

NEW BEDFORD'S Senior Scope

FREE

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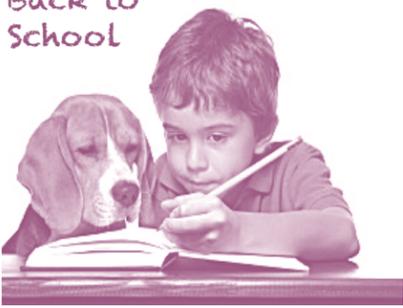


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Back to School



Social Security COLA Increase Unlikely in 2016

No Social Security Cost of Living Adjustment (COLA) for 2016 is projected at this time. This will be just the third time since 1975, when automatic cost-of-living adjustments took effect, that Social Security recipients will not see an increase. The only other two years without a COLA were 2010 and 2011.

There is still a slight chance for an increase in 2016, but even if there is one, it is likely to be small. The 2016 COLA will be announced in mid to late to October, right after the September Consumer Price Index is released.

Over the years, the method of calculating that increase has changed. Since 1983, COLAs have been based on increases in the Consumer Price Index for urban wage earners (CPI-W) from the third quarter of the prior year to the corresponding quarter of the current year.

Due to slowing inflation, the CPI-W during the first two quarters of 2015 has actually declined from a year ago. So unless inflation surges within the next month, it is unlikely that the third quarter of 2015 will surpass the third quarter of 2014. As a result, it doesn't look like there will be an increase in Social Security benefits for 2016.

The Consumer Price Index has not risen over last year largely because the cost of oil and gasoline has dropped. Other items, such as food and health care costs, have increased. Seniors see more of their retirement checks going to medical expenses since they are faced with out-of-pocket costs that have to be met in treating various illnesses and maintaining their health.

Inflation in the health care sector has been running steadily ahead of the economy overall. As a result, seniors are paying more for medical expenses than they were last year. An alternative measure of what elders spend, the Consumer Price Index for the Elderly, would take into account the expenses unique to seniors or those that dominate their budgets.

Elder Economic Insecurity Rates in Mass. among Highest in Nation

A new analysis of Census Bureau data suggests that 49 percent of US retired seniors live in households which lack incomes required for economic security. In Mass., 55 percent of retired adults 65 and older living on their own face economic insecurity, the second highest rate in the nation, according to the report, Living Below the Line: Economic Insecurity and Older Americans.

States in the Northeast are among those with the highest economic insecurity rates because of the high cost of living in this region of the country.

The analysis by Wider Opportunities for Women (WOW) and the Gerontology Institute, University of Massachusetts Boston, demonstrates the vulnerability of older adults who live above the poverty line but whose incomes are insufficient to pay for basic needs and protect them from future poverty.

The Elder Index is a measure of the costs faced by households of either one or two fully retired adults 65 or older. It defines economic security as the income level at which elders are able to cover basic and necessary living expenses and age in their own homes, without relying on public assistance programs, loans or gifts.

The Elder Index expenses include housing, food, minimal transportation, health care and basic household items. It is a basic budget allowing no travel, restaurant meals, savings, large purchases or entertainment of any kind.

Almost 17 percent of elders in the Bay State live below the Federal Poverty Level, making them eligible for many state and federal assistance programs. But another 38 percent of elders in Mass. live in the "security gap" between the Federal Poverty Level and the Elder Economic Insecurity Index.

Elder Affairs Secretary Visits City



Secretary of Elder Affairs Alice Bonner visited New Bedford for the first time on Thursday, August 27. Bonner, center, listens to Mayor Jon Mitchell, left, as New Bedford COA Director Debra Lee and Coastline CEO Paula Shiner look on at the Buttonwood Senior Center, where she was greeted by a large group of elders.

The Bureau of Labor Statistics has collected this data since 1983, but adopting the Consumer Price Index for the Elderly as the measure for determining Social Security COLAs would increase Social Security payments, something Congress has been reluctant to do.

Elders in the gap have incomes too high to qualify for many public assistance programs and too low to achieve intermediate or long term stability. Social Security makes up an average of 84 percent of personal income for elders living in the security gap.

"It is clear that seniors in some states are faring much better than those in other states, and that senior women—particularly senior women of color—are experiencing the most economic insecurity. Remarkably, more than two-thirds of single minority women are suffering insecurity," said WOW President and CEO Amanda Andere.

Key findings include:

Nine of the 10 states with the largest percentages of seniors in the "security gap" between the poverty line and economic security are in the Northeast. Seven of the 10 states with the smallest percentages of seniors living in the gap are in the West.

The US Elder Economic Insecurity Rate (EEIR) is 40 percent for elder men and 49 percent for elder women. The EEIR for single elder women households is 61 percent.

EEIRs are highest for women of color—70 percent for elder African American women and 74 percent for elder Hispanic women.

WOW's analysis demonstrates that the fight against poverty does not take sufficient account of seniors living in the gap between poverty and economic security. "Economic security, rather than 'not poverty,' is the goal to which elders and those who represent and serve them should aspire," the report concludes.

Editor's Notes

Road Trip Redux

My sister Sue, who lives in Florida, spent the month of August with me to help me with a time consuming project I was working on.

We were very busy the first few weeks and decided we needed a few days away. So we set out for Maine in search of some bargain shopping and relaxation. It was a fun getaway and brought back so many memories of family road trips of our youth.

We explored Maine and other New England states with our parents when we were young. There were very few major highways in those days. Traveling two-lane roads in our family's big green Hudson Hornet was an adventure.

Of course there was a little squabbling, and "when are we going to get there?" came up more than once. But it was a fun family time that lives on in memory.

In the '40s and '50s, life and travel were different. I don't believe our parents made reservations ahead of time as Sue and I did last month.

Dad simply pulled into a motor court and rented a cabin for the family for the night. These once popular and reasonably priced accommodations have pretty much disappeared from the roadside. They were pretty basic with no telephone and probably no TV, but we didn't mind.

We were away from home and enjoying new sights and new experiences.

I don't believe there were any chain motels in those days – maybe Howard Johnson's in some places. They were the only chain restaurant that I can remember from my childhood, but we very rarely stopped there.

We didn't eat out much at home. When we were away we ate in diners and local restaurants that featured family fare. The food was served on heavy china, sometimes chipped and discolored, but no one thought anything of it.

We Want to Hear from You

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

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

Mom and Dad ordered coffee and it came with two small glass bottles filled with cream perched on the saucer. We were fascinated with those little bottles and wanted to take them home but Mom said no.

Mom always checked out the ladies' room because she said that was a good indication of the restaurant's overall cleanliness—something very important to a neat freak like Mom.

Some restaurants had a linen towel on a roller that you pulled on to reveal the clean part to wipe your hands, while the soiled part rolled back into the cabinet. I haven't seen one of those in years.

I suppose cream in individual plastic containers lasts longer, and paper towels and blow dryers are more sanitary. Still, those old ways had a certain charm.

One of our family trips took us to the Rangeley Lakes area in northwestern Maine in August. We stayed in a rustic cabin right on a lake. It had two bedrooms and a large open area with a wood stove for cooking. We were really roughing it and that was exciting.

I don't remember what Mom cooked for dinner on the wood stove but after the sun went down, Dad made us some Jiffy-Pop popcorn. I can still hear that corn popping over the open fire.

During the night the temperature dropped into the 30s. Dad got up and lit the wood stove and covered us with all the blankets and coats we had brought. Soon we were toasty warm again.

The next day dawned sunny and bright and we continued our family road trip. Like the woodstove in that old cabin, those childhood memories still burn bright.

Jeannine

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

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



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 Rehtr	508-763-8723	Gordon Helme
Massachusetts Fishermen's Partnership 114 MacArthur Drive (2nd floor) New Bedford	508-991-3043	Verna Kendall

Donations

In Honor and In Memory

In memory of John Martins, September birthday remembrance - Mom and Dad, son Damien and daughter Jordan and Family	\$25.00
In Memory of Mario (Marty) Costa (Died 9/13/2004) - Wife, Hedy Costa	\$10.00
In memory of Eva Benoit - Daughters, Muriel and Laurette	\$10.00
In memory of my son, Bill Smith (birthdate: 10/18/57) Never forgotten, miss you terribly - Xxx Love you always, Mom, Evelyn and Steve	\$20.00

In Thanksgiving

Thank you St. Jude, St. Joseph and Virgin Mary - H.F.	\$10.00
Thank you Blessed Mother for prayers answered - M.A.F.	\$5.00
Thank you Saint Jude for prayers answered -Anonymous	\$10.00
Donations this month	\$90.00
Donations last issue	\$85.00
Donations Year to date FY'16	\$175.00

To: SeniorScope 181 Hillman Street, New Bedford MA 02740

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

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

Please list my donation as follows:

In Memory of: _____

Get Well Wishes for: _____

In Honor of: (Birthday or other celebration) _____

My Name is _____

Address _____

Senior Scope

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or e-mail: jeannine.wilson@newbedford-ma.gov
City of New Bedford, Council on Aging
181 Hillman, New Bedford, Massachusetts 02740

You and Your Money

Seniors Law Project Provides Help for Elders Unable to Pay Legal Fees

Are you in need of legal services? Are you unable to afford attorney's fees? Do you know who to contact for services? South Coastal Counties Legal Services, Inc. (SCCLS) is a non-profit charitable corporation serving clients in Bristol County and surrounding areas.

SCCLS Mission is to achieve equal justice for the poor and disadvantaged through community based legal advocacy. The Seniors Law Project (SLP) of the South Coastal Counties Legal Services, Inc. (SCCLS) is funded in part by Coastline, with funds from the Older Americans Act, and the Massachusetts Bar Foundation.

The Seniors Law Project was developed to provide legal assistance to adults age 60 and over residing in Acushnet, Dartmouth, Fairhaven, Gosnold, Marion, Mattapoisett, New Bedford and Rochester. Eligibility for services is based on age, residence and SLP priorities. While there are no income criteria, the SLP does direct its efforts to those elders with the greatest economic and social need. SLP does not represent elders with criminal issues or fee generating.

Formerly located at 21 South Sixth Street in New Bedford, in 2012, due to severe budget cuts and reduction of legal advocates, SLP moved to 22 Bedford Street, Fall River. Elders wishing to take advantage of SLP

services should call SLP directly at 774-488-5962 or 774-742-0805 to complete an intake. SLP can also be contacted online at www.sccls.org.

Appointments are available throughout the service area between the hours of 9 a.m. to 5 p.m., Monday through Friday. Elders will be seen by appointment unless there is an emergency. Home visits are available for home-bound elders. Elders who are unable to travel to Fall River can be seen at the local senior centers or at Coastline. SLP also conducts legal clinics at the local senior centers. For future dates, please see Senior Scope or the senior centers newsletters.

SCCLS provides legal assistance with no charge for questions or problems with: Social Security, Supplemental Security Income (SSI), cash assistance, food stamps and other entitlement programs; landlord/tenant problems in private and public housing, especially evictions; issues with Medicaid (MassHealth), Medicare; and advance directives such as durable powers of attorneys and wills for low income, home-bound and institutionalized seniors and in emergency situations. For other legal problems, a referral may be made to a private attorney.

There is no need to wait until the problem becomes serious. Call for advice as soon as you think you may have a problem.

Medicare Open Enrollment Begins November 1 This Year

Open Enrollment for 2016 Medigap insurance begins November 1 and ends January 31, 2016. In the past Open Enrollment started October 15 and ended in early December.

If you don't enroll in a 2016 plan by January 31, 2016, you can't enroll in a health insurance plan for 2016 unless you qualify for a Special Enrollment Period.

Medigap, also known as Medicare Supplemental Insurance, is an insurance policy sold by private companies to help beneficiaries pay their out-of-pocket costs in Medicare Parts A and B. Part D prescription drug coverage plans help with the cost of prescription drugs. Medicare beneficiaries may apply for Medigap at any time of the year, but may be charged more or denied a policy outside the Medigap Open Enrollment Period (MOEP).

Generally, when you buy a Medigap policy you must have Medicare Part A (hospital) and Part B (out-patient) coverage. The monthly Medicare Part B premium is deducted from your Social Security check. The Part B premium has been \$104.90 for the last couple of years. It is set to rise sharply in 2016. But about 70 percent of Medicare participants will not see an increase because of a "hold harmless" agreement between Social Security and Medicare. When there is no cost of living increase in Social Security payments, as expected in 2016, lower and middle income individuals are protected and do not have to pay a higher Medicare premium.

Premium Increases for Some

Some 30 percent of Medicare participants with higher incomes can

expect a significant increase in Part B—as much as 52 percent, according to bankrate.com. Their Part D premiums will rise as well. The Medicare Trustees are projecting that single individuals earning between \$85,000 and \$107,000 and couples earning between \$170,000 and \$214,000 per year will see their premiums increase to \$223 per person in 2016. For individuals earning more than \$214,000 and couples earning over \$428,000, the projected increase is \$509.80 per person, reports bankrate.com.

If you have a Medicare Prescription Drug Plan or a Medigap plan, you should receive a notice from your plan by the end of September. That notice will outline changes to be made to your plan for 2016. It is important to review, understand and save this information. Many times plans change the prescription medications they cover or the co-pays they require.

Help Is Available

During Medicare Open Enrollment, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer free and confidential counseling on all Medicare and related health insurance programs.

SHINE Counselors are especially busy during open enrollment, which will run through the hectic holiday season this year. Don't wait to schedule an appointment to review your coverage and any changes that may have occurred.

Call your local senior center or check the list of SHINE counselors on page 2.

80 Years of Social Security

By Delia De Mello
Social Security

Social Security has provided critical financial help to people of all ages for the last 80 years, and despite our age, we're far from retiring! As the Social Security program celebrates its historic birthday this August, we're reflecting on our diverse history, our current strengths, and ways we can continue to improve our services to you.

On August 14, 1935, President Franklin D. Roosevelt signed the Social Security Act into law. In doing so, he promised the law would protect "the average citizen and his family against the loss of a job and against poverty-ridden old age." Today, we continue to provide financial security for our country's most vulnerable citizens. In fact, Social Security provides world-class service to millions of people every day — online, on the phone, and in our network of field offices across the country.

As we celebrate 80 years, we're proud to present our "Celebrating the Past and Building the Future" anniversary website. There, you can read 80 interesting facts about an agency that touches everyone's life at some point or another! For example, did you know the original name of the Social Security Act was the Economic Security Act?

The anniversary website also includes a timeline of our history. It begins with the signing of the Act in 1935 and ends with this year's announcement of Vision 2025, our bold vision that will guide the agency as we work to meet the future customer service needs of the public. A memorable spot on the timeline is November 2, 2000, the date when we started taking retirement claims online.

Since our agency's beginning, we've relied on our passionate and hard-working employees to face challenges and provide exceptional service. Throughout the 80 days leading up to our anniversary, we've been posting employee testimonials that answer the question, "Why do you serve?" We also invited you to share your story with us. You can tell us how Social Security has made a difference in your life and/or the lives of your family and friends. We would love to hear from you, the people we serve every day.

When the Social Security program started 80 years ago, our goal was to provide an economic lifeline for people in need. Today, Social Security continues to protect millions of people. Join us in commemorating this significant milestone! Visit www.socialsecurity.gov/80thanniversary.

SNAP Sweepstakes Announced

New Bedford Council on Aging Director Debra Lee has announced a sweepstakes for city elders signing up for SNAP by the end of May. The Supplemental Nutrition Assistance Program (SNAP) provides financial support to eligible seniors, so they can purchase healthy food and

free up their budget to cover other expenses.

Elders who sign up for SNAP will be eligible to win one of seven prizes, including \$25.00 Market Basket gift cards and rides from the COA transportation service. For more information call 508-991-6251.



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**

Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad.

Henry Wadsworth Longfellow



Menu for September 2015

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



September 2015

For Reservations/Cancellations, call (508) 742-9192 or (508) 742-9191 AT LEAST 24 hours in advance. Please help us reduce WASTED Meals!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																								
<p>Nutrient Analysis Includes meat, vegetable and starch only.</p> <p>Key: Kcal = Kilocalories Na+ = Sodium mg CHO = Grams of Carbohydrate % Fat = % Kcals from Fat</p>	<p>1 A Beef Burgundy Egg Noodles Green & Wax Beans Honey Wheat Bread Pineapple Granola Bar</p>	<p>2 A Tossed Salad w/ Dressing Beef & Pepper Casserole Carrot Coins Whole Wheat Roll Chocolate Pudding Diet: Low Sugar Pudding</p>	<p>3 A Grilled Chicken with Orange Tarragon Sauce Whipped Potato Hot Beets Oatmeal Bread Fresh Apple</p>	<p>4 A Sweet Potato Pollock Tartar Sauce Au Gratin Potato California Blend Wheat Bread Mixed Fruit</p>																																								
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<p>7 A Labor Day</p>	<p>8 B BBQ Chicken O'Brien Potatoes Summer Blend Veg. Multigrain Roll Applesauce</p>	<p>9 B Spinach & Cheese Omelet Hash browns Broccoli Crowns Fruit Muffin Cantaloupe Yogurt Cup</p>	<p>10 B Pork Tetrazzini Buttered Noodles Winter Squash Whole Wheat Bread Mandarin Oranges</p>	<p>11 High Sodium Beef Patty w/ Mushroom Gravy Hot Chickpea Salad Jardiniere Blend Veg. Whole Wheat Roll Almond Cookie</p>																																								
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<p>14 A Chicken Stew with Mixed Vegetables Boiled Potatoes Oatmeal Roll Pineapple Yogurt Cup</p>	<p>15 A Tossed Salad w/ Dressing Beef Chili Fluffy White Rice Snowflake Roll Mandarin Oranges</p>	<p>16 A Honey Mustard Chicken Delmonico Potato Tahitian Blend Veggies Potato Bread Fresh Fruit</p>	<p>17 A Swedish Meatballs Egg Noodles Broccoli & Cauliflower Multigrain Roll Blonde Brownie Diet: Fresh Fruit</p>	<p>18 A Salmon w/ Lemon Dill Sauce Rice Pilaf Fall Blend Veggies Whole Wheat Bread Mixed Fruit</p>																																								
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<p>21 B Mac n' Cheese Escaloped Tomato & Spinach Fruit Muffin Mandarin Oranges</p>	<p>22 B Kale and Bean Soup Sweet n' Sour Chicken Dirty Rice Portuguese Roll Applesauce</p>	<p>23 B Meatloaf with Rosemary Gravy Whipped Sweet Potato Mixed Vegetables Honey Wheat Bread Cinnamon Streusel Cake Diet: Graham Wafers</p>	<p>24 B Roast Pork Winter Squash Red Bliss Potatoes Oatmeal Bread Fresh Fruit</p>	<p>25 High Sodium LS Hot Dog Mustard & Relish Packet Veggie Beans Hot German Slaw Hot Dog Roll Pears</p>																																								
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<p>28 A American Chop Suey Parmesan Cheese Italian Blend Veg Scali Bread Mixed Fruit</p>	<p>29 A Cheese Ravioli with Alfredo Sauce Roman Blend Veg Whole Wheat Roll Fresh Fruit</p>	<p>30 A Krunchy Lite Fish Tartar Sauce Potato Wedges Tuscany Blend Wheat Bread Mini Hot Fudge Cake Diet: Low Sugar Cake</p>	<p>Home Delivered Meal Diabetic clients may consider reserving some meal items for a snack. Congregate participants can reserve packaged dessert, bread, and milk only.</p>	<p>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.</p>																																								
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Recipe Roundup

Orzo Stuffed Peppers

Ingredients:

- 4 yellow, orange and/or red bell peppers
- 1/2 cup whole-wheat orzo
- 1 15-ounce can chickpeas, rinsed
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 6 ounces baby spinach, coarsely chopped
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried
- 3/4 cup crumbled feta cheese, divided
- 1/4 cup sun-dried tomatoes, (not oil-packed), chopped
- 1 tablespoon sherry vinegar, or red-wine vinegar
- 1/4 teaspoon salt

Directions:

Halve peppers lengthwise through the stems, leaving the stems attached. Remove the seeds and white membrane. Place the peppers cut-side down in a large microwave-safe dish. Add 1/2 inch water, cover and microwave on High until the peppers are just softened, 7 to 9 minutes. Let cool slightly, drain and set aside. Meanwhile, bring a large saucepan of water to a boil. Add orzo and cook until just tender, 8 to 10 minutes or according to package directions. Drain and rinse with cold water. Mash chickpeas into a chunky paste with a fork, leaving some whole. Heat oil in a large nonstick skillet over medium heat. Add onion and cook, stirring, until soft, about 4 minutes. Add spinach and oregano and cook, stirring, until the spinach is wilted, about 1 minute. Stir in the orzo, chickpeas, 1/2 cup feta, tomatoes, vinegar and salt; cook until heated through, about 1 minute. Divide the filling among the pepper halves and sprinkle each pepper with some of the remaining 1/4 cup feta. Serves four
Source: eatingwell.com

Almond and Lemon Crusted Fish

Ingredients:

- Zest and juice of 1 lemon, divided
- 1/2 cup sliced almonds, coarsely chopped
- 1 tablespoon finely chopped fresh dill or 1 teaspoon dried
- 1 tablespoon plus 2 teaspoons extra-virgin olive oil, divided
- 1 teaspoon kosher salt, divided
- Freshly ground pepper to taste
- 1 1/4 pounds cod or halibut, cut into 4 portions
- 4 teaspoons Dijon mustard
- 2 cloves garlic, slivered
- 1 pound baby spinach
- Lemon wedges for garnish

Directions:

Preheat oven to 400°F. Coat a rimmed baking sheet with cooking spray. Combine lemon zest, almonds, dill, 1 tablespoon oil, 1/2 teaspoon salt and pepper in a small bowl. Place fish on the prepared baking sheet and spread each portion with 1 teaspoon mustard. Divide the almond mixture among the portions, pressing it onto the mustard. Bake the fish until opaque in the center, about 7 to 9 minutes, depending on thickness. Meanwhile, heat the remaining 2 teaspoons oil in a Dutch oven over medium heat. Add garlic and cook, stirring, until fragrant but not brown, about 30 seconds. Stir in spinach, lemon juice and the remaining 1/2 teaspoon salt; season with pepper. Cook, stirring often, until the spinach is just wilted, 2 to 4 minutes. Cover to keep warm. Serve the fish with the spinach and lemon wedges, if desired. Serves four
Source: eatingwell.com

Special Shopping and Services Guide

Need a friend to visit?

Or would you like to volunteer to visit people in need of a friendly visit?

Call the New Bedford Council on Aging
508-991-6250 and ask for Director Debra Lee....Thank you!

For information on *Senior Scope's* ad rates, please call 508-979-1510
or 508-979-1544

Do you know someone who would like to...
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For information on Senior Scope's ad rates, please call
508-979-1510
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 Now Accepting Applications for Studios & 1 Bedroom



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

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Owl Show in Fairhaven



The Fairhaven COA social day clients and the children from the Kool Kids camp got together at the Fairhaven Recreation Center to enjoy an Owl Show recently.

New Book Club Forming in New Bedford

New Bedford COA Director Debra Lee is planning to start a new book club that tentatively would meet the first and third Friday of the month.

Books would be chosen by the group. "If this is something that sparks your interest, please give us a call at 508-991-6250," Ms. Lee says.

PACE Offers Free College Course

PACE, the Massachusetts Foundation for the Humanities and University of Massachusetts-Dartmouth announced that the Clemente Course in the Humanities is starting to recruit applicants for its 11th year of operation. Classes will begin Thursday September 10, at the PACE Head Start Center at 247 Smith Street.

The Clemente Course in the Humanities provides tuition free, college-level instruction, for up to 6 college credits, to economically disadvantaged individuals aged 17 and older. Course participants take classes in literature, art history, moral philosophy, American history, writing and public speaking from college professors. Instructors are chosen for their engaging and dynamic presence in the classroom and their commitment to working with non-traditional learners.

Classes will take place on Monday

and Thursday evenings from 6:00 to 8:00, starting in September and ending with a graduation ceremony in May. PACE will provide on-site childcare for participants and transportation assistance along with paying for all textbooks and supplies. Students will often take trips to art museums, and to see plays and performances.

Call PACE at 508-999-9920 to request an application or pick one up at the PACE main office at 166 William St. Interested individuals may apply on-line also at <http://chantsdemocratic.blogspot.com/p/apply-for-clemente-course-in-humanities.html>. All applicants will be interviewed by Dr. Mark Santow. For more information, contact Bruce Morell, Executive Director of PACE at 508 999-9920, or Dr. Santow at msantow@umassd.edu.

Trivia Quiz

by JRA

1. In Navy lingo, what is a wall of a ship called?
a) bow b) bulkhead c) partition d) side
2. By state of birth, which state has produced the most U. S. Presidents (8)?
a) Pennsylvania b) Ohio c) Massachusetts d) Virginia
3. What old time actor tough guy started off as a dancer?
a) Humphrey Bogart b) Edward G Robinson c) George Raft d) Richard Widmark
4. At Fenway Park, from 1912-1933, there was an incline at the foot of the wall with a max height of 10' which extended from the left field pole/wall to the center-field wall. What was this area called?
a) Speaker's Ledge b) Harrington's Hill c) Duffy's Cliff d) The Huntington Slope
5. Over 40% of Americans 'say' they do this regularly.
a) Play a sport b) Dance c) Read a book d) Attend church
6. How many sheets in a ream of paper?
a) 200 b) 300 c) 500 d) 600
7. Brazil's Bossa Nova music fuses Samba with what other genre?
a) Rock b) Tango c) Flamenco d) Jazz
8. Which of these entertainment performers is not a Canadian?
a) Nelly Furtado b) EmmyLou Harris c) Diana Krall d) Celine Dion
9. A military time of 1800 translates to what time on our wall clocks?
a) 2Pm b) 4Pm c) 6Pm d) 8 Pm
10. In what language were the four major Christian gospels written (of Mark, Matthew, Luke and John) .
a) Latin b) Greek c) Hebrew d)Arabic

(answers on page 12)

Senior Travel

Day Trips

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

Mon. Sept. 21 – Isaac's, Plymouth

Mon. Oct. 19 -- Fall River Maritime Museum

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

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

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

Mon. Oct. 19 – Foxwoods Casino

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

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

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

Mon. Nov. 16 – Wrentham Village Christmas Shopping

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

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

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

Mon. Dec. 14 – Foxwoods Casino

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

Sun. Sept. 6 -- Bass River Arts & Crafts Festival

Fri. Sept. 11--Wrentham Village Outlets

Sun. Sept. 13--Longfellow's Autumn Arts & Crafts Festival, Wayside Inn, Sudbury

Sun. Sept. 20--Farmer's Market in Carver

Mon. Sept. 21 – THE BIG E-Springfield

Multi-Day Tours

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

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

Lunchtime Speaker Series Kicks off in September

The New Bedford Council on Aging is kicking off a new lunchtime speaker series beginning Thursday, September 4, at the Hillman Street Support Center. Participants will bring a brown bag lunch and the COA will provide a beverage.

The group will meet from noon to 1:30 every Thursday and a new

speaker will be featured every week. "We never stop learning and this is an opportunity to gain some knowledge in a variety of areas," said COA Director Debra Lee, in announcing the new program.

Call Kathy at 508-991-6250 to sign up.

In Massachusetts seniors are using SNAP to buy healthy food. Are you?



SNAP Workshops
From 9:00 – 9:30
at the Senior Centers
10/1/15
Buttonwood
10/22/15
Brooklawn
10/27/15
Hazelwood

SNAP helps Massachusetts seniors 60+ buy healthy food at the grocery store.

You can get help from SNAP if you have limited income and resources or high medical and living expenses. The amount you receive depends on household income from all sources, deductions of high medical or housing costs, and how many people live in your household. Please call Coastline at 508-742-9138 or the New Bedford Council on Aging at 508-991-6251 to arrange for help with the process.

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



At the Senior Centers

Acushnet Senior Center

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

Red Cross Blood Drive will be held Wed., Sept. 9, from 1 p.m. to 6 p.m. at the Acushnet Senior Center, sponsored by the Acushnet Board of Health and Council on Aging.

Lovely Ladies Learning to Eat Healthy, a free dieting support group, resumes Fri., Sept. 18, at 10 a.m.

Meets every Fri. through the end of Oct.

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

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

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

Stretch and Flex with Larry Bigos meets Wednesday at 2:30 p.m. and Fridays at 10:30 a.m.

Zumba with Pati is offered every Wednesday at 8:30 a.m. and Fridays, 1:00 p.m.

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

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

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

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

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

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

The New Bedford **St. Anthony's Senior Group** now meets at the Acushnet Council on Aging on Monday, 1 p.m.

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

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

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

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

Ashley Park Center

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

Brooklawn Senior Center

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

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

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

A new Walk with Ease Walking Program meets on Friday, from 9 to 10 a.m.

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

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

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

Jewelry Making Class will meet every Monday at 12:00 p.m. Please sign up in advance.

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

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.

Open House is set for Thurs. Oct. 1 from 9 a.m. to 3 p.m. Come play Bingo with us and learn about all the other programs available at the center! Light refreshments will be available.

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.

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.

Reverse Mortgage Presentation with Michael Kennedy will be held Tues. Sept. 8, at 11 a.m.

Diabetes presentation with YWCA representative will be held Wed. Sept. 10, 11:30 a.m.

Hearing Loss presentation with Ascent Audiology is set for Thurs. Sept. 24 at 11 a.m.

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

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

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

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

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

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

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

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

Chair Zumba class with Pati Cautillo meets every Fri. 10 a.m. to 11 a.m.

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

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

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

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

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

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

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

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

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

Caroline Street Senior Center

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

Lunch is served Monday through Friday at noon.

Exercise Class meets every Monday at 11 a.m.

Ice Cream Social is held every other Friday.

Dartmouth Senior Center

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Play **horse shoes** Fridays at 10.

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

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

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

Fairhaven Senior Center

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

Learn to play or improve your game of **Bridge**. Attend this 8 week class that focuses on improving your play of the hand. Basic knowledge is needed. Class meets Mon. Sept. 14 to Nov. 9, 1 p.m. to 3 p.m. Cost \$88.00 including text. Contact Jocelyn 508-997-3029 or goranj@comcast.net

Jolly Senior Bowling League starting up at 12:30 p.m. Thurs. Sept. 3 at Bowlmor Lanes, 22 County Rd., Mattapoisett. For more information please call the Fairhaven COA or David at 508-993-8752.

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:

Sacred Heart rehab services presentation will be held Tues. Sept. 9, at 11:30 a.m.

Flu Clinic will be held Wed. Sept. 30 from 10 a.m. to noon.

Boogie Dance Fever event will be held Fri, Sept. 18, from noon to 2:30 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.

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

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

Ballroom Dancing class meets Mondays at 11 a.m.

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

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

Play Trivia second Tues. of the month from 10 a.m. to 11 a.m.

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

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

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

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

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

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

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

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

At the Senior Centers... continued on page 9

Senior Safety

Safety Lights for Motorized Wheelchairs Available

The New Bedford Commission for Citizens with Disabilities has made safety lights available to city residents with motorized wheelchairs or scooters, to help improve safety for operators and motorists. It is mandatory that the lights are installed on the wheelchairs and scooters. A \$25 fine will be imposed on those who do not comply.

To assist with compliance, the

Commission for Citizens with Disabilities has made the lights available at a cost of \$5. The lights are available at the Department of Community Services. Residents may request a light by calling the department at 508-979-3136. At the time of installation, residents will also be offered a free reflective safety flag at no cost. Call today while the lights are still available at minimal cost.

Sidestep Falls by Staying Active

Walking as little as 30 minutes three times a week can help an older adult stay physically fit and mentally sharp, maintain strong bones, lift spirits, and lower risk for falls. That's important because falls are a leading cause of fractures and other serious health complications associated with aging.

Bicycling, dancing, and jogging are

also good weight-bearing exercises. What's more, getting plenty of bone-healthy calcium and vitamin D is especially important for older women, who may be prone to developing osteoporosis, the medical term for a thinning of the bones, a loss of bone density, or an increase in bone fragility.

At the Senior Centers... continued from page 8

Marion Council on Aging

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

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

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

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

Social Hour and Lunch, 11:15 a.m. to 12:15 p.m.

Learning and Leisure Lecture, 12:30 p.m. to 1:30 p.m. Topics: Sept. 14, To Protect and Serve, Marion Police and Fire Depts.; Sept. 21, Memory Madness, tips and techniques to improve concentration and memory; Sudoku, popular and fun puzzle game. Podiatry Care available by appointment.

Podiatry Care available by appointment.

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

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

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

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

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

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

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

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

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

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

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

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

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

Mattapoisett Social Center

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

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

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

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

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

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

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

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

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

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

Rochester Senior Center

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

Aging Mastery, a free 12 week wellness program, begins Thurs., Sept. 3 from 2:15 to 3:30 p.m. Registration required.

Bereavement Support Group led by Community Nurse and Home

Nutrition News

6 Ways to Eat Well As You Get Older

We all remember being told to eat our vegetables when we were children. But is eating well still important as you age?

The answer is yes. Giving your body the right nutrients and maintaining a healthy weight can help you stay active and independent. You'll also spend less time and money at the doctor. This is especially true if you have a chronic condition, such as diabetes or heart disease.

The definition of healthy eating does change a little as you age. For example, as you grow older, your metabolism slows down, so you need fewer calories than before. Your body also needs more of certain nutrients. That means it's more important than ever to choose foods that give you the best nutritional value.

Here are 6 tips to help you find the best foods for your body and your budget.

1. Know what a healthy plate looks like.

You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It's called MyPlate. The simple graphic shows exactly how the five food groups should stack up on your plate. These are the building blocks for a healthy diet.

2. Look for important nutrients.

Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice. A healthy meal should include: Lean protein (lean meats, seafood, eggs, beans; fruits and vegetables (think orange, red, green, and purple); whole grains (brown rice,

whole wheat pasta); low-fat dairy (milk and its alternatives)

Remember to choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age.

3. Read the Nutrition Facts label.

The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper. Read the labels to find items that are lower in fat, added sugars, and sodium.

4. Use recommended servings.

To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+.

5. Stay hydrated.

Water is an important nutrient too. Don't let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

6. Stretch your food budget.

Want to get the biggest nutritional bang for your buck? The Supplemental Nutrition Assistance Program (SNAP) can help you afford healthy food when you need it. Over four million older Americans use SNAP to buy food, and the average senior receives \$113 each month. Visit BenefitsCheckUp.org/getSNAP to see if the program can help you. If you live in New Bedford, call the New Bedford Council on Aging at 508-991-6251 for help in applying for SNAP. Or you can call Coastline at 508-742-9138.

Care bereavement coordinator will meet Thurs. at noon from Sept. 10 to Oct. 15. Bring a brown bag lunch. Call to register.

Know Your Legal Rights will be presented by Rosa Farizo of the Seniors Law Project on Tues. Sept. 8 at 10 a.m.

Diabetic Foot Care presentation will be offered Tues. Sept. 15 at 10:15 a.m.

Civil War and Boston Harbor Presentation is scheduled for Tues. Sept. 22 at 10:15 a.m.

Do's and Don't's of Recycling will be presented by a representative of ABC Disposal Tues. Sept. 29, at 10:05 a.m.

Waterman School Reunion is set for Sat. Sept. 19. Call Betty at 508-763-2724.

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

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

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

Pampered Chef returns Mon. Sept. 14 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.

Busy Bees Craft Group meets on Thurs. from 9 a.m. to 11:30 a.m.

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.

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

Blood Pressure Checks with Town Nurse Betsy Dunn are held Mondays, 10:30 a.m. to 12 p.m.

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

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

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.

Dental Hygienist will be at the center Tues. Sept. 8, at 9 a.m. funded by Coastline for those who have no insurance and limited funds. Call Holly Petruzzo, RDH, for an appointment.

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.

Your Health

Parkinson's Support Group

The next meeting of the Parkinson's Support Group will be held on Thursday, September 10, at 1 p.m. at the Dartmouth Senior Center on Dartmouth Street.

A flu clinic will be followed by a discussion of Parkinson's conducted by Kristen Young, CVS Corporate Fellow.

Women Sometimes Ignore Heart Disease Symptoms

When symptoms of heart disease strike, women often play a "dangerous waiting game," according to a new study.

Researchers interviewed a group of patients about their experience with angina, a type of chest pain. They looked at their symptoms and what prompted them to seek medical care.

The team then questioned another group of men and women to find what they called the "symptomatic tipping point."

They identified six transitional stages:

- A period of uncertainty.
- Denial or dismissal of a symptom.
- Seeking assistance or the opinion of a friend or family member.
- Recognition of severity of symptoms.
- Seeking medical attention.
- And then acceptance.

While the stages were common to

both men and women, the researchers found that women stayed in denial longer than men. They were also more likely to believe that the symptoms would pass and get better on their own. Women were more likely to wait for symptoms to become more severe and more frequent before seeking medical care.

The lead author says part of the reason may be that women think of coronary artery disease as a "man's disease," and they worry about who will take over their caregiving role if they become ill.

Heart disease is the number one killer of women. The Centers for Disease Control and Prevention says it is important to recognize the signs of a heart attack and to act immediately by calling 911. A person's chance of surviving a heart attack increases if emergency treatment is administered as soon as possible.

A Veces las Mujeres Ignoran los Sintomas de la Enfermedad Cardíaca

Cuando los síntomas de la enfermedad cardíaca aparecen, las mujeres frecuentemente juegan un "peligroso juego de espera", conforme un nuevo estudio.

Los investigadores entrevistaron un grupo de pacientes sobre sus experiencias con la angina, un tipo de dolor del pecho. Ellos observaron sus síntomas y lo que los llevó a procurar la asistencia médica.

Después la equipe interrogó otro grupo de hombres y mujeres para averiguar lo que ellos llamaron el punto de caída sintomático.

Ellos identificaron 6 etapas transicionales:

- Un periodo de duda.
- Negación o rechazo de un síntoma.
- Buscando auxilio o la opinión de un amigo o miembro de la familia..
- Reconocimiento de la severidad de los síntomas.
- Procurando asistencia médica.
- Y después, aceptación..

Mismo que las fases fueron comunes para ambos hombres y mujeres, los investigadores notaron que las mujeres

pasaron más tiempo en la negación de que los hombres. También, ellas más probablemente crearon que los síntomas eran pasajeros y mejorarían de su propia cuenta. Las mujeres más probablemente esperan para los síntomas peoraren y más frecuente antes de buscaren el cuidado médico.

El autor principal dice que parte de la razón puede ser que las mujeres piensan de la enfermedad de la arteria coronaria como una "enfermedad de los hombres" y ellas se preocupan sobre quien las substituirán en el papel de cuidar a los otros si ellas se quedan enfermas.

La enfermedad cardíaca es una enfermedad mortal número uno para las mujeres. Los Centros de Control y Prevención de Enfermedades dicen que es importante reconocer los señales de un ataque cardíaco y actuarse inmediatamente llamando al 911. Las posibilidades de una persona sobrevivir un ataque cardíaco aumenta si el tratamiento de emergencia es administrado tan pronto posible

Às Vezes as Mulheres Ignoram as Sintomas de Doença Cardíaca

Quando os sintomas de doença cardíaca aparecem, as mulheres frequentemente jogam um "perigoso jogo de espera" conforme um novo estudo.

Os pesquisadores entrevistaram um grupo de pacientes sobre as suas experiências com a angina, um tipo de dor do peito. Eles observaram os seus sintomas e o que os levaram à procura de assistência médica.

Depois a equipe interrogou outro grupo de homens e mulheres para averiguar o que eles chamaram o "ponto de queda sintomático."

Eles identificaram 6 etapas transicionais:

- Um period de incerteza.
- Negação ou rejeição de um sintoma.
- Procurando auxílio ou a opinião de um amigo ou membro da família..
- Reconhecimento de severidade dos sintomas.
- Procurando assistência médica..
- E depois, aceitação.

Mesmo que as fazes foram comuns para ambos homens e mulheres, os

pesquisadores notaram que as mulheres passaram mais tempo na negação do que os homens. Também, elas mais provavelmente acreditaram que os sintomas eram passageiros e melhorariam da sua própria conta. As mulheres mais provavelmente esperam para os sintomas piorarem e mais frequentes antes de procurarem cuidado médico.

O autor principal diz que parte da razão pode ser que as mulheres pensam da doença da artéria coronária como uma "doença dos homens" e elas preocupam-se sobre quem as substituirão no papel de cuidar dos outros se elas ficarem doentes.

A doença cardíaca é a doença mortal número um para as mulheres. Os Centros de Controle e Prevenção de Doenças dizem que é importante reconhecer os sinais de um ataque cardíaco e actuar imediatamente chamando o 911. A possibilidade de uma pessoa sobreviver um ataque cardíaco aumenta se o tratamento de emergência for administrado tão pronto possível.

Complementary Health Approaches May Help Treat Osteoarthritis

Osteoarthritis (OA) is a disease that causes pain and difficulty moving joints, particularly in the knees, hips, hands, and spine. Osteoarthritis is the most common type of arthritis—affecting nearly 27 million Americans—and is an increasing problem among older adults.

OA occurs when the cartilage between the bones of a joint is worn down. As a result, the bones rub together, causing pain and loss of function, such as stiffness or reduced range of motion in the joints.

OA is different from rheumatoid arthritis, which is an autoimmune disease that affects other tissues in the body in addition to joints, including the eyes, heart, and lungs. Risk factors for OA include aging, joint injuries, or genetic problems that specifically affect the joint cartilage. Both men and women are affected by OA, although after the age of 45 women tend to be more at risk of developing the disease.

Treatments

Treatments for OA address the symptoms, such as pain, swelling, and reduced function in the joints. Non-drug approaches involve lifestyle changes such as exercise, weight control, and rest. Conventional drug treatments for

OA include nonsteroidal anti-inflammatory drugs (NSAIDs), acetaminophen, and injections of corticosteroids (anti-inflammatory hormones). While important and very helpful for many, these drugs are not always effective and they sometimes result in serious side effects. For example, NSAIDs may cause liver damage, ulcers, and gastrointestinal bleeding and can increase your risk of having a heart attack or stroke.

Some research has shown that acupuncture may help to reduce pain and improve joint mobility, and a small number of studies on massage and tai chi for OA symptoms suggest that both practices may help to reduce pain and improve the ability to walk and move.

There is little conclusive evidence that dietary supplements help with OA symptoms or the underlying course of the disease. It is important not to replace conventional medical treatments for OA with an unproven complementary health approach.

Tell all your health care providers about any complementary health approaches you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.

Fall Prevention Awareness Day Sept. 23

The number of American seniors who die from fall-related injuries has nearly doubled since 2000, a new report from the U.S. Centers for Disease Control and Prevention reveals. Investigators also implicated falling as the cause of death in 55 percent of the roughly 90,000 unintentional injury fatalities involving seniors in 2012 and 2013.

Commenting on the report, Professor Nancy Gell, of the department of rehabilitation and movement science at the University of Vermont in Burlington, said, "an important take away from this study is the concerted need for fall-prevention efforts. [This] may include an individual fall-risk assessment, home environment assessment, and participation in fall-prevention exercise, such as balance and strengthening exercise."

Fall Prevention Awareness Day is September 23, and Coastline is bringing fall prevention awareness to our community. "We all want to protect our older family members and help them stay safe, secure, and independent," said Coastline CEO Paula Shiner. "Knowing how to reduce the risk of falling is a step toward this goal."

According to the Center for Disease Control and Prevention, each year one in

three adults aged 65 years or older falls. Falls can cause moderate to severe injuries, such as hip fractures and head traumas, and can increase the risk of early death. Among older adults, falls are the leading cause of death from injury.

Falls are also the most common cause of nonfatal injuries and hospital admissions due to trauma. Many people who fall, even if they are not injured, develop a fear of falling. This fear may cause them to limit their activities leading to reduced mobility and loss of physical fitness, which in turn increases their actual risk of falling.

Coastline can help elders avoid falls through two FREE fall prevention workshops, A Matter of Balance and Tai Chi for Healthy Aging. These workshops help older adults to create a plan for themselves that reduces the fear of falling, increases activity level, improves balance and mobility, with natural breathing and stress reduction.

Anyone interested in participating in one of Coastline's FREE workshops or who would like to become a volunteer should contact Jacqueline Medeiros at 508-742-9151 or jmedeiros@coastlinenb.org.

Kindness is the golden chain by which society is bound together.
Goethe

Savoy Nursing & Rehabilitation Center

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

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I like flaws. I think they make things interesting.
Sarah Dessen

Your Health

Beware of Health Scams

You see ads for miracle drugs everywhere these days—supplements that claim to stop or reverse aging, or make aches and pains disappear like magic! You might even see statements like, “This treatment cured my cancer in 1 week.” They appear to offer hope, but they aren’t true.

Today, there are more ways than ever to sell untested products—online, TV, radio, magazines, and newspapers are just a few examples. Actors portray doctors and patients on infomercials. You might even get an email urging you to try a product. It can be hard to tell what’s an ad.

Untested remedies may be harmful. They may get in the way of medicines prescribed by your doctor. They may be expensive and a waste of money. And, sometimes, using these products keeps people from getting the medical treatment they need.

False Hopes

Why do people fall for these sales pitches? Unproven remedies promise false hope. Ads where people say they have been cured do not prove that a product works. They offer solutions that appear to be quick and painless. At best, these treatments are worthless. At worst, they are dangerous.

Health scams set their sights on people who are afraid or in pain. It’s easy to see why a person might be tempted to believe in the promise of a miracle remedy. Living with a chronic health problem is hard.

Health scams usually target diseases that may have treatments for symptoms but currently have no cures. You may see ads for:

Anti-aging therapies. Our culture places great value on staying young, but aging is normal. Pills or other treatments for endless youth have not been scientifically proven to slow or reverse the aging process.

Arthritis remedies. You may see claims that treatments with magnets, copper bracelets, chemicals, special diets, radiation, and other products can cure arthritis. This is highly unlikely. There is no cure for most forms of arthritis. Rest, exercise, heat, and some drugs help many people control their symptoms.

Cancer cures. Scam artists prey on a fear of cancer. They promote treatments with no proven value. There is no one treatment that cures all types of cancer. By using unproven methods, people with cancer may lose valuable time and the chance to benefit from a

proven, effective treatment. This delay may lessen the chance of controlling or curing the disease.

Memory aids. Many people worry about losing their memory as they age. So-called smart pills, removal of amalgam dental fillings, and some brain training programs are examples of untested approaches that falsely promise to keep or improve memory.

Dietary supplements. Americans spend billions of dollars each year on dietary supplements which include vitamins and minerals, amino acids, herbs, and enzymes. Most dietary supplements are not fully tested to make sure they are safe and do what they promise. While some vitamins may be helpful, supplements may be bad for people taking certain medicines or with some medical conditions. Be wary of claims that a supplement can shrink tumors, solve impotence, or cure Alzheimer’s disease. Talk to your doctor before starting any supplement.

Health insurance. Some companies offer health insurance coverage that promises more than it intends to deliver. When you think about buying health insurance, remember to find out if the company and agent are licensed in your State. The website www.health-care.gov can help.

How Can You Protect Yourself from Health Scams?

Be skeptical. Question what you see or hear in ads or online. Ask your doctor, nurse, other healthcare provider, or pharmacist about a product before you buy it. Don’t let a salesperson talk you into making a snap decision. Look for red flags in ads or promotional material that:

- Promise a quick or painless cure;
- Claim the product is made from a special, secret, or ancient formula;
- Offer products and services only by mail or from one company
- Use statements or unproven case histories from so-called satisfied patients;
- Claim to be a cure for a wide range of ailments;
- Claim to cure a disease (such as arthritis or Alzheimer’s disease) that hasn’t been cured by medical science;
- Promise a no-risk, money-back guarantee;
- Offer an additional free gift or a larger amount of the product as a special promotion;
- Require advance payment and claim there is a limited supply of the product.

Steps to Take for Better Brain Health

Taking action to stay healthy as you age is good for your brain, too. The Alzheimer’s Education and Referral Center, a service of the National Institutes of Health, advises elders to take these five steps toward better brain health:

Get recommended health screenings.
Manage health problems like diabe-

tes, high blood pressure, and high cholesterol.

Consult with your health care provider to make sure your medicines are right for you.

Reduce risk for brain injuries due to falls and other types of accidents.

Quit smoking. It’s never too late to quit.

Alcohol and the Older Heart

Moderate to heavy alcohol consumption may lead to heart damage in senior citizens, according to a new study reported by Dr. Cindy Haines of HealthDay TV.

Researchers tracked weekly drinking habits of nearly 4,500 people around the age of 76. The participants also underwent exams to check the size, structure and motion of various parts of the heart. The researchers found that the more people drank, the greater the subtle changes to the heart’s structure and function. Women appeared more

susceptible than men to the “cardiotoxic effects” of alcohol. Moderate female drinkers defined as one drink per day had small reductions in heart function. Among men, drinking more than 14 drinks a week was associated with enlargement of the wall of the heart’s main pumping chamber.

The lead author says, “In spite of potential benefits of low alcohol intake, our findings highlight the possible hazards to cardiac structure and function by increased amounts of alcohol consumption in the elderly.”

Use of Certain Common Drugs Linked to Higher Dementia Risk

Older adults who take anticholinergic drugs, commonly prescribed for a wide range of health conditions, may be at significantly higher risk of developing dementia. The stronger the dose and the longer they use the drugs, the higher the potential risk. The study findings appeared online in JAMA Internal Medicine.

Anticholinergic drugs include some antihistamines such as Benadryl, tricyclic antidepressants, medications to control overactive bladder, and drugs to relieve the symptoms of Parkinson’s disease. Anticholinergic drugs block the action of acetylcholine, says Beverly Merz, Executive Editor, Harvard Women’s Health Watch. “This substance transmits messages in the nervous system. In the brain, acetylcholine is involved in learning and memory. In the rest of the body, it stimulates muscle contractions. Taking an anticholinergic for the equivalent of three years or more was associated with a 54 percent higher dementia risk than taking the same dose for three months or less,” Merz added.

Many drugs have a stronger effect on older people than younger people, Merz said. “With age, the kidneys and liver clear drugs more slowly, so drug levels in the blood remain higher for a

longer time. People also gain fat and lose muscle mass with age, both of which change the way that drugs are distributed to and broken down in body tissues. In addition, older people tend to take more prescription and over-the-counter medications, each of which has the potential to suppress or enhance the effectiveness of the others.”

Anticholinergics are prescribed for many health conditions in older people, including overactive bladder, seasonal allergies, and depression. Some are available over the counter and are often used as sleep aids. These medications may cause such side effects as impaired cognition, especially in older people. This side effect was thought to be reversible once the person stopped taking the medication.

However, researchers led by Dr. Shelly Gray, University of Washington School of Pharmacy, Seattle, showed that these medications may have a lasting impact. The findings suggest that physicians treating older people should prescribe alternatives to anticholinergics, when possible, or lower doses of the drugs. More studies are needed to determine to what extent stopping anticholinergics can reduce the risk of developing permanent dementia.

Physical Activity Important for Alzheimer’s Patients

Exercise and physical activity are important for people with Alzheimer’s disease. Exercise helps with general health, weight maintenance, and good sleep habits.

Check out these tips from the Alzheimer’s Disease Education & Referral Center to help people with

Alzheimer’s get and stay active:

Try several 10-minute mini-workouts if a longer workout is too much.

Add music to exercises or try dancing together.

Break exercises into simple, easy-to-follow steps.

New Support Group Forming in New Bedford

A new support group being formed by the New Bedford Council on Aging will meet Tuesdays from noon to 1 p.m. at the Hillman Street Support Center, 181 Hillman Street, starting this fall.

“The group will meet around a brown bag lunch that participants bring in,” says COA Director Debra Lee. A beverage will be provided by the COA.

“The purpose of the group is to help one another deal with day to day issues of life,” she says.

“On occasion speakers will be brought in to discuss relevant topics chosen by the group,” added Ms. Lee. For more information or to sign up, call the COA Administrative Offices at 508-991-6250.

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As we get older, our bodies get shorter and our stories get longer.
R. Quillen

Remember When

Textile Strikes of 1928



New Bedford children wait in a soup line August 23, 1928, during the New Bedford Textile Workers strike. Twenty-five of the 26 cotton mills in the city were closed from April 16 until October 8. The children lined up daily to bring warm soup and bread home to their families.

Portuguese Speaking Volunteers Needed for Hospice & Palliative Care Program

Southcoast VNA, a part of Southcoast® Health, is seeking Portuguese speaking volunteers for its Hospice & Palliative Care program. Applicants should be comfortable engaging in conversation with Portuguese speaking patients and family members.

Volunteers are an integral part of the care giving team providing companionship, much needed relief for families and vigil support. Volunteers often read to patients or help them to discuss fond memories, which makes sharing a

common language a comforting touch.

To become a volunteer, individuals need to be 18 years of age, provide basic screening information and references, and be willing to serve a minimum of two to four hours per week. Volunteers receive extensive training and support, and are supervised by the volunteer coordinator.

For more information or to apply, contact Mary Harrington, Volunteer Coordinator, at 508-973-3219 or harringtonma@southcoast.org.

Drop-off Days Set to Dispose of Tires, Needles, Confidential Papers and Hazardous Waste

The City of New Bedford and the Refuse District are hosting events this fall to help New Bedford and Dartmouth residents discard tires, needles, confidential papers, and household hazardous waste.

Tire Drop-off Day

Tire Drop-off Day will take place on September 19 from 9 a.m. to noon at the Shawmut Avenue Transfer Station, 1103 Shawmut Avenue. It is open to New Bedford and Dartmouth residents only, ID required. Fees are \$1 each for car tires, \$5 each for light duty truck tires, and \$15 each for heavy duty truck tires. Cash or check only accepted. No commercial loads, no tires with a rim diameter greater than 24 inches, no off-road equipment tires.

Sharps Drop-off Day

Sharps Drop-off Day will take place on September 19 from 9 a.m. to noon at the Shawmut Avenue Transfer Station, 1103 Shawmut Avenue. It is open to New Bedford and Dartmouth residents only, ID required. Sharps include needles, syringes, and lancets. Sharps must be in a red biohazard container prior to the drop-off day; sharps will not be accepted in any other type of container. New Bedford residents may pick up one free biohazard container at the New Bedford Health Department, 1213 Purchase Street. Biohazard containers may also be purchased from local pharmacies.

Paper Shredding Day

Paper Shredding Day will take place on September 26 from 9 a.m. to noon in the parking lot across from City Hall, on the corner of William Street and North 6th Street. It is open to businesses and residents of New Bedford and the surrounding communities. Fee is \$5 per box (not more than 40 pounds each). Paper clips and staples do not need to be removed, but please remove paper from folders and binders. Fee is \$5 to destroy a hard drive. Cash or check only accepted.

Household Hazardous Waste Drop-off Day

Household Hazardous Waste Drop-off Day will take place on October 3 from 9 a.m. to noon at the Crapo Hill Landfill, 300 Samuel Barnett Boulevard. It is open to New Bedford and Dartmouth residents only, ID required. Examples of accepted waste include oil-based paints, paint thinner, and waste fuels. NO LATEX PAINTS. Dry out and throw it away in the regular trash. The maximum amount accepted is 25 gallons or 25 pounds. Collection is for households only. No businesses, schools, or contractors, unless prior arrangements have been made.

For more information about any of the events, contact Marissa Perez-Dormitzer, District Recycling Coordinator at (508) 979-1493 or recycling@newbedford-ma.gov.

Can You Spare Some Time to Help a Homeless Child?

Can you spare one or two hours a week to influence the life of a child impacted by homelessness?

School on Wheels of Massachusetts (SOWMA) is seeking one-on-one after school tutors/mentors to work with children in grades K through 12 at shelters, hotels, and schools in the New Bedford area starting in September. Over 1,800 Massachusetts students have benefited from SOWMA's customized academic services in the 10 years since the organization's founding.

Each SOWMA tutor is matched with a student for one or two hours a week. Tutors work with students on homework and school projects. Tutoring sessions are designed to fill in the layers of learning that may be missing due to frequent moves and school absences. Each SOWMA

tutor is expected to serve as a mentor and positive role model. Teens and adults aged 18 and older are needed. High school students may tutor with a parent or other adult that they know. No prior experience is required.

Every SOWMA volunteer must attend a three-hour Tutoring Training before beginning to tutor. Upcoming Tutor Trainings will be held on Thursday, September 10, from 5:30 to 8:30 p.m. at Harbour House, 713 Shawmut Ave., New Bedford.

You can register online at <http://sowma.org/get-involved/tutor-mentor/new-tutor-training>. To learn more about becoming a SOWMA tutor/mentor this season, please visit www.sowma.org or contact Operations Director Robin Gilbert at robin@sowma.org, or 508-587-9091.

Answers to Trivia Quiz

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



Michelle D. Beneski, Esq.



Daniel M. Surprenant, Esq.



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