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Scope

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5 Ways Congress Can Support Seniors in 2015

This year marks the 50th anniversary of three of the nation's most important programs for seniors—Medicare, Medicaid, and the Older Americans Act (OAA). It is also the year when advocates and policymakers from across the country will be discussing the future of aging services at the 2015 White House Conference on Aging.

"These events offer the perfect opportunity for Congress to expand and reinforce its commitment to supporting older Americans' health and economic security," said Howard Bedlin, Vice President of Public Policy & Advocacy for the National Council on Aging (NCOA). "The aging population is growing rapidly, and seniors want to stay independent as long as possible. Now is the time to strengthen and expand aging services to meet the needs of all seniors, especially those who are struggling."

Specifically, NCOA urges Congress to:

Protect and assist low-income

Medicare beneficiaries

The Medicare Qualified Individual (QI) program pays Medicare Part B premiums for beneficiaries whose incomes are 120-135 percent of poverty—about \$14,000-\$15,750 per year. Without this assistance, these seniors would not be able to afford doctor visits.

Congress temporarily extended the QI program to March 31, along with increases in Medicare physician payments. Momentum is building to permanently fix Medicare physician payments. Congress should make the QI program permanent at the same time and fund outreach to help seniors access this and other Medicare low-income benefits, since most who are eligible for assistance do not receive it.

Renew the Older Americans Act (OAA) and the Elder Justice Act (EJA)

The OAA and EJA are both overdue for reauthorization. Renewing these statutes would mean strengthening and modernizing aging services and protections to meet the diverse needs of our growing older population—especially those who are vulnerable and struggling.

The OAA funds critical, cost-effective programs that allow seniors to stay healthy and independent in their communities, including job training and placement under the Senior Community Service Employment Program (SCSEP), health promotion and disease prevention, senior nutrition, senior centers, caregiver support, and more.

The EJA provides for a nationally coordinated, multi-disciplinary approach to the silent crisis of elder abuse, neglect, and exploitation. Congress should build upon the progress made last year on these issues and pass bipartisan bills this year.

Restore investments in aging services

A variety of community services help older adults

maintain or improve their health and economic security, allowing them to stay independent and avoid more costly care. These include OAA programs, nutrition and energy assistance, and affordable housing.

Investments in aging services have not kept up with inflation or the rapid growth in the senior population. Due to budget caps and sequestration, FY14 funding for these and other non-defense discretionary (NDD) programs was about 15 percent below FY10 levels, resulting in service reductions and growing waiting lists.

Sequestration must be replaced with a balanced approach that does not increase poverty, hunger, or income inequality.

Protect and strengthen long-term home care under Medicaid

The number of Americans needing long-term care (LTC) will more than double as the baby boomers age. Medicare does not cover long-term care, and private LTC insurance is unaffordable for most. This means often seniors have to spend-down their life savings into poverty before getting help from Medicaid—which has an institutional bias with mandatory nursing home but optional home care coverage.

Several Medicaid reforms to promote access to home care are expiring—such as the Money Follows the Person and Balancing Incentives Programs. Congressional leadership is needed to extend these programs and pass other legislation recommended by the bipartisan Long-Term Care Commission to improve access to home and community services and support family caregivers. Proposals to place arbitrary caps on Medicaid services also should be opposed.

Improve access to elder falls prevention and chronic disease self-management programs

Falls among seniors are widespread, expensive, and often preventable. Each year, one in three Americans aged 65+ falls. The annual cost for treating these injuries is over \$36 billion, which could increase to nearly \$62 billion in 2020, with Medicare paying about \$48 billion.

In addition, the vast majority of older adults are affected by multiple chronic conditions, collectively accounting for more than three-quarters of all health expenditures. Chronic disease self-management education (CDSME) is a low-cost, evidence-based model that helps individuals manage their conditions, improve their health status, and reduce their need for more costly medical care.

Last year, Congress provided \$5 million for falls prevention and \$8 million for CDSME from the Prevention and Public Health Fund. Collectively, this funding reaches just over half of the states. This year, investments should be increased so at-risk seniors in additional states can access these important services.

Feel Younger, Live Longer?

Feeling younger may actually help you live longer, according to a new study reported by Dr. Cindy Haines of HealthDay TV.

Nearly 6,500 people -- 52 years and older -- were asked how old they felt. About 70 percent of the adults said they felt three or more years younger than their chronological age. 25 percent felt their age and about 5 percent felt more than one year older than they actually were.

During more than 8 years of follow-up, researchers recorded deaths from all causes. The results? People whose self-perceived age was younger than their real

age had a lower death rate from all causes compared to those who felt their age or older.

The relationship between self-perceived age and cardiovascular death was strong, but there was no association between self-perceived age and cancer mortality. The researchers say more investigation is needed to determine the mechanisms underlying these associations. They say the possibilities include behaviors such as maintaining a healthy weight and following medical advice, as well as having a greater resilience and will to live.

Happy Valentine's Day

Editor's Notes

An Optimistic Outlook Keeps You Healthy

You probably are not in the mood for any snow jokes after the Blizzard of 2015.

But a recent study of baby boomers and elders suggests that our outlook on things "can have a *snowball* effect that can alter our everyday life." That's what Professor of Consumer Psychology Kit Yarrow of Golden Gate University says.

If you at least smiled at my little joke you are probably one of those optimistic people who have a positive outlook on life. That attitude may be good for your heart, according to a new study of more than 5000 adults 52 to 84 years old.

Looking on the bright side can have dramatic results in how you view the world and enjoy your life. That positive outlook can in turn keep you healthier.

Optimists were between 50 percent and 76 percent more likely to have total heart health scores in the intermediate or ideal ranges in the recent study.

Optimists were also found to have better blood sugar and cholesterol levels, a healthier Body Mass Index (BMI) status, and more rigorous physical activity habits than those in the least optimistic group.

Dr. Yarrow notes there is a lot of psychological research that links positive behaviors and an optimistic outlook to better health. "Gratitude, for example, has been linked to lower impulsivity, higher salaries, better sleep and stronger relationships," she said.

And this strikes me as yet another study that reinforces an intuitive knowledge that probably most people have that our mind and body are linked."

My grandfather and probably yours knew that. "The way you think is the way you travel," Pepere would say. I thought his repertoire of aphorisms – and Mom's – were amusing but not really valid in those days.

When we are young we think we know better than our parents, but as

we get older we realize how wise they were.

The best news is that even if you are not optimistic by nature, you can learn to think more positively at any age.

"I would accentuate the good news that it's certainly the case that even if you're not born with a big dose of optimism, it is something you can train yourself to adopt," says Dr. Yarrow. "You can actually train your mind to let go of pessimistic thoughts. It's not a lost cause."

If you were able to maintain an optimistic outlook through last month's blizzard, you are on the right track.

We know we can't control the weather so it does no good to worry about it. Instead of worrying about what you can't control, do what you can to improve the things you can have an impact on.

Appreciate your many blessings and accept your challenges. Follow your doctor's orders to maintain your health. Strengthen your relationships with your family and friends.

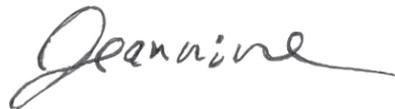
Keep your mind and body active. Get out and socialize as much as you can. Even if the weather is bad, being with other people will brighten your spirits.

You don't have to be an irresponsible Pollyanna. But it's ok to look for the silver lining when there's a cloud on your horizon.

We all remember the comic strip *Little Orphan Annie* that was so popular when we were young.

In more recent years it was the basis for an award winning Broadway musical and a movie. One of the most famous songs from the musical is "Tomorrow."

Just keep reminding yourself of the lyrics from that song, "The sun will come out tomorrow." That doesn't just apply to the weather.



We Want to Hear 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, 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.

Senior Scope

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In memory of Norman P. Medeiros (18th Anniversary) February 21, 1997 -Wife, Diane, Children Lynn, Norm and Grandchildren	\$20.00
In memory of Donna Wazlowski - Francis and Matthew Wazlowski	\$10.00
In memory of my mother, Mrs. George Henderson Sr. (February birth date) - Joan Henderson Beaubian	\$10.00

In Thanksgiving

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Thank you St. Jude and Sacred Heart of Jesus for prayers answered -Anonymous	\$10.00
Promise to St. Joseph, St. Joseph and Virgin Mary -H.F.	\$20.00
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Donations last issue	\$215.00
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You and Your Money

Tips to Help Seniors Manage Their Debt

Many older adults use credit cards to cope with unexpected expenses that exceed their income. This strategy can work for a while. However, over time your credit cards can reach the maximum borrowing limits. Credit card companies also can increase the minimum monthly payment and charge sizable fees and other penalties for late payments. This can make it even harder to get your finances under control.

Here are four solutions to help reduce your debt and get back on the path to financial stability.

Figure out a repayment plan

There are two approaches you can use to pay off multiple debts. One method is to pay the debt with the highest interest rate first while making minimum payments on the rest. This reduces the overall cost of paying your debts.

Another method is to pay the smallest debt first while making minimum payments on the rest. The satisfaction of paying off a loan quickly can motivate you to pay the rest. Not sure how long it will take to pay off those debts? Use the debt calculator on NCOA's EconomicCheckUp® to find out.

Consider credit counseling

If you pay more than 20 percent of your income to cover debt payments,

then you also may benefit from a credit counselor's advice. A good credit counselor can help you organize your finances and develop a budget. Credit counseling costs vary, but some nonprofits offer the service for free or at discounted rates.

Get a list of approved credit counseling agencies from the U.S. Department of Justice.

Get help with family budgeting

Paying off debts only works if you also have your spending under control. Use the EconomicCheckUp® spending calculator to determine where your money is going, and what small changes may add up to savings.

Learn about bankruptcy filing

Bankruptcy is the legal procedure that allows you to reorganize your financial situation or discharge your debts if you cannot pay them. There are several different types of bankruptcy, so you must carefully weigh your options before deciding if this is right for you, and which one you should file. Learn more about bankruptcy procedures from the Federal Trade Commission.

Don't know where to start? Get a free personalized report of your financial situation using the EconomicCheckUp® screening tool from NCOA.org.

Ring in the New Year with a COLA

By Delia De Mello

Happy New Year from Social Security! Put down the champagne and ring in the New Year with a COLA! And we don't mean the soda. In 2015, nearly 64 million Americans who receive Social Security or Supplemental Security Income (SSI) will receive a cost-of-living adjustment (COLA) increase to their monthly benefit payments of 1.7 percent.

The average monthly Social Security benefit for a retired worker in 2015 is \$1,328 (up from \$1,306 in 2014). The average monthly Social Security benefit for a disabled worker in 2015 is \$1,165 (up from \$1,146 in 2014). For people who receive SSI, the maximum federal payment amount increased to \$733 (up from \$721 in 2014).

Other Social Security changes in

2015 are also worth noting. For example, the maximum amount of earnings subject to the Social Security payroll tax will increase to \$118,500 (up from \$117,000 in 2014). A worker will earn one credit toward Social Security coverage after paying taxes on \$1,220 in earnings in 2015 (up from \$1,200 in 2014). As a reminder, eligibility for retirement benefits still requires 40 credits (usually about 10 years of work).

Information about Medicare changes for 2015 is available at www.medicare.gov. The Social Security Act outlines how the COLA is calculated. To read more about the COLA, please visit www.socialsecurity.gov/cola.

To learn more about other changes in 2015, read our fact sheet at www.socialsecurity.gov/news/press/factsheets/colafacts2015.html.

81 Percent of Medicare Part D Seniors Choose "Preferred Pharmacy" Plans

A new analysis of Centers for Medicare and Medicaid Services' (CMS) Medicare Part D 2015 enrollment data shows that 81 percent of seniors chose lower-cost preferred pharmacy plans that offer convenient access and extra discounts at certain pharmacies. The findings were released by Drug Channels.

"Preferred pharmacy plans are now the foundation of Medicare Part D," said Pharmaceutical Care Management Association President and CEO Mark Merritt. "Last year CMS defused a bipartisan uproar by withdrawing its proposal to overhaul Part D and promising Congress to end its pursuit of 'controversial' requirements that put preferred pharmacy plans and other benefits at risk."

Through December 4, 2014, 15.4 million beneficiaries enrolled in preferred pharmacy Part D plans. The enrollment data analysis adds to a growing body of evidence showing that preferred pharmacies in Part D are lowering costs and offering seniors convenient access to their medicines.

A recent survey conducted by Hart Research Associates shows that nine out of 10 seniors from urban, suburban, small town and rural areas have convenient access to these discounted pharmacies in Part D.

An actuarial study finds that preferred pharmacy plans will reduce federal Medicare Part D costs up to \$9.3 billion during the next 10 years.

Another actuarial study finds that eliminating preferred pharmacy plans in Part D would increase premiums by approximately \$63 annually for over 75 percent of Part D enrollees and raise overall program costs by an estimated \$24 billion over the next 10 years.

Currently, most national Part D pharmacy networks include nearly all drugstores — almost 67,000 nationwide — giving beneficiaries access to more pharmacy locations than the combined number of McDonald's, Burger Kings, Pizza Huts, Wendy's, Taco Bells, Kentucky Fried Chickens, Domino's Pizzas, and Dunkin' Donuts across the country.

NSTAR Urges Customers to Beware of Scams

NSTAR is renewing its warning that scams targeting utility customers across the country continue to affect people right here in Massachusetts. Some scams include impersonators trying to obtain account information and entry into customers' homes. Others include scammers falsely telling residents and businesses their utility company will shut off their power unless payment is made immediately.

While the scammers keep changing the scenario they use to pressure customers into making hasty, often large payments to keep the power on, the scheme to get the money remains basically the same. A caller tells the targeted customer the only way to keep the power on is to pay quickly using an untraceable pre-paid debit card (such as the *Green Dot MoneyPak* cards or Vanilla Reload Network card) or, in the case of some business customers, by making a Western Union money transfer. Often, once the scammer believes the customer is on the way to purchase the card, they will call multiple times pressing for follow-through with the payment.

"These scams work by scaring customers and catching them off guard, hoping they'll suspend their better judgment and make a payment or provide personal information," said Penni Conner, Senior Vice President and Chief Customer Officer at Northeast Utilities, NSTAR's parent company. "If any of our customers suspect someone is impersonating a

representative of NSTAR, whether on the phone or in-person - even if they show identification, please contact us immediately or call the local police."

NSTAR representatives never demand instant payment over the phone and don't require the use of pre-paid debit cards. Customers can verify they are speaking with an NSTAR representative by asking for some basic information about their account. NSTAR customer service representatives will always be able to verify the name on the account, the account address, and the exact past due balance.

NSTAR employees rarely make unsolicited house visits. Some exceptions include accessing utility equipment to ensure the safe and efficient operation of the distribution system, or if there is a reported safety concern. Always decline any door-to-door offer from someone claiming to be an NSTAR employee. NSTAR representatives will never arrive unsolicited asking for electric account information. Customers should never provide the information if someone represents himself in this way.

NSTAR has several convenient payment options, including payments plans for customers who are experiencing financial difficulty, and a list of authorized retailers for those who wish to pay in person. NSTAR urges anyone who has any doubts about a call, a visit or an offer to contact the company directly at 1-800-592-2000.

Consumer Protection

Many consumers have been pressured into switching their utilities provider by companies with overly aggressive sales pitches and tactics. You can call the New Bedford Energy Now office for information on ener-

gy home assessments and savings. Or call the New Bedford Local Consumer Program if you have any questions on specific companies that have appeared on your door step.

Call 508-979-1693 for assistance.

Most folks are about as happy as they make their minds up to be.
Abraham Lincoln



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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.

The family team of Attorney Robert L. Surprenant, Attorney Michelle D. Beneski and Attorney Daniel M. Surprenant are resolute in their goal of providing the highest quality of services to their clients.

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Menu for February 2015

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Italian Style Spaghetti with Meatballs Asparagus Scali Bread Pears	3 Beef Burgundy with Mixed Vegetables Boiled Potatoes Dinner Roll Tapioca Pudding Diet: Sugar Free Pudding	4 Grilled Chicken Breast with Supreme Sauce Peas & Mushrooms Rice Medley Oatmeal Bread Pineapples	5 Beef and Cabbage Casserole Carrots Whole Wheat Roll Chocolate Chip Cookie Diet: Graham Wafer Tossed Salad w/ Dressing	6 Potato Pollock Tartar Sauce Whipped Potato Green Beans & Almonds Whole Wheat Bread Banana
9 Beef Patty with Onion Gravy Seasoned Potato Wedges Chuckwagon Blend Oatmeal Roll Peaches Granola Bar	10 Chicken Nuggets Sweet n' Sour Sauce Potato Au Gratin California Blend Rye Bread Fruited Jell-O Diet: Sugar Free Jell-O	11 Mini Raviolis with Tomato Basil Sauce Green & Wax Beans Scali Bread Mandarin Oranges Yogurt	12 Roast Turkey with Gravy Cranberry Sauce Mashed Potatoes Winter Squash Snowflake Roll Fresh Apple	13 High Sodium Baked Ham with Raisin Sauce Whipped Sweet Potato Mixed Veggies Honey Wheat Bread Red Velvet Cake Diet: Graham Wafer
16 Closed 	17 Sloppy Joe Hash Browns Carrot Coins Dinner Roll Fresh Orange Tossed Salad with Honey Mustard Dressing	18 Mac n' Cheese Escalloped Tomato with Broccoli Multigrain Bread Brownie Diet: Graham Wafer Melon Cup	19 Unsalted Saltines White Bean & Kale Soup Roasted Chicken with Honey Mustard Sauce Whipped Potato Whole Wheat Roll Pears	20 Tuna Noodle Casserole Peas Marble Rye Bread Pineapple Glazed Baby Carrots
23 Grilled Chicken with Pineapple Ginger Sauce Brussel Sprouts Garlic Whipped Potato Whole Wheat Bread Applesauce	24 High Sodium LS Hot Dog Mustard & Ketchup Packet Baked Beans Country Blend Hot Dog Roll Mandarin Oranges	25 Meatloaf with Mushroom Gravy Whipped Potato Country Blend Honey Wheat Bread Carrot Cake Diet: Graham Wafer	26 Turkey Tetrazzini Spaghetti Chopped Broccoli Snowflake Roll Fresh Apple Blueberry Yogurt	27 Cheese Omelet with Diced Tomatoes and Spinach O'Brien Potatoes Fruit Muffin Peaches Granola Bar

Recipe Roundup

Chicken Sausage with Potatoes & Sauerkraut

Ingredients:

1 1/2 teaspoons extra-virgin olive oil
6 ounces (2 links) cooked chicken sausage, halved lengthwise and cut into 2- to 3-inch pieces
1 small onion, thinly sliced
2 small Yukon Gold potatoes, halved and cut into 1/4-inch slices
3/4 cup sauerkraut, rinsed
3/4 cup dry white wine
1/4 teaspoon freshly ground pepper
1/8 teaspoon caraway seeds
1/2 bay leaf

Directions:

Heat oil in a medium skillet over medium heat. Add sausage and onion and cook, stirring frequently, until beginning to brown, about 4 minutes. Add potatoes, sauerkraut, wine, pepper, caraway seeds and bay leaf; bring to a simmer. Cover and cook, stirring occasionally, until the potatoes are tender and most of the liquid has evaporated, 10 to 15 minutes. Remove the bay leaf before serving.

Serves two

Source: eatingwell.com

Chicken Tenderloins with Cranberry Mustard Sauce

Ingredients:

1 pound chicken tenderloins
Flour
Salt and pepper
2 tablespoons butter
2 tablespoons oil
2/3 cup dry white wine
2/3 cup chicken broth
3 tablespoons country-style Dijon mustard
1 1/2 teaspoons cornstarch
1 1/2 tablespoons water
1/2 cup Ocean Spray® Craisins® Original Dried Cranberries
1/4 cup sliced green onions, green part only

Directions:

Bring a large pot of water to a boil. Add spaghetti and cook 2 minutes less than package dirLightly toss chicken pieces with flour; shake off excess. Sprinkle lightly with salt and pepper.

Heat 1 tablespoon of butter and oil in a large skillet. Add half of the chicken; cook about 2 minutes, turning once until chicken is golden brown on each side and cooked through. Add more butter and oil if needed. Remove to a platter; keep warm. Repeat with remaining chicken. Add wine, chicken broth and mustard to skillet, scraping up browned bits. Combine cornstarch and water in a small bowl. Stir into skillet. Add dried cranberries. Boil 1 to 2 minutes or until sauce thickens. Stir in green onions; cook 1 more minute. Pour sauce over chicken.

Makes 4 servings.

Source: oceanspray.com

Creamy Garlic Pasta with Shrimp

Ingredients:

3 ounces whole-wheat spaghetti
6 ounces peeled and deveined raw shrimp (see Note), cut into 1-inch pieces
1/2 bunch asparagus, trimmed and thinly sliced
1/2 large red bell pepper, thinly sliced
1/2 cup fresh or frozen peas
2 small or 1 large clove garlic, chopped
1/2 teaspoon plus 1/8 teaspoon kosher salt
3/4 cup nonfat or low-fat plain yogurt
2 tablespoons chopped flat-leaf parsley
1 1/2 tablespoons lemon juice
1 1/2 teaspoons extra-virgin olive oil
1/4 teaspoon freshly ground pepper
2 tablespoons toasted pine nuts (optional)

Directions:

Bring a large pot of water to a boil. Add spaghetti and cook 2 minutes less than package directions. Add shrimp, asparagus, bell pepper and peas and cook until the pasta is tender and the shrimp are cooked, 2 to 4 minutes more. Drain well.

Mash garlic and salt in a large bowl until a paste forms. Whisk in yogurt, parsley, lemon juice, oil and pepper. Add the pasta mixture and toss to coat. Serve sprinkled with pine nuts (if using).

Serves two

Source: eatingwell.com

Sweet & Savory beef Stew

Ingredients:

2 1/2 teaspoons canola oil, divided
8 ounces bottom-round beef, trimmed, cut into 3/4-inch cubes
1 large shallot, halved and thinly sliced
1 teaspoon dried thyme
1/2 teaspoon dried rubbed sage
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
2 teaspoons all-purpose flour
1 cup reduced-sodium beef broth
2 1/2 cups cubed peeled butternut squash
1/3 cup dried cherries

Directions:

Preheat oven to 350°F.

Heat 1 1/2 teaspoons oil in a large ovenproof saucepan over medium heat. Add beef and cook until browned on all sides, 6 to 8 minutes. Transfer to a plate.

Reduce heat to medium-low, add the remaining 1 teaspoon oil and shallot to the pan; cook, stirring often, for 1 minute. Stir in thyme, sage, salt and pepper; cook for 30 seconds. Return the beef to the pan and sprinkle with flour. Cook, stirring often, until the flour browns, about 3 minutes. Pour in broth; scrape up any browned bits from the bottom of the pan. Continue cooking until the liquid bubbles and thickens slightly, about 2 minutes. Stir in squash.

Cover the pan and transfer to the oven. Bake for 1 hour. Stir in cherries, cover and continue baking until the meat is tender when pierced with a fork, about 30 minutes more.

Serves two

Source: eatingwell.com

All you need is love. But a little chocolate now and then doesn't hurt.

Charles A. Schulz

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PeabodyProperties.com
231 Middle Street
New Bedford, MA

Professionally
Managed By:
 PEABODY
PROPERTIES, INC.

- 1 & 2 Bedrooms*
- **All Utilities Included**
- Community Room
- Laundry Care Center
- Council on Aging Van Available
- 24-hour Emergency Maintenance
- Resident Services and Activities
- Close to SERTA Bus Line, Restaurants, Shops, Banks, Library

We Put The "HOME" In Housing!

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

Carriage House at Acushnet Heights

Now Accepting Applications for Studios & 1 Bedroom



Offering Many Amenities:

- ❖ Affordable Rent 30% of Adjusted Income
- ❖ Applicant or Member of Household Must be 62 or Older
- ❖ All Utilities and Air Conditioning Included
- ❖ On-Site Laundry Facilities
- ❖ Beautiful Living Environment with Plenty of Natural Light
- ❖ Community Patio and Courtyard for Outdoor Enjoyment
- ❖ Residents Library / Computer Room
- ❖ Community Room for Residents Parties and Events
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Choose Carriage House at Acushnet Heights as Your New Home
Call **508-993-0433** for an Application

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- Hearing Tests
- Hearing Aid Service and Sales
- Wax Removal



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Dr. Kristy Lamoureux
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www.ComfortOfHomeHearing.com



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

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VOICE-TDD# 1-800-439-2370



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Provides Safe and Affordable
Housing and Services for Seniors!

Call for Seasonal Rent Specials &
Independent Rates Today!

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

For More Information Call: **(508) 997-2880**

114 Riverside Avenue New Bedford, MA 02746
www.whalerscove-assistedliving.com



Now
Accepting
Applications
1 & 2 BRs



Melville Towers

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850 Pleasant Street
New Bedford, MA
Hours: 8am - 4:30pm
Monday - Wednesday - Friday

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

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



The Car Barn

Designed for the Elderly

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

ACCEPTING APPLICATIONS
FOR 1 AND 2 BEDROOM UNITS

The Car Barn offers many amenities:

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



Please call for more information
508-997-5484



Fairhaven Village

Contact Eunice or Mary Lyn
today to schedule a tour!

330 Main St., Fairhaven, MA
508-994-1908
fairhaven@peabodyproperties.com
www.peabodyproperties.com

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



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



Olympia Tower

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

Income requirements, please call for info.

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



Update

Civil War Lecture

Professor David Blight of Yale University will present a lecture entitled "Living a New Life: Frederick Douglass Finds Freedom and His Voice in New Bedford" at the New Bedford Whaling National Historical Park's theater on Saturday, February 7, from 2 p.m. to 4 p.m. The park is located at 33 William Street, downtown New Bedford. Professor Blight is the Class of 1954 Professor of American History and Director of the Gilder Lehrman Center for the Study of Slavery, Resistance, and Abolition at Yale. Admission is free. This event is sponsored by New Bedford Whaling National Historical Park and the New Bedford Historical Society.

Frederick Douglass Read-a-thon

The New Bedford Historical Society is hosting the fifteenth annual Community Read-a-thon of the first autobiography of Frederick Douglass, *Narrative of the Life of Frederick Douglass, an American Slave* Written by Himself (1845). This event is being held in celebration of African American History Month and honors Douglass as one of the great men of the 19th century, an early advocate for African American civil rights and the rights of women.

The read-a-thon also celebrates the historical connection between the people of New Bedford and the young Frederick Douglass, who found his way to New Bedford through the Underground Railroad as a 20-year old freedom seeker in the fall of 1838. He earned his first paid wages as a free man gathering and putting away coal for the minister of the First Unitarian Church, Ephraim Peabody. Douglass cast his first vote as a free man in elections in the city.

Members of the community are invited to join the event as readers in this celebration of the life and legacy of one of New Bedford's great men. The read-a-thon will be held on Sunday, February 8, from 2 p.m. to 6 p.m., at the First Unitarian Church, 71 Eighth Street in New Bedford. Refreshments will be available. For additional information contact the Society at 508-979-8828.

Pancake Breakfast at The Oaks

The fourth annual Fat Tuesday Pancake Brunch at The Oaks will be held February 17. The Oaks invites guests to stop by anytime from 8:30 a.m. to 10:30 a.m. and indulge in the delicious festivities. Breakfast is free but donations of canned goods for the local food pantry are welcome. Call 508-998-7807 to RSVP by Thursday, February 9.

Singers Invited

Local singers are invited to join the acclaimed Greater New Bedford Choral Society in 2015. Members should be able to blend with their section and pay nominal dues for music and other expenses. No private audition is required. Rehearsals are held on Tuesday evenings from 7:30 to 9:30 at the First Unitarian Church, corner of County and Union Streets.

For more information call 508-644-2419 or view the society's website at www.gnbcs.org.

Bowling League for Disabled Persons

A local bowling league for persons with disabilities is looking for someone to help with record keeping and finances. Please call Bob at 508-994-4972.

Whaling Museum Activities

Three great American Presidents – George Washington, Abraham Lincoln and Teddy Roosevelt – will visit with children at the annual Presidents' Day Birthday Bash Monday, February 16, from 10 a.m. to 2 p.m. at the New Bedford Whaling Museum. Come explore how the Founding Fathers influenced New Bedford history, participate in a scavenger hunt, create your own soap scrimshaw, and more. Children will have the opportunity to dress as their favorite president and have their photograph taken beside the famous Resolute Desk, created from the same ship's timbers as the one used in the Oval Office.

Children must be accompanied by an adult. February vacation week activities that take place in the Cook Memorial Theaters, the Jacobs Family Gallery and Wattles Family Gallery are free. Regular admission rates apply to all other museum galleries unless otherwise noted.

Monday through Friday, February 16 to 20, a special showing of "Profiles in Courage: Frederick Douglass in New Bedford" will be presented free of charge from 2 p.m. to 3 p.m. in the Cook Memorial Theater.

You can fool all the people some of the time, and some of the people all the time, but you cannot fool all the people all the time.
Abraham Lincoln

Sunset Supper Holiday Event



The annual Sunset Supper Program Holiday Event was held at the Grace Church Hall in December.

I have decided to stick with love. Hate is too great a burden to bear.

Martin Luther King, Jr.

Valentine's Day Party



Thursday, February 12
12:30PM – 2:30PM
Brooklawn Senior Center
1997 Acushnet Ave.

Enjoy a Delicious Lunch Catered by
Carmen's Chef Service

Menu:
Chicken Marsala with Linguini Pasta,
Italian Blend Vegetables and Assorted Desserts
Hot Cocoa, Coffee, and Punch

Entertainment by
New Horizons Choral Group



\$8.00 per person

Please Sign up by February 6 @ Brooklawn Senior Center
Check/Money order payable to: City of New Bedford

Special Thanks to Carmen's Chef Service for Catering this Event
& Senior Whole Health for Providing Hot Cocoa

New Bedford Council on Aging & Senior Centers

"Welcome Spring" Celebration



Friday, March 20
12PM-3PM
Fort Taber Community Center
950 South Rodney French Blvd.

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

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

Entertainment by "The Silver Fox" George Cataldo



\$10.00 per person

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

Special Thanks to D&D Catering for Catering this Event

Portuguese, CV Elders Focus of New IAC Program



Enjoying a traditional dance at the Immigrants' Assistance Center recently are Aida Amaral, Maria Barboza and Gracing Oliveira. At left is Caregiver Case Manager Maria Rosario.

The Immigrants' Assistance Center launched a new program in November that has quickly gained popularity with Portuguese and Cape Verdean elders. In a few short months the free weekly program has about 45 men and women who attend regularly.

Helene DaSilva Hughes, IAC Executive Director, said the new program fills a void for older immigrants. "They immigrated to the U.S. to give their children a better life," she says. "Now many are widows, their families are grown and may have moved away." They find themselves "isolated, lonely and sometimes depressed," she explains.

The group meets every Tuesday from 11:30 a.m. to 2:00 p.m. at the IAC, 58 Crapo Street. An elevator was recently installed in the building, which also houses Casa de Saudade, making the second-floor space accessible.

The elders socialize, do needlework, or play cards and games. "Many have amazing talents," says DaSilva Hughes. Along with lunch, information is provided in Portuguese and Cape Verdean Creole on health issues and other topics of interest.

Volunteer Maria Pereira, who ran a similar program at St. John the Baptist Church before it closed, helps to coordinate the program.

Some of the elders showed an interest in learning how to use a computer, says DaSilva Hughes. "They've had language barriers all their lives and now they have a technology barrier," she says.

A new grant from Baycoast Bank provided the funds to purchase laptops. "We'll be teaching them how to use the internet, email and Skype," says DaSilva Hughes, "so they can stay in touch with their grandchildren and other family members who have moved away."

United Health Care provided a grant that will fund trips to local museums and other points of interest many have never visited. Other activities might include a trip to the State House in Boston for the Day of Portugal in June.

DaSilva Hughes says the next step will be to capture the elders' histories and send them to the Portuguese Archives at UMass Dartmouth.

"We want them to feel valued," she says, "to let them know their lives matter."

Senior Travel

Day Trips

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

Tues. Feb. 10 -- Newport Grand

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

- Mon. Feb 23 – IKEA**
- Mon. Feb. 23 -- Outdoor World**
- Mon. April 20 -- JFK Memorial, Hyannis**
- Mon. May 18 -- Wrentham Mall**
- Mon. June 15 -- Glass Museum in Sandwich**
- Mon. July 20 -- Butterflies of Cape Cod Bourne**
- Mon. Aug.17 -- Canal Boat trip**
- Mon. Sept. 21 -- Isaacs Plymouth**
- Mon. Oct. 19 -- Fall River Maritime Museum**

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

- Mon. Feb. 9 – Foxwoods Casino**
- Thurs. Feb. 26 – Newport Playhouse and Cabaret**
- Wed. March 11 – Boston Flower Show**
- Mon. March 16 – Mohegan Sun**
- Wed. March 18 – Aqua Turf Club – St. Patrick's Day Celebration**
- Mon. April 13 -- Foxwoods Casino**
- Thurs. May 21 – Foxwoods – Frankie Valli Tribute Show**
- Wed. May 27 – Lobster Roll Cruise and Woods Hole Aquarium**
- Sun. June 14 – Providence Performing Arts Center and Gregg's**
- Wed. June 17 – Capt'n Jack's Lobster Bake and Mohegan Sun**
- Sat. June 20 – Elizabeth Park Rose Gardens**
- Mon. June 22 – Boston Harbor Cruise and Quincy Market**

Multi-Day Tours

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

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

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

May 15-19, 2015 – Washington, DC

Grandparents Raising Grandchildren at New Bedford COA

Grandparents Raising Grandchildren is now located at the New Bedford Council on Aging, 181 Hillman Street, Bldg. #9. For information on group meetings and individual appointments, call Brenda Grace at 508-996-0168.

Grandchildren is now located at the New Bedford Council on Aging, 181 Hillman Street, Bldg. #9.

For information on group meetings and individual appointments, call Brenda Grace at 508-996-0168.



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

PLEASE JOIN US
at Brandon Woods of Dartmouth for
FREE BREAKFAST BINGO

2015 WEDNESDAY DATES

From 8:30 AM to 10 PM

MARCH 11TH

JUNE 10TH

SEPTEMBER 9TH

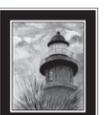
DECEMBER 9TH

FREE Hot Breakfast & Fun Bingo



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RSVP Eva Fey at 508.958.5920 or efey@elderservices.com
Family Owned & Operated



At the Senior Centers

Acushnet Senior Center

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

Free manicures and hand massage will be offered by Cosmetology students from ORR on Thursday, Feb. 12, 10:00 a.m. to 11:30 a.m. No appointment necessary.

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

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

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

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

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

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

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

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

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

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

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

A **Beginners' Exercise Class** with Larry Bigos meets Wednesday at 2:30 p.m. Go at your own pace while building strength and making new friends.

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

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

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

Ashley Park Center

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

Brooklawn Senior Center

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

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

Thursday, Feb. 12, is our **Valentine's Day** party. Tickets are \$8

Once A Month **Monday Bingo** will be Feb. 9.

Presentation on **Medicare Fraud** will be offered Fri., Feb. 27 from 2:30 p.m. to 3:30 p.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 on Feb. 23, at 1 p.m. Please sign up in advance.

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

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

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

Birthdays will be celebrated on Monday at noon.

Free weekly **Craft group** will begin meeting on Thursdays from 11:30 to 12:30. (No group Feb. 12)

A new **Tai Chi** class meets Monday, Feb. 23 1:30 p.m. to 2:30 p.m. The class is free but you must call to register.

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

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

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

Everyone of any physical ability is encouraged to participate in the **Strength and Conditioning** class with Larry Bigos that meets on Thursdays at 10 a.m.

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

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

Buttonwood Senior Center

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

Monthly Birthday Party will be held on Thursday, Feb. 5, at noon.

Breakfast is available daily.

Depression Screening presentation will be offered Thurs., Feb. 12, from 11:30 a.m. to 12:00 p.m.

Mardi Gras Soiree with lunch and Zydeco music will be held Fri., Feb. 13, from 11 a.m. to 2 p.m.

Legal consultation with Surprenant & Beneski Tues., Feb. 17, 10 a.m. to 11 a.m. Appointments required.

Game Show Gorilla hosted by Daniel Watson on Fri., Feb. 27, from 10 a.m. to 11 a.m.

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

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.

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

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

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

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

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

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

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

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

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

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

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

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

Caroline Street Senior Center

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

Lunch is served Monday through Friday at noon.

Exercise Class meets every Monday at 11 a.m.

Ice Cream Social is held every other Friday.

Dartmouth Senior Center

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

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

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

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

Learn to Play Chess or brush up on your game with Joseph Medeiros. New free class begins Thurs., Feb. 26 at 10 a.m.

Welcoming Committee will be available on Friday morning, from 9 to noon, to introduce community members to everything the Dartmouth COA has to offer.

Caregiver Bracelets will be offered free at a presentation by Bristol County Homecare on Fri., Feb. 27, at 10 a.m.

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

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

Our walkers are on the move! Join us Monday, Wednesday and Friday at 8:30 a.m. It's free. We offer different walking levels and no one walks alone.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Play **horse shoes** Fridays at 10.

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

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

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

Downtown Senior Center

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

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

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

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

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

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

Fairhaven Senior Center

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

Emergency Preparedness meeting will be held Mon. March 16 from 5 p.m. to 7 p.m. for Fairhaven residents over 60. Sign up early. Seating and backpacks are limited.

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

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

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

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

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

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

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

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

Chair Yoga class now meets on Monday and Thursday mornings from 10:15 to 11:15. An **Osteo Exercise** class meets Monday, Wednesday and Friday mornings from 8:30 to 10:00.

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

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

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

Trips to the Mall call for details.

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

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

Hazelwood Senior Center

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

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

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

At the Senior Centers... continued on page 12

Senior Safety

Extreme Cold Weather Precautions

The Massachusetts Emergency Management Agency (MEMA) presents these cold weather safety tips.

Continue to be aware of extreme weather conditions by monitoring media reports.

Make sure you always have a well-stocked Winter Home Emergency Supply Kit that includes flashlights, portable radio, extra batteries, a first aid kit, bottled water, non-perishable food and a manual can opener.

Minimize outside activities, particularly the elderly and very young. Also, consider your pets.

Dress in several layers of loose-fitting, lightweight clothing, rather than a single layer of heavy clothing. Outer garments should be tightly woven and water repellent. Wear a hat, mittens and sturdy waterproof boots, protecting your extremities. Cover your mouth with a scarf to protect your lungs.

Excessive exposure can lead to frostbite, which is damaging to body tissue that is frozen. Frostbite causes a loss of feeling and a pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, seek medical help immediately.

Hypothermia can occur in extreme cases. The warning signs are uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If the person's temperature drops below 95 degrees, seek immediate medical care.

Ensure you have sufficient heating fuel, as well as emergency heating equipment in case you lose electricity. When utilizing alternate heating

sources, such as your fireplace, wood stove or space heater, take the necessary safety precautions. Keep a fire extinguisher handy; ensuring everyone knows how to use it properly. Test smoke alarms and Carbon Monoxide (CO) detectors.

If you lose your heat, seal off unused rooms by stuffing towels in the cracks under the doors. At night, cover windows with extra blankets or sheets.

Food provides the body with energy for producing its own heat.

Be a good neighbor. Check with elderly or relatives and friends who may need additional assistance to ensure their safety.

To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture. Allow a trickle of warm water to run from a faucet that is farthest from your water meter or one that has frozen in the past. This will keep the water moving so that it cannot freeze. Learn how to shut off your water if a pipe bursts.

If pipes freeze, remove insulation, completely open all faucets and pour hot water over the pipes or wrap them with towels soaked in hot water, starting where they are most exposed to the cold. A hand-held hair dryer, used with caution, also works well.

Make sure your car is properly winterized. Keep the gas tank at least half-full. Carry a Winter Emergency Car Kit in the trunk including blankets, extra clothing, flashlight with spare batteries, a can and waterproof matches (to melt snow for drinking water), non-perishable foods, windshield scraper, shovel, sand, towrope and jumper cables.

Some Over-the-Counter Medicines May Affect Your Driving

Anyone who operates a vehicle of any type—car, bus, train, plane, or boat—needs to know that some over-the-counter medicines that can make you drowsy and can affect your ability to drive and operate machinery safely.

Over-the-counter medicines are also known as OTC or nonprescription medicines. All these terms mean the same thing: medicines that you can buy without a prescription from a healthcare professional. Each OTC medicine has a *Drug Facts* label to guide you in your choices and to help keep you safe. OTC medicines are serious medicines and their risks can increase if you don't choose them carefully and use them exactly as directed on the label.

According to Ali Mohamadi, M.D., a medical officer at FDA, "You can feel the effects some OTC medicines can have on your driving for a short time after you take them, or their effects can last for several hours. In some cases, a medicine can cause significant 'hang-over-like' effects and affect your driving even the next day."

If you have not had enough sleep, taking medicine with a side effect that causes drowsiness can add to the sleepiness and fatigue you may already feel. Being drowsy behind the wheel is dangerous; it can impair your driving skills.

Advice is seldom welcome. Those who need it most like it least.

Samuel Johnson

Nutrition News

February is Heart Health Month

By Stephanie Boulay, RD, Coastline

Do You Know the Warning Signs of a Heart Attack?

Pain in the jaw, neck, arms, shoulders or back

Chest pressure, squeezing or pain

Shortness of breath

Nausea, sweating or feeling faint

Know the symptoms and call 911!

Tips for a Healthy Heart this Season

1: Know your numbers.

2: Go nuts for nuts! Foods high in Omega-3 and plant sterols, such as walnuts, peanuts, and pistachios have

been shown to decrease inflammation and lower LDL cholesterol.

3: Eat a diet rich in fruits, vegetables and whole grains.

4: Eat fish twice a week.

5: Get at least 20 minutes of exercise a day.

A good belly laugh can send an increase of blood flow of 20% throughout your entire body? No wonder laughter is the best medicine!

Coastline, 1646 Purchase Street
New Bedford, MA 02740 Phone:
508-999-6400 www.coastlinenb.org

Heart Healthy Shopping List

Tomatoes, spinach, cabbage

Apples, bananas, peaches

Frozen broccoli

Frozen berries (no sugar added)

Margarine without transfat

Olive or canola oil

Skim or 1% milk

100% whole-wheat bread

Seafood (fish and shellfish)

Skinless chicken and turkey breast

Beans, lentils and peas

Almonds and walnuts

Arthritis Can Make Cooking Difficult

Arthritis can make cooking difficult, but there are things you can do to ease the strain. The University of Washington Medicine Orthopedics and Sports Medicine department offers these suggestions:

Plan ahead for meals to avoid rushing.

Make tasks easier by using appliances such as mixers, can openers, dishwashers, microwaves and crock pots.

Place a mixing bowl in the sink on a damp cloth to hold it in place, and mix while holding the spoon like a dagger.

Secure cutting boards with rust-proof nails to avoid slipping. Cut with a French chef's knife.

Choose lightweight pans for easier cleanup and lifting. Apply a nonstick cooking spray.

Use reachers, cook while sitting on a stool, store foods within easy reach and move items with a wheeled cart.

If you live to be a hundred, I want to live to be a hundred minus one day, so I never have to live without you.

Winnie the Pooh

Foster Grandparents Give that "Little Extra"



Foster Grandmother Millie Garr helps a child identify shapes and colors at the North Star Learning Center on Shawmut Avenue.

Grandparents are a loving presence in a child's life. But "many children don't have grandparents in their lives," says Marlene Barros, director of the North Star Learning Center on Shawmut Avenue. That's why the Foster Grandparent program, administered by Coastline, is so important, she says.

"The Foster Grandparents give our children that little extra – the one on one time the teachers may be too busy to provide," Barros says. "It takes a village to raise a child," she adds.

Foster Grandparent Program Director Christine Voss explains, "The Grandparents are our gift to the classroom. They enhance all the things the teachers do, and they provide love and caring to the children."

The program is also a gift for the volunteers. They feel

vibrant, energized and connected with the community.

"I'm very blessed," says Millie Garr, who is a Foster Grandparent at the North Star Learning Center. "I like working with children and I wasn't going to sit around after I retired. I'm thankful for the experience. I want to reach out and help someone. If I can do that I'm contented."

Lois Rushforth of Fairhaven also volunteers as a Foster Grandparent at the North Star Learning Center and has similar comments.

"I wanted to do something after I retired," she says. "I love babies so this is perfect for me. In the morning they give me a hug, they make me feel wanted. Working here keeps me feeling younger."

The challenge, Voss says, is to meet the demand for more Foster Grandparent volunteers. "I still have about 10 volunteer openings in local schools and preschool centers, which means at least 40 students do not have their own Foster Grandparent." She adds, "Surely there are 10 seniors in the community who would love an extra \$159 to \$212 per month?"

Volunteers who meet income and eligibility guidelines, and can volunteer between 15 to 20 hours per week, receive a stipend, Voss explains. Under Federal guidelines this amount is not considered income and will not affect any government benefits.

Coastline has been administering the Foster Grandparent program since 1983. Currently 56 senior volunteers serve at sites in New Bedford, Dartmouth, Wareham and Plymouth.

"All you need to join is the ability to give the kind of comfort and love that sets a child on the path toward a successful future," says Christine Voss. "Make that call now and join the group of Foster Grandparents 55 to 92 years who are already making a difference in their community."

Please contact Christine Voss at Coastline Elderly Services at 508-742-9198 for more information.

Your Health

Heart Device May Cut Stroke Risk in Those with Irregular Heartbeat: Study

A new implanted heart device might be more effective than blood-thinning medications in reducing stroke risk for people suffering from the heart rhythm disorder known as atrial fibrillation, according to new research reported by HealthDay News.

The device called WATCHMAN proved better than the commonly used anti-clotting drug warfarin in preventing strokes, blood clots and deaths among atrial fibrillation patients, the study found.

"These are important outcomes," said study author Dr. Vivek Reddy, a professor of cardiology at the Icahn School of Medicine in New York City. "There are very few cardiovascular interventions that show reduced mortality, and this is one of them."

The findings could lead to final federal approval for the device, which has been under review by the U.S. Food and Drug Administration for several years. "It likely will be approved, and will be available for use in the United States in the first half of 2015," Reddy said.

Atrial fibrillation is an electrical disorder of the heart that causes it to beat irregularly. The off-tempo beats allow blood to pool and clot in the heart, which increases a patient's risk of stroke, according to the U.S. National Institutes of Health.

The WATCHMAN device is a fabric-and-metal mesh umbrella that doctors insert through a tube into the upper left chamber, or left atrium, of a patient's heart. It is made by the firm Boston Scientific, which paid for the clinical trial and provided financial support to Reddy and other co-authors of the study.

The mesh is designed to screen off

the clots, preventing them from circulating through the body. "Eventually it becomes completely clotted behind the device and heals over," Reddy explained. The WATCHMAN device could be an alternative for people who either aren't medically allowed to take blood thinners or who don't want to take the medication.

This clinical trial involved 707 patients with atrial fibrillation and at least one additional stroke risk factor. Of those patients, 463 received a WATCHMAN implant while the rest took warfarin. After nearly four years, about 8.4 percent of the WATCHMAN patients had suffered a stroke, blood clot or death, compared with 13.9 percent in the group taking warfarin. Patients with the device also had lower rates of heart-related death (3.7 percent versus 9 percent) and death by any cause (12.3 percent versus 18 percent) than patients taking warfarin.

But patients with the device also had a slightly higher number of adverse side effects compared with the warfarin patients, said Dr. Alfred Bove, professor emeritus of medicine at Temple University School of Medicine. The most common side effect was dangerous fluid build-up around the heart, the study noted.

Bove said he is concerned there could be a dramatic increase in complications related to the device if it becomes widely used by cardiologists with varying degrees of ability. "It takes a certain amount of skill to insert this device," Bove said. Reddy agreed that patients with the device had more complications, but argued that patients taking warfarin are at higher risk for long-term health problems.

Some Dementia Meds Tied to Kidney Problems

Kidney injury can be added to the list of possible harms related to use of three antipsychotic medications often prescribed to treat behavioral symptoms of dementia in older adults, according to a new study reported in Health Day News.

Quetiapine (Seroquel), risperidone (Risperdal) and olanzapine (Zyprexa) are approved by the U.S. Food and Drug Administration to treat bipolar disorder, schizophrenia and other serious mental disorders. They are also frequently used "off-label" to treat behavioral concerns such as aggression or agitation in seniors with Alzheimer's and similar neurodegenerative diseases.

"The side effect profile with antipsychotics is particularly concerning, so there is ample evidence to worry about their use in older adults unless they're absolutely necessary," said Dr. Anton Porsteinsson, director of Alzheimer's disease care, research and education at the University of Rochester School of Medicine.

How to Delay or Prevent Diabetes

Diabetes occurs in people of all ages, but it's more common in older adults. There's good news, though. You can take small steps to prevent or delay the onset of type 2 diabetes by reaching and maintaining a healthy weight, making smart food choices, and moving more.

Here are some easy ways to be more active:

Visually Impaired Group Meets

A support group for visually impaired adults meets the third Tuesday of the month at 9 a.m. at the Hazel-

The study, published in *Annals of Internal Medicine*, found that acute kidney injury was one and a half times more likely in older adults taking Seroquel, Risperdal or Zyprexa compared to similar adults not taking these medications.

It also found that the risk of low blood pressure and acute urinary retention (the inability to empty the bladder) doubled, and the risk of death from any cause more than doubled in older adults taking these drugs. The antipsychotics were linked to an increased risk of pneumonia and heart attack as well.

Although the study doesn't prove a direct cause-and-effect relationship between these drugs and kidney damage, experts say it adds to existing concerns.

Their off-label use to treat difficult behavior in the elderly has previously been linked to drowsiness, falls, weight gain and serious health conditions, including stroke, pneumonia and death from any cause.

March in place while watching your favorite TV show. Stretch during commercial breaks.

Walk around when you talk on the phone.

Take more steps by parking the car farther away from stores, movie theaters, or your office.

Get off the bus one stop early and walk the rest of the way, if it is safe.

wood Senior Center on Brock Avenue. Anyone interested in joining can call Marie Pina at 508-991-2113.

Fish Oil Supplements Have Little Effect on Irregular Heartbeat: Study

High doses of fish oil supplements won't prevent the return of a common type of irregular heartbeat known as atrial fibrillation, Canadian researchers report.

In fact, 64.1 percent of those taking fish oil for its omega-3 fatty acids experienced new bouts of atrial fibrillation over the course of 16 months, compared to 63.2 percent of those taking a placebo. Fish oil supplements also did not reduce the twin ills of inflammation or oxidative stress, which may explain why they didn't guard against atrial fibrillation, the study authors noted.

"Fish oil has no role to play in the treatment of atrial fibrillation," said lead researcher Dr. Anil Nigam, an associate professor in the department of medicine at the University of Montreal.

Are You Spending too Much Time Sitting?

Could that comfy chair or sofa be the enemy when it comes to staying healthy? The answer, according to a new study, depends on how much time you spend there, regardless of your exercise habits, reports Dr. Cindy Haines of HealthDay TV.

Researchers analyzed data from 47 investigations that looked at sedentary time and outcomes for cardiovascular disease, diabetes, cancer and all-cause mortality. Greater sedentary time was associated with an increased risk for all

Atrial fibrillation is a common malady in which the heartbeat is irregular and can race as fast as 150 beats a minute. A normal heart rate is around 70 beats a minute.

He added that recent studies have found no benefit from fish oil supplements in people with heart disease who are being optimally treated and whose heart is working normally. "However, people with poor heart function might still benefit from taking fish oil supplements," Nigam said. "What is better and should be recommended is a Mediterranean-type diet rich in natural omega-3 fats and other nutrients, including fresh fruits and veggies, legumes, olive oil, while lowering intake of red meat, trans fats and saturated fats," he said.

of the diseases and conditions reviewed, independent of physical activity participation.

However, the adverse effects of sitting on all-cause mortality were more pronounced among participants who did little or no exercise compared to those who moved around regularly. The researchers say more study is needed to explore the effectiveness of interventions designed to reduce sedentary time at home and at work.

Tips for Healthier Winter Skin

Aging skin may need a little extra TLC during the winter months.

The American Osteopathic Association suggests these steps for healthier winter skin:

Since hot water can make skin lose moisture, take shorter warm showers and baths.

Use a gentle, light exfoliator to slough off dead skin cells.

Don't pick at or peel dry skin.

Switch to an oil-based moisturizer that includes sun protection factor. Reapply throughout the day if you'll be outside.

Run a humidifier to keep home air moist.

If your clothes get wet, remove them as soon as possible to avoid irritating the skin.

Medicare Coverage for Lung Cancer Screening a Lifesaver for Seniors

New Medicare coverage for computed tomography (CT) lung cancer screening provides high-risk seniors with access to care that can save more lives than any cancer screening test in history.

"CT lung cancer screening is the first and only cost-effective test proven to significantly reduce lung cancer deaths. Medicare coverage provides access to care for seniors and will help physicians save thousands of lives each year from the nation's leading cancer killer," said Ella Kazerooni, M.D., FACR, chair of the American College of Radiology Lung Cancer Screening Committee.

The U. S. Preventive Services Task Force (USPSTF) recommended CT lung cancer screening of adults aged 55 to 80 who currently smoke 30 packs a year or who quit within the past 15 years.

The Centers for Medicare & Medicaid Services (CMS) narrowed coverage to those aged 55 and 74.

"We strongly advise older current and former heavy smokers to speak with their doctors about whether CT lung cancer screening is right for them. If they and their doctor decide that screening is warranted, we encourage patients to seek out an ACR lung cancer screening center," said Kazerooni.

With the USPSTF recommendation, the Affordable Care Act (ACA) requires private insurers to cover CT lung cancer screening as an essential health benefit and ensures Medicare beneficiaries have access to these services as well.

"Lung cancer will kill 160,000 Americans this year - more than breast, colon and prostate cancers combined," said Kazerooni.

Parkinson's Support Group

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

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.

Have patience with all things, but especially have patience with yourself.

St. Francis DeSales

When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years.

Mark Twain

Your Health

FDA Approves New Anti-Clotting Drug

The U.S. Food and Drug Administration approved the anti-clotting drug Savaysa (edoxaban tablets) to reduce the risk of stroke and dangerous blood clots in patients with atrial fibrillation not caused by a heart valve problem.

Savaysa also has been approved to treat deep vein thrombosis (DVT) and pulmonary embolism in patients who have already been treated with an anti-clotting drug administered by injection or infusion for five to ten days.

Atrial fibrillation is one of the most common types of abnormal heart

rhythm. It occurs when the heart's two upper chambers do not contract properly, allowing blood clots to form, which can break off and travel to the brain or other parts of the body. Patients with atrial fibrillation experience an abnormal, irregular and rapid heartbeat.

DVT is a blood clot that forms in a vein deep in the body, usually in the lower leg or thigh. A potentially deadly condition results when a blood clot in a deep vein breaks off and travels to an artery in the lungs and blocks blood flow.

Advice for Preventing Back Pain

Age-related wear and tear of the spine is a common cause of back pain, but there are things you can do to reduce your risk of back injury and discomfort, reports HealthDay News.

"Many people with lower back aches say symptoms disrupt their daily routines; however, everyday habits may be the factors causing the pain," said Dr. Michael Gleiber, an orthopedic spine surgeon and American Academy of Orthopaedic Surgeons spokesman. "It's important to identify some of those behaviors, avoid them and adapt healthy ones," he said.

Do regular exercise to strengthen your back and core muscles. If you have acute back pain, don't do strenuous exercise, but get up and move

around, Gleiber said. Being in bed or inactive for too long could cause your back pain symptoms to get worse.

Try to avoid lifting heavy objects. If you have to do heavy lifting, use proper technique. Do not bend over. Keep your back straight and bend at your knees, he advised.

Maintain a healthy body weight. Being overweight or obese places added stress on your lower back, research shows.

Watch your posture. Your ears should be in line with the top of your shoulders, and your shoulders in line with your hips. Your upper arms should hang relaxed and close to your body, and your hands should be in line with your lower arms.

Consejo para Evitar el Dolor de la Espalda

El desgaste y el daño de la columna vertebral relacionado con la edad es una causa común del dolor de la espalda, pero hay cosas que se puede hacer para reducir el riesgo de golpes y incómodo de la espalda, relató la HealthDay News.

"Muchas personas con dolor de la parte inferior de la columna vertebral dicen que los síntomas de este interrumpen sus rutinas diarias, sin embargo, los hábitos de todos los días pueden ser factores causando el dolor, dijo el Dr. Michael Gleiber, un cirujano ortopédico de la espina dorsal y portavoz de la American Academy of Orthopedic Surgeons (Academia Americana de Cirujanos Ortopédicos). "Es importante identificar algunos de estos comportamientos, evitarlos y adaptar aquellos que son saludables," el dijo.

Hagan ejercicios normales para fortalecer la espalda y los músculos principales. Si usted tiene un dolor agudo de la espalda, no haga ejercicios vigorosos, pero si, levántese y

muevese continuamente, dijo el Gleiber. Quedándose en la cama o inactivo demasiado tiempo puede causar que los síntomas del dolor de la espalda se pone peor.

Evite suspender objetos pesados si usted tiene que suspender los pesos pesados. Si usted tiene que suspender los pesos pesados, use la técnica correcta. No se echa de bruces. Mantenga la espalda recta y doble con las rodillas, el aconsejó.

Mantenga un peso corporal saludable. Estando con demasiado peso o siendo obeso pone presión adicional en la parte inferior de la columna, demuestra la pesquisa.

Tenga cuidado con su postura. Sus orejas deben estar alineadas con el topo de los ombros, y sus ombros alineados con la anca. La parte superior de los brazos deben colgar relajados cerca de su cuerpo, y la manos deben estar en línea con la parte inferior de sus brazos.

Conselho para Evitar a Dôr das Costas

O desgaste e estrago da coluna vertebral relacionados com a idade é uma causa comum de dôr das costas, mas há coisas que se possa fazer para reduzir o risco de pancadas e incômodo das costas, relatou a HealthDay News.

"Muitas pessoas com dôr na parte inferior da coluna vertebral dizem que os sintomas deste interrompem as suas rotinas diárias; contudo, os hábitos de todos os dias podem ser factores causando a dôr," disse o Dr. Michael Gleiber, um cirurgião ortopédico da espinha dorsal e porta-voz da American Academy of Orthopedic Surgeons (Academia Americana de Cirurgiões Ortopédicos). "É importante identificar alguns desses comportamentos, evita-los e adaptar aqueles saudáveis," ele disse.

Façam exercícios normais para fortalecer as costas e os músculos principais. Se você tiver uma dôr aguda das costas, não faça exercícios vigorosos,

mas sim levanta-se e move-se continuamente, disse o Gleiber. Ficando na cama ou inactivo demasiado tempo pode causar que os sintomas da dôr das costas se piorem.

Evite suspender objectos pesados. Se você tiver que suspender pesos pesados, use a técnica correcta. Não se debruce. Mantem-se a costa direita e dobre nos joelhos, ele aconselhou.

Mantenha um peso corporal saudável. Estando com demasiado peso ou sendo obeso põe pressão adicional na parte inferior da coluna, demonstra a pesquisa.

Tenha cuidado com a sua postura. As suas orelhas devem estar alinhadas com o topo dos seus ombros, e os seus ombros alinhados com as ancas. A parte superior dos braços devem pendurar relaxados e pertos do seu corpo, e as mãos devem estar em linha com a parte inferior dos seus braços.

Full Bladder Interrupts Sleep for Many Women

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

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

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

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

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

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

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

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

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

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

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

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

Balance and Stroke Risk

Can you balance on one leg for 20 seconds or longer? If your answer is yes, you may be at lower risk for brain disease and stroke than people who struggle to stay upright, according to new research. The study, published in the journal *Stroke*, included 841 women and 546 men with an average age of 67.

The participants were asked to stand on one leg with their eyes open while researchers timed them. Then they had brain MRIs to look for small blood vessel disease.

The results? People who were unable to balance on one leg for longer than 20 seconds were more likely to

have small cerebral infarctions, which are areas of tissue damage caused by a lack of oxygen. They were also more likely to have microbleeds. And the damage was evident though they were otherwise healthy and showed no symptoms.

The lead researcher says the study shows a simple balance test could be an important indicator of brain health. He says individuals showing poor balance on one leg should receive increased attention, since this may indicate an increased risk for brain disease and cognitive decline, reports Dr. Cindy Haines of HealthDay TV.

Breast Cancer and Depression

Depression is a disabling condition that affects 15 to 25 percent of cancer patients, according to the National Cancer Institute. A new study published in the *Journal of Clinical Oncology* looks specifically at risk for first depression in women with breast cancer.

Researchers included nearly 2 million women who were healthy at the start and had no major psychiatric disorder. They followed them from 1998 to 2011 tracking breast cancer diagnosis, hospital treatment for depression and use of antidepressants.

As the researchers expected, in the first year after diagnosis, patients were at increased risk for first depression, reports Dr. Cindy Haines of HealthDay TV. But that risk was significantly higher even after 3 and 8 years. The researchers say these findings show women with breast cancer are at long-term increased risk for first depression. They say clinicians should be aware that women under 50 and over 70 years of age and those living alone were found to be among those at highest risk.

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I think I've discovered the secret of life -- you just hang around until you get used to it.

Charles Schulz

Remember When

Our Lady of Assumption Minstrel Show circa 1941



Child on floor is Dorothy Lopes; First row, left to right: Louie Alves, Julia Cabral, Gertrude Cruz, Fermino, Berniece Ramos, Dorothy Ramos Livramento, Mingo Gomes, Jenny Alves, Mary Ramos Amos, Mary Tavares, Eddie Martin.

Second row, left to right: Jimmy Moore, Lawrence Brooks, George Gomes, Colin Kydd, Arthur Cruz, Don Ramos, John Santos, Raoul Galvin, Joe Lopes, Manny Almeida.

Third Row, left to right: Betty Livramento Duarte, Constance Antunes, Gloria Cruz Corchado, Minnie Alves Sousa, Guimar "Mana" Gomes Santos, Edwina Gomes Almeida, Mary Teixeira, name unknown, Lucy Barboza.

Fourth row, left to right: Mary Gomes Fernandes, Isabel. Mattapoisett?, Lillian Livramento

Ramos, Mary Rose Silva, Mary Santos, Barros, Rose Teixeira, Unknown, Rose Almeida, Judy Fonseca, unknown.

Fifth row, left to right: Unknown, Gladys Gilbert, Blanche Ramos Andrews, unknown, Josephine Duarte Gomes, unknown, Dorothy Gomes Rose, Mary Fortes Duarte, Angie Costa.

Please excuse any misspelled names. Submitted by the late George Gomes and Isabella Livramento, who identified individuals.

At the Senior Centers... continued from page 8

St. Patrick's Day Bingo will be Wed. march 18 from 1 p.m. to 3 p.m.

Hot Lunch served at 12 p.m. every 2nd Monday of the month only

Cold Lunch served at 12:30 p.m. every 3rd Tuesday of the month only

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

The Garden Club meets at 9:30 a.m. on Mondays.

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

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

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

Arts and Crafts will be scheduled on Tuesdays from 9:30 a.m. to 10:30 a.m.

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

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

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

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

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

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

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

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

Ballroom Dancing Class meets Monday, from 11 a.m. to 12 p.m.

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

Marion Council on Aging

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

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

Podiatry Care available by appointment.

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

Movies are offered for free at the Music Hall once a month at 7 p.m. Fri. Feb. 6 *It Happened one Night*.

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 am. 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.

Hazelwood Center Coordinator Honored



Hazelwood Senior Center Coordinator Marisol Grant (center) was honored in December with a Citation from the City Council presented by Councilors Linda Morad, Joseph Lopes, and James Oliveira on behalf of the Knitting and Crocheting group, pictured here, that meets at the center.

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

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

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

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

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

Mattapoisett Social Center

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

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

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

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

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

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

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

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

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

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

Rochester Senior Center

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

You only live once, but if you do it right, once is enough.
Mae West