

Senior Scope

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30 Years!

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Massachusetts Moves Up in Retirement Rating

Florida and Hawaii may be dream retirement spots for some, but Wyoming is actually the best state for retirees, according to new research from Bankrate.com. The worst state for retirees is Arkansas.

Massachusetts moved up in the ratings this year, coming in at 18th. Last year The Bay State was rated 20th in the Best and Worst States to Retire list. Florida, one of the most popular retirement states, came in 28th in this year's rankings.

Bankrate.com ranked all 50 states according to several factors. They included local weather, cost of living, crime rate, health care quality, tax burden and senior well-being (a measurement from the Gallup-Healthways Well-Being Index that quantifies how satisfied residents 65 and older are with their surroundings). Each factor was weighted according to a national survey on what people value in retirement.

While Massachusetts placed second on health care quality and scored high on weather, crime rate and community well being, it was among the bottom 10 states for tax rate and cost of living.

The survey used in Bankrate's ranking also asked Americans which factors are most important to them when thinking of where to live in retirement:

3 in 5 Americans want to spend their golden years in another city or state, but the desire to move away from home fades with age.

24 percent say being close to family is the most important factor in deciding where to retire.

Women value a cheap cost of living more highly than men (59 percent vs. 43 percent).

4 in 10 Americans say locales with access to mountains, rivers and other outdoor recreation would be most

appealing, while 25 percent prefer living near a beach.

"There are many factors retirees should consider before deciding where to put down their roots," said Bankrate.com research and statistics analyst Chris Kahn. "Warm weather may be an initial draw, but all the sunny days in the world won't make you happy if you're constantly stretching your budget or don't have access to quality health care."

Deciding where to live in the golden years is still a very personal decision," said Kahn. "This list is meant to help inform, rather than choose a state for you. For example, if you want to retire on the beach and need top-notch health care, this can help narrow down your choices."

Spring Crafts at Brooklawn



Making spring wreaths at the Brooklawn Senior Center are (L to R) Gerry Buckley, Pat Meideros, Elsa Mustafa and Sherry Dillon. Standing with a finished wreath is Brooklawn Coordinator Jordan Duarte.

Seniors More Likely to Take Medication under Certain Conditions

Specific factors controlled by health care systems – including prescriptions with a medication supply greater than 90 days, mail-order pharmacy use, and lower copayments and out-of-pocket maximums – nearly doubled the likelihood that patients adhered to prescribed heart and diabetes medications, according to a new study published in the journal Medical Care.

"This study is the first to look at all four of these system-level factors at once in the senior population," said Julie A. Schmittiel, PhD, Kaiser Permanente research scientist and the study's lead author. "When all four of these factors are optimized, it nearly doubled the likelihood that patients adhered to prescribed medications for high blood pressure, high cholesterol and blood glucose level control."

The study reviewed the electronic medical records and pharmacy data of nearly 130,000 Kaiser Permanente members who had diabetes and were over age 65 in 2010.

The rating system that Medicare uses to assess the quality of health plans defines patients as adhering to their prescribed treatment if they have sufficient medication on

hand for 80 percent or more of the days in a year. The study reviewed adherence for three heart medications routinely prescribed to people with type 2 diabetes (hypertension medications, statins and antihyperglycemics).

The Kaiser Permanente study found that medication adherence was about 90 percent for all three medications when seniors with diabetes were: 1) prescribed a 90-day supply, 2) had copays of \$10 or less, 3) had out-of-pocket maximum payments that were \$2,000 or less, and 4) used mail-order pharmacy for more than half of the year's refills.

"We found that health plans have a number of strong levers to improve patient medication adherence," Schmittiel said. "Diabetes patients 65 and older are at greatly increased risk of cardiovascular events, and this information will help us design evidence-based interventions that can prevent these events in patients at high risk."

The study was funded by the Kaiser Permanente Center for Effectiveness and Safety Research, and the Agency for Healthcare Research and Quality.

Editor's Notes

Spring Is a Time of Renewal

After a particularly long and grueling winter, spring is more welcome than ever this year. We've all been eagerly anticipating the arrival of April and we've finally turned the page on winter. The weather may not be cooperating fully yet, but at least the calendar is on our side.

With spring comes a sense of renewal and of new beginnings. After hibernating for months we are ready for something fresh and invigorating.

While this is the ideal time for renewed energy and activity, sometimes after we have fallen into a pattern of staying home due to bad weather, it can be difficult to break that routine.

Well, it's time to shake off the lethargy of winter and really start living again. Turn off the TV, break out of your comfort zone and get moving.

Even modest exercise can enhance our strength, stamina, agility and independence. And it is never too late to start. Physical activity can provide tremendous health and life benefits—even in small doses and at any age.

In fact, research published in the Journal of the American Geriatrics Society has shown that frail nursing home residents in their 90s were able to increase their strength and walking speed with just brief periods of exercise. Simply standing more often throughout the day can increase our longevity.

Along with increasing physical activity, spring is also a good time to renew old friendships and make some new acquaintances as well. It might take a little effort but it's critical to remain connected to the outside world as we age.

Loneliness and social isolation may be as much of a threat to living a long life as obesity, according to new research on older adults. The results of a recent study showed the likelihood of death increased by 26

percent for reported loneliness, 29 percent for social isolation and 32 percent for living alone.

"We know that negative emotional states like feeling bad, alone or sad are associated with a lot of negative health outcomes, whether or not you actually are alone or why you may be feeling badly," said study co-author Patricia Boyle, a neuropsychologist at the Rush Alzheimer's Disease Center in Chicago. These negative outcomes can include early death, an increased likelihood for developing dementia and Alzheimer's, or a higher risk for disability, she noted.

Whatever your situation, it's important to realize that you can do a lot to improve your health and well being. If you want to feel that your life is good and that you're doing something important with your time, you can make it happen.

Sitting at home alone is about the worst thing you can do for yourself, and you need to take the first step or make the phone call.

Call your local Council on Aging and ask about transportation if you don't drive, or inquire about their friendly visitor program if you are unable to get out.

If you are mobile, what are you waiting for? All the local senior centers offer a wide array of fun activities, interesting classes, and exercise groups for every ability level.

You can try a dance class or join a walking group. Or you can learn how to use a computer, try your hand at painting, or play cards or Scrabble with other friendly people.

Finally, many worthwhile organizations are looking for volunteers and they could use your help.

So take advantage of this new season to refresh your outlook and renew your life.



We Want to Hear from You

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

This is your publication and your input is needed. Perhaps you have a suggestion you would like to offer. Maybe you have something you would like to contribute – a picture, 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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Jonathan F. Mitchell, Mayor
Jeannine Wilson, Editor
Joan Beaubian, Clerk

Distribution: Michael Graffeo
Thomas Mello

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City of New Bedford, Council on Aging
181 Hillman, New Bedford, Massachusetts 02740

Letters to the Editor

Attention Veterans and Widows

Attention Veterans and Widows of Veterans! Have you heard about Chapter 115 benefits? Chapter 115 is a financial aid program specific to Veterans and widows of Veterans under Massachusetts General Law Chapter 115 and is available in all cities and towns in the Commonwealth.

If you are retired and your monthly income is less than \$1,962 as a single Veteran/ widow or \$2,655 as a married Veteran I urge you contact my office to inquire about possible benefits. Along with meeting the monthly income requirement, you must also meet the asset requirement which means you cannot have more than \$5,000 in assets as a single Veteran/widow or \$9,800 as a married Veteran.

Assets include all bank accounts,

retirement accounts, stocks, bonds, 401Ks and IRAs, to name a few. The amount of aid depends on your living situation and could include monthly cash assistance as well as covering your medical co-pays and prescriptions.

Again, I urge every New Bedford Veteran or widow to contact my office at 508-991-6184 and ask about Chapter 115 benefits. If you live outside of New Bedford I urge you to contact the Veteran Services office in your town as this financial aid program is residency based.

To our Veterans thank you for your service and to our widows of Veterans thank you for standing by their side!

Christopher Gomes
Director of Veterans Services
City of New Bedford

Harbor Cleanup

We have lived in Fairhaven for 50 years and are acutely aware of the current and potential health hazards the Town, State and Federal Government under the leadership of the EPA have foisted upon our community known as Oxford Village, a proud and quaint historic neighborhood overlooking the Acushnet River where whaling ships were once built. Now, just yards away from our shoreline, is a potential waste dump for the containment of Acushnet River PCBs in CAD cells (unlined burial holes) in the New Bedford/Fairhaven harbor.

The EPA has slated our area as the "model" for this type of project in a

residential area, since CAD cells have not been placed in populated urban areas in any other location in the United States of America.

Many might remember that the Hands Across the River Coalition won a court injunction against the EPA in the 1990s for using incineration to burn PCBs in the upper harbor, which would have created deadly dioxin exposure to residents in our area. The court stopped them. To learn more about this issue visit Hands Across the River Coalition on Facebook or contact harcgnb@gmail.com.

William and Catherine Potter
Fairhaven

Donations for April 2015

In Memory	
In memory of Yvonne Vallierre on her birthday, March 5. -Anonymous	\$10.00
In memory of my brother, David Hargreaves -Bill Hargreaves, Acushnet	\$15.00
In memory of my family at Easter time. Gone but not forgotten -Joan Henderson Beaubian	\$10.00
In loving memory of my parents, Charles and Inese Almeida -Catherine A. Michaud	\$25.00
In Thanksgiving	
Thank you St. Jude, St. Joseph and Virgin Mary for answered prayers, as promised -H.F.	\$10.00
Thank you St. Jude for answering my prayers. Publication promised -E.S.	\$10.00
Donations this month	\$ 80.00
Donations last issue	\$105.00
Donations Year to date FY'15	\$1091.00

To: SeniorScope 181 Hillman Street, New Bedford MA 02740

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

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

Please list my donation as follows:

In Memory of: _____

Get Well Wishes for: _____

In Honor of: (Birthday or other celebration) _____

My Name is _____

Address _____

You and Your Money

Fighting Fraud Targeting Seniors

The Senate Special Committee on Aging is continuing the seniors' fraud hotline that was launched by the Committee in 2013.

Anyone with information about suspected fraud can call the toll-free fraud hotline at 1-855-303-9470, or contact the committee through its website, located at <http://www.aging.senate.gov/fraud-hotline>.

The phone is staffed weekdays

from 9 a.m. to 5 p.m. EST. Committee staff include a team of investigators who examine complaints and, if appropriate, refer them to the proper authorities.

Since its inception, the hotline has proven to be a valuable resource to seniors, and has alerted Aging Committee Members and staff investigators about new and emerging fraud schemes.

Advertising of Supplement Targeting Seniors Questioned

More than 46 million people suffer from arthritis, many of them elders, and for years they have been encouraged to purchase glucosamine supplements to ease their joint pain and rebuild cartilage. But scientific evidence does not support these marketing claims. The products are actually no better than a placebo and now glucosamine companies are facing numerous class-action lawsuits across the nation.

Truth in Advertising, Inc. (TINA.org) has joined with elder organizations in opposing one such class-action settlement pending in California federal court that would allow the makers of Move Free glucosamine to continue the deceptive marketing of the popular supplement to millions of aging Americans who are experiencing joint degeneration.

TINA.org is a non-profit organization that uses investigative journalism, education, and advocacy to empower consumers to protect themselves and one another against false advertising and deceptive marketing.

The proposed settlement only bans the makers of Move Free from using a mere handful of specific phrases in its labeling for just two years while the nationwide class is forever prohibited from bringing another deceptive marketing lawsuit against the company.

In anticipation of objections over the fairness of the proposed settlement, the plaintiffs' attorneys have petitioned the court to withdraw from the current agreement so that it can be revised. The makers of Move Free are pushing to finalize the settlement as is.

"A settlement that claims to correct deceptive marketing by banning just a few specific verbs from the product labels is shameful," said Bonnie Patten, executive director of TINA.org. "And allowing the company to return to those very terms in just two years adds insult to injury."

This is the third flawed glucosamine settlement TINA.org has objected to in recent months.

Prescription Drug Spending Up

Prescription drug spending increased nearly 12 percent last year, according to a report from Express Scripts. Yahoo Finance Senior Columnist Michael Santoli points out that people are consuming more health care. "The market for drugs for chronic conditions is ramping up," he says.

"Rather than threatening cuts to Medicare benefits, Congress should

enact the Medicare drug rebate program," said Ruben Burks, Secretary-Treasurer of the Alliance for Retired Americans. This proposal would require drug companies to provide discounts to the federal government for low-income Medicare beneficiaries, saving the government and taxpayers \$141 billion over 10 years.

Buttonwood Bingo Players



Lillian Donaghy and Cindy Mach enjoy socializing and playing Bingo at the Buttonwood Senior Center.
Photo Courtesy of Kindred Hallmark Nursing and Rehab

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.

Worry never robs tomorrow of its sorrow. It only saps today of its joy.
Leo Buscaglia

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Michelle D. Beneski, Esq. Daniel M. Surprenant, Esq. Robert L. Surprenant, Esq., of Counsel

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Menu for April 2015

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Tuesday is Voluntary Donation Day,
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Grilled Chicken Marsala Italian Style Spaghetti Peas & Mushrooms Wheat Dinner Roll Fresh Orange	2 Roast Pork with Honey Dijon Sauce Scalloped Potato Green & Wax Beans Multigrain Roll Pineapple	3 Tuna Cold Plate with lettuce leaf Pasta Salad Cole Slaw Wheat Pita Bread Tropical Fruit Yogurt cup
6 High Sodium LS Hot Dog Mustard & Ketchup Packet Hot Dog Roll Baked Beans Cabbage & Carrot Blend Almond Cookie Popcorn	7 Oyster Crackers Minestrone Soup Herb Baked Chicken Lyonnaise Potato Multigrain Roll Mandarin Oranges	8 Italian Style Penne Pasta with Meatballs Tuscany Blend Veggies Scali Bread Fresh Apple Salad with Dressing	9 Roast Turkey w/ Gravy Cranberry Sauce Bread Dressing Whipped Potato Squash Wheat Roll Pears	10 Broccoli & Cheese Omelet Seasoned Potato Wedges Fruit Muffin Pineapple Granola bar
13 Beef & Cabbage Casserole Carrot Coins Honey Wheat Bread Pears Yogurt	14 Tortellini with Tomato Basil Sauce Roman Blend Veggies Scali Bread Applesauce	15 Chicken Piccata Whipped Potato Hot Beets Wheat Bread Mini Hot Fudge Cake Diet: Graham Wafer	16 Beef Stir Fry with Broccoli White Rice Multigrain Roll Fresh Orange Salad with Dressing	17 Potato Pollock Tartar Sauce Au Gratin Potato Zucchini & Tomatoes Oatmeal Bread Melon Cup
20 Patriot's Day 	21 American Chop Suey Green & Wax Beans Wheat Roll Peaches	22 Roast Pork with Plum Sauce Red Bliss Potato California Blend Oatmeal Bread Butterscotch Pudding Diet: SF Pudding	23 Meatloaf with Rosemary Gravy Whipped Potato Mixed Veggies Snowflake Roll Hermit Cookie Diet: Graham Wafer	24 Chicken A La King Rice Pilaf Peas & Mushrooms Fruit Muffin Mandarin Oranges Banana
27 Beef Patty w/ Gravy Whipped Potato Chuckwagon Veggies Oatmeal Roll Peaches	28 Shaved Steak Peppers & Onions O'Brien Potatoes 6" Sub Roll Pineapple	29 Rigatoni w/ Meat Sauce Italian Blend Veggies Scali Bread Mini Cheesecake Diet: SF Pudding	30 Unsalted Saltines White Bean & Kale Soup Honey Mustard Chicken Confetti Rice Wheat Roll Fresh Apple	

Recipe Roundup

Paprika Spiced Pork Chops with Spinach

Ingredients:

1 tablespoon olive oil
4 bone-in pork rib chops
1 teaspoon paprika, kosher salt and black pepper
4 scallions, sliced
1/4 cup golden raisins
1 10-ounce package spinach (about 16 loosely packed cups)
1 tablespoon fresh lemon juice

Directions:

Heat oven to 400° F. Heat the oil in a large skillet over medium-high heat. Season the chops with the paprika, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook until browned, 2 to 3 minutes per side. Transfer the chops to a rimmed baking sheet and roast in the oven until cooked through, 10 to 12 minutes. Meanwhile, return the skillet to medium heat. Add the scallions and raisins and cook, stirring, for 30 seconds. Add the spinach and 1/4 teaspoon each salt and pepper. Cook, tossing, until just wilted, 1 to 2 minutes. Stir in the lemon juice. Serve with the chops.
Serves 4
Source: realsimple.com

It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!

Mark Twain

Herbed Chicken and Dumplings

Ingredients:

Cooking spray
8 ounces skinless, boneless chicken thighs, cut into bite-sized pieces
3/4 cup diagonally cut celery
1/2 cup diagonally cut carrot
1/2 cup chopped onion
1/8 teaspoon dried thyme
3 parsley sprigs
1 bay leaf
3 cups fat-free, less-sodium chicken broth
1/2 cup all-purpose flour
1 tablespoon chopped fresh parsley
1/4 teaspoon baking powder
1/4 teaspoon salt
1/4 cup 1% low-fat milk

Directions:

Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 4 minutes, browning on all sides. Remove chicken from pan; keep warm. Add celery and next 5 ingredients (through bay leaf) to pan; sauté 5 minutes or until onion is tender. Return chicken to pan; cook 1 minute. Add broth to pan; bring mixture to a boil. Cover, reduce heat, and simmer 30 minutes.

Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, chopped parsley, baking powder, and salt in a medium bowl. Add milk, stirring just until moist. Spoon by heaping teaspoonfuls into broth mixture; cover and simmer 10 minutes or until dumplings are done. Discard parsley sprigs and bay leaf.

Serves two

Source: myrecipes.com

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Update

Lasagna Dinner Fundraiser

The Coalition for Animals is sponsoring a lasagna dinner fundraiser to benefit its senior pet adoption program. The event will be held Wednesday, April 8, from 5 p.m. to 7 p.m. at the Senhora Da Pedra Club, 81 Tinkham Street, New Bedford. The dinner will include meat and vegetarian lasagna provided by Ma Raffa's, bread, salad, coffee and dessert.

Tickets are available at Mellisa's Pet Depot, Faunce Corner Road, Dartmouth, and CVS Plaza in Fairhaven. To reserve tickets call 978-509-2203.

Annual Taste of the Port April 24

Do you love New Bedford Seafood? Come taste the finest prepared by New Bedford's top restaurants and chefs at the Whaling Museum's Jacobs Gallery from 6 p.m. to 9 p.m. Friday, April 24. Enjoy an open bar, raw bar and other seafood tastings, auction, and jazz musician John Stein. The event is sponsored by the New Bedford Port Society and WHALE. Proceeds will benefit the bricks and mortar restoration of the Mariners' Home and Seamen's Bethel.

For ticket information call WHALE at 508-997-1776.

HFHN Penny Sale

Parents and friends of Holy Family-Holy Name School will be sponsoring its 23rd annual Penny Sale on Saturday, April 11, beginning at 5 p.m. Buy some tickets and take a chance on winning one of 250 individual prizes ranging from household items to children's toys to gift certificates. A full kitchen will offer supper or snacks.

The Penny Sale will be held at Holy Name Center, 121 Mt. Pleasant Street. For more information, call 508-993-3547.

Piano Duets In The Parlors of the RJD

The Rotch-Jones-Duff (RJD) House & Garden Museum invites the public to attend a very special musical program of piano duets on Sunday, April 12, at 3 p.m. Gifted pianists Janice Weber and Alex Polykov will present a program that includes marches by Beethoven, the "Dolly Suite" by Faure, and a cavalcade of unusual virtuoso 4-hand selections.

The parlors of this historic whaling mansion on County Street provide a unique setting for an intimate and memorable musical experience. Reservations are encouraged; tickets are \$20 in advance, \$25 at the door. Please call 508-997-1401 or visit www.rjdmuseum.org to register securely online.

Spring Fling HFHN Benefit

The first annual Spring Fling to benefit Holy Family Holy Name School will be held Saturday, April 18, at 7:30 p.m., at the Hawthorne Country Club in Dartmouth. The event will feature live entertainment, passed hors d'oeuvres, a cash bar and silent auction.

For ticket information call the school at 508-993-3547.

Spaghetti Supper in Acushnet

Boy Scout Troop 51 will hold its annual spaghetti supper on Sunday, April 19, from 1 p.m. to 6 p.m. at the Acushnet Council on Aging, 59½ Main Street in Acushnet

Love has the patience to endure the fault it sees but cannot cure.
Edgar Allen Guest

Community Health Fair

La Bella Vida adult day health services center is sponsoring a community health fair on Wednesday, April 22, from 3 p.m. to 6 p.m. at 365 Faunce Corner Road in Dartmouth. The event will feature free diabetes, blood pressure, cardiovascular and hearing aid screening, as well as Alzheimer's disease, arthritis pain and nutrition information. Complimentary snacks and refreshments will be provided.

For information call 774-202-1065.

New Bedford Voke Class of 1960 Reunion

The 55th reunion of the New Bedford Vocational School Class of 1960 will be held on Sunday, May 24, at 11 a.m. The event will feature a Social Luncheon Buffet at the Century House. Tickets are \$25 per person. Send check or money order to Bob Mullin, 3 Norman Street, Acushnet, MA 02743 or email ramerm1@comcast.net.

Hands Across the River Meets Monthly

Local environmental advocacy group Hands Across the River Coalition, Inc. meets the last Wednesday of every month from 6:00 p.m. to 7:45 p.m. at the Millicent Library, Fairhaven. Attendees are advised to use the Walnut Street entrance on the lower level. Hands Across the River Coalition advocates for the safe cleanup of New Bedford Harbor and other contaminated sites in the Greater New Bedford area. The group provides information about the detrimental health effects caused to our community from toxic chemicals, PCBs, DIOXIN, mercury, lead and others.

Hands Across the River Coalition, Inc. appeals to everyone to join them in working to protect our air, soil and water, and especially, the public's health by removing PCBs safely to an offsite TSCA, (Toxic Substances Control Act), approved landfill. For more information, please contact Karen Vilandry at 508-951-1184 or Email: harcgnb@gmail.com

St. Patrick's Day Celebration in Fairhaven



Fairhaven Social Day and Westport Social Day took part in a St. Patrick's Day celebration with a luncheon of corned beef and cabbage with all of the fixings. There was lots of dancing and even the Irish Jig.

New Bedford Council on Aging & Senior Centers

Twilight BINGO is Back!



Tuesday, April 7
5:30PM - 8:00PM

Buttonwood Park Senior Center
1 Oneida Street

Come Play BINGO During the Evening!

Twilight Bingo Dates Are on the Following Tuesdays:

May 5
June 9
July 7
August 11
September 15
October 13

Light Refreshments Will Be Available.

Please Register at any New Bedford Senior Centers by the Friday Prior to
Twilight Bingo
For More Info. Please Call 508-991-6170

New Bedford Council on Aging & Senior Centers

Spring to Life



Friday, April 10
Noon to 2:00PM
Hazelwood Senior Center
553 Brock Avenue

Enjoy a Delicious Luncheon Catered by
Carmen's Chef Service

Chicken Alice Spring, Garlic Mashed Potatoes, Glazed Carrots, Green Beans, Dinner
Rolls Plus Assorted Desserts

Entertainment by
"Rick Ferreira"



\$9.00 per person. Please Sign up by March 27 at Hazelwood Senior Center
Check/Money Order Payable to: City of New Bedford

Tee Time for Former Paskamansett Golfers



Bob Harding and Terry McCormack played in the New Bedford Country Club Four Ball tournament in the early 1970s.

It may be tee time for golfers who played at the former Paskamansett Golf Links at the intersection of Fauce Corner Road and Route 6 in Dartmouth, now the site of the Dartmouth Mall.

Robert Harding, president of the Dartmouth Historical and Arts Society, is working to gather former Paskamansett golfers or families of golfers to share memories, stories, photos, and memorabilia.

Fred Purrington, Terry McCormick, Mary Jo Ahlander and Harding met as a planning group of The Ancient and Honorable Paskamansett Golfers Association at the studio of DCTV. Their discussion was videotaped and will be broadcast on DCTV. It will also be available for viewing over the internet at the following link <http://75.147.58.17/Cablecast/Public/Show.aspx?ChannelID=2&ShowID=1660>

The planning group is anticipating one or more local gatherings that will include a showing of the video. "We are hoping to have one or more public showings of this video and to invite any local old Paskie people to join us," Harding said. "We plan to locate any Paskamansett Links partisans to join us so we can all share stories, pictures, memorabilia, and memories of that important but now missing place."

Harding sent an email to golfers who might have played at "little old Paskie" or may know someone who did or whose parents did. He is now trying to locate former Paskie golfers he did not have email addresses for.

Anyone who wants to join a "share and tell stories and memories" session should email one of the following to receive more information: Bob Harding (sir_ice_man@hotmail.com); Terry McCormick (tmccormick411@hotmail.com); Mary Jo Ahlander (mja614@comcast.net); Fred Purrington (fpurrington@comcast.net)

Senior Travel

Day Trips

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

- Mon. April 20 -- JFK Memorial, Hyannis
- Mon. May 18 -- Wrentham Mall
- Mon. June 15 -- Glass Museum, Sandwich
- Mon. July 20 -- Butterflies of Cape Cod, Bourne
- Mon. Aug. 17 -- Canal Boat trip
- Mon. Sept. 21 -- Isaac's, Plymouth
- Mon. Oct. 19 -- Fall River Maritime Museum

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

- 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. July 13 -- Twin Rivers Casino (price cut \$13)
- Wed. July 22 -- Lady Bea Conn. River Cruise, Dockside Restaurant
- Wed. July 29 -- Patriots Place Hall Tour, CBS Scene Restaurant
- Wed. Aug. 5 -- Clambake Restaurant, Len & Libby's Chocolates -- Old Orchard Beach
- Mon. Aug. 10 -- Foxwoods Casino
- Wed. Aug. 12 -- North Shore Music Theatre -- Saturday Night Fever
- Thurs. Aug. 20 -- Provincetown Carnival Parade with Candyland theme
- Wed. Aug. 26 -- Thimble Island Cruise, lunch at USS Chowder Pot
- Wed. Sept. 2 -- Lobster dinner, George's of Galilee -- Mohegan Sun
- Wed. Sept. 9 -- RI Wine & Garden Tour, lunch at Atlantic Beach Club
- Thurs. Sept. 16 -- Newport Playhouse -- The Odd Couple
- Wed. Sept. 23 -- On Golden Pond cruise, lunch at Hart's Turkey Farm, Tilton Outlets

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

- Fri. April 10 -- Shopping & Lunch at Mashpee Commons, Mashpee
- Fri. April 17 -- Newport Daffodil Days Festival & Lunch
- Fri., April 24 -- Shopping & Lunch at Patriot, Xmas Tree Shop
- Mon. April 27 -- "Art in Bloom" Museum of Fine Arts, Boston, and lunch

Multi-Day Tours

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

- May 15-19 -- Washington, DC
- Oct. 4-6 -- Sands Bethlehem Casino, Bethlehem PA -- 2 breakfasts, 2 buffets, \$60 slot play

With mirth and laughter let old wrinkles come.
William Shakespeare

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





567 DARTMOUTH STREET, SO. DARTMOUTH, MA

RSVP Eva Fey at 508.958.5920 or efey@elderservices.com

Family Owned & Operated



Rotch-Jones-Duff Sponsors Boston Area Museum Tour

The Rotch-Jones-Duff (RJD) is pleased to offer a very special opportunity to experience two of New England's finest museums: The Isabella Stewart Gardner Museum and the Harvard Art Museums on Thursday, April 16.

Participants will travel from New Bedford by motor coach to the newly renovated Harvard Art Museums, which now unite the Fogg, the Busch-Reisinger and the Arthur M. Sackler Art Museums under one single light-filled state-of-the-art facility.

Enjoy lunch at Papa Razzi Restau-

rant on Newbury Street, with a diverse menu that offers something for everyone, before visiting the Isabella Stewart Gardner Museum and a guided tour of its world-class art collections of paintings, sculpture, furniture, textiles, drawings, silver, ceramics, illuminated manuscripts, rare books, photographs and letters.

The cost (excluding lunch) is \$80 for members, \$89 for non-members. Reservations are required; please call 508-997-1401, or book at www.rjdmuseum.org.

Grandparents Raising Grandchildren

New Meeting Place

Grandparents Raising Grandchildren is now meeting at the Andrea McCoy Building, 181 Hillman Street, Building #7. Meetings are held on the third Tuesday of every

month from 6 p.m. to 8 p.m. Babysitters are available on site.

For more information call Brenda Grace at 508-996-0168 or Earline Roberts at 774-202-0537.

New Bedford Council on Aging & Senior Centers

Pajamas & Pancakes Party




Thursday, April 23

12:30 PM - 2:30 PM

Brooklawn Senior Center
1997 Acushnet Ave.

You Can Come Dressed in Your Pajamas and
Enjoy a Special Pancake Breakfast Provided by "The Oaks"

Entertainment by "Ray J"

\$4.00 per person

Please Sign Up by April 17 @ Brooklawn Senior Center.
Call Jordan 508-961-3100

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 Old Colony on Thursday, April 9, 10:00 a.m. to 11:30 a.m.

Jerry-Atric, a one man play about love, loss, ice cream and graceful aging, will be presented Fri., April 10, at 11:30 a.m. Sponsored by the Acushnet Cultural Council and Coastline.

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

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

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

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.

Cribbage games are held every Friday at 12 p.m. This is not a league, drop in and play.

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

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

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

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

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

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

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.

A representative from Webster Bank will discuss **Financial Abuse in Elders** on Thurs., April 9, at 11:45 a.m.

A representative from Bankers Life will present a talk on **Medicare** on Mon. April 13, at noon.

Pajamas and Pancakes Party sponsored by The Oaks is set for Thurs. April 23 from 12:30 p.m. to 2:30 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 every Monday at 12:00 p.m. Please sign up in advance.

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

Blood Pressure Clinic is held the first Wednesday of the month from 9 a.m. to 10 a.m.

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

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

Tai Chi class meets every other Mnday, from 1:30 p.m. to 2:30 p.m. Please call to register.

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

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

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

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

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

Buttonwood Senior Center

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

Monthly Birthday Party will be held on Thursday, April 9 from 11 a.m. to noon.

Breakfast is available daily.

Game Show Mash-up will be held Fri. April 10 and 24 from 10 a.m. to 11 a.m.

Alzheimer's Assoc. Legal and Financial Workshop will be held Wed. April 15 from 1 p.m. to 2:30 p.m.

Free and private legal consultations with Surprenant & Beneski will be available Tues. April 21. Must register in advance.

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

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. April 17, 10 a.m. to 11 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 Thurs., at 10 a.m.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Appointments are required.

Play **horse shoes** Fridays at 10.

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

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

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

Downtown Senior Center

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

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

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

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

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

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

Fairhaven Senior Center

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

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

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

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

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

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

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

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

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

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

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

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

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

Trips to the Mall call for details.

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

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

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

The **Garden Club** will resume on Thurs. in April from 1:00 p.m. to 2:30 p.m.

Name that Song will be held the first Tues. of the month from 9 a.m. to 11 a.m.

Ballroom Dancing class meets Mondays at 11 a.m.

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

Zumba Toning Class will meet every other Thursday 11:45 p.m. to 12:45 p.m.

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

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

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

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

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

Senior Safety

Carbon Monoxide Poisoning Prevention

Do you know that carbon monoxide (CO) is the most common cause of poisoning death in the United States? Adults over 65 years of age are especially vulnerable to unintentional CO poisoning because they often have pre-existing medical conditions. While CO alarms can save lives, less than one-third of American homes have them installed.

What is Carbon Monoxide?

Carbon monoxide, or CO, is an odorless, colorless gas that can cause illness and death. CO is produced whenever any fuel such as natural gas, propane, gasoline, oil, kerosene, wood, or charcoal is burned. Devices that produce CO include cars, boats, gasoline engines, stoves and heating systems. CO from these sources can build up in enclosed or semi-enclosed spaces.

What are symptoms of CO poisoning?

For most people, the first signs of exposure to low concentrations of CO include mild headache and breathlessness with moderate exercise. Continued or acute exposure can lead to flu-like symptoms including more severe headaches, dizziness, tiredness, nausea, confusion, irritability, and impaired judgment, memory and coordination. CO is called the "silent killer" because if these early signs are ignored, a person may lose consciousness and be unable to escape the danger.

Is it CO Poisoning or the flu?

Since many of the symptoms of CO poisoning are similar to those of the flu, you may not think CO poisoning could be the cause. Symptoms could be the result of CO poisoning when:

You feel better when you are away from your home.

More than one person in the home gets sick at the same time (it usually takes several days for the flu to pass from person to person).

Family members who are most affected spend the most time in the home.

Symptoms occur or get worse shortly after turning on a fuel-burning device or running a vehicle in an attached garage.

Indoor pets also appear ill, exhibiting symptoms such as drowsiness and lethargy (human flu viruses are not transmitted to pets).

You don't have generalized aching, low-grade fever, or swollen lymph nodes (these are typical of a cold or flu).

How to prevent CO poisoning?

Install CO alarms near sleeping areas.

Check heating systems and fuel-burning appliances annually.

Avoid the use of non-vented combustion appliances

Never burn fuels indoors except in devices such as stoves or furnaces that are made for safe use.

Be attentive to possible symptoms of CO poisoning.

Nutrition News

Add a Little Spice to Your Life

by Stephanie Boulay, RD, Coastline Elderly Services

Need to Add a Little Spice (or Herbs) to Your Life? Spices and herbs are a healthy alternative to salt and sugar and can add tons of flavor to your meals. Here are some tips on how to use them.

Reducing Sugar: Reduce sugar intake by using these sweet spices instead: Allspice, Cardamom, Cinnamon, Cloves, Ginger, Nutmeg.

Reducing Salt: To add savory flavors use black pepper, garlic powder, cumin, dill seeds, ginger, coriander and onion. Omit salt when

cooking pasta and flavor with basil, oregano, parsley and pepper or use an Italian seasoning blend.

More Tips: Ground spices and herbs release their flavor more quickly and may taste better in shorter-cooking recipes or added near the end of longer-cooking ones.

Source: University of Nebraska Lincoln <http://food.unl.edu>

Did you know...

Ginger has over 50 antioxidants and can help calm digestive problems and reduce inflammation.

5 Simple Tips for Healthier Eating

By Angel Bourgoin, MA Healthy Aging Collaborative

Healthy eating, together with physical activity, is important to leading a healthy lifestyle. Eating a diet rich in fruits and vegetables, whole grains, low- or non-fat dairy, and nuts can also help reduce the risk of many health problems, including cardiovascular disease and diabetes.

It's important to remember that healthy eating is not about following a strict diet or depriving yourself of the foods that you love. The fact is that eating is fun! It's an essential, enjoyable part of life.

Set yourself up for healthy eating success with 5 simple tips:

Try a new healthy recipe. Trying out new healthy recipes will help you find nutritious meals and snacks that you enjoy. Keep the recipes you like so that you can develop a collection of healthy meals you'll look forward to eating.

Cook and eat with a friend. What better way to enjoy a meal than with a friend? Cooking at home helps to save money and make sure that you are eating healthy foods. Sharing the meal with good company can make the food taste that

much better. If you like to organize events, consider planning a healthy potluck.

Find healthy foods that are easy to prepare. Shopping can be difficult for older adults who live alone, have mobility issues, or lack transportation. Stock up on easy-to-grab nutritious snacks that have a long shelf-life like small packages of nuts and dried fruits. Re-sealable bags of frozen pre-cut vegetables and single-serve portions of canned fruit can help you manage serving sizes and minimize waste.

Make one change at a time. Healthy eating isn't a diet fad, it's a lifestyle. To help make sure you stick to the changes you make, begin by taking small steps, like replacing white bread with whole-grain, or drinking water instead of sweetened beverages.

Start today. Whatever your age, good nutrition will help you stay healthy and help you do the things you want to do. It is never too late to eat healthy. Make a healthier eating choice today and keep it up.

New Meals on Wheels Menu a Hit with Elders

Coastline's nutrition program serves nearly 300,000 hot, nutritious meals per year to adults 60 and older throughout the city of New Bedford and surrounding towns through Meals on Wheels and Congregate Meal Sites.

Recent changes in menu offerings have been a hit with nutrition program customers. "The volume of meals served has grown significantly," says Philip Beard, nutrition program director, and the comments on surveys have been encouraging. Ninety percent of those taking part in the program rate the meals as good, very good or excellent. And 97 percent say they would recommend the meal program to a friend.

For elders who no longer have the ability or inclination to cook, the meals are important to maintain their health and independence. The meals "keep me healthy and strong," commented one customer. "They are warm and taste good," said another, and a third noted, "better meals than I could or would prepare for myself."

"For the past several years, we have focused our attention on improving the quality of our nutrition program," says Coastline CEO Paula Shiner. "We have introduced healthier foods into

our menu planning. We are able to offer items such as salads, whole grain breads, fresh produce, lean meats and poultry, and fresh seafood."

Ms. Shiner states, "We have listened to the feedback we receive from our consumers and have taken their requests into consideration as well. These changes have resulted in excellent satisfaction from the participants and a significant increase in the number of meals served."

In addition to home delivered meals, Coastline serves meals at a dozen congregate meal sites at senior centers and elderly housing complexes. Not only do these sites offer a hot lunch but the opportunity to socialize and enjoy eating with others.

"We have increased the activities at our congregate sites including themed menus, food choices, presentations and events. These changes have been well received," Ms. Shiner says.

The nutrition program menu for each month is printed in SeniorScope and is also available on the Coastline website www.coastlineelderly.org. For more information on the nutrition program call 508-742-9191 or 508-742-9192.

St. Patrick's Day Lunch



Coastline nutrition program staff were dressed in the spirit of the holiday on March 17 at Tripp Towers in New Bedford, adding a festive note to the occasion.

New Bedford Council on Aging & Senior Centers

GROCERY BINGO



Friday, April 17

1:00PM-2:00PM

Downtown Senior Center

725 Pleasant St.

We'll Play 5 Games!

Winners Receive a Bag of Groceries!

Along with a delicious treat Strawberry Shortcake!

Please Sign Up in Advance

Special Thanks to The Oaks nursing and rehab for sponsoring this event.

For more information call 508 991 6255

Spice a dish with love and it pleases every palate.

Plautus

Your Health

Free Head and Neck Cancer Screenings

Southcoast® Centers for Cancer Care oncologists and Southcoast Ear Nose & Throat Surgeons have teamed up to offer free head and neck cancer screenings on the Southcoast Wellness Van on Tuesday, April 14, from 9 a.m. to 3 p.m. at 114 McArthur Boulevard in New Bedford.

A head and neck cancer screening is quick and painless. Doctors will inspect the lips, gums, cheeks and mouth using a light. They will also feel for lumps in the neck. Reservations are required for the screening, and can be made by calling 877-822-2732.

Some of the symptoms that are

common in head and neck cancer include a lump or sore that does not heal, a sore throat that does not go away, difficulty swallowing and a change or hoarseness in the voice.

Head and neck cancers are more common in men and in people over the age of 40. It is estimated that about 50,000 men and women in the United States are diagnosed with head and neck cancers annually. Caucasians currently have the highest incidence rates of head and neck cancer, although death is still highest among African Americans.

Examen Gratuito para El Cancro en la Cabeza y el Cuello

Los oncologos de los Southcoast Centers for Cancer Care (Centros de la Costa Sur para el Tratamiento del Cancro) y Southcoast Ear, Nose, and Throat Surgeons (Cirujanos del Oído, Nariz, & Garganta de la Costa Sur) juntaronse para ofrecer exámenes gratuitos para el cancro en la cabeza y el cuello en un furgon de la Southcoast Wellness (Bien-estar de la Costa Sur) el Martes, 14 de Abril, de las nueve de la mañana a las 3 de la tarde en McArthur Boulevard en New Bedford.

El examen del cancro en la cabeza y en el cuello es rápido y sin dolor. Los doctores examinaran los lábios, las encias, las mufletas y la boca usando una luz. También ellos palparan para detectar carozos en el cuello. Citas serán necesarias para el examen y pueden ser hechas llamando al

877-822-2732.

Algunos de los síntomas que son comunes en el cancro en la cabeza y en el cuello incluyen un carozo o herida que no cura, un dolor de la garganta que no desaparece, dificultad en tragar y una modificación o ronquera de la voz.

Los cancos en la cabeza y en el cuello son comunes en los hombres y en las personas con más de 40 años de edad. Está estimado que al rededor de 50,000 hombres y mujeres en los Estados Unidos son diagnosticados con cancos en la cabeza y en el cuello anualmente. Presentamente, los Caucasianos tienen un indice de incidentes más alto del cancro en la cabeza y en el cuello, mientras la muerte aún es más alto entre los Afro-Americanos.

Exame Gratuito para O Cancro na Cabeça e Pescoço

Os oncologistas dos Southcoast Centers for Cancer Care (Centros da Costa Sul para o Tratamento do Cancro) e Southcoast Ear, Nose, and Throat Surgeons (Cirurgiões do Ouvido, Nariz, & Garganta da Costa Sul) juntaram-se para oferecer exames gratuitos para o cancro na cabeça e o pescoço num furgão da Southcoast Wellness (Bem-estar da Costa Sul) na terça-feira, 14 de Abril, das nove da manhã às 3 da tarde na McArthur Boulevard em New Bedford.

O exame do cancro na cabeça e o pescoço é rápido e sem dor. Os doutores examinarão os lábios, as gengivas, as bochechas e a boca usando uma luz. Também eles apalparão para detectar carozos no pescoço. Marcações são necessárias para o

exame e podem ser feitas telefonando o 877-822-2732.

Alguns dos sintomas que são comuns no cancro na cabeça e no pescoço incluem um carozo ou ferida que não sara, uma dor da garganta que não desaparece, dificuldade em engolir e uma modificação ou rouquidão da voz.

Cancros na cabeça e no pescoço são comuns nos homens e nas pessoas com mais de 40 anos de idade. Está estimado que à volta de 50,000 homens e mulheres nos Estados Unidos são diagnosticados com cancos na cabeça e no pescoço anualmente. Presentamente, os Caucasianos têm um indice de incidentes mais alto de cancro na cabeça e no pescoço, enquanto o morte ainda é mais alto entre os Afro-Americanos.

CARES Memory Impairment Program Offered in New Bedford

CARES provides an opportunity for people with memory impairment and their care partners to participate in two separate support groups held simultaneously. One group provides information, guidance and respite to caregivers while the other group provides conversation and socialization for those with memory impairment.

The program is free and confidential allowing for freedom of self-expression and open conversation. The program is

led by Alan Johnson, LICSW, Director of Community and Family Outreach, Hope Dementia & Alzheimer's Services. CARES programs are funded by the Tufts Health Plan Foundation.

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

Can Statins Help Improve Prostate Cancer Survival?

Cholesterol-lowering statin drugs may slow down prostate cancer in men who are also taking medication to reduce their levels of male hormones, according to new research.

Taking a statin alongside androgen deprivation therapy slowed the progress of prostate cancer by about 10 months, said the study's lead author, Dr. Lauren Christine Harshman, of Dana-Farber Cancer Institute and Harvard Medical School. "Patients on a statin have a significantly longer time to progression," Harshman said.

The study's findings were presented recently at a meeting of the American Society of Clinical Oncology (ASCO). The study did not prove a cause-and-effect link between statins and prostate cancer survival, just an association.

Prostate cancer feeds on male hormones, which are called androgens and include the commonly known hormone testosterone. Cancer doctors often treat prostate cancer by using medications to suppress androgen levels in a man's body.

Previous research has associated statin use with improved prostate cancer outcomes, said Dr. Charles Ryan, an ASCO expert and associate professor of medicine and urology at the University of California, San Francisco.

For the current study, Harshman and her colleagues reviewed medical data from 926 prostate cancer patients being treated with androgen deprivation therapy. About 31 percent of the men were taking a statin at the time they began prostate cancer treatment. Researchers noted that statin users were less likely to be initially diagnosed with aggressive prostate cancer.

Tracking the men's progress, researchers found that statin users had about 27.5 months of progression-free survival on androgen deprivation therapy. Men not taking statins had about 17 months of progression-free survival, according to the study. The link remained statistically significant even after accounting for other factors, the study authors said.

FDA Warns About Potential Health Risks of OTC Asthma Products

The U.S. Food and Drug Administration is warning consumers not to rely on asthma products labeled as homeopathic that are sold over-the-counter (OTC). These products have not been evaluated by the FDA for safety and effectiveness.

OTC asthma products labeled as homeopathic are widely distributed through retail stores and via the internet. Many of these products are promoted as "natural," "safe and effective," and include indications that range from treatment for acute asthma symptoms, to temporary relief of minor asthma symptoms. In general, consumers can identify such products by looking for

the word "homeopathic" or "homeopathic" on a product's label.

Asthma is a serious, chronic lung condition. If asthma is not appropriately treated and managed, patients may have wheezing, shortness of breath, and coughing, and could be at risk for life-threatening asthma attacks that may require emergency care or hospitalization. Although there is no cure for asthma, there are many prescription asthma treatments approved by FDA as safe and effective, as well as some products that are marketed OTC in accordance with FDA guidelines.

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.

Henry Van Dyke

Savoy Nursing & Rehabilitation Center

670 County Street, New Bedford



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

Owned and operated by a physician.

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Save the Date

GET INTO THE ACT.
OLDER AMERICANS MONTH
MAY 2015

HEALTHY AGING FAIR

Hosted by: Coastline and
Mattapoisett Council on Aging
Location: Fairhaven Recreation Center
Date: Friday, May 8, 2015
Time: 10:00 a.m. 2:00 p.m.

Sponsorship opportunities and vendor table information will follow.

If you have any additional questions, please contact
Ann McCrillis at 508-742-9160 or amccrillis@coastlinenb.org

Your Health

Adults with Diabetes at Risk for Eye Diseases

While people with diabetes are more likely to develop blinding eye diseases, recent studies have revealed little awareness of the issue among ethnicities at higher risk for diabetes. And affected Medicare beneficiaries are less likely to take advantage of preventive eye exams.

Although Hispanics and African-Americans are more likely to have diabetes than most other ethnicities, a recent poll has revealed that only 27 and 32 percent (respectively) report knowing about diabetic eye disease.

People may be unaware of the number of diseases and conditions that can cause blindness if left untreated. These include Diabetic Retinopathy which affects more than one out of four people age 40 and older living with diabetes.

Cataract occurs when the eye's lens becomes cloudy, causing vision to become blurry, cloudy or dim. While this happens in many people as they age, those with diabetes are more likely to develop cataracts than their peers without diabetes.

Glaucoma is a disease that damages the optic nerve and peripheral vision. People with diabetes are also more likely to develop glaucoma, which rarely has any noticeable symptoms in its early stages.

Seniors who have not had a recent eye exam or for whom cost is a concern may qualify for EyeCare America, a program of the Foundation of the American Academy of Ophthalmology, that offers eye exams and care at no out-of-pocket cost for eligible adults 65 and older.

Expanded Use of Lucentis for Diabetic Retinopathy Approved

The U.S. Food and Drug Administration recently expanded the approved use for Lucentis to treat diabetic retinopathy (DR) in patients with diabetic macular edema.

Diabetic retinopathy is the most common diabetic eye disease and is a leading cause of blindness in adults in the United States. Diabetes (type 1 and type 2) affects more than 29 million people in the United States. In 2008,

33 percent of adults with diabetes aged 40 years or older had some form of DR, according to the Centers for Disease Control and Prevention.

Lucentis is administered by a physician as an injection into the eye once a month. It is intended to be used along with appropriate interventions to control blood sugar, blood pressure and cholesterol.

FDA Warns Against Sharing of Multi-Dose Diabetes Pen Devices

In an effort to reduce the serious risk of infection spread through sharing of multi-dose diabetes pen devices intended for single patient use only, the U.S. Food and Drug Administration (FDA) is requiring additional label warnings prohibiting sharing of these injectable medicines.

Insulin pens and pens for other injectable diabetes medicines should

never be shared among patients, even if the needle is changed. Sharing pens can result in the spread of serious infections from one patient to another. To promote safe use, the FDA is requiring that pens and packaging containing multiple doses of insulin and other injectable diabetes medicines display a warning label stating "For single patient use only."

Parkinson's Support Group

The next meeting of the Parkinson's Support Group will be held on Thursday, April 19, at 1 p.m. at the Dartmouth Senior Center on Dartmouth Street.

The public is invited to come, chat, share and learn. Yoga with Kat will follow the meeting.

Clostridium Difficile Infections on the Rise

Clostridium difficile (*C. difficile*) caused almost half a million infections among patients in the U. S. in a single year, according to a study released recently by the Centers for Disease Control and Prevention (CDC). Approximately 29,000 patients died within 30 days of the initial diagnosis of *C. difficile*, which causes an inflammation of the colon and deadly diarrhea.

Previous studies indicate that *C. difficile* has become the most common microbial cause of healthcare-associated infections in U.S. hospitals. The new study found that 1 out of every 5 patients with a healthcare-associated *C. difficile* infection experienced a recurrence of the infection and 1 out of every 9 patients aged 65 or older with a healthcare-associated *C. difficile* infection died within 30 days of diagnosis.

"*C. difficile* infections cause immense suffering and death for thousands of Americans each year," said CDC Director Tom Frieden, M.D., M.P.H. "These infections can be prevented by improving antibiotic prescribing and by improving infection control in the health care system. CDC hopes to ramp up prevention of this deadly infection in all 50 states."

Patients at Highest Risk

Patients who take antibiotics are most at risk for developing *C. difficile* infections. More than half of all hospitalized patients will get an antibiotic at some point during their hospital stay, but studies have shown that 30 percent to 50 percent of antibiotics prescribed in hospitals are unnecessary or incorrect. When a person takes broad-spectrum antibiotics, beneficial bacteria that are normally present in the human gut and protect against infection can be suppressed for several weeks to months. During this time, patients can

get sick from *C. difficile* picked up from contaminated surfaces or spread person to person. Unnecessary antibiotic use and poor infection control may increase the spread of *C. difficile* within a facility and from facility to facility when infected patients transfer, such as from a hospital to a nursing home.

Older Americans are especially vulnerable to this deadly diarrheal infection. The CDC study found that 1 out of every 3 *C. difficile* infections occurs in patients 65 years or older and 2 out of every 3 healthcare-associated *C. difficile* infections occur in patients 65 years or older. More than 100,000 *C. difficile* infections develop among residents of U.S. nursing homes each year. Women and Caucasian people are at increased risk of *C. difficile* infection.

Approximately two-thirds of the *C. difficile* infections were found to be associated with an inpatient stay in a health care facility, but only 24 percent of the total cases occurred among patients while they were hospitalized. Almost as many cases occurred in nursing homes as in hospitals, and the remainder of the healthcare-associated cases occurred among patients who were recently discharged from a health care facility.

Improving Antibiotic Use Critical for Preventing *C. difficile*

A separate recent CDC study found that 82 percent of patients with *C. difficile* infections not recently hospitalized or residing in nursing homes had been exposed to outpatient health care settings such as doctor's or dentist's offices in the 12 weeks before their diagnosis. This finding underscores the need for improved antibiotic use and infection control in these settings as well.

Certain Painkillers Not Advised After Heart Attack: Study

Common painkillers such as ibuprofen and Celebrex may raise the risk for heart attack, stroke and serious bleeding among heart attack survivors taking prescription blood thinners, a new study says.

The finding could prompt widespread concern, given that these painkillers -- known as nonsteroidal anti-inflammatory drugs (NSAIDs) -- and anti-clot medications are widely used by heart attack survivors, researchers said.

"For all sorts of reasons, many of us have been concerned about NSAIDs in a heart attack context for a long time," said Dr. Charles Campbell, chief of cardiovascular medicine at the University of Tennessee. "For example, we know NSAIDs have an adverse effect on the kidney. And we have long worried that what this study has found was going to be the case."

There appeared to be no safe

window period for taking an NSAID. Bleeding risk rose even within the first three days of NSAID use, the team noted in the Feb. 24 issue of *JAMA*.

Many people use these nonsteroidal painkillers because of muscle discomfort and arthritis pain, said Campbell, co-author of an editorial accompanying the findings. "We can't just tell them to just suck it up. But we'll have to think about different solutions for these folks, because the NSAID risk is just too high," he added.

Common over-the-counter NSAIDs in the United States include ibuprofen (Advil, Motrin and Nuprin) and naproxen (Aleve and Naprosyn). Prescription options include diclofenac (Voltaren, Cambia) and the so-called COX-2 inhibitor drug celecoxib (Celebrex).

Campbell warned doctors to advise heart patients against all NSAID use except low-dose aspirin.

Personality and Alzheimer's Risk

Can personality influence a person's risk for developing Alzheimer's disease? That's a question researchers wanted to explore, so they tracked 800 women over a period of nearly four decades, giving them a series of personality and memory tests, reports Dr. Cindy Haines of HealthDay TV.

They examined their level of neuroticism, which involves traits such as worrying, jealousy and moodiness, as well as extraversion or introversion. The women were also asked whether they had lived through any period of stress that lasted one month or longer involving a work, health or family issue.

Over the course of the study 19 percent of the participants developed dementia. Women who scored highest on the tests for neuroticism, exhibiting

long-standing distress, had double the risk of developing dementia compared to those who scored lowest. Being either shy or outgoing did not raise risk alone, but women who were both easily distressed and more introverted had the highest risk of Alzheimer's disease.

One of the study authors said these findings show personality may influence a person's risk for dementia "through its effect on behavior, lifestyle or reactions to stress." "Focusing solely on the present moment, focusing solely on what you're doing in the moment, and focusing on the joy in life is the real take-away message because without that we are not going to age gracefully and we want to have the function of our brains in the later years of our lives," said Dr. Haines.



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

Remember When

1939 Paskamansett Four Ball Team



Members of the former Paskamansett Four Ball Team were (front row left to right) Sammy Lima, John Hyland, George Monty, Paul Luchetti, Harry Krig; (back row left to right) Ralph Hawes, Ellsworth Chase, Russ Davies, Buster Brown, Everett Slocum, Tom Hawes and Howie Barrow. See related story on page 7.

At the Senior Centers... continued from page 8

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

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

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

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

Marion Council on Aging

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

Free tickets available for final **dress rehearsal** of "Sweeney Todd—School Edition" at Old Rochester Regional High School on April 8 at 7:30.

Podiatry Care available by appointment.

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

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

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

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

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

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

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

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

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

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

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

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

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

Tai Chi classes will be held Thursdays from 11:00 a.m. to 12:30 p.m. and Tuesdays from 6:00 p.m. to 7:30 p.m. at the Atlantis Drive Facility. The classes will run for 8 weeks. The cost is \$30 in advance or \$40.00 the day of class. Please register with either Marion Recreation at 774 217-8355 or info@marionrecreation.com or the Council on Aging at 508-748-3570 or sschwager@marionma.gov.

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

Reader Exchange

Sweet Spring, The Conqueror

by Gerald J. Riding Sr.

The thing I love stirs near my door
And by the garden wall
And sings its joyful anthems
In the elm tree bare and tall

Beneath last autumn's parchment leaves
And by the meadow stream
It flees its cells of darkness
When awakened from its dream

The thing I love brings instant cheer
Where gloom and dark had hold
It flaunts its maiden innocence
Before the vanquished cold

I love its modest timid way
Of passing every hour
By pouring sunshine colors
Into every fragile flower

Dear to the poet and his craft
And lovers near at hand
Is that time of yearly surrender
When sweet SPRING conquers the land.

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 to help with Monday night Bingo game. Call for information.

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

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

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

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

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

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

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

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

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

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

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

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

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

Household Hazardous Waste

Drop-Off Day

Saturday, May 2 – 9 am to noon

Who: New Bedford and Dartmouth residents only (ID required). Collection is for households only, not businesses, schools or contractors.

Where: Crapo Hill Landfill, 300 Samuel Barnet Blvd., New Bedford (Call for directions or visit www.gnbrmdistrict.org)

What: All types of household hazardous wastes will be accepted including oil-based paints, paint thinner & waste fuels. **NO LATEX PAINTS** (dry out and throw it away in the regular trash).

The maximum amount you can bring is 25 gallons or 25 pounds.