Oct. 4-6 – Sands Bethlehem Casino, Bethlehem PA – 2 breakfasts, 2 buffets, \$60 slot play**

### Mah Jongg Tournament Held

The second annual Mah Jongg tournament was held June 30 at the Acushnet Senior Center with 22 players taking part and

"It was a great success," said player Gina Zwacki and the "MahJongg ladies would like to thank The Oaks for providing us with a great luncheon and to thank the Acushnet

Senior Center for letting us have it there."

Gina said the group usually plays at the Acushnet Center on Mondays at 11, the Brooklawn Center on Tuesdays at 10, and on Fridays at 11 in Dartmouth. They are willing to teach anyone who would like to learn to play Mah Jongg.

**New**

# 3 DAY SANDS BETHLEHEM CASINO



WITH A 4 DIAMOND HOTEL IT'S THE PREMIER CHOICE OF PENNSYLVANIA CASINO

- ▶ Includes 2 breakfasts
- ▶ 2 buffets
- ▶ and \$60 Slot play!

**Oct. 4-6**

\$250.00 Double Occ.  
\$380.00 Single  
\$25.00 Deposit w/ Reserv.

Bethlehem Casino was built on the site of a historic Steel mill plant where tens of thousands of workers once made steel for warships and beams for countless skyscrapers and bridges.

This 4-star resort features business amenities including a business center and meeting rooms. Dining options at the resort include 10 different restaurants 1 with a food court & a bakery and cafe, 4 lounges, shopping outlets that connect to the hotel and the casino

A complimentary breakfast is served each morning. There are 3024 gaming machines 182 poker tables

**New Bedford Travel program**

For all Seniors 50 and over

Call for reservations or Information

508-991-6171



# At the Senior Centers

## Acushnet Senior Center

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

**Belly Dance for Fun & Fitness**, a proven method to improve posture, balance and brain fitness. Classes start on Thursdays in Sept. Call 508-998-0280 for info. Beginners welcome.

**Chronic Disease Self Management Program**, a free, six-week workshop for adults and care providers living with the challenges of one or more persistent health conditions, will run Wed., Aug. 12 to Sept. 16, from 1:30 to 4:00 p.m. Classes held at the Acushnet COA, sponsored by Coastline. Call Jacqueline Medeiros at 508-742-9151 to register.

**Calling All Cribbage Players.** Commit to our 10-week league, sign on as a sub or just play when you want at the drop in games. League plays on Mondays at 12 p.m., drop in games are on Friday at 12 p.m. Call for more information.

Socialize over the **Crossword Puzzle** on Tuesdays from 10:15 a.m. to 11:15 a.m. for an hour of challenging relaxation. Come every week or just when you feel like it.

**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.

**A new Zumba class** with Jenn meets every Monday at 4:45 p.m.

**Chair Yoga** with Karen, a new class, meets Tuesdays at 11:15 a.m.

**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.

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.

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.

## Ashley Park Center

The Ashley Park Center in New Bedford is open Monday through Friday from 10 a.m. to 4 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.

**Ice Cream Social** will be on Thurs. Aug. 13. Tickets available at Brooklawn.

**1st Annual Chowder Festival** will be held Thurs. Sept. 10 at 1 p.m. Tickets available at Brooklawn.

**Movie & Popcorn** Afternoons on Thursdays from 12:30 to 2:30 p.m.

**Walk with Ease** Walking Program meets on Tues. from 9 to 10 a.m.

**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 every Monday at 12:00 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 Clinics** on Mon. Aug. 3 from 9:30 to 10:30 a.m. and Fri. Aug. 21 from 11:30 to 12:30.

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

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

**Tai Chi class** meets every Monday, from 1:30 p.m. to 2:30 p.m. Please 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.

## 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 3:30 p.m. Wednesday, Thursday and Friday, 9:00 a.m. to 3:00 p.m.

**Lunch** is served daily from 11 a.m. to 12:00 p.m. Call the day before to reserve your spot.

**Monthly Birthday Party** is held on Thursday, from 11 a.m. to noon.

**Breakfast** is available daily.

**New Bedford Veterans' Services Director Chris Gomes** is available to answer questions regarding benefits the second Thurs. of the month from 11 a.m. to 1 p.m.

**Maintaining Independence** will be presented by the South Coast Resource Assoc. Wed. Aug. 5, 11:30 a.m. to 1:30 p.m.

**Dementia Presentation Thurs. Aug. 6, 11 a.m. to 11:30 a.m. with Hope Health.**

**Shingles Vaccinations** will be offered by Rite-Aid Pharmacy Thurs. Aug. 27 from 11 a.m. to 1 p.m. Must sign up in advance

**Flu Shots** will be offered by Rite-Aid Pharmacy Thurs. Sept. 10 from 11 a.m. to 1 p.m.

**Medicare 101** presentation by Blue Cross Blue Shield on Mon. Sept. 14 from 10 a.m. to noon.

**Southcoast Wellness Van** will be at Buttonwood Thurs. Sept. 17 from 9 a.m. to 3 p.m.

**Game Show Mash-up** will be held Mon from 10 a.m. to 11 a.m.

**Card Making** with Debbie Russo on third Mon. of the month.

**Free and private legal consultations** with Surprenant & Beneski will be available. Must register in advance.

**Blood Pressure Checks** provided by the Greater New Bedford Community Health Center the first Thursday of the month, from 11:30 a.m. to 12:30 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 every Fri. 10 a.m. to 11 a.m.

**Zumba Gold with Pati Cautillo meets on Tues. from 8:30 to 9:30 a.m.**

**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 Wednesdays from 9 a.m. to 12 p.m. Please call the Center to schedule an appointment.

**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.

## 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 5p.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.

## 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.

**Hazelwood Walkers** meet every Mon. from 11 a.m. to noon.

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

**The Garden Club** meets on Thurs. from 1:00 p.m. to 2:30 p.m.

**Name that Song** will be held the first Tues. of the month from 10 a.m. to 11 a.m.

**Ballroom Dancing** class meets Mondays at 11 a.m.

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

**Zumba Toning Class** will meet every Thurs. from 12 noon to 1 p.m.

**Play Trivia** the last Tues. of the month from 9:30 to 10:30 a.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.

# Senior Safety

## Reduce Exposure to Contaminants

There are many simple but effective steps you can take to reduce your exposure to contaminants and related environmental problems that could affect heart disease and stroke:

**Reduce exposure to traffic and outdoor air pollution:** Pay attention to Air Quality Index forecasts to know when the air is unhealthy for sensitive groups. Lower your activity level when the Air Quality Index is high.

**Keep smoke out of indoor spaces:** Avoid smoke from tobacco. Encourage smokers to smoke outdoors. Do not use or limit use of wood-burning stoves and fireplaces.

**Use caution when working around the house:** Improve ventilation when painting by scheduling indoor painting for times when windows can be left open and by using fans. Take frequent fresh air breaks when painting.

**Avoid carbon monoxide poisoning:** Never leave a car running in a

garage, even with the garage door open. Keep gas appliances properly adjusted. Install and use exhaust fans. Have a trained professional inspect, clean, and tune-up your central heating system.

**Prevent heat stress:** Use your air conditioner or go to air-conditioned building. Drink plenty of water. Take a cool shower or bath. Wear lightweight, light-colored, and loose-fitting clothing. Ask your health care provider if your medications increase your susceptibility to heat-related illness.

**Drink clean water:** To limit your exposure to lead through your drinking water, run cold water for at least 30 seconds, preferably 2 to 3 minutes before drinking. Testing for lead also may be advisable for people who get their water from municipal sources and live in older homes with lead service lines.

*At the Senior Centers...* continued from page 8

## 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.

A "Mini Senior Center" will be offered this month on Mondays at the Music Hall on Front Street. The schedule is:

**Blood Pressure Clinic**, 9:30 to 11:30 a.m.

**Chair Yoga** with Pamela Smith Paquette, 10 to 11 a.m.

**Social Hour and Lunch**, 11:30 a.m. to 12:45 p.m.

**Learning and Leisure Lecture**, 1 to 2 p.m. Topics; Aug. 3, Furniture Flip with Harriet Ingerslev; Aug. 10, Insomnia with Dr. Katherine Krefft; Aug. 17, Meet Cecil Clark Davis with Wendy Bidstrup; Aug. 24, The Card Lady with Marge Primavera; and Aug. 31 The Arts Will Change Your Life with Mary Worden.

**Tai Chi** classes will run through August. The cost is \$50 for the series. Classes are held Tuesdays at 4 p.m. and 6 p.m. and Thursdays at 11 a.m. Please send a check payable to the Marion Recreation Department and mail to the COA at 2 Spring St., Marion, MA 02738. Call 508-748-3570 for more information.

The Council on Aging has applications for the Marion Community Fund to help home owners with their **real estate taxes**. The income and asset requirements are as follows: Income limit is \$25,000 for a single household, married \$37,500. Asset limits: Single, \$46,000 and married \$63,000 (excluding your home).

The Annual Marion Social Club at 44 Pumping Station Rd., **BBQ dinner** for Marion elders will be held on Sunday, August 16 at 1 p.m. Marion residents may bring one guest. No take-out meals allowed but meals will be delivered to the homebound. Transportation will be provided by the Council on Aging. The cost for the event is \$.50 (fifty cents). Please pick up your ticket at the Council on Aging.

**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.

# Nutrition News

## Tips on Buying the Best Produce

From the desk of Stephanie Boulay, RD Coastline

Buy in season, check your local farmers' market.

Avoid produce that has bruising or skin punctures.

Look for a bright color.

Give your produce a good smell. Produce, unless it's not ripe, should give off a fragrant smell.

### Summer Fruits and Veggies in Season

Apples	Arugula	Eggplant
Blueberries	Beets	Onions
Cantaloupe	Bok Choy	Radishes
Peaches	Broccoli	Spinach
Raspberries	Carrots	Summer Squash
Strawberries	Celery	Tomatoes
Watermelon	Corn	Zucchini

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.

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.**

**Veterans Benefits Counseling** with Gordon Helme is available by appointment. Call 508-763-8723.

**Soup & Sandwich Lunch** on the last Monday of the month at noon. Please call in advance to reserve your meal.

**Hot meals** offered by Coastline are available on Tues., Wed., and Thurs. at 11:30. Call 1 day in advance to reserve.

**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 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, 10:30 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 2:30 and Friday mornings from 9:30 to 11:00 with instructor Nancy Cabral.

**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. Most exercises are done from your chair.

**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.

### In Massachusetts seniors are using SNAP to buy healthy food. ARE YOU?



SNAP helps Mass. seniors 60 and older buy healthy food at the grocery store. You can get help from SNAP if you have limited income and resources or high medical and living expenses. The amount you receive depends on household income from all sources, deductions of high medical or housing costs, and the number of people in your household.

Please call Coastline at 508-742-9138 or the N.B. Council on Aging at 508-991-6251 to arrange for help with the process.

**ncoa**  
National Council on Aging

This flyer was developed with generous support from the Walmart Foundation.

# Your Health

## Hunger Takes a Toll on Health But Help Is Available

Almost 5 million older Americans are affected by food insecurity. Food insecurity diminishes the nutrition intake of older adults by limiting the food options available to them. This is more pronounced in poor and minority populations, reports Bread for the World, a non-partisan, Christian citizens' movement to end hunger.

"After a lifetime of contributing to society, older Americans should not have to worry about where their next meal is going to come from," said Rev. David Beckmann, president of Bread for the World.

The leading causes of death among older Americans are cancer and heart disease. Food-insecure older Americans report more cases of heart-related conditions than their food-secure peers do. They are also 60 percent more likely to experience clinical depression.

### La Hambre Agrava la Salud Pero la Ayuda Está Disponible

Casi 5 millones de americanos más ancianos son afectados por la inseguridad de la alimentación. La falta de alimentos disminuyen la nutrición de los adultos más ancianos por limitar las opciones de los alimentos a la disposición de ellos. Esto es más marcante en las poblaciones pobres y las minorías, conforme relata Bread for the World (Pan para el Mundo), un movimiento de ciudadanos no partidarios y cristianos para poner fin a la hambre.

"Después de una vida de contribuir a la sociedad, los americanos más ancianos no deberían de tener que preocuparse sobre de adonde vendría la próxima comida," dijo el Rev. David Beckmann, presidente de la organización Bread for the World.

Las causas principales de la muerte entre los americanos más ancianos son el cáncer y la enfermedad cardíaca. Los americanos ancianos que tienen la inseguridad alimenticia relatan más casos de condiciones relacionadas con el corazón que sus colegas que tienen

### A Fome Agrava a Saúde mas a Ajuda Está Disponível

Quase 5 milhões de americanos mais idosos são afetados pela insegurança da alimentação. A falta de alimentos diminui a nutrição dos adultos mais idosos por limitar as opções dos alimentos ao dispor deles. Isto é mais marcante nas populações pobres e as minorias, conforme relata Bread for the World (Pão para o Mundo), um movimento de cidadãos não partidários e cristãos para pôr fim à fome.

"Depois de uma vida de contribuir à sociedade, os americanos mais idosos não deviam de ter que preocuparam-se sobre de onde viria a próxima refeição," disse o Rev. David Beckmann, presidente da organização Bread for the World.

As principais causas da morte entre os americanos mais idosos são o câncer e a doença cardíaca. Os americanos idosos com insegurança alimenticia relatam mais casos de condições relacionadas com o coração do que os seus colegas que têm boa alimentação. Também têm 60 por cento mais prob-

### Osteoporosis May Affect Hearing

Osteoporosis causes bones to become weak and brittle. It may also increase risk for sudden, unexplained hearing loss in some patients, according to a new study, reports Dr. Cindy Haines of HealthDay TV.

Researchers reviewed the medical records of more than 10,000 people diagnosed with osteoporosis between 1999 and 2008, and nearly 32,000 people who did not have the condition. Then they analyzed insurance records to see how many were diagnosed with sudden sensorineural hearing loss, or an unexplained rapid loss of hearing, by the end of 2011.

The results showed that people with

"Programs like SNAP, beyond buffering beneficiaries from food insecurity, afford the older population the option to eat healthier," said Beckmann. But the number of elders who take advantage of this program is low, especially among those aged 60 to 69.

Programs like SNAP (formerly food stamps) are crucial in breaking the harmful cycles of under-nutrition and health problems among older Americans, Beckmann said.

Coastline Elderly Services, in partnership with the New Bedford Council on Aging, recently received a \$25,000 grant to assist elders in applying for SNAP. For information about SNAP call Coastline at 508-999-6400. Portuguese and Spanish speaking staff are available. Or call the New Bedford COA at 508-991-6250.

una buena alimentación. También, tienen 60 por ciento más probabilidad de sufrir de la depresión clínica.

"Los programas como el SNAP, además de proteger los beneficiarios contra la inseguridad alimenticia, dan a la población más anciana la opción de comer saludablemente," dijo el Beckmann. Pero el número de ancianos que disfrutan deste programa es bajo, especialmente entre aquellos con 60 a 69 años de edad.

Los programas como el SNAP (antiguamente sellos para alimentos) son cruciales para romper los ciclos de falta de la nutrición y los problemas de salud entre los americanos ancianos, dijo Beckmann.

El Coastline Elderly Services, en sociedad con el New Bedford Council on Aging, recibieron una donación de \$25,000 para ayudar los ancianos inscribirse para el SNAP. Para información sobre el SNAP, llame al Coastline en el 508-999-6400. El personal de habla portuguesa y español están disponibles.

abilidade de sofrerem da depressão clínica.

"Os programas como o SNAP, além de proteger os beneficiários da insegurança alimenticia, dão à população mais idosa a opção de comer saudavelmente," disse o Beckmann. Mas o número de idosos que usufruem deste programa é baixo, especialmente entre aqueles de 60 a 69 anos de idade.

Os programas como o SNAP (antiguamente selos para alimentos) são cruciais para romper os ciclos de falta de nutrição e problemas de saúde entre os americanos idosos, disse o Beckmann.

O Coastline Elderly Services, em sociedade com o New Bedford Council on Aging, receberam uma doação de \$25,000 para ajudaram os idosos inscreverem-se para SNAP. Para informação sobre o SNAP telefone ao Coastline no 508-999-6400. O pessoal de fala portuguesa e espanhola está disponível.

## Healthy Eating May Shield the Aging Brain

People who eat plenty of fruits and veggies may preserve more of their memory and thinking skills as they grow old, a new large study reported in Health Day News suggests. The findings, published in the journal *Neurology*, add to a growing body of evidence linking healthy eating habits to a lower risk of dementia.

Researchers found that among nearly 28,000 older adults from 40 countries, those who scored in the top 20 percent on a "healthy eating" scale were less likely to show declines in memory, attention and other mental skills over the next five years.

Compared with older adults who favored foods like red meat and sweets, the risk of mental decline for the healthiest eating group was about one-quarter lower. Among the people with the healthiest diet, about 14 percent showed declines in thinking, compared to about 18 percent of those with the least healthy diets.

The study does not prove that diet, by itself, confers the benefit, said lead researcher Andrew Smyth, a fellow at McMaster University in Hamilton, Ontario, Canada. But he said his team accounted for some other explanations -- including the fact that people with healthy eating habits may be more educated, thinner, get more exercise or be less likely to smoke. And diet scores were still tied to people's mental sharpness.

All things considered, Smyth said, "our study suggests that healthy eating may reduce the risk of cognitive decline." And what is "healthy eating" when it comes to preserving your mental acuity? In this study, Smyth's team scored people's usual diets using a "healthy eating" index. A high score, Smyth said, meant that a person eats plenty of healthy choices, like fruits and vegetables, and few dubious choices, like deep-fried foods.

But no one knows for certain what the optimal brain diet looks like, accord-

ing to Christy Tangney, a professor of clinical nutrition at Rush University in Chicago. Tangney, who was not involved in the new research, studies diet and dementia risk. In a recent study, she and her colleagues found that older adults with an eating pattern they dubbed the "MIND diet" had a lower risk of developing Alzheimer's disease.

That diet, Tangney said, is essentially a hybrid of the famous Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension) diet, both of which can help ward off heart disease and stroke. The MIND diet emphasizes vegetables and fruits (leafy greens and berries, in particular), whole grains, nuts, olive oil, beans, poultry and fish. It discourages red meat, cheese, butter, sweets and fried foods.

But, Tangney said, the diet has not been proven to stave off dementia. That's because it hasn't been put to the scientific test in a clinical trial, where people would be randomly assigned to follow the diet or not. In general, Tangney said, research into diet and the aging brain needs to "move on to the next phase." "That means the clinical trial stage," she said. Unfortunately, she added, such diet studies are complicated and expensive -- and funding can be hard to come by.

Why would healthy food choices help preserve your memory as you age? One possibility, according to Smyth's team, is that the anti-inflammatory nutrients in foods like fruits, vegetables and fish help preserve brain health. Plus, what's good for the heart is often good for the brain -- by lowering blood pressure, improving blood flow, or possibly staving off subtle, "covert" strokes, according to Smyth.

Tangney said that since the DASH and Mediterranean diets are proven to benefit cardiovascular health, they are wise choices. "There are foods common to both that can help protect you against heart disease and stroke -- and potentially cognitive decline," she said.

## Free Chronic Disease Self-Management Program Offered

My Life My Health, a free chronic disease self-management program, will be offered on Wednesday afternoons at the Acushnet Senior Center, 59-1/2 South Main Street in Acushnet.

This free six-week workshop is for adults living with the challenge of one or more persistent health conditions and their caregivers. Participants who complete the program will receive a \$50 gift card.

The workshop will meet once a

week for six weeks from 1:30 p.m. to 4:00 p.m. beginning Wednesday, August 12. The program is sponsored by Coastline and is open to anyone with a chronic disease in the Greater New Bedford area.

Space is limited. For more information contact Jacqueline Medeiros at Coastline by calling 508-742-9151 or email her at [jmedeiros@coastlinenb.org](mailto:jmedeiros@coastlinenb.org).

*An hour with your grandchildren can make you feel young again.*  
Anything longer than that, and you start to age quickly.  
Gene Perret

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# Your Health

## FDA Warns of Dangers of NSAIDS

Next time you reach into the medicine cabinet seeking relief for a headache, backache or arthritis, be aware of important safety information for non-steroidal anti-inflammatory drugs.

The Food and Drug Administration (FDA) is strengthening an existing warning in prescription drug labels and over-the-counter (OTC) labels to indicate that nonsteroidal anti-inflammatory drugs (NSAIDs) can increase the chance of a heart attack or stroke, either of which can lead to death. Those serious side effects can occur as early as the first few weeks of using an NSAID, and the risk might rise the longer people take NSAIDs. Although aspirin is also an NSAID, this revised warning doesn't apply to aspirin.

### The Risks and What's New

Prescription NSAIDs are an important treatment for the symptoms of many debilitating conditions, including osteoarthritis, rheumatoid arthritis, gout and other painful conditions. Common OTC NSAIDs include ibuprofen (Motrin, Advil) and naproxen (Aleve). In addition, some combination medicines that relieve various symptoms, such as multi-symptom cold products, contain NSAIDs.

"Be careful not to take more than one product that contains an NSAID at a time," says Karen M. Mahoney, M.D., deputy director of FDA's Division of Nonprescription Drug Products. How will you know? Check the list of active ingredients on the label.

The labels for both prescription NSAIDs and OTC NSAIDs already have information on heart attack and stroke risk. In the coming months, FDA will require manufacturers of prescription NSAIDs to update their labels with more specific information about heart attack and stroke risks. FDA will also request that the manufacturers of OTC NSAIDs update the heart attack and stroke risk information in Drug Facts labels.

Today we know that the risk of heart attack and stroke may occur early in treatment, even in the first weeks. "There is no period of use shown to be without risk," says Judy Raco-

osin, M.D., M.P.H., deputy director of FDA's Division of Anesthesia, Analgesia, and Addiction Products.

People who have cardiovascular disease, particularly those who recently had a heart attack or cardiac bypass surgery, are at the greatest risk for cardiovascular adverse events associated with NSAIDs. FDA is adding information in the drug label for people who already have had a heart attack. This vulnerable population is at an increased risk of having another heart attack or dying of heart attack-related causes if they're treated with NSAIDs, according to studies. But the risk is also present in people without cardiovascular disease. "Everyone may be at risk, even people without an underlying risk for cardiovascular disease," Racoosin adds.

### What Consumers Should Do

NSAIDs are effective treatments for pain, inflammation and fever. Consumers can still take them but should be aware of this increased risk of heart attack or stroke, especially at higher doses. "Consumers should carefully consider whether the drug is right for them, and use the medicine only as directed. Take the lowest effective dose for the shortest amount of time possible," Mahoney says.

When using prescription NSAIDs, read the Medication Guide attached to your filled prescription, which provides important safety information. If you have heart disease or high blood pressure, consult a health care provider before using an NSAID. Balance the benefits of NSAIDs with the possible risks and weigh your options. If you take low-dose aspirin for protection against heart attack and stroke, you should know that some NSAIDs, including ibuprofen and naproxen, can interfere with that protective effect.

Stop taking NSAIDs and seek medical help if you experience symptoms that might signal heart problems or stroke, such as chest pain, trouble breathing, sudden weakness in one part or side of the body, or sudden slurred speech.

## Dental Problems Common among Older Adults

Dental problems are among the most common health problems experienced by older adults. In fact, people over 65 with natural teeth have more tooth decay than any other age group and thus continue to need a yearly visit to the dentist.

Older people produce less saliva which is needed to clean the teeth. Gums shrink with age, exposing the tooth to decay or infection. Furthermore, older adults may have difficulty flossing and brushing because of poor vision or problems moving their arms, wrists, and hands.

Dental problems can lead to poor nutrition. Unfortunately, these problems are often not attended to by older persons, particularly men. There are five dental problems common among older persons:

### Dental Decay

When people age, their gums begin to recede. The roots of the tooth are exposed and it is very easy for cavities to develop in this area. Cavities can lead to infection and teeth breaking off.

### Gum Disease

Plaque grows on the surface of the teeth. The bacteria found in plaque give off acids that cause gum disease. To prevent gum disease and decay, remove plaque daily by brushing and flossing the teeth. An electric toothbrush may be easier for the person

to use, but ask the dentist or dental hygienist to demonstrate how to use it.

### Poor Fitting Dentures

Dentures need to be checked and refitted on a regular basis because they can become loose or uncomfortable. Poor fitting dentures may drop when a person speaks, and they can cause chewing problems that can lead to poor nutrition.

### Dry Mouth

Older people sometimes produce less saliva. Saliva is a natural mouth protector which limits the growth of bacteria, cleanses the mouth of food, and bathes the teeth with protective minerals; thus a reduction in saliva (resulting in a dry mouth) can cause dental decay. Dry mouth also can be caused by some diseases, cancer therapy, or by medicines such as diuretics, antihistamines, anti-anxiety drugs, antidepressants, alcohol, certain bladder medications and other drugs that slow the flow of saliva. Ask your doctor or pharmacist if the dose can be lowered or the prescription changed.

### Oral Cancer

Oral cancer includes cancers of the mouth, throat, tongue, and lips. If you notice red or white spots, sores in the mouth or bleeding which does not disappear within two weeks, make an appointment with the dentist or physician.

## Online 'Symptom Checkers' Often Miss Diagnosis, Study Finds

Automated online "symptom checkers" that seem to offer patients a quick opportunity for self-diagnosis provide the right diagnosis in only about one-third of cases, a new analysis reveals.

The study team found that online checkers -- which are typically free services offered by medical schools, insurance companies, and even government entities -- are a more reliable and effective means to get a handle on symptoms than using web search engines such as Google.

"The goal with these symptom checkers is to try and streamline the process by which people search the Internet for information on health problems," explained study lead author Hannah Semigran, of Harvard Medical School in Boston. "And we found that they are a better alternative to previous attempts to conduct random searches. Symptom checkers are definitely a more organized and constructive way to go about that," she added.

"We found that they are pretty good at effectively directing people with an (emergency) situation to seek some kind of appropriate care, and to do so quickly," Semigran said. "But these tools are only a helpful piece of the information puzzle. And users should know that they definitely do not provide the final word on their diagnosis."

Taken together, the online checkers accurately assessed symptoms on the first attempt in roughly one-third of cases. More than half the time, a correct diagnosis was listed among three top options. And that success rate rose to 58 percent among lists offering 20 options.

What's more, the checkers were

judged to be accurate 57 percent of the time when giving advice as to how to handle the symptoms and where to seek care. That figure jumped to 80 percent when faced with critical or urgent situations. The researchers pointed out that performance varied across the symptom checkers.

The study authors also found checkers to be relatively conservative when making judgment calls. At times that meant advising users to seek unwarranted medical care. "And sometimes the list of diagnoses options offered can be huge, which can be very confusing for users," said Semigran. She also said that incorrect information wasn't uncommon. And she cautioned that not all symptom checkers are equally trustworthy.

"They definitely varied in terms of having qualified clinical content," Semigran said. "Some clearly noted an association with a qualified panel of physicians, while others didn't. So the safest approach is to figure out which entity actually owns the site you're using. Is it a university? Is there a knowledgeable team behind it?"

Dr. David Hanauer, of the University of Michigan in Ann Arbor, suggested that symptom checkers pose a "very complicated" dilemma. He explained that "sometimes patients can't even describe the symptoms that they have. And it's not always a 'yes' or 'no' answer. It's how severe are the symptoms? Which started first, and which have gone away? A savvy clinician will know how to handle all of that, since so much of medicine is based on gut and instinct. A computer may not," he noted.

## Drink Enough Fluids to Stay Healthy

Drinking enough fluids every day is essential for a healthy body. Water helps digest your food, absorb nutrients, and get rid of waste. Here are some tips to include more fluids in your daily routine:

Have a cup of low-fat soup as an afternoon snack.

Drink a full glass of water if you

need to take a pill.

Have a glass of water before you exercise or go outside, especially on a hot day.

Make sure you talk to your doctor about drinking fluids if you've been told to limit how much you should drink.

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*You are getting old when the candles cost more than the cake.*

Bob Hope

# Remember When

## Norwegian Women, Circa 1940



Norwegian emigrant women entertain themselves in Fairhaven with their string band. They were to stay close throughout their lives.

## Recycle Old Eyeglasses and Hearing Aids in Acushnet

Many elders have asked about recycling their old unused glasses and hearing aids. Jeanne Gatonska, president of the Lakeville, Old Colony, and Acushnet Lions Club, announced that receptacles are now available at the Acushnet Council on Aging as well as the Acushnet Federal Credit Union.

"These boxes were dropped off in June and we have had a great response" Ms. Gatonska said.

"After emptying them on July 9, we collected 99 pairs of glasses as well as several hearing aids. These used items will find their way to those less fortunate through the Lions Club. Our local club thought it was a long time coming and the seniors have proved that to be correct by their generosity. On behalf of our Lions Club I would like to say thank you."

## Answers to Trivia Quiz

- 1) c 2) d 3) b 4) c 5) c 6) d 7) b 8) d 9) c 10) d

## Brandon Woods Summer Carnival



Brandon Woods of Dartmouth Skilled Nursing and Rehab Center celebrated summer at its annual carnival for residents, staff, visitors, and area daycare children. Students from Kids Ink Early Learning Center, adorned with butterflies, flowers, and their favorite super-heroes, joined the fun with the residents, bringing smiles from ear to ear. Pictured is triple-powered Batman, Phil Dubois, with two of his confederates.



## Free Tai Chi Workshops! Improve your balance with gentle soothing Tai Chi

Coastline is offering two **FREE**, 8 week Tai Chi workshops beginning in September 2015

Join Facilitators: Jacqueline Medeiros and Nancy Kleinowskis, from Coastline

Tai Chi is proven to relieve stress, improve your balance, and sense of well being. All fitness levels welcome. Poses can be done sitting or standing.

At the Dartmouth Housing Authority  
Tuesdays and Thursdays  
2:00-3:00pm  
2 Anderson Way, Dartmouth, MA

At the Fairhaven Housing Authority  
Mondays and Thursdays  
2:00-3:00pm  
275 Main St., Fairhaven, MA

For additional information or to register contact:  
Jacqueline Medeiros at 508-742-9151  
on or before September 4, 2015!



Coastline Elderly Services, Inc. does not deny delivery of service to any person on the basis of age, color, religion, gender, national origin, ancestry, physical/mental handicaps, and sexual preference, who otherwise meets the eligibility criteria for the respective programs.

## Foster Grandparent Program Celebrates 50 Years

By Christine Voss, Coastline Foster Grandparent Program Director



New Foster Grandparent retirees honored at the luncheon are, left to right, Eleanor Correia, Head Start, retiring after 22 years; Irene Varao, Gomes School, retiring after 13 years; Maria DeVeiga, Early Learning Center, retiring after 11 years; Maurice Galipeau, Abraham Lincoln School, retiring after 2 years; and Shirley Pittsley, Swift School, seated, retiring after 11 years.

In New Bedford 89 volunteers and Foster Grandparent supporters came together in June for their annual volunteer recognition and retirement banquet. But this year was an extra special year because the Foster Grandparent Program was also celebrating its 50th anniversary and Coastline's 33rd year of sponsoring the Foster Grandparent Program.

Volunteers were recognized for their years of service ranging from a few months to twenty-seven years and still participating. In addition, 24 sites were honored for their continuous partnerships with the program. Many partnerships were established in 1982 and continue to this day.

Several teachers walked up to the podium to share their personal and professional thoughts about their classroom volunteer. "Foster Grandparents are such a huge part of the success of our classroom as a whole. They offer so much support, love, guidance and wisdom to our children and myself as well. They are treasures," said teacher Karen D.

"She always brings joy and positive feedback to the students," said Chris C, director of an early childhood education site.

Although the volunteers were reluctant to stand at the podium in front of everyone, many shared the following thoughts on the annual volunteer evaluation form, "I love everything about the program. I consider myself very lucky to be part of it!" wrote Grandma Elizabeth. "My main goal is to make a difference in a kid's life, helping them with my experience, listen to their feelings and needs and give them confidence to try," wrote Grandma Maria.

And Ms. G, Elementary School teacher wrote of her Foster Granddad, "Every year he exceeds our expectations when it comes to positive classroom influence, respecting student choices and working within the classroom guidelines."

For more information about the Foster Grandparent program, call 508-742-9198.

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