

NEW BEDFORD'S Senior Scope

FREE

Serving the towns of Acushnet ■ Dartmouth ■ Fairhaven ■ Gosnold ■ Marion ■ Mattapoisett ■ Rochester

Vol. 32, No. 6

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December 2015

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Season's Greetings



*I heard the bells on Christmas Day
Their old, familiar carols play,
And wild and sweet
The words repeat
Of peace on earth, good-will to men!*

Henry Wadsworth Longfellow

City and Community Partners Make Free Health Services Available to Local Residents

Local residents can improve their wellness by accessing a FREE program offered by the Southeastern Health Initiative For Transformation (SHIFT). SHIFT is a community partnership aimed at helping New Bedford residents learn to manage three important health conditions: childhood asthma, falls by older adults, and chronic illness like hypertension in adults.

SHIFT is administered by the New Bedford Health Department with participation by a coalition of clinical and community partners. Residents can access the help they need to deal with common health issues through this free program. The program includes evaluations, counseling, and workshops on how to improve health and prevent illness.

“Good health is the foundation for living well,” said Brenda Weis, Director of Public Health for New Bedford. “SHIFT is a free wellness program designed specifically for New Bedford residents. The goal of the SHIFT program is to provide residents with services and education to improve their health and, in turn, lower their costs of medical care through prevention strategies that are proven to work.”

“The City’s Health Department is working with a coalition of clinical and community partners to help residents take control of their own health and wellness,” added Mayor Jon Mitchell. “I urge New Bedford residents to consider the programs offered and encourage them to participate to improve their overall health and wellbeing.”

SHIFT programs are designed to improve health by empowering residents to take control of factors that affect their wellness. The three areas of focus include:

A Matter of Balance – An 8-session workshop to help older adults increase their activity by developing strategies to prevent falls. This is achieved by learning about the causes of falls, managing falls risks and practicing gentle exercises to help increase balance and strength.

You Can Control Asthma – A workshop where parents learn how to manage their child’s asthma. Medical experts explain what causes attacks in children, how to reduce triggers, and which medicines are proven to control symptoms.

My Life, My Health – A workshop where coaches guide adults in living better with chronic illnesses, including hypertension. In this 6-week program, coaches and adults explore different aspects of chronic illness and decide on small steps towards making lifestyle changes.

These programs are free to residents of New Bedford. Participants are referred to SHIFT by their doctors or through community-based organizations. Community health workers who are bilingual in English and Spanish or Portuguese are available to help participants get enrolled and attend classes that are offered at multiple times during the year and at various community venues throughout the city including local parks and recreation centers, churches, and other locations. For more information about where to find a class near you, contact the New Bedford Health Department at 508-991-6199, ext. 67515.

The Southeastern Health Initiative for Transformation is a community-based partnership to improve the lives of the people of New Bedford. SHIFT helps people live better lives by teaching them about the factors that impact their health.

SHIFT is supported by a coalition of health partners that includes the New Bedford Health Department; UMASS Dartmouth; Greater New Bedford Community Health Center; Boston Medical Center; Community Nurse and Hospice; New Bedford Housing Authority; New Bedford Department of Parks, Recreation and Beaches; and other organizations. It is funded by the Prevention and Wellness Trust Fund through the Massachusetts Department of Public Health.

Editor's Notes

Christmas Memories

As I was looking through old Christmas season photos of New Bedford for our Remember When feature on page 12, the one of Acushnet Avenue transported me back to December 1956.

I pictured myself walking home from my first job at Woolworth's in the North End. I felt perfectly safe walking on the Avenue alone after 9 p.m.

The street was familiar but somehow special decked out in holiday finery, and the world was a peaceful place.

I got the job right after Thanksgiving, working Friday nights and all day Saturday in the Christmas decorations department. The store was packed with shoppers, and we sold lots of tinsel, garlands and colored lights.

It was exciting to be working and taking a first step into adulthood, earning the magnificent sum of 75 cents an hour. I turned over the few dollars I received to Mom and she gave me my allowance, probably two dollars in those days.

It was enough to pay for a movie with my sisters or friends, and maybe a Coke and bag of chips after.

The movies were very tame compared to what we see on the big screen these days. My favorites were Rock Hudson and Doris Day, and of course Grace Kelly.

I wanted to be just like the fairy tale princess who married Prince Rainier of Monaco in April of 1956. I started doing my hair like hers and when a boy told me I was wearing my Grace Kelly look, I was thrilled.

It was a simpler and more peaceful time. The word terrorist was not a part of our everyday vocabulary. The Korean War had ended in 1953 and the U.S. was not engaged in any major military campaigns.

The Suez Crisis, Cuban Revolution and unrest in Eastern Europe were covered in the international news. But these problems seemed far removed from us.

There were no 24 hour news stations in 1956. We didn't have

instant access to reports from all over the globe.

Our world was limited to our city and neighborhood, school, church, family and friends. We didn't email or text. We called our friends or talked with them in person whenever we could.

I don't know what I received for Christmas that year but usually our wish lists were quite modest – maybe sweaters or costume jewelry—nothing like the expensive designer clothes and electronics 16 year olds want today.

In those days Christmas was about family and friends, decorating the house and make special foods like fudge and stuffed dates. With eight in the family we always had plenty of company and my parents loved to entertain.

It was a joyous, festive time and Christmas carols filled the air. Harry Belafonte's recording of "Mary's Boy Child" was a big hit that holiday season and Mom loved that song. I think she even bought the record. It was unusual for her to spend money on something frivolous.

Another Christmas song by Harry Belafonte that I love even today is "Scarlet Ribbons." I have it on a CD that I play in my car. I sing along with Harry and thank goodness no one can hear me.

I've always loved Christmas music. It's my favorite part of the season. The lyrics are so familiar and comforting, they bring back warm memories of days gone by.

Enjoy your own holiday memories this season and spend time with those you love.

Wishing joy and peace to all our readers.



Look for Us in February

SeniorScope does not publish a January edition. Our next issue will be out Tuesday, February 2. Thank you to

all our readers and advertisers for your continued support, and happy holidays.

Correction

Our thanks to the many sharp-eyed readers who called and emailed to let us know about an error in the Trivia Quiz in the November issue. The numeri-

cal value of the Roman numeral "C" is indeed 100 and not 50 as stated in the quiz answers.

Senior Scope

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Letters to the Editor

Strengthen Postal Service

Every day the United States Postal Service delivers critical information, goods and even medicines to people in all corners of our country. For generations it has been a vital part of American society, one that is particularly important for older Americans, people with disabilities and those living in rural areas.

Yet, due to a 2006 Bush-era mandate that puts the postal service at a competitive disadvantage with private corporations, 6-day residential mail delivery and rural post offices are increasingly at risk.

One way to protect and strengthen the postal service is by allowing it to offer more services including postal banking. If our more than 30,000 postal branches were able to provide affordable, non-profit, consumer-driven financial services ranging from paycheck cashing and bill payment to savings accounts and small dollar loans,

it would be a win-win for American residents and the U.S. Postal Service.

Postal banking isn't new. For decades the Postal Service provided these services efficiently and reliably. But now more than 28 percent of U.S. households instead turn to payday lenders, check-cashing services, and other financial predators for their banking needs, spending 10 percent of their income on average on fees and services. Returning to postal banking would help these families and help ensure that post offices remain open for generations to come.

Join the Alliance for Retired Americans and our partners in calling on the Postmaster General to make postal banking a reality again. The Postal Service is a trusted public institution that is worth fighting for.

Thank you,
Richard Fiesta, Executive Director
Alliance for Retired Americans

Donations for November 2015

In Honor and In Memory

In memory of Richard Vargas: It has been 14 years on Dec.14, since you left us and we love you and miss you every day. <i>-Love, your wife and 4 sons</i>	\$20.00
In loving memory of Inese and Charles Almeida <i>- Catherine and Robert Michaud</i>	\$25.00
In memory of Eva Benoit, for loving Christmas memories <i>- Muriel and Laurette</i>	\$10.00
In memory of Sylvester Luce <i>-Wife, Louise and Son, Stephen and Melody</i>	\$10.00
In memory of my brother, David Hargreaves <i>-Bill Hargreaves</i>	\$25.00
In memory of my husband, David Balestracci <i>-Mary Balestracci</i>	\$25.00
In memory of my husband, Anthony Cardullo <i>-Olga Cardullo</i>	\$25.00
In memory of my parents, George "Jack" and Marion L. Henderson Remembering beautiful Christmases past <i>- Joan Henderson Beaubian</i>	\$10.00

In Thanksgiving

In thanksgiving to St. Jude, St. Joseph and Virgin Mary <i>-H.F.</i>	\$10.00
Thank you, Lord and St. Jude for our blessings <i>-MA</i>	\$10.00
Thank you St. Jude and St. Anthony <i>-Anonymous</i>	\$10.00
Thank you St Jude and Sacred Heart of Jesus for prayers answered <i>-J.F.</i>	\$10.00
Donations this month	\$190.00
Donations last issue	\$65.00
Donations Year to date FY' 16	\$598.00

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:

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Get Well Wishes for: _____

In Honor of: (Birthday or other celebration) _____

My Name is _____

Address _____

You and Your Money

AMA Calls for Ban on Direct to Consumer Advertising of Prescription Drugs

Responding to the billions of advertising dollars being spent to promote prescription products, physicians at the Interim Meeting of the American Medical Association (AMA) in November adopted new policy aimed at making prescription drugs more affordable.

Physicians cited concerns that a growing proliferation of ads is driving demand for expensive treatments despite the clinical effectiveness of less costly alternatives. "Today's vote in support of an advertising ban reflects concerns among physicians about the negative impact of commercially-driven promotions, and the role that marketing costs play in fueling escalating drug prices," said AMA Board Chair-elect Patrice A. Harris, M.D., M.A. "Direct-to-consumer advertising also inflates demand for new and more expensive drugs, even when these drugs may not be appropriate."

The United States and New Zealand are the only two countries in the world that allow direct-to-consumer advertising of prescription drugs. Advertising dollars spent by drug makers have increased by 30 percent in the last two years to \$4.5 billion, according to the market research firm Kantar Media.

New AMA policy also calls for convening a physician task force and launching an advocacy campaign to promote prescription drug affordability by demanding choice and competition in the pharmaceutical industry, and greater transparency in prescription drug prices and costs.

"Physicians strive to provide the

Solar Developer Phone Scam

The Mass. Department of Public Utilities (DPU) is warning customers about a phony "solar developer" scam.

The caller will appear to be from the Mass. DPU main telephone number (617-305-3500) on caller ID systems. The caller may inform you that you owe money to the DPU (or

best possible care to their patients, but increases in drug prices can impact the ability of physicians to offer their patients the best drug treatments," said Dr. Harris. "Patient care can be compromised and delayed when prescription drugs are unaffordable and subject to coverage limitations by the patient's health plan. In a worst-case scenario, patients forego necessary treatments when drugs are too expensive."

The AMA will encourage actions by federal regulators to limit behavior by drug companies attempting to reduce competition from generic manufacturers through manipulation of patent protections and abuse of regulatory exclusivity incentives.

The AMA will also monitor pharmaceutical company mergers and acquisitions, as well as the impact of such actions on drug prices. Patent reform is a key area for encouraging greater market-based competition. New AMA policy will support an appropriate balance between incentives for innovation on the one hand and efforts to reduce regulatory and statutory barriers to competition as part of the patent system.

Last month, the Kaiser Family Foundation released a report saying that the high cost of prescription drugs remains the public's top health care priority. In the past few years, prices on generic and brand-name prescription drugs have steadily risen and experienced a 4.7 percent spike in 2015, according to the Altarum Institute Center for Sustainable Health Spending.

other entity). This is also a scam. You are advised **not to provide the caller with any personal information and immediately hang-up.**

You are encouraged to report the scam to the DPU's Consumer Division at 617-737-2836 or toll free at 1-877-886-5066.

Gather the Family around My Social Security

By Delia De Mello
Social Security

Each holiday gathering is special. Families and friends get together to see how big the kids have gotten, catch up on family news from the summer and new school year, and remind each other to be grateful for what we have.

But what's the best way to know what you have to be thankful for when it comes to Social Security disability or retirement benefits?

This year, between holiday presents and egg nog, give your loved ones the gift of access, knowledge, and empowerment that they'll be thankful to have.

Before everyone gathers around the glow of a fire, gather around the glow of the computer screen and pull up www.socialsecurity.gov/myaccount to open a free *my Social Security* account. There, your friends and family who don't yet receive benefits can access their:

Earnings information;
Social Security Statements; and
Estimates of future benefits if they are still working.

This information is invaluable to family members — both young and old — or family members who are planning to file for disability benefits. It can help them make informed financial decisions about the future.

If your loved one is already receiving retirement or disability benefits, *my Social Security* is useful for quick and easy updates and changes like:

Changes of address;
Direct deposit information;
Replacing a Medicare card; and
Receiving replacement SSA-1099 or SSA-1042S documents for tax season.

By showing your loved ones how to access this resource and encouraging them to open their own *my Social Security* accounts, you can keep the good feeling of gratitude going all year round.

Is Medicare Part B Premium Going Up?

You may have heard that the Medicare Part B premium is going up. However, this is not true for most people with Medicare.

Most people who had their Part B premium deducted from their Social Security check last year will continue to pay \$104.90 per month. The reason is that there was no cost of living increase in Social Security benefits for 2016, and there is a law that prevents the amount of benefit checks from going down. For those who were not receiving Social Security benefits last year and those who newly enroll in Part B this year, most will pay \$121.80 per month.

There are exceptions based on income. All people with incomes

higher than \$85,000 per year (\$170,000 for a couple) have higher premiums. They will pay between \$170.50 and \$389.80 per month for Part B, based on their income. People with limited income and assets may qualify for a program that will pay their premium.

Trained SHINE volunteers can help you. They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center or one of the SHINE volunteers on the list below.

For other SHINE related matters, call 1-800-243-4636, then press or say 3.

Santa Claus has the right idea. Visit people only once a year.
Victor Borge



SHINE Counselors In Greater New Bedford Area

Fairhaven Council on Aging 229 Huttleston Ave	508-979-4029	Diane Perkins Joan Foster Lucille Dauteuil Carolyn D'Antoni
New Bedford Council on Aging 181 Hillman Street	508-991-6250 508-991-6250 508-991-6250	Jamara Natal Pamela Amaral-Lema Debra Lee
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
Marion Council on Aging 2 Spring Street Marion	508-748-3570	Asha Wallace
Mattapoisett Council on Aging 17 Barstow St Matt	508-758-4110	Connie Heacox Bob Walter
Rochester Council on Aging 57 Dexter Lane Rchtr	508-763-8723	Gordon Helme
Massachusetts Fishermen's Partnership 114 MacArthur Drive (2nd floor) New Bedford	508-991-3043	Verna Kendall



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 December 2015

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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
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.	1 B Unsalted Saltines Potato Parmesan Soup Glazed Chicken Drumstick Carrots Oatmeal Roll Mandarin Oranges	2 B Lasagna Roll Ups with Tomato Sauce Jardiniere Blend Snowflake Roll Peaches Blueberry Yogurt	3 B Turkey Divan w/ Broccoli Boiled Potatoes Multigrain Roll Brownie Diet: Graham Wafers	4 B Beef Picadillo White Rice Cauliflower Supreme Whole Wheat Bread Pears
Kcal Na+ CHO %fat 327 601 25 46	Kcal Na+ CHO %fat 266 373 39 17	Kcal Na+ CHO %fat 413 372 34 36	Kcal Na+ CHO %fat 249 308 23 38	
7 A Chicken Stew w/ Veg Parsley Whipped Potato Snowflake Roll Mixed Fruit	8 A Tossed Salad w/ Dressing Shepherd's Pie Beets Whole Wheat Roll Applesauce	9 A Beef Burgundy with Egg Noodles Genoa Blend Oatmeal Roll Fresh Orange	10 A Chicken Piccata Red Bliss Potato Holiday Blend Veggies Whole Wheat Bread Pumpkin Pie Diet: Apple Slices w/ Cinnamon	11 A Rainbow Trout w/ Lemon Pepper Sauce Potato Wedges Riviera Blend Wheat Bread Strawberry Cup
Kcal Na+ CHO %fat 403 320 45 30	Kcal Na+ CHO %fat 458 446 57 30	Kcal Na+ CHO %fat 465 307 38 45	Kcal Na+ CHO %fat 274 455 29 20	Kcal Na+ CHO %fat 396 194 32 40
14 B Mac n' Cheese Escalloped Tomato & Spinach Fruit Muffin Pears	15 B Kale Soup Portuguese Chicken Confetti Rice Whole Wheat Roll Fresh Apple	16 High Sodium Baked Ham with Raisin Sauce Scalloped Potatoes Broccoli & Carrots Scali Bread Mini Red Velvet Cake Diet: Low Sugar Cake	17 B Meatloaf & Gravy w/ Fresh Mushrooms Red Bliss Potatoes Winter Squash Whole Wheat Roll Strawberry Cup	18 B Penne Pasta w/ Meat Sauce Parmesan Cheese Italian Blend Veg. Oatmeal Bread Applesauce
Kcal Na+ CHO %fat 434 524 45 41	Kcal Na+ CHO %fat 359 662 32 33	Kcal Na+ CHO %fat 320 1338 29 37	Kcal Na+ CHO %fat 458 337 57 33	Kcal Na+ CHO %fat 344 258 38 27
21 A BBQ Pork Patty Baked Beans Collard Greens Honey Wheat Bread Mixed Fruit	22 A Tortellini Primavera Beans Bonanza Snowflake Roll Fresh Orange	23 A Chicken La'Orange Hawaiian Rice Peas & Carrots Whole Wheat Bread Tapioca Pudding w/ Shredded Coconut Diet: Diet Pudding	24 A Krunch Lite Fish Hash Browns Zucchini & Tomato Multigrain Roll Strawberry Cup	25 Holiday Merry Christmas! No Meals Served Diabetic clients may consider reserving some meal items for a snack.
Kcal Na+ CHO %fat 318 516 33 28	Kcal Na+ CHO %fat 318 467 32 25	Kcal Na+ CHO %fat 318 467 32 25	Kcal Na+ CHO %fat 394 676 39 40	
28 B Teriyaki Chicken Asian Rice Oriental Blend Veggies Whole Wheat Bread Peaches Fortune Cookie	29 B Tossed Salad w/ Dressing Swedish Meatballs Egg Noodles Scandinavian Veg Oatmeal Roll Mandarin Oranges	30 B Pork Lo Mein Winter Blend Veg. Multigrain Roll Mini Carrot Cake Diet: Low Sugar Cake	31 B California Chicken Salad Pasta Salad Cole Slaw Pita Bread Strawberry Cup	Nutrient Analysis <u>does not include</u> bread, margarine, milk, and dessert. Key: Kcal = Kilocalories Na+ = Sodium mg CHO = Grams of Carbohydrate % Fat = % Kcals from Fat
Kcal Na+ CHO %fat 262 597 26 19	Kcal Na+ CHO %fat 420 373 40 41	Kcal Na+ CHO %fat 394 268 47 26	Kcal Na+ CHO %fat 325 476 40 25	

Recipe Roundup

Immune Boosting Chicken and Rice Soup

Ingredients:

- 1tsp .olive oil
- 1/2 small onion, chopped
- 1/2 cup celery, sliced
- 1-2 carrots, coarsely chopped
- 1 tsp.finely chopped fresh garlic
- 1 tsp. chopped fresh ginger
- 1/4 tsp smoked paprika
- 3 cups low sodium chicken broth
- 3/4 c cooked brown rice
- 1 c skinned, boned, chopped deli rotisserie chicken
- Salt and Pepper (if desired)

Directions:

Heat olive oil in a 4qt. saucepan over medium heat until sizzling. Add onion, celery, carrots, garlic and ginger; continue cooking 3-5 minutes until onions are softened. Add chicken broth and paprika. Continue cooking, stirring occasionally, 7-9 minutes or until mixture comes to a boil and carrots are tender. Stir in rice and chicken. Cook 5-7 minutes or heated through. Season with salt and pepper, if desired. Serve immediately.

Serves 2-3

Source: Stephanie Boulay, R.D.

Gifts of time and love are surely the basic ingredients of a truly merry Christmas.

Peg Bracken

Balsamic Glazed Salmon

Ingredients:

- 1/2 cup balsamic vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 2 (4-ounce) salmon filets
- 1/2 green onion, chopped

Directions:

Preheat the oven to 400 degrees F. Place parchment paper on a baking sheet. In a small saucepan, bring the vinegar, Dijon mustard, and honey to a boil over medium heat. Reduce the heat to a simmer and cook until thick, about 10 minutes. Brush the salmon filets with half of the balsamic glaze and reserve the other half. Bake the salmon for 10-14 minutes, or until the salmon is cooked through and flakes easily with a fork. Remove the salmon from the oven and pour the remaining glaze over the salmon. Top with green onion and serve hot.

Serves 4

Source: diabetes.org/recipes

Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie.

Jim Davis

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508-991-6250 and ask for Director Debra Lee...Thank you!

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Update

Downtown Holiday Stroll

The 10th annual Downtown New Bedford Holiday Stroll is set for the weekend of December 5 and 6, from noon to 4 p.m. Presented by Downtown New Bedford Inc., the event will include a holiday parade, visits from Mr. and Mrs. Claus, live music, holiday shopping and craft fair, followed by Christmas tree lighting at 4:30 p.m.

For more information visit www.downtownnb.org.

A Christmas Carol at Whaling Museum

On December 6 at 5 p.m. the city of New Bedford will enjoy a riveting performance of the classic holiday story A Christmas Carol. Neil McGarry's stunning one-man performance of Charles Dickens' A Christmas Carol won "Best Solo Performance of 2014" from the Independent Reviewers of New England (IRNE), after being nominated for the same award in 2013. It was also named "Best of Boston" in 2013 by critic Jules Becker.

Tickets can be purchased at the door, at baycolonyshakespeare.org, or by calling 866-811-4111. Discounts for groups of 10 or more as well as for veterans, active members of the armed forces/emergency services and those working in education are available.

Holiday Greens Sale

The Greater New Bedford Garden Club will hold a Holiday Greens Sale on Saturday, December 5, from 10 a.m. to 4 p.m. at the Acushnet Council on Aging, 59 1/2 So. Main Street. Boxwood trees, wreaths, and centerpieces will be offered. Proceeds will benefit the Rose Murphy Scholarship Fund. Admission is free. A formal tea will be served at 2:00 p.m. Tickets for the tea are \$8 and limited to 80 persons.

Christmas Cantata and Sing-along

On Sunday, December 6 at 3pm, at Saint Lawrence Martyr Church in New Bedford, the Spirit of Song Ensemble will perform their annual Christmas Cantata and sing-along concert directed by Cassandra Morgan. This year's Christmas Cantata is a brand new contemporary composition titled One Silent Night by Christian composer Pepper Choplin. The modern piece interweaves beloved Christmas music throughout.

The audience is invited to come and sing-along to favorite Christmas carols. Because there is limited seating, please call ahead for tickets at 508-264-8010. Ticket cost is a donation accepted at the door the day of the performance.

Dartmouth Fashion Show and Dinner

The 11th annual Fashion Show and Dinner sponsored by the Dartmouth Friends of the Elderly will be held Friday, December 11, from 6 p.m. to 9 p.m., at the Dartmouth Senior Center on Dartmouth Street. The event will benefit the Dartmouth Adult Social Day Program.

The ticket price is \$20. Call the Dartmouth Senior Center for tickets or more information at 509-999-4717.

Custom House Square Holiday Happenings

Horse and carriage rides, holiday carolers, performances by Harpoon Harmonizers, food vendors and more will be featured in the Seaport Cultural District on Saturdays, December 12 and 19, from noon to 5 p.m.

Holiday House Tour

To herald the season, residents of New Bedford's historic neighborhoods will once again open their beautifully restored homes for the New Bedford Preservation Society's signature fundraising event, the 24th Annual Holiday House Tour.

This year's candlelight tour will be held from 4 to 8 p.m. on Saturday, December 12, with the Sunday, December 13 afternoon tour held from 1 to 5 p.m. Both tours start at the Wamsutta Club, 427 County Street, where an elegant pre-tour brunch will be held on Sunday from 11 a.m. to 1 p.m., along with a holiday raffle and silent auction of beautiful gifts, art, antiques and handcrafted items.

Pre-tour brunch reservations (\$17) can be made (but are not required) by calling the club at 508-997-7431. Tickets are available online and at the following locations: Arthur Moniz Gallery, Surrey Shoppe, New Bedford Antiques at Wamsutta, and New York Shoe Repair in New Bedford; The Ultimate Touch Nail Salon in Dartmouth; Periwinkles in Fairhaven, and in Marion at the Marion General Store.

For further information, please call the New Bedford Preservation Society office, 388 County Street, at 508-997-6425. All proceeds will benefit the work of the society.

Veterans Lunch at Brooklawn



Enjoying the Veterans Luncheon at the Brooklawn Senior Center last month were, seated left to right, Alzada Brites, Tony Brites, Rick Simmons, Ray Paradis, Norman (Danny) Nadeau, James Costa, Frank Amarante, and George Powers. Standing in background is Brooklawn Coordinator Jordan Duarte. A Veterans Drop-in Coffee Hour is held every weekday at 9 a.m. at Brooklawn.

Santa Paws Is Coming to Town

The Humane Society & Shelter SouthCoast is once again providing an opportunity for holiday pictures of Santa with your pets. The annual event will be held Saturday, December 12, from 11 a.m. to 2 p.m. at the Humane Society, 31 Ventura Drive in Dartmouth. Please remember to be safe and bring your pet in a carrier or on a leash.

A donation of \$15 will support the Humane Society. For more information call 508-995-6661.

City Celebrates New Year's Eve

The annual family friendly event will be held Thursday, December 31, from 5 p.m. to 8:30 p.m. in Custom House Square and will feature holiday art, Toe Jam Puppet Band, Family Magic Workshop, street performers, fireworks over the harbor, and a dance party with DJ Anghelli.

Bereavement Support Groups

Widowed Persons Support Groups meet in Dartmouth and New Bedford and are open to residents of New Bedford and surrounding towns. The Dartmouth group meets at the Dartmouth Senior Center, 628 Dartmouth, Street, the first and third Friday of the month from 8:15 a.m. to 10 a.m. for newly widowed individuals and the regular meeting is held from 10 a.m. to noon.

The New Bedford group meets at the Social Support Center, 181 Hillman Street, on the second and fourth Friday of the month, from 11:00 a.m. to 12:30 p.m. For more information call the YWCA Widowed Persons Program at 508-990-2979.

Mass. Senior Action Meets

The Bristol Country chapter of Massachusetts Senior Action Council meets the fourth Thursday of every month from 1 p.m. to 3 p.m. at St. George Church Hall, 12 Highland Avenue, Westport. Mass. Senior Action will hold its biennial convention Friday, October 30, at the MSAC office, 150 Mount Vernon Street, Dorchester. The organization is committed to empowering seniors and others to act collectively to promote the rights and wellbeing of all people, but particularly vulnerable seniors.

For more information call 508-993-2680.

Breakfast with Santa

A special Breakfast with Santa will be held Saturday, December 5, 8:30 a.m. to 10:30 a.m., at Holy Family-Holy Name School, 91 Summer Street. The event will include breakfast of pancakes, sausage, juice, milk and coffee, plus a picture with Santa, face painting and craft-making for each child.

Tickets are \$8 for children and \$10 for adults. Call 508-993-3547 to purchase tickets.

Choral Society Winter Concert

The Greater New Bedford Choral Society will present its annual Winter Concert on Sunday, December 13, at 3 p.m. at the First Unitarian Church, 71 Eighth Street. The performance will feature Giovanni Battista Sammartini's "Magnificat" as well as medieval and modern Christmas carols.

For more information visit www.gnbcs.org.



Members of the



Greater New Bedford Jewish Community

Cordially Invite You to the

Annual Christmas Dinner

Christmas Day, December 25

Holy Name of Sacred Heart Parish Hall

121 Mount Pleasant Street, New Bedford

Doors open at 10 am

Dinner at 12 pm

Open to all seniors from city and area towns.

Reservations deadline December 18

Call 508-991-6250



Turkeys Donated at Buttonwood Senior Center



Tufts Health Plan Senior Care Options donated 50 turkeys to seniors at the Buttonwood Senior Center just in time for Thanksgiving. Pictured, left to right, at the turkey give-away are Lillian Donaghy, Council on Aging Administrative Specialist Pamela Amaral-Lema, George Ruel, Council on Aging Clerk-Typist Mark Quintal, and Tufts Health Plan Senior Care Options Community Relationship Manager Connie Andre.

Susan Schwager Retiring as Director of Marion COA

Susan Schwager will be retiring this month as Director of the Marion Council on Aging after 18 years in that position. Services to Marion elders have grown tremendously under her leadership.

“When I started in November of 1997, I had no computer and one file cabinet,” she reminisced during a recent telephone conversation. “As the population aged, we continued to grow and grow.”

The Marion COA now has a mini-senior center, three vans and drivers, an Outreach Worker and a Program Coordinator. Susan is quick to point out she could not have accomplished all this without the assistance of her staff and the COA board.

Susan also credits the Marion

Friends of the Elderly group she started with helping to provide services to the town’s older residents.

Marion does not have an actual senior center, but Susan hopes the town will eventually develop one. For now, the new mini-senior center is held Mondays at the Marion Music Hall and features a variety of classes and presentations, as well as a luncheon and opportunities for socialization.

Susan worked for the state Dept. of Transitional Assistance for nearly 20 years before becoming Marion’s COA Director. She is looking forward to retirement so she can have more time to pursue her many interests, including competitive tennis, hiking, sailing and travel.

Volunteers Needed for AARP Foundation Tax-Aide Program

AARP Foundation is looking to build its team of tax-loving volunteers. Tax-Aide is a free tax assistance and preparation program for taxpayers with low to moderate income through the AARP Foundation.

AARP Foundation Tax-Aide has volunteer opportunities for people at every level of experience who want to stay sharp while giving back. Tax volunteers will complete a tax preparation workshop from the Internal Revenue Service prior to working with taxpayers. There is also a need for grass-roots leadership, on-site greeters, those who are skilled in technology, and dedicated translators who can provide language assistance in Spanish or Portuguese.

AARP Foundation Tax-Aide has grown remarkably since its inaugural team of just four volunteers in 1968. The program now involves more than 35,000 volunteers and serves 2.6 million taxpayers annually at more than 5,000 sites nationwide with free tax help. Taxpayers who used AARP Foundation Tax-Aide received \$1.3 billion in income tax refunds and more than \$250 million in Earned Income Tax Credits (EITCs). You do not need to be a member of AARP or a retiree to use this service.

For more information, visit www.aarp.org/taxaide or call 1-888-OURAARP (1-888-687-2277).

Trivia Quiz

by JRA

- What was the name of the roller coaster at Lincoln Park?
 - Cyclone
 - Comet
 - Cosmos
 - Tornado
 - Santa Claus evolved from a real person, Saint Nicholas, who became famous for his generosity to the poor and led to Santa’s gift giving. Where did Saint Nicholas live?
 - Iceland
 - Germany
 - Turkey
 - North Pole
 - The construction of Fort Taber was never completed as planned. It was started during which war?
 - War of 1812
 - Civil War
 - World War I
 - World War II
 - This city had the NBA team name ‘Lakers’ before the franchise was moved to Los Angeles.
 - St Louis
 - Indianapolis
 - Syracuse
 - Minneapolis
 - Which state in the continental U.S. has the most sunny days?
 - Arizona
 - Florida
 - New Mexico
 - Alabama
 - This performer always closed his weekly TV show with the words: “Good night Mrs. Calabash wherever you are”.
 - Milton Berle
 - Jimmy Durante
 - Jack Benny
 - Dean Martin
 - Under what President did Medicare and Medicaid come into effect?
 - Franklin D. Roosevelt
 - John Kennedy
 - Lyndon Johnson
 - Jimmy Carter
 - Where are the carpal bones located in your body?
 - lower leg
 - knee
 - elbow
 - wrist
 - He selected this epitaph for his headstone: “The Best Is Yet To Come”
 - Dean Martin
 - Bing Crosby
 - Frank Sinatra
 - Billy Graham
 - What baseball broadcaster originated the famous call of home runs: “Going! Going! It is gone!”
 - Curt Gowdy
 - Mel Allen
 - Red Barber
 - Phil Rizzuto
- (answers on page 12)

Senior Travel

Day Trips

Call the Marion Council on Aging at 508 748-3570 for more information about the following trips:

- Thurs. Dec. 10 -- Christmas at Blithewold, Bristol RI**
- Thurs. Jan. 7 -- Lunch at Upper Cape Tech; shopping at the Christmas Tree Shop**

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

- Wed. Dec. 9 – Brightnights at Forest Park –lunch at Salem Crofts Inn**
- Mon. Dec. 14 – Foxwoods Casino**
- Mon. Jan. 11 – Twin Rivers Casino**
- Mon. Feb. 22 – Foxwoods Casino**
- Wed. March 16 – St. Patrick’s Day Celebration –Aqua Turf Restaurant, CT**
- Mon. March 21 – Mohegan Sun Casino**
- Wed. April 27 -- Dolly Parton & Kenny Rogers Tribute – Foxwoods Casino**
- Sat. April 30 – Jersey Boys – PPAC**

Contact the Rochester Council on Aging at 508-763-8723 for more information about the following trips:

- Fri. Dec. 4 – Wrentham Outlets**
- Wed. Dec. 9 – Emerald Square Mall**
- Thurs. Dec. 10 – La Sallette Shrine**
- Sat. Dec. 12 – Festival of Trees, Marlboro**
- Thurs. Dec. 17 – Garden City Mall**
- Sun. Dec. 20 – Heritage Gardens and Museum**

Multi Day Tours

Contact the Dartmouth Friends of the Elderly at 508-636-6453 about these trips or attend informational meeting, Tues. Dec. 5 at 5 p.m. at the Dartmouth Council on Aging, 581 Dartmouth Street:

- July 23-31 – Colorado Rockies** featuring national parks and historic trains.
- Sept. 18 – Oct. 1 – Central and Eastern Europe** featuring Berlin, Prague, Vienna, Budapest, Krakow and Warsaw.

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

- May 15-20 –Montreal and Niagara Falls – 6 days, includes 10 meals, tours, St. Lawrence River cruise, winery tour and more.**

Computer Classes at Hillman Street Center

Computer classes will be offered twice a week at the Hillman Street Social Support Center, 181 Hillman Street, in January. Tuesday classes will begin January 5 from 10 a.m. to 11 a.m. Thursday classes will begin January 7 from 1 p.m. to 2 p.m. All levels are welcome. For more information call 508-991-6250.



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

At the Senior Centers

Acushnet Senior Center

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

Strong Women/Strong Bones meets Mon. and Wed. at 10 a.m. with Karen Corcoran.
Cardio Dance and Yo Chi meets Thurs. at 9:30 a.m. and 11:00am with Ellie Higgins.
Stretch & Flex Exercise with Larry Bigos meets Wed. at 2:30 p.m. and Fri. at 10:30 a.m.
Gentle Yoga with Karen Corcoran meets Tues. at 11:15 a.m.
Zumba with Patti Cautillo meets Wed. at 8:30 a.m. and Fri. at 1 p.m.
Line Dancing class with Jeannie Gelinas meets Thurs. at 1 p.m.
Mahjong meets Mon. at 11:30 a.m. Cribbage meets at 12 p.m. on Mon. and Fri.
French Club, Art, Crosswords, Scrabble, Hand & Foot and Pitch meet on Tues. Call for times.
Red Hats meet the first Thurs. of every month at 11 a.m.
Greater New Bedford Garden Club gathers the 4th Mon. of every month at 1 p.m.
Garment Workers meet the 1st and 3rd Tues. of every month at 1 p.m.
St. Theresa's meet the 2nd and 4th Tues. of every month at 1 p.m.
Toe Nail Care is available every other Fri. Call to set up an appointment with Lisa Nuno.
Dental Hygienist Holly Petruzzo, RDH is here one Thurs. a month. Call 774-766-7238.
Blood Pressure Clinic is held every Wed. at 9 a.m.
Red Cross Blood Drive is held every other month beginning in Jan. Call the center for dates.
Grocery Shopping, Tues. and Thurs.
Medical Transportation, please call to make appointment
Browse our Lending Library or donate recently published books
Lovely Ladies Learning to Eat Healthy, meets every Friday at 10 a.m.
Needle Arts group meets on Thursday from 1 p.m. to 3 p.m.
SHINE Counselor Kathy Audette will be available on Wednesdays by appointment.
The New Bedford **St. Anthony's Senior Group** meets at the Acushnet Council on Aging on 2nd and 4th Monday, at 1 p.m. No meetings in Jan. and Feb.

Ashley Park Center

The Ashley Park Center in New Bedford is open Monday through Friday from 10 a.m. to 4 pm. For information on activities such as cards and dominoes call 508-991-6211.

Brooklawn Senior Center

The Brooklawn Senior Center is now open Monday, through Friday from 9 a.m. to 3 p.m. For more information on the following activities, call 508-961-3100.
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.
Cookie Decorating Party will be held Thurs., Dec. 3.
Crochet and Knitting group will meet on Mondays from 9:30 a.m. to 11:30 a.m. Beginners welcome.
Adult Coloring Books, try this new trend on Wed. from 12 noon to 1 p.m.
Healthy Holiday Eating presentation Thurs. Dec. 10 at 12:30 p.m.
Christmas Party featuring New Horizons Choral Group on Thurs. Dec. 17, at 1 p.m.
Chili Cook-off is set for Jan. 7. Call for details.
DA Thomas Quinn will discuss Financial Abuse on Thurs. Jan. 21, at 10 a.m.
Weight Loss Accountability group will meet Mon. from noon to 1 p.m. starting Jan. 4.
Play Hand & Foot every Wed. at 1 p.m. Beginners welcome.
Play cards with friends on Fri. from 9 a.m. to 11 a.m.
Chair Yoga with Joey Machado meets on Tuesdays from 2:30 to 3:30. Cost of each class is \$3.
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.
New Horizons Choral Group rehearses every Thursday from 12:30 p.m. to 2:30 p.m. starting Sept. 18, New members are welcome.

Buttonwood Senior Center

For more information on the following activities, call the Buttonwood Senior Center at 508-991-6170, 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.
My Life, My Health, six week workshop on living with chronic conditions, begins Wed., Nov. 18, at 9 a.m.
New Alzheimer's and Dementia Caregiver Support groups sponsored by Hope Health meet the first and third Friday of the month from 1 p.m. to 2:30 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 noon to 1 p.m.
Breakfast is available daily.
Senior Tax Workshop with NY Life representative will be held Thurs. Dec. 3 at 11 a.m.
My Life, My Health, living with chronic conditions workshop, will be held Mondays from 1 p.m. to 3 p.m.
Cold and Pneumonia Prevention presentation by representative from Sacred Heart Home on Tues. Dec. 8, at 11:30 p.m.
Healthy Eating for the Holidays presentation by Coastline on Thurs., Dec. 10, at 11 a.m.
Carols, Cookies and Cocoa featuring the Keynotes is set for Wed. Dec. 16, from noon to 2 p.m.
Dining out the Healthy Way will be presented by Coastline on Thurs. Dec. 17, at 11 a.m.
Matter of Balance workshop will return. Call for dates and times.
Gut Health and Probiotics with Coastline is set for Thurs. Jan. 14 at 11 a.m.
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.
Game Show Mash-up will be held Thurs from 10 a.m. to 11 a.m.
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. and the third Tues. of the month with the Visiting Angels.
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.
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.

Holiday Party is set for Fri. Dec. 18 at 11:30 a.m. A catered lunch will be served followed by the singing entertainment of Chris Waters. Please sign up to reserve your spot.

Tai Chi is offering a special introductory class. The four week session begins Tues. Dec. 1. The cost is \$15.00.

Please call the Center for a reservation.

Powerful Tools for Caregivers Workshop will run Fridays from Nov.6 to Dec. 18 from 1 p.m. to 4 p.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 Country Three 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 2:30 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.

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.

Flex and Strength class meets on Wednesday and Friday at 9:00 a.m. Beginners are welcome.

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

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.

New **Zumba Tone** class meets Tues. at 4 p.m.

Walking Club meets Mon. Wed. and Fri. at 8:30 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

Cheers to the New Year party will be held Tues. Dec. 29. Call for details.

Healthy Eating for the Holidays presentation by Coastline Tues, Dec, 22 at 11 a.m.

Steward Home Care presentation is set for Wed. Dec. 2, at 11:45 a.m.

Pharmacy Medication presentation on Wed. Dec. 9 at 11:45 a.m.

DA Thomas Quinn will discuss **financial abuse** Wed. Jan. 6 at 11:15 a.m.

Dining out the Healthy Way presented by Coastline Tues. Jan. 19 11:30 a.m.

Manicures will be provided by Home Instead second Tues. of every month from 9:30 to 11:00 a.m.

W11 Games players meet on Mon. from 2 p.m. to 3 p.m.

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

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

Project Day from 10 a.m. to 11 a.m. forth Tues. of the month only sponsored by Brandon Woods.

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 Goldclass 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.

Birthday Cake for all seniors who celebrated a birthday on the forth Wed. of each month.

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

Yoga meets Wednesday at 10 a.m.

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

Senior Safety

Millions of Elders Ill-Prepared to Live Alone

Nearly 8 in 10 Americans are worried about the safety of their parent and/or grandparent living alone or with a spouse/partner, according to a new Caring.com report. Yet despite these concerns, the majority of children and grandchildren have not equipped their older loved one's home with safety features such as grab bars in the shower, raised toilet seats, an emergency response system and/or an entrance ramp.

According to the Centers for Disease Control and Prevention (CDC), 2.5 million adults 65 years and older are treated for unintentional fall injuries each year. While many of these injuries can be prevented by equipping elders' homes with relatively inexpensive safety equipment, most are living without these features. In fact, in a recent Caring.com survey of adult children and grandchildren age 18 and older, these family members reported that among seniors living alone:

46 percent do not have grab bars in the shower,

63 percent do not have a raised toilet seat,

64 percent do not have an emergency response system,

76 percent do not have an entrance ramp.

"People tend to wait until a concerning incident or tragedy happens to actually prepare themselves and their loved ones for old age," said Andy Cohen, CEO and founder of Caring.com. "That's a huge mistake because you're actually putting them at a bigger risk for injury."

Living without these items not only endangers a senior's personal well-being, but it could lead to high health-related costs down the line. The average hospital cost for a fall injury is about \$35,000 and Medicare typically only covers about 78 percent of that, according to the CDC.

"Many of the basic safety features can be purchased for less than \$1,000," said Cohen. "That's much more reasonable than being hit with a \$10,000 hospital bill, and worse, having a parent or grandparent with a broken hip."

Downsizing? 4 Easy Ways to Get Rid of Unwanted Stuff

Members of the National Association of Senior Move Managers recently reported that 98 percent of their senior clients downsized before relocating.

Downsizing before a move can be both liberating and overwhelming. But for seniors who have acquired many possessions over the years, it can be an especially daunting task. Seniors planning a move into smaller living spaces should begin the downsizing process about 90 days before moving, says Greg Gunderson, owner and president of Gentle Transitions in Manhattan Beach, Calif.

"The most time-consuming part is the decision-making process," Gunderson says. But even after deciding what stays and what goes, Gunderson says one question remains: "What's the best way to get rid of the items I don't want?" From donating a book collection to selling a

grand piano, here are four ways to give possessions a new home.

Hold an estate sale. Partner with an estate sales group that can facilitate the auction or sale of belongings at the home.

Contact an auction house. Consider letting an auction house take over the sale of high-end valuables such as antique furniture, artwork or collectibles.

Donate to a charity. Thinking about passing some possessions to those in need? Call the charity (for example Salvation Army, Goodwill) in advance to give them a list of the items that will be donated.

Hire a paper-shredding service. Because financial, bank and private documents can contain confidential information, Gunderson says it's important to practice caution when removing them from the home.

Healthy Eating for Local Seniors



Trying their hand at making pasta with Chef Henry Bousquet of GNB Voc-Tech are, from left, Joan Cote, Janice Southworth and Carol Simpkin. Student Ariah Goodine is at right.

The Greater New Bedford Vocational Technical Culinary Arts program partnered with Coastline Elderly Services to educate a group of older adults who participated in a six-week seminar on Healthy Eating for Successful Living this fall.

The final class took place November 10 in the kitchen laboratory of GNB Voc Tech, where the participants worked with the Culinary Arts students and Chef Henry Bousquet to develop a healthy menu. They learned new skills such as making their own pasta using fresh vegetables and herbs including a heart healthy protein.

The healthy eating series was led by Stephanie Boulay, R.D., of Coastline's Nutrition Program. Healthy Eating for Successful Living in Older Adults is a proven program developed by a regional advisory panel assembled by Lahey Clinic, Boulay said.

Coastline, along with partners for healthy nutrition, the 4C Collaborative, were awarded a \$225,000 grant from the Tufts Health Plan Foundation to provide elders in the Greater New Bedford area with improved access to nutrition, the key to healthy aging.

Never worry about the size of your Christmas tree. In the eyes of children, they are all 30 feet tall.

Larry Wilde

Nutrition News

Stay Well this Holiday Season

By Stephanie Boulay
Registered Dietitian,
Coastline Elderly Services, Inc.

Protect yourself from the flu. Stay away from those who may be coughing or sneezing, wash your hands frequently and make sure to get the flu shot.

If you should fall ill, take time to recover and rest up. Drink some ginger tea or have chicken soup (see p. 4 for recipe). Lemon juice with honey and warm water is soothing for sore throats.

Develop a "Sugar Strategy" for Healthy Holiday Eating

Shared meals are a highlight of the holidays. And while it's easy to over-indulge when there are so many delicious dishes on the table, desserts can be especially easy to overeat.

A 2013 study examining how sugar and fat affect regions of the brain related to overeating showed that when it comes to food cravings, sugar has a stronger impact than fat. With a few simple tips, you can enjoy sweet treats without overdoing it. Avoiding sugar altogether might be an unrealistic option, but with the right "sugar strategy," you can indulge wisely.

Savor the sweet

Rather than eating a large portion of one — or more — desserts, choose your favorite, and slowly savor each bite. By paying attention and truly enjoying each bite, it's likely you'll feel satisfied with a smaller portion.

Take time for tea

After dinner, and before dessert is served, pour yourself a cup of warm,

Zinc rich proteins like lean meat, dark meat poultry, wheat germ or seafood are good ways to support a healthy immune system.

Drink at least 8 glasses of liquid a day, such as water, seltzer, juice, herb tea or decaf coffee, soup or low fat milk.

Enjoy more complex carbs such as fruits and vegetables, nuts, legumes, peas and whole grain pasta, rice and breads to help boost your immune system.

fragrant tea. You may find that by the time the dessert tray is passed around, you're content with sipping your soothing cup of tea and don't desire a heavy, sugar-laden confection. This post-dinner pause also allows your brain time to register how full you are, and taking a tea break may help you realize you simply aren't hungry for dessert.

Choose simple sweets

Holiday desserts are often decadent, but taking a simple approach can provide a refreshing change. If you're entertaining, consider preparing an elegant fruit plate with squares of dark chocolate on the side. Your guests will be both surprised and delighted at the equally flavorful, yet lighter, option.

Be smart about sugar sources

While sweet treats are part of many people's holiday traditions, make sure you're indulging wisely. Sugar-sweetened beverages should stay off the menu, and other highly processed sugary foods should be given the boot.

Good News for Coffee Drinkers

More good news for coffee lovers! Getting your daily fix of java may lower your risk of death from heart disease, type 2 diabetes and other serious illnesses, reports Dr. Cindy Haines of HealthDay TV.

Researchers reviewed food questionnaires filled out by more than 200,000 adults involved in three large, ongoing studies. They tracked coffee consumption and mortality rates for about 3 decades. People who regularly drank moderate amounts of coffee daily had a lower risk of death from cardiovascular disease, type 2 diabe-

tes, neurological diseases and suicide. Moderate consumption was defined as less than 5 cups per day.

The health benefits held true for both caffeinated and decaffeinated coffee. The lead author says bioactive compounds in coffee reduce insulin resistance and systemic inflammation and may be responsible for the association between one of the world's most popular beverages and mortality. The study concludes that coffee can be included as part of a healthy, balanced diet for most people.



In Massachusetts only 3 out of 5 eligible seniors are using SNAP to buy healthy food

Food stamps, like Social Security, is an entitlement program. This extra help is for you!

Myths and Facts about Food Stamps

Myth: If I take them, people who are far worse off than I am will not get them.

Fact: There is more than enough for everyone entitled.

Myth: I have property and will not be eligible.

Fact: This is not always true.

Let us apply for you. You may get some much need relief on your monthly grocery bills

You will be entered into a drawing and may win a grocery card, cash or a free trip.

Come into the Senior Support Center, 181 Hillman Street, or we can go out to your home.

New Bedford Council on Aging

Call 508-991-6251 to arrange for help with the process.

Your Health

Strategies to Help People with Arthritis Thrive

Arthritis is one of the most common causes of disability—almost half of adults 65 years of age or older have the condition. Limitations to daily activities caused by arthritis are common, affecting 23 million adults. Millions report significant limitations including walking short distances (1/4 mile), stooping, bending, or kneeling; climbing stairs; and social activities. Those reporting the most limitations are adults with both arthritis and other chronic diseases and conditions—most commonly diabetes, heart disease, and obesity.

There is good news, however. The pain and limitations caused by arthritis and other co-occurring disorders can be managed. Effective strategies can improve quality-of-life, reduce disability, and help people live better and thrive, according to the Centers for Disease Control.

Live Better by Being Active

Physical activity has been proven to reduce pain and improve function in people with arthritis. It can help prevent or delay arthritis progression and disability, and allow those affected by arthritis to maintain independence. Physical activity also can help people with arthritis manage other chronic conditions they may have, such as heart disease, diabetes, and obesity, and improve mood.

Physical activity is an important part of staying healthy and there are many types of exercise to choose from, even for those who have arthritis-specific limitations to exercise or concerns about worsening their arthritis, aggravating arthritis pain and causing further joint damage.

Several group physical activity classes specifically appropriate for people with arthritis are recommended by CDC and are made available in communities across the country. These programs can help people with arthritis achieve fitness and activity goals and have been shown to provide many benefits.

Moderate-intensity, low-impact activities, such as walking, biking, swimming, and water aerobics are also

Warning Signs of Sinusitis

Sinusitis, or inflamed sinuses, can be misdiagnosed as a cold or allergy. The American College of Allergy, Asthma and Immunology suggests these possible symptoms of sinusitis:

- Having postnasal drip.
- Excreting green or yellow nasal discharge.

Parkinson's Support Group Christmas Party

The next meeting of the Parkinson's Support Group will be held on Thursday, December 10, at 1 p.m. at the End Zone, 218 Coggeshall Street. The annual Christmas party will feature a

Palliative Care Provides Comfort and Hope in Times of Despair

Palliative care, sometimes referred to as "comfort care," is a specialized approach to the treatment of patients with a serious or life-threatening illness. The goal of palliative care is to provide relief from the symptoms, pain and stress of serious illness. It is also designed to improve the quality of life of both the patient and the patient's family. Patients can continue to receive aggressive and curative kinds of treatment like chemotherapy, radiation, dialysis and surgery while receiving palliative care.

"The gift we give in palliative care is having a good discussion about quality of life," says Dr. Stephen Goldfine, chief medical officer at Samaritan Healthcare and Hospice. "I ask my patients 'how do you define that (qual-

good forms of exercise that are safe for most adults with arthritis.

Any activity is better than none. Activity can be broken up into increments as small as 10 minutes for health benefits. For example, three 10-minute bouts of physical activity is an acceptable way to meet a daily goal of 30 minutes. It's never too late to start.

Live Better by Learning Skills

Self-management education classes, such as the Chronic Disease Self-Management Program offered by Coastline Elderly Services, have been proven to increase exercise, confidence in making healthy lifestyle changes, and the ability to do household and social activities, and decrease depression, pain, and frustration about health. Self-management education classes help people learn techniques to reduce pain and improve function and to develop skills and confidence to manage arthritis and other conditions daily. Using these skills can make it easier to age well with arthritis.

Live Better by Managing Your Weight

Obesity is common among people with arthritis and is associated with arthritis-related disease progression, activity limitation, disability, reduced quality of life, poor clinical outcomes after joint replacement, diabetes, and heart disease.

Losing weight or maintaining a healthy weight may be challenging, but it is particularly important for people with arthritis. At any age, low-impact physical activity like walking and dietary changes can lead to successful weight loss for people with arthritis. In fact, losing as little as 10 to 12 pounds can improve pain and function.

Live Better by Talking to Your Health Care Provider

For many people living with arthritis, being under the care of a health care provider and attending regular appointments may be beneficial. Proper medical management through medications and other treatments helps manage pain, inflammation, fatigue, and prevent potential disability.

- Feeling stuffy or congested.
- Having a headache in the front of the head and pain in the teeth.
- Developing a cough and bad breath.
- Running a fever and feeling tired.

choice of Chicken Parmesan, fish and chips, sirloin tips or broiled scrod. Call Judy at 508-997-0907 to make a reservation.

ity of life)—what makes you want to live? Once we develop that definition, then we can make decisions about what treatments are appropriate."

"Palliative care is different from hospice in that it allows patients to receive aggressive and curative kinds of treatments while receiving palliative care, and they do not need a physician to certify that they have a life-expectancy of six months or less," said NHPCO President and Chief Executive Officer J. Donald Schumacher. "Much of the palliative care provided in the United States is provided by hospice programs."

For more information, visit the "Moments of Life" website at MomentsOfLife.org.

Preserving Your Brain Power

The key to preventing brain shrinkage may be what you put in your belly, according to a new study reported by Dr. Cindy Haines of HealthDay TV. A diet filled with more fish and plant-based foods and less meat and dairy appears to preserve brain volume as you age.

More than 670 adults without dementia filled out detailed questionnaires about their eating habits over the past year. Based on their answers, they were divided into two groups – those who followed a Mediterranean-like diet and those who didn't. Months later, all of the participants underwent MRI brain scans. The results showed that people who more closely followed a Mediter-

ranean diet had more total brain volume, more gray matter volume and more white matter volume.

According to the study, the difference between the two groups was about the same as five years of aging. One of the authors calls the results exciting. He says, "They raise the possibility that people may potentially prevent the effects of aging on the brain simply by following a healthy diet. The Mediterranean-like diet in the study included high intake of vegetables, legumes, fruits, cereals, fish and olive oil, moderate consumption of alcohol and low intake of saturated fats, dairy products, meat and poultry.

Smoking Linked with Higher Risk of Type 2 Diabetes

Current smokers and people regularly exposed to second-hand smoke have a significantly increased risk for type 2 diabetes compared with people who have never smoked, according to a new large scale analysis conducted by researchers from Harvard T.H. Chan School of Public Health and universities in China and Singapore.

The researchers estimated that 11.7 percent of cases of type 2 diabetes in men and 2.4 percent in women may be attributable to active smoking. They also found that risk decreases as time elapses after smokers quit. The study was published September 18, in *The Lancet Diabetes & Endocrinology*.

While the evidence pointing to smoking as a risk factor for cancer, respiratory diseases, and cardiovascular disease is

overwhelming, corroboration of a link between smoking and type 2 diabetes risk has been slower to build.

In this study, the Harvard Chan researchers and colleagues looked at health data from nearly 6 million study participants. They found that when compared with people who never smoked, current smoking increased the risk of type 2 diabetes by 37 percent; former smoking by 14 percent; and passive smoking (breathing in second-hand smoke) by 22 percent.

Among current smokers, the amount smoked made a difference. The increased risk of developing type 2 diabetes was 21 percent, 34 percent, and 57 percent for light, moderate, and heavy smokers, respectively, compared with never smokers.

El Fumar Es Relacionado con el Riesgo Más Elevado del Diabete Tipo 2

Los fumadores del presente y las personas regularmente expuestas al humo en segunda mano corren un riesgo significativamente aumentado para el diabete 2 comparado con las personas que nunca fumaron, de acuerdo con una nueva analisis en gran escala conducida por los investigadores de la Escuela de la Salud Pública Harvard T.H. Chan y universidades en la China y Singapur.

Los investigadores estimaron que 11.7 porciento de los caso del diabete 2 en los hombres y 2.4 porciento en las mujeres pueden ser atribuidos al fumar activamente. También, ellos averiguaron que el riesgo disminú conforme el tiempo pasa después del fumador parar. El studio fué publicado en el día 18 de septiembre en la Lanceta Diabete & La Endocrinologia (*The Lancet Diabetes & Endocrinology*.)

Mismo que la evidencia apuntando al fumador como un factor de riesgo para el cancro, enfermedades respira-

tórias, y la enfermedad cardiovascular es pungente, la confirmación de un lazo entre el fumar y el riesgo del diabete 2 há sido más lento en construir.

En este estudio, los pesquisadores y colegas de la Harvard Chan examinaron los datos de la salud de casi seis millones de participantes en el estudio. Ellos descubrieron que cuando comparado con las personas que nunca fumaron, el fumar presentemente aumentó el riesgo del diabete tipo 2 en 37 porciento; el fumar en el pasado en 14 porciento; y el fumar passivamente (respirar el hum de los otros) en 22 porciento.

Entre los fumadores actuales, la cantidad fumado hiso una diferencia. El riesgo aumentado de desarrollar el diabete tip 2 fué 21 porciento, 34 porciento, y 57 porciento para los fumadores ligeros, moderados, y Fuertes, respectivamente, comparados con los fumadores que nunca fumaron.

O Fumar É Relacionado com O Risco Mais Elevado do Diabete Tipo 2

Os fumadores do presente e as pessoas regularmente expostas ao fumo em segunda mão correm um risco significativamente aumentado para o diabete e comparado com as pessoas que nunca fumaram, de acordo com uma nova análise em grande escala conduzida por pesquisadores da Escola de Saúde Pública Harvard T. H. Chan e universidades na China e Singapur.

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Mesmo que a evidência apontando ao fumar como um factor de risco para

o cancro, doenças respiratórias, e a doença cardiovascular á esmagador, a confirmação de um elo entre o fumar e o risco de diabete 2 tem sido mais lento em construir.

Neste estudo, os pesquisadores e colegas da Harvard Chan examinaram os dados de saúde de quase seis milhões de participantes no estudo. Descobriram que quando comparado com as pessoas que nunca fumaram, o fumar presentemente aumentou o risco do diabete tipo 2 em 37 porciento; o fumar no passado em 14 porciento; e o fumar passivamente (respirar o fumo dos outros) em 22 porciento.

Entre os fumadores actuais, a quantidade fumado fez uma diferença. O aumentado risco de desenvolver o diabete tipo 2 foi 21 porciento, 34 porciento, e 57 porciento para fumadores ligeiros, moderados, e fortes, respectivamente, comparados com os fumadores que nunca fumaram.

Your Health

Drug May Delay, Prevent Blindness for Millions of Older Americans

A drug already used safely to treat Parkinson's disease, restless leg syndrome and other movement disorders also could delay or prevent the most common cause of blindness affecting more than 9 million older Americans – age-related macular degeneration (AMD).

Researchers have discovered that patients who take the drug L-DOPA are significantly less likely to develop AMD, and if they do get AMD it's at a significantly older age, according to the study published online Nov. 4 in the American Journal of Medicine.

"Research points to this as a pathway to regulate and prevent this most common cause of blindness in adults," said Murray Brilliant, Ph.D., director, Marshfield Clinic Research Foundation Center for Human Genetics, Marshfield, Wisconsin. "Imagine telling patients we potentially have medication that will allow them to see and continue enjoying life, their family and perform every day activities as they

age. That is very powerful."

AMD, the No. 1 cause of legal blindness in adults over 60, is a progressive eye condition affecting as many as one in three adults. The disease attacks the macula of the eye, where the sharpest central vision occurs, causing central blindness. This vision is used to drive, read, recognize faces and perform daily tasks. AMD spares the peripheral vision, leaving dim images or black holes at the center of vision.

L-DOPA is a natural by-product of pigmentation and is made in a layer of cells in the back of the eye that functions to promote health and survival of retinal tissues. Researchers asked the question if people taking L-DOPA as a medicine are protected from AMD.

"The obvious question was if the L-DOPA no longer produced was supplemented via pill form, does it have the potential to serve as a preventive medicine against AMD," Brilliant said. "We need more research, but this first step is promising."

Nucala Approved to Treat Severe Asthma

The U.S. Food and Drug Administration recently approved Nucala for use with other asthma medicines for the maintenance treatment of asthma. Nucala is approved for patients who have a history of severe asthma attacks despite receiving their current asthma medicines.

Asthma is a chronic disease that causes inflammation in the airways of the lungs. During an asthma attack, airways become narrow making it hard to breathe. Severe asthma attacks can lead to asthma-related hospitalizations because these attacks can be serious and even life-threatening. According to the Centers for Disease Control and Prevention, as of 2013, more than 22

million people in the U.S. have asthma, and there are more than 400,000 asthma-related hospitalizations each year.

"This approval offers patients with severe asthma an additional therapy when current treatments cannot maintain adequate control of their asthma," said Badrul Chowdhury, M.D., Ph.D., director of the Division of Pulmonary, Allergy, and Rheumatology Products in the FDA's Center for Drug Evaluation and Research.

Nucala is administered once every four weeks by injection by a health care professional into the upper arm, thigh, or abdomen.

Plavix Does not Increase Risk of Cancer

A U.S. Food and Drug Administration (FDA) review has determined that long-term use of the blood-thinning drug Plavix (clopidogrel) does not increase or decrease overall risk of death in patients with, or at risk for, heart disease. Evaluation of the Dual Antiplatelet Therapy (DAPT) trial and several other clinical trials do not suggest that clopidogrel increases the risk of cancer or death from cancer.

Patients should not stop taking Plavix or other antiplatelet medicines because doing so may result in

an increased risk of heart attacks and blood clots. Talk with your health care professional if you have any questions or concerns about Plavix.

Plavix is an antiplatelet medicine used to prevent blood clots in patients who have had a heart attack, stroke, or problems with the circulation in the arms and legs. It works by helping to keep the platelets in the blood from sticking together and forming clots that can occur with certain medical conditions.

Exercise May Be Good Medicine for Irregular Heartbeat

Exercise appears to help control an irregular heartbeat known as atrial fibrillation in obese people, a new study finds.

Australian researchers found that "cardio-respiratory fitness" reduced the risk that this potentially dangerous heartbeat will return by as much as 84 percent -- even more than losing weight. Cardio-respiratory fitness refers to the ability of the heart and lungs to supply oxygen to the body during sustained physical activity.

"This study adds to a growing body of evidence that aggressive risk factor management with increased physical activity should be an integral component of management of atrial fibrillation," said lead researcher Dr. Prashanthan Sanders, of the University of Adelaide in Australia.

Atrial fibrillation, the most common abnormal heart rhythm, affects about 2.7 million Americans, according to the American Heart Association. Obesity and inactivity are risk factors

for atrial fibrillation, which can lead to stroke, the researchers pointed out.

One expert cautioned that additional research is needed to confirm the findings. Also, patients should consult with their doctor before embarking on an exercise program. Dr. Paul Thompson, chief of cardiology at Hartford Hospital in Conn., said that exercise is a good way to reduce the chances of developing atrial fibrillation in the first place. "Folks can probably reduce the chance of getting atrial fibrillation by being moderately physically active," he said.

"In addition, if they get atrial fibrillation and get treated for it, they can reduce their recurrence rate and need for other medications and treatments by starting an exercise training program and getting into better physical shape. Losing weight also helps, separately from the exercise," Thompson said. "A great regimen is at least 30 minutes of brisk walking daily," he said.

Two-Drug Combination Helps Older Adults with Hard-to-Treat Depression

More than half of older adults with clinical depression don't get better when treated with an antidepressant. But results from a multicentre clinical trial, including researchers at the Centre for Addiction and Mental Health (CAMH) in Toronto, Canada, indicates that adding a second drug – an antipsychotic medication – to the treatment regimen helps many of those patients.

The findings, from a study of 468 people over age 60 diagnosed with depression, are published in The Lancet. This is the first study of its kind ever undertaken in older people with depression.

Previous research in younger patients with depression showed that adding a low dose of the antipsychotic drug aripiprazole (brand name Abilify)

helped relieve symptoms of depression when an antidepressant alone wasn't effective. But the new study is the first to show that the same strategy also works in older adults. The two-drug combination relieved depression in a significant number of patients and also reduced the likelihood that they would have suicidal thoughts.

"This is a rare study because it looks at depression specifically in older adults," says Dr. Benoit Mulsant, a co-author of the study and Senior Scientist at CAMH. "It's important to treat older adults effectively, especially given that adults with late-life depression are at an increased risk of developing dementia. Our research demonstrates that older adults respond to treatment for depression."

Medicare Pays for Spouses to Get Grief Counseling Through Hospice

Medicare's hospice benefit covers services not only for a terminally ill beneficiary. Family caregivers also can receive grief and loss counseling for up to a year following the beneficiary's death. However, a recent study found that hospice services had only a modest impact on symptoms of depression in surviving spouses, reports Kaiser Health News.

The study, published online in JAMA Internal Medicine, exam-

ined symptoms of depression among 1,016 surviving spouses who were interviewed as part of the Health and Retirement Study, an ongoing survey of a representative sample of adults older than age 50. The data was linked to Medicare claims.

More than half of the spouses experienced a worsening of their depressive symptoms following their loved one's death, regardless of whether they used hospice, the study found.

Health Tip: Find Time to Stretch

Stretching is an essential part of a fitness plan, but sometimes it can be tough to find the time. The American Council on Exercise suggests:

Stretch at least three days per week for at least 30 minutes. If that isn't possible, squeeze in five minutes of stretching after each workout.

Stretch for a few minutes as soon

as you step out of a hot shower or bath. The heat will help prepare your muscles for stretching.

Start your day with stretches before you get out of bed. Point your toes and stretch your arms above your head.

Take a class that involves stretching, such as lessons for yoga or tai chi

Medical Transportation Available

The M.O. L.I.F.E., Inc. Family Caregiver Support Program provides free medical transportation for caregivers and their elders. The caregiver must be at least 18 years old and elders must be at least 60 years old.

M.O. L.I.F.E. provides local and

out of town transportation including Providence and Boston. For more information, contact M.O. L.I.F.E., Inc. at 508-992-5978. This service is provided by M.O. L.I.F.E., Inc. under a grant funded by Title III-E of the Older Americans Act and Coastline.

Please Join Us
at Brandon Woods of Dartmouth for

FREE Breakfast Bingo

from 8:30 AM to 10 AM
"Hot Breakfast and Prizes"

Upcoming Dates:

- Wednesday, December 9, 2015
- Thursday, March 10, 2016
- Thursday, June 9, 2016
- Thursday, September 8, 2016
- Thursday, December 8, 2016

567 DARTMOUTH STREET
SO. DARTMOUTH, MA

RSVP to Crystal Macedo
at 508.958.5920 or
cmacedo@elderservices.com

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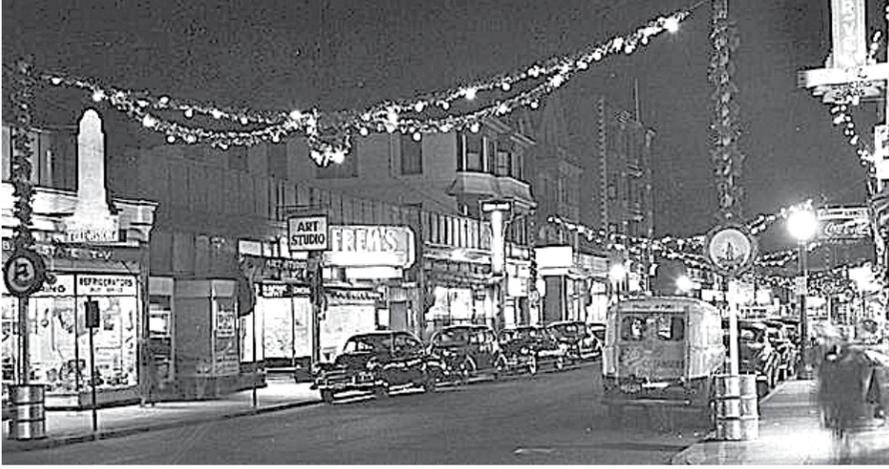


Christmas is not as much about opening our presents as opening our hearts.

Janice Maeditere

Remember When

Christmas in the North End, 1950s



Acushnet Avenue was adorned in Christmas lights in this photo looking south from Collette Street. Bay State TV is at the left.

Answers to Trivia Quiz

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

At the Senior Centers... continued from page 8

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 and Dominos Wednesday and Fridays from 9 a.m. to noon.

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.

Annual Arts and Crafts Fair will be held Sat. Dec. 12, from 9 a.m. to 11 a.m. at the Marion Music Hall.

The Mini Senior Center at the Marion Music Hall on Mondays continues to offer a blood pressure clinic from 9:30 to 11:30, chair Yoga from 10 to 11. From 11 to 11:45 is a social hour followed by lunch, (free will donation). After lunch is a "learning & leisure lecture series."

Dec. 7 come create some simple Christmas decorations.

Dec. 14 a hands on demonstration for making a sumptuous holiday meal.

On Dec. 21 celebrate with friends at Holiday party.

Dec. 28 bring a gift for a Yankee Swap.

Transportation can be provided. Come for just one activity or stay for them all.

Could you benefit from **free groceries** every month? You may be eligible for the Commodity Supplemental Food Program, a once a month food distribution for individuals 60 or older, if your income (for a household of one) is \$15,301 or less. Applications are available at the Marion Council on Aging.

A Matter of Balance can help people improve their quality of life and remain independent. Marion Council on Aging in cooperation with Coastline Elderly Services will offer this wonderful program on Wed. Jan. 6 through Feb. from 10 a.m. to 12 noon at the Music Hall. The program is free and refreshments will be served.

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. at the First Congregational Church Fellowship Hall. Try once for free. Sign up for one, two or three days.

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:

Hearing Screening by Audiologist Kristie Lamoureux Tues. Dec. 8 from 9:30 a.m. to 11:30 a.m. Appointments required.

Legal Consults by appointment conducted by Surprenant & Beneski Mon. Dec. 7 from 10 a.m. to 11 a.m.

Jewelry Making for adults led by local jeweler cosponsored by Recreation Dept. call for details.

Heating Safety presentation and free lunch, Tues. Dec. 8 at noon.

Foot Care Fri. Dec. 11 and Jan. 22 by appointment.
Lunch at the Black Whale and Holiday Pops show at the Zeiterion Sat. Dec. 19.

Movie "Unbroken" and Pizza Tues. Dec. 29 at noon.

Tai Chi class meets Mon. at 8:30 a.m.

Walking group steps off Tues. at 9 a.m.

Watercolor open studio is held on Tues. at 1 p.m.

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.

Men's Discussion Group meets at the Library the second Wed. of the month at 10 a.m.

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.

Chair Yoga class meets Fri. at 11:15 a.m.

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.

Meditation group meets Wed. at 10:45 a.m.

Computer Tutor by appointment on Thurs.

Country Line Dancing class meets Thurs. at 1 p.m.

Rochester Senior Center

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

Volunteers needed for breakfast program.

New **Fitness Room** is now open Mon and Thurs from 8 a.m. to 11 a.m. and Wed. from 1 p.m. to 4 p.m. Membership is \$20 per month.

Handling Grief during the Holiday Season, presented by Mary Finnan of Southcoast Hospice, will be offered Thurs. Dec. 7 at 2:30 p.m.

Healthy Eating for the Holidays will be presented by Stephanie Boulay, R.D. of Coastline Tues., Dec. 15, at 10:15 a.m.

Ring in the New Year at the New Year's party Thurs. Dec. 31, from noon to 2 p.m.

Book Club meets the third Tues of the month at 10:15 a.m. **Hand & Foot card games** are held on Monday nights from 5:30 to 8:30 in the Senior Center Conference Room. The event is free, and no experience is necessary. They will teach you

Soup & Sandwich Lunches are back **Mon. at 12 p.m.** Anyone is welcome. Please sign up in advance.

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.

Pampered Chef returns first Monday of the month at 11:30 a.m. with cooking demo and lunch.

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

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.

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

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.

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.

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