

NEW BEDFORD'S Senior

FREE

Celebrating

30 Years!

Scope

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Happy Holidays!



Season's Greetings



Christmas Shopping in the Sixties

Shoppers fill the downtown streets on a snowy December evening in 1963, in this photo looking north on Purchase Street at the corner of William Street.

Food Drive to Benefit Seniors in Need

The New Bedford Council on Aging has organized a food drive to help local seniors in need during the holiday season. Donations of non-perishable food items are being collected at all New Bedford Senior Centers and will be distributed to senior center patrons. Any excess food items collected will be donated to New Bedford food pantries.

The food drive will run through December 31. Non-perishable items may be donated at the Downtown Senior Center, 725 Pleasant St., Buttonwood Park Senior Center, 1 Oneida

St., Brooklawn Senior Center, 1997 Acushnet Ave., Hazelwood Senior Center, 553 Brock Ave., Ashley Senior Center, 543 Rivet St., and Hillman St. administrative office located at 181 Hillman St., Building #9.

"It's in extending ourselves to help others that we truly experience firsthand the gift of giving," said Debra Lee, Director of the New Bedford Council on Aging, in announcing the food collection in November.

Governor Cuts Elder Services Funding

Home care advocates are opposing cuts to elder services announced by Governor Patrick in mid-November. The Governor impounded \$2.3 million in elder affairs funding---more than half of it---\$1.5 million coming from elderly home care clients.

"If the cuts go through for home care, our frail elders who are in need of services to keep them safe at home could be placed on a waiting list. This would undermine all of the hard work and efforts of elder advocates and legislators who recommended that home care continue to be adequately funded so no elder would ever go without the services they need," said Paula Shiner, CEO of Coastline Elderly Services. "We are waiting to see if the Governor will rescind his budget cuts."

According to Al Norman, executive director of Mass Home Care, "Waiting lists for home care will begin as soon as December 1 and last at least until June 2015." Norman took issue with Patrick's \$1.5 million in cuts for in-home help and called them "shortsighted since the services help keep seniors out of expensive nursing homes," reported The Globe. "The folly of all this is home care is one of the few programs where the return on investment is immediate," he said.

Mass Home Care is urging citizens across the state to call the Governor's office, 617-725-4005, and urge him to rescind the cuts.

Besides home care, smaller cuts were made to the Executive Office of Elder Affairs Health Policy Lab (\$250,000), to supportive housing (\$90,000), and other accounts.

Editor's Notes

Christmas Bells

Just before Thanksgiving a friend emailed me a TV commercial for Sainsbury's, a British supermarket chain. The Christmas commercial is meant to commemorate the 100th anniversary of the First World War. It depicts a Christmas Truce, when British and German soldiers met in no man's land, put down their guns and celebrated the holiday together.

Amid snowflakes and choruses of "Silent Night" with English and German lyrics, the nearly four minute video shows how war is transformed to a moment of peace. It's a wonderful message guaranteed to put you in the holiday spirit. It worked for me!

I told the friend who sent me the commercial that it presented the true meaning of Christmas – a wish for peace. Sainsbury's is definitely not the first to express that sentiment.

Nearly 150 years ago Henry Wadsworth Longfellow wrote "I Heard the Bells on Christmas Day." You might recall that the refrain repeats the words, "peace on earth, good-will to men!"

I have always loved that Christmas song but did not know the history behind it. It turns out that it was written during our own Civil War.

Longfellow's oldest son had joined the Union cause as a soldier without his father's knowledge, and he was severely wounded in battle. And Longfellow had recently lost his wife, who had died as a result of an accidental fire.

These two personal tragedies inspired him to write the poem "Christmas Bells," a plea for an end to hatred and war that concludes with the bells carrying renewed hope for peace among men.

Peace is a universal human longing and it's especially acute at this time of year. We wish for peace in the world, in our communities and in our families.

Lately peace is hard to find. Wherever we look, there is conflict—around the globe, in our own country and sometimes in our own homes. How can we find peace at this holiday season?

The solution to the problem, the TV and newspaper ads tell us, is to buy more stuff and that will guarantee everyone a merry Christmas.

At this age we know that the material things are not what matter in life. Things don't last and they don't bring true happiness.

We don't need more Black Friday bargains, inflatable snowmen, or special holiday outfits. We need more time with the people who are dear to us, and we need peace in our hearts.

Peace is the greatest present we can give or get and now is the time to spread that gift. If you have been nursing a grudge against a friend or relative, now is a good time to let it go and bury the hatchet.

Unfortunately, some people carry these hard feelings for years, long after they have forgotten what the original argument was about.

Don't let the holiday season go by without extending the blessing of peace to everyone you know. Doing so will mean a happier and healthier 2015.

Merry Christmas and happy New Year to all our readers.



Christmas Bells

By Henry Wadsworth Longfellow

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



Look for Us in February

SeniorScope does not publish a January edition. Our next issue will be out Tuesday, February 3. Thank you to all our readers and advertisers for your continued support.

Senior Scope

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Donations to SeniorScope

Get Well Messages

Get well wishes for Eleanor and sister
 -Helen Brown \$20.00

In Honor and In Memory

In memory of Richard Vargas \$30.00
 We love and miss you
 -F.Vargas and sons, Stephen, Gary, Rick and Paul

In memory of Kenneth A. and Alice M. Hargreaves and David Hargreaves \$25.00
 -Bill Hargreaves

In honor of my parents, Marion L. and George O. "Jack" Henderson Thanks for the memories \$10.00
 -Joan Henderson Beaubian

In memory of Danny and Ginny Boswell, Michael Boswell, Deborah Whittaker, Alec and Helen Novia and Trippy \$15.00
 -Pat Martins

In memory of Betty Loring, Gay Ryder, Ed and Mary Sitarz and Antonio Martins \$10.00
 -Pat Martins

In memory of Joseph, Helen, Ray, Jeanne, Flo, Joe Jr., Emily, Lefty and Paul Boswell \$20.00
 "Gone but not forgotten"
 -Pat Martins

In memory of Jerry Pimental (Firefighter) and Bruce Mello \$10.00
 -Pat Martins

In memory of Eva Benoit, missing you at Christmas and always \$10.00
 -daughters, Muriel and Laurette

In memory of Annette Gendreau \$10.00
 -Anonymous

In memory of Davis Balestracci \$25.00
 -wife, Mary

In memory of Mom and Dad, Elmer and Laura Haskell \$5.00
 In my thoughts always
 -daughter, Florence P. Gauthier

In memory of Alfred E. Gauthier. Always with you \$5.00
 -wife, Florence P. Gauthier

In Thanksgiving

In honor of St Theresa \$10.00
 -Anonymous

Thank you St. Jude and Sacred Heart of Jesus for prayers answered \$10.00
 -Anonymous

Thank you Holy Mary, St. Jude Thaddeus and Jesus \$10.00
 -Anonymous

As promised, thank you St. Joseph, St.Jude and Virgin Mary \$10.00
 - H.F.

Donations this month \$215.00
 Donations last month \$135.00
 Donations Year to date FY'15 \$741.00

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

You Can Help as a Representative Payee

By Delia De Mello
Social Security

November was Family Caregiver's Month, a time to thank and acknowledge all of the people who take care of those in need. If you handle the finances of someone who receives benefits from Social Security, or you know someone who may need help managing his or her benefits, you may want to consider applying to be a representative payee.

A representative payee is someone who receives Social Security or Supplemental Security Income (SSI) payments on behalf of a person not capable of managing the funds on his or her own. A representative payee makes sure an individual's basic needs are met by using the money to provide food, clothing, and shelter for the person and saving any money left over in an interest-bearing account or via savings bonds for the beneficiary's future needs.

As a representative payee, you must:

know the person's needs so you can decide the best way to meet those needs with the benefits provided;

Apply Now for Fuel Assistance

Applications are now being accepted for the Fuel Assistance program administered by PACE. This program assists moderate and low income households with their heating needs. Last year the program served 12,000 households in the Greater New Bedford area.

The Fuel Assistance program helps pay heating bills from November 1 through April 30 every year. Fuel Assistance is an income based program for home owners and renters. The amount of the benefit is based on the household income and the size of the family. Some clients whose heat is included in their rent and tenants in subsidized housing may also be eligible.

Currently, an individual living alone with an income up to \$23,340 and a two-person household with

Solicite Ahora para La Asistencia del Combustible

Las solicitudes están siendo aceptadas para el programa Asistencia del Combustible administrado por la PACE. Este programa asiste a los hogares con un moderado y bajo rendimiento con sus necesidades de calefacción. En el año pasado, el programa sirvió 12,000 hogares en la gran área de New Bedford.

El programa Asistencia del Combustible ayuda pagar las cuentas de la calefacción del día 1 de Noviembre hasta el 30 de Abril todos los años. La Asistencia del Combustible es un programa basado en el rendimiento para los propietarios y arrendatarios de las casas. La cantidad del beneficio es basado en el rendimiento aglomerado familiar y el tamaño de la familia. Algunos clientes cuyos calefacción está incluido en sus rentas y los inquilinos en las casas subsidiadas también pueden ser elegibles.

Presentemente, un individuo viviendo solo que tiene un sueldo de

Solicite Agora para Assistência de Combustível

As solicitações estão sendo aceitas para o programa Assistência de Combustível administrado pela PACE. Este programa assiste os lares com moderado e baixo rendimento com as suas necessidades de aquecimento. No ano passado, o programa serviu 12,000 lares na grande área de New Bedford.

O programa Assistência de

be responsible for letting Social Security know about any changes that may affect the person's eligibility for benefits or the payment amount; and

complete a yearly report of how the funds were spent. (You can do this online).

If you know somebody who receives Social Security or SSI benefits who is not able to manage his or her own finances, the best thing you can do is become familiar with the responsibilities of a representative payee and consider becoming one.

To learn more, read our publication, *A Guide For Representative Payees*, available at www.socialsecurity.gov/pubs and visit the webpage, "When People Need Help Managing Their Money," at www.socialsecurity.gov/payee. Social Security will work with you to determine if a payee is needed and who would be best suited to act in that capacity.

Thank you to all of the caregivers out there. And, thank you for considering becoming a representative payee for someone in need.

an income up to \$31,460 could be eligible for some assistance. These income guidelines could change. But the lower the household income, the more assistance the family receives.

Households that receive Fuel Assistance may be eligible for weatherization of their homes or apartments and repair or replacement of the heating system if they are homeowners.

If you received an application because you are a former recipient of Fuel Assistance, you need to complete the application and submit it now. If you are not a former recipient and want to find out if you are eligible, call the PACE Fuel Assistance office at 508-999-4473 or visit their offices at 166 William Street, New Bedford.

hasta los \$23,340 y un hogar con dos personas con un rendimiento hasta los \$31,460 podrían ser elegibles para alguna asistencia. Estos guías de rendimientos podrán ser modificados. Pero cuanto más bajo el rendimiento del hogar, más asistencia la familia recibe.

Los hogares que reciben la Asistencia del Combustible podrán ser elegibles para calefación de sus casas o apartamentos y arreglar o substituir el sistema de calefacción si son propietarios.

Si usted recibió un formulario porque usted es un antiguo recipient de la Asistencia del Combustible, usted necesita de llenar el formulario y entregarlo ahora. Si usted no es antiguo recipient y quiere saber si es elegible, llame por telefono al despacho de PACE Fuel Assistance (Asistencia del Combustible) en el 508-999-4473 o visite el despacho en la 166 William Street, New Bedford.

Combustível ajuda a pagar as contas de aquecimento do dia 1 de Novembro ao 30 de Abril todos os anos. A assistência de Combustível é um programa baseado no rendimento para os proprietários e arrendatários das casas. O montante de benefício é baseado no rendimento aglomerado familiar e o tamanho da família. Alguns clientes cujos aquecimento é

'tis the Season of Stress and Challenges

The holidays are here and because of the time and distance, changes in older loved ones become more noticeable when families get together. Families may face difficult decisions about their older relative. Here are changes that you should look out for in an older person:

Poor personal hygiene,
A messy/dirty home, Unusually loud or quiet, paranoid or agitated,
Self-imposed isolation,
Forgetfulness: unopened mail, piling newspapers, empty prescriptions, missed appointments,
Poorly managed finances: unpaid bills, losing or hiding money, over-paying bills,

Unusual purchases.
If you are concerned, have a physical and neurological exam done to identify a medical issue. After, contact a Geriatric Care Manager to help your family assess what types of options are available. Suggestions may include a home health aide, adult day care, a bill paying service, or other assistance.

Where will the elder live? A family member's home, assisted living, senior housing, or nursing home? These choices have consequences and a good elder law attorney can help.

If nursing home care is needed,

Medicaid planning should be done as soon as practicable to preserve as much of the elder's assets as possible. Many believe that all savings will be lost to pay for a nursing home. Not so! A good elder law attorney should be able to protect all the assets of a married couple and a good portion of a single person's savings.

Also, your loved one should consult an elder law attorney to ensure that all alternative decision making documents such as a Health Care Proxy, Durable Power of Attorney and HIPAA release are in place and valid.

A Health Care Proxy allows another person to make medical decisions for you if you become incompetent. A Durable Power of Attorney allows another person to handle legal or financial issues. A HIPAA release allows others access to your medical records. These documents allow families to assist an elder who is facing physical or mental challenges. If they are not chosen the court will choose one for you through guardianship, which is complicated and expensive.

This article was submitted by Surprenant & Beneski, P.C., an estate, tax, Medicaid and special needs planning law office.

incluido nas suas rendas e inquilinos nas casas subsidiadas também podem ser elegíveis.

Presentemente, um individuo vivendo sózinho com um rendimento de até \$23,340 e um lar com duas pessoas com rendimento até \$31,460 poderiam ser elegíveis para alguma assistência. Estes guías de rendimentos poderão ser modificados. Mas quanto mais baixo o rendimento do lar, mais assistência a família recebe.

Os lares que recebem a Assistência de Combustível podem ser elegíveis para a calefetação das suas casas ou

apartamentos e reparar ou substituir o sistema de aquecimento se são proprietários.

Se você recebeu um impresso porque você é um antigo recipiente de Assistência de Combustível, você precisa de preencher o impresso e entrega-lo agora. Se você não é antigo recipiente e quer saber se é elegível, telefone à repartição de PACE Fuel Assistance (Assistência de Combustível) no 508-999-4473 ou visite a repartição na 166 William Street, New Bedford.



Michelle D. Beneski, Esq.



Daniel M. Surprenant, Esq.



Robert L. Surprenant, Esq. of Counsel

With nursing homes costing an average of \$9,000 a month, you must plan ahead. As Elder Law Attorneys, we can show you how to protect your assets from nursing homes, probate fees and estate taxes. Even with a relative in a nursing home now, assets can still be protected. Call us today to set up a consultation.

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 December 2014

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| 1 Lasagna with Tomato Florentine Sauce Roman Blend Veggies Multigrain Roll Peaches | 2 Chicken Picatta Confetti Rice Mixed Vegetables Whole Wheat Bread Chocolate Pudding Diet: Sugar Free Pudding | 3 Meatloaf with Onion Gravy Whipped Potatoes Glazed Carrots Rye Bread Hermit Cookie Diet: Graham Wafer | 4 Turkey Divan Lyonnais Potatoes Broccoli Florets Whole Wheat Roll Pineapple | 5 BBQ Beef Rib Veggie Baked Beans Hot German Slaw Hamburger Bun Fresh Banana |
| 8 American Chop Suey Cut Green Beans Wheat Bread Apricots | 9 Omelet with Broccoli and Cheese Sauce Seasoned Potato Wedges Fruit Muffin Strawberry Cup Cinnamon Raisin Bread | 10 Roast Pork with Apple Gravy Oven Roasted Potatoes Winter Squash Dinner Roll Brownie Diet: Graham Wafer | 11 Salmon Fillet with Lemon Dill Sauce Rice Florentine Jardinière Veggie Blend Whole Wheat Bread Melon Cup Yogurt | 12 Shepherd's Pie Tossed Salad with Ranch Dressing Carrot Coins Multigrain Roll Pears |
| 15 Krunch Lite Fish with Tartar Sauce Whipped Sweet Potatoes Peas & Mushrooms Whole Wheat Bread Apricots | 16 Swedish Meatballs Egg Noodles Scandinavian Veggie Blend Multigrain Roll Applesauce | 17 Vegetable Soup Oyster Crackers Honey Lime Roast Chicken Au Gratin Potatoes Dinner Roll Navel Orange | 18 Roast Turkey with Gravy Garlic Whipped Potatoes Cranberry Sauce Peas and Carrots Whole Wheat Roll Jell-O Cake Diet: Sugar Free Jell-O | 19 Sloppy Joe Hamburger Bun Hash Browns Country Blend Veggies Pears |
| 22 Chicken Stew with Mixed Vegetables Cheesy Rice Multigrain Roll Peaches | 23 Beef Burgundy with Italian Style Penne Tuscany Blend Veggies Wheat Bread Holiday Cookie Diet: Graham Wafer | 24 Tuna Noodle Casserole Tossed Salad Honey Mustard Dressing Peas Whole Wheat Roll Fresh Apple | 25 CLOSED  | 26 Ground Beef Patty with Mushroom Gravy Parsley Whipped Potatoes Winter Blend Veggies Dinner Roll Vanilla Pudding Diet: Sugar Free Pudding |
| 29 High Sodium Low Sodium Hot Dog Hot Dog Roll Mustard & Relish Packet Hot Three Bean Salad Hot German Potato Salad Pineapple | 30 Minestrone Soup Oyster Crackers Chicken Cacciatore Rotini Pasta Whole Wheat Roll Strawberry Cup | 31 Mac n' Cheese Escalloped Tomatoes Fruit Muffin Fresh Pear |  | |

Recipe Roundup

Baked Shrimp in Tomato Feta Sauce

Ingredients:

2 tsp. olive oil
1/2 medium onion, chopped
1 clove garlic, minced
1 can diced tomatoes (14.5 oz.)
1/8 cup minced fresh parsley
1/2 tsp dried dill
1/2 pound medium sized raw shrimp, peeled and deveined, thaw if frozen
Pinch of salt
Pinch black pepper
1/3 cup feta cheese, crumbled)

Directions:

Preheat oven to 425°F. Heat oil in a large, oven-proof skillet on medium high heat. Add the onions and cook until softened, 3-5 minutes. Add the garlic and cook until fragrant, about 30 seconds more.

Add the tomatoes and bring to a simmer, reduce heat and let simmer for 5-10 minutes, until the juices thicken a bit.

Remove from heat. Stir in the herbs, shrimp, feta cheese, and salt and pepper to taste. Place pan in oven and bake, uncovered, until shrimp are cooked through, about 10-12 minutes.

Serve immediately with crusty French or Italian loaf bread, pasta, or rice.

Serves two

Source: simplyrecipes.com

Quick Chicken Cordon Bleu

Ingredients:

2 boneless, skinless chicken breasts (10-12 oz.), trimmed and tenders removed
1/4 teaspoon freshly ground pepper, divided
1/8 teaspoon salt
3 tablespoons shredded Gruyère or Swiss cheese
1 tablespoon reduced-fat cream cheese
2 tablespoons coarse dry whole-wheat breadcrumbs
1 1/2 teaspoons chopped fresh parsley or thyme
2 teaspoons extra-virgin olive oil, divided
2 tablespoons chopped ham (about 1/2 ounce)

Directions:

Preheat oven to 400°F.

Sprinkle chicken with 1/8 teaspoon pepper and salt. Combine cheese and cream cheese in a bowl. Combine the remaining 1/8 teaspoon pepper with breadcrumbs, parsley (or thyme) and 1 teaspoon oil in another bowl.

Heat the remaining 1 teaspoon oil in a medium, ovenproof nonstick skillet over medium heat. Cook the chicken until browned on both sides, about 2 minutes per side. Move the chicken to the center so the pieces are touching. Spread with the cheese mixture, sprinkle with ham, then top with the breadcrumb mixture.

Bake until the chicken is no longer pink in the center and an instant-read thermometer registers 165°F, 5 to 7 minutes.

Serves two

Source: eatingwell.com

Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas.

Calvin Coolidge

Spicy Cranberry Pork Chops

Ingredients:

1 14-ounce can Ocean Spray® Whole Berry Cranberry Sauce
1/2 cup raisins
1/2 cup peeled, diced apple
1/4 cup + 2 tablespoons sugar
1/4 cup + 2 tablespoons vinegar
1/8 teaspoon allspice
1/8 teaspoon ginger
1/8 teaspoon cinnamon
Dash ground cloves
4 boneless pork loin chops

Directions:

Preheat oven to 350°.*

Combine all ingredients, except pork, in a medium saucepan. Cook on medium heat, stirring occasionally, until apples are tender and sauce has thickened slightly. Keep warm until serving time.

Bake pork loin chops for 15 minutes. Top each chop with 1/4 cup sauce. Bake for another 10 minutes or until internal temperature reaches 160° on a meat thermometer.

Spoon on extra sauce before serving.

Makes 4 servings.

Source: oceanspray.com

New Bedford Council on Aging & Senior Centers

The Computer Lab is OPEN!



Starts January 5, 2015

Mondays 9:30AM-10:30AM

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553 Brock Avenue

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*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.

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- 1 & 2 Bedrooms
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  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.

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Now Accepting Applications 1 & 2 BRs



Melville Towers
 508-993-3077
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www.peabodyproperties.com
 850 Pleasant Street
 New Bedford, MA
Hours: 8am - 4:30pm
 Monday - Wednesday - Friday

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

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

Update

Breakfast with Santa

Holy Family-Holy Name School is sponsoring Breakfast with Santa on Saturday, December 6, from 8:30 a.m. to 10:30 a.m. at the school, 91 Summer Street. Breakfast will include pancakes, sausage and beverages. Also featured will be a children's craft area, book fair and gift boutique.

For tickets or more information call 508-993-3547.

Santa Paws at Humane Society

On Saturday, December 6, from 11 a.m. to 2 p.m., the Humane Society will take pet and family pictures at its Santa Paws Is Coming to Town event at its facility, 31 Ventura Drive, Dartmouth.

For tickets or information on these events call 508-995-6661.

Christmas Arts and Crafts Sale

A festive Christmas Arts and Crafts Sale is set for Saturday, December 6, from 9:30 a.m. to 3:00 p.m. at the Congregational Church, 17 Middle St., South Dartmouth. Vendors include Dartmoor Gifts, Silverbrook Farms, Apponagansett Maple Syrup, wired jewelry by Christine Cummings and Kim Sevigney, handmade pottery from Island Pottery, Stitches by Sofia, green wreaths from the Boy Scouts and more.

Take part in a Christmas Gift raffle and silent auction. The kitchen opens at 9:30 a.m. for coffee and baked goods. Other foods available for eat-in or take-out include traditional French meat pies, lobster rolls, chowder, and soup.

Garden Club Greens Sale

The Greater New Bedford Garden Club will hold a Holiday Greens Sale consisting of boxwood trees, wreaths, and centerpieces to benefit the Rose Murphy Scholarship Fund on Saturday, December 6, from 1 p.m. to 4 p.m. at the Acushnet Council on Aging, 59 1/2 Main Street. Admission is free. A Formal Tea will be served at 2 p.m. Tickets for the tea are \$8.

Knot Tying Demonstration at RJD

Knot tying and splicing expert Barbara Merry will demonstrate nautical knot tying techniques at the Rotch-Jones-Duff House and Garden Museum, 396 County Street, on Thursday, December 11, from 5 p.m. to 7 p.m. Barbara brings more than 30 years of experience to the craft of marlinspike, a skill sailors use to make, customize, or fix a boat's rigging and lines. As Barbara notes in her book "Marlinspike Sailor's Arts and Crafts," sailors also use their marlinspike seamanship skills to make decorative items called "fancy-work." The program is a free event and is co-sponsored with the Working Waterfront Festival.

For additional information, please call 508-997-1401 or visit the Museum's website at www.rjdmuseum.org.

Holiday House Tour

The annual Holiday House Tour sponsored by the New Bedford Preservation Society will be held the weekend of December 13 and 14. A candlelight tour is set for Saturday December 13, from 4 p.m. to 8 p.m. On Sunday, December 14, afternoon tours will be available from 1 to 5.

Advance, discounted tour tickets will go on sale mid-November at the following locations:

New Bedford: Arthur Moniz Gallery, Baker Books (relocated to Two McCabe Street), New York Shoe Repair, The Surrey Shoppe. Dartmouth: Ultimate Touch Nail Salon, Davoll's General Store. Fairhaven: Periwinkles. Marion: Marion General Store.

For further information, please the New Bedford Preservation Society at 508-997-6425.

GNBCS 50th Anniversary Concert

The Greater New Bedford Choral Society will present its 50th Anniversary Concert on Sunday, December 14, at 3 p.m. at the First Unitarian Church, corner of County and Union Streets. The holiday performance will include Echoes of our First Concert and Haydn's Saint Nicholas Mass.

Tickets are \$15; children 12 and under are free. For more information visit the society's website at www.gnbcs.org.

Christmas Pageant

Holy Family-Holy Name School invites the public to celebrate the birth of Jesus in song and tableau at their annual Christmas Pageant on Sunday, December 14, at 3 p.m. at St. Lawrence Church on County Street.

A \$2 donation and canned food item for the needy will be accepted at the door.

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. Rehearsals begin January 6.

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

Moby-Dick Marathon Readers Wanted

The New Bedford Whaling Museum's 19th Annual Moby-Dick Marathon is scheduled for January 2 through 4, and all those interested in reading are invited to contact the museum. Call 508-717-6851 or email: mdmarathon@whalingmuseum.org to request a 7 to 10 minute reading slot. Be sure to provide your full name and preferred reading time as well as two alternate times.

Every January, the world's largest whaling museum marks the anniversary of Herman Melville's 1841 whaling voyage from New Bedford with a 25-hour nonstop reading of America's greatest novel – Moby-Dick. The weekend includes three days of activities and a ticketed buffet dinner and lecture on Friday evening.

The reading begins at noon on Saturday, January 3, and finishes at 1 p.m. on Sunday, January 4. Snow and cold will not stop this literary happening. For more information, visit www.whalingmuseum.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.

Portuguese Day at Fairhaven Social Day



Clients of Fairhaven Senior Social Day celebrated a day of Portuguese culture recently. Staff and volunteers, in full costume, from Fairhaven Social Day prepared and served the clients a luncheon of kale soup, linguica pepper and onion subs, a tuna and potato casserole and rice pudding for dessert. The luncheon was followed by traditional Portuguese dance performed by the staff and volunteers. Pictured from left to right, Chris Levault, Lee Freitas, Julio Morales, Sue Roderiques, Joyce Cookinham and Maggie Harrison.

New Bedford Council on Aging & Senior Centers Holiday Party



Friday, December 5
Noon to 1:30PM
Downtown Senior Center
725 Pleasant St.

Menu:

Oven Roasted Pot Roast, Roasted Baby Potatoes
Winter Vegetable Medley and Holiday Bread Pudding

Entertainment by
"Ray-J"

\$2.00 per person

Please sign up @ the Downtown Senior Center
For More Info, Please Call Elaine @ 508-991-6255



Special thanks to "The Oaks" for Sponsoring this Event

New Bedford Council on Aging & Senior Centers End of Year Celebration!



Monday, December 29, Noon to 1:30PM
Hazelwood Senior Center, 553 Brock Avenue

Assorted Sandwiches, Chips
(Chicken, Turkey, Tuna & Seafood Salads)
Cheese and Pickle Platter, Cupcakes and Cookies

Join Us for an End of the Year Celebration
While Looking Forward to 2015!
Entertainment by "Voices in Time"



\$3.00 per person

Please sign up by Dec 19 @ Hazelwood Senior Center

Special Thanks to Alden Court Nursing Care & Rehabilitation Center
& Kindred Healthcare

Mental Health Training



The New Bedford Council on Aging, in collaboration with Boston University, is providing staff with training in a number of areas pertaining to mental health. Staff from other Councils on Aging were invited to the class in November presented by Kathy Kuhn, standing right, of BU's School of Social Work.

Grandparents Raising Grandchildren Announces New Location

Grandparents Raising Grandchildren, a nonprofit organization that provides support and information to individuals caring for their grandchildren, is moving to a new location. Beginning in January, Grandparents Raising Grandchildren will be located at the New Bedford Council on Aging, 181 Hillman Street, Bldg. #9.

Support group meetings will be held at the new site on the third Tuesday of the month, from 6 p.m. to 8 p.m., beginning January 20. Staff will be available for private meetings on Wednesdays from 10 a.m. to 2 p.m. For additional information, call Brenda Grace at 508-996-0168.

New Social Program for Portuguese Elders

The Immigrants Assistance Center (IAC) is sponsoring a weekly social activities program for Portuguese elders. The free program meets at the center, 58 Crapo Street, every Tuesday, from 11 a.m. to 2:30 p.m. The

new group offers meals, support services, social activities, field trips and other events geared to the interests and tastes of Portuguese elders.

For more information call the IAC at 508-996-8113.

Community Forums on Block Grant Funds Scheduled

The City's Office of Housing & Community Development is hosting three public meetings to discuss the federal funding the City receives as an entitlement under the Community Development Block Grant, Emergency Solutions and HOME Programs. The meetings are part of the agency's five year Consolidated Planning Process and its Annual Action Plan.

7:30 p.m. at Carney Academy, 247 Elm Street. Both of these meetings will focus on the five year Consolidated Plan.

Wednesday, January 14, 6 p.m. to 7:30 p.m. at the Office of Housing & CD, 608 Pleasant Street. This meeting will focus on the Annual Action Plan process and proposal funding.

Disability related modifications or accommodations are available by contacting the OHCD office in advance at 508-979-1500. Anyone unable to attend one of the meetings can make their voice heard by taking an online survey at www.newbedford-ma.gov/community-development.

At the meetings agency representatives will briefly explain these programs. Members of the audience will have an opportunity to discuss their ideas about how these limited federal funds could be used to serve the needs of New Bedford residents, particularly low and moderate income individuals.

For more information contact Community Development Coordinator Joseph Maia at 508-979-1500 or email him at jose.maia@newbedford-ma.gov.

The meeting schedule is:
Tuesday, December 9, 6 p.m. to 7:30 p.m. at the New Public Library, Main Branch;
Tuesday, January 13, 6 p.m. to

Aging Mastery Class



Aging Mastery, a health and wellness class, is just one of the many support groups located at the New Bedford Council on Aging's Hillman Street Support Center Campus. For more information call 508-991-6250.

Senior Travel

Day Trips

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

Thurs. Dec. 8 -- Newport Grand

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

Mon. Jan. 12 – Mohegan Sun

Mon. Feb. 9 – Foxwoods Casino

Wed. March 11 – Boston Flower Show

Mon. March 16 – Mohegan Sun

Wed. March 18 – Aqua Turf Club – St. Patrick's Day Celebration

Contact the Rochester Senior Center at 508-763-9315 about the following trips:

Fri. Dec. 5 -- Xmas Tree Shop & Dartmouth Mall

Mon. Dec. 8 – Museum of Fine Arts Goya Exhibit

Thurs. Dec. 11 – Christmas Lights at LaSalette

Fri. Dec. 19 – Xmas Tree Shop & Emerald Square Mall

Sun. Dec. 21 – Christmas at Blithewold Concert & Tour

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

Money Management Program Needs Volunteers

The Money Management Program was developed to assist low-income elders who have difficulty writing checks, balancing their checkbooks and managing their money. Some of these elders may be homebound, visually impaired, confused, and without family nearby to help.

rent, food, and utility bills on time. A trained, insured, supervised volunteer is carefully matched one-on-one with an elder needing assistance. The volunteer goes to the elder's home at least monthly to help keep track of income and expenses.

The day-to-day operation of the program is managed by Coastline to provide assistance to elders who might be at risk of losing their independence due to their inability to pay basic

Volunteers are needed to assist in providing this worthwhile service. For more information, please call Linda Aguiar at 508 742-9113 or email laguiar@coastlinenb.org.

Once again, we come to the Holiday Season, a deeply religious time that each of us observes, in his own way, by going to the mall of his choice.

Dave Barry



Beacon

Adult Foster Care, Inc.

Are you caring for a disabled adult in your home?

Beacon Adult Foster Care pays caregivers a tax-free stipend to care for your loved ones at home, as an alternative to assisted living or nursing home placement.

Adult Foster Care (AFC) is a MassHealth-funded program that provides 24-hour home care services for people with chronic health care needs. AFC lets people maintain their daily routines with ongoing supervision and assistance from a qualified live-in caregiver.

An AFC member must live in Massachusetts and have MassHealth Standard or CommonHealth insurance.

An AFC caregiver must be 18 years of age and may not be the spouse or legal guardian of an AFC member.

For more information call 774-202-1837 or visit our website www.beaconafc.com

At the Senior Centers

Acushnet Senior Center

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

Free manicures and hand massage will be offered by Cosmetology students from ORR on Thursday, December 4. No appointment necessary.

Zumba with Pati is offered every Wednesday at 8:30 a.m. This 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.

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

Veterans Drop-in Coffee Hour daily at 9 a.m.

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

Life Insurance presentation is set for Monday, December 8, from 12:00 to 12:30 p.m.

Face to Face Mediation presentation will take place Thursday, December 11, at 11 a.m.

Holiday Movies will be shown Thursday, December 11 and December 18, at 12:30 p.m.

Holiday Celebration planned for Monday, December 22. See Jordan for details.

Holiday/Winter Craft Hour is held every Wednesday from 12 to 1 p.m. Must sign up in advance.

Afternoon Tea Party planned for Thursday, January 8.

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 December 29, and January 26, at 1 p.m. Please sign up in advance.

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.

A new **Tai Chi** class meets every other Monday from 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.

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, December 11, at noon.

Breakfast is available daily.

Mediating Conflict will be presented by Marci Pina-Christian on Thursday, December 4, at 11:30 a.m.

Art Show by students of Ryan Santos and Kathy Arruda on Friday, December 11, from 5 p.m. to 7 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.

Dept. of Revenue presentation will be held on Thursday, January 15, at 11:15 a.m.

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

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

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

Chair Zumba with Pati will meet Friday, December 5, December 19, January 16, and January 30 at 9:00 a.m.

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

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.

Long Term Care Insurance seminar with representatives from Prudential Insurance will be held Wednesday, December 10, at 10 a.m.

Cookie Decorating will take place on Friday, December 12, at 12:30 p.m. Sign up in advance.

Holiday Party with entertainment by Jordan Paiva is set for Wednesday, December 17, at 12:30 p.m. Reservation required.

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.

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.

Tea Time with free tea and pastries every Wednesday afternoon.

Holiday Party on Friday, December 5.

Reminisce about old New Bedford Friday mornings.

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 Wednesday, December 17, 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, Thursday and Friday. 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:

Face to Face Mediation presentation will be held Wednesday, December 10, at 11 a.m.

Play Holiday Bingo on Wednesday, December 17, at 1 p.m.

End of the Year Celebration is set for Monday, December 29, at 12 p.m.

Conversational Spanish class begins Wednesday, January 7, at 10 a.m.

Dept. of Revenue presentation will be offered on Wednesday, January 14, at 10:30 a.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.

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

Additional Zumba Class will meet every other Thursday.

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.

At the Senior Centers... continued on page 12

Senior Safety

Storm Safety Tips

Prevent fires, electrical shock and carbon monoxide poisoning when coping with a disaster by following these tips:

Use flashlights or battery-operated candles if the power goes out. Candle fires have more than doubled in the past decade and have turned deadly during power outages when smoke alarms also may not work.

Stock up on batteries and put new batteries in your smoke alarms. A working smoke alarm can double your chance of surviving a fire. Make sure your smoke alarms have fresh batteries. Change the batteries once a year. Install a battery operated or battery back-up smoke alarm if you only have hard-wired ones.

Carbon monoxide (CO) detectors protect your family from the silent killer. Carbon monoxide is colorless, odorless and can be fatal. Install CO detectors on each level of your home and within 10 feet of all bedroom doors.

Make and practice a home escape plan with two ways out and an outdoor meeting place. Teach your home's escape plan to your family and your guests. If you are visiting friends and relatives, ask about the escape plan and meeting place for their homes.

Use generators outdoors only. Generators and other fuel powered machines should only be used outdoors. Carbon monoxide fumes are odorless and can quickly overwhelm you indoors.

Use caution with alternative heating and cooking appliances. During windy conditions, a sudden downdraft could blow a fire out of the fireplace and into a room. Always use a screen to contain sparks and embers.

Do not use a charcoal or propane

Home Blood Pressure Monitors Not Always Accurate

Many people with high blood pressure monitor their readings at home. In fact, the American Heart Association recommends it as a way to help healthcare providers determine whether treatments are working.

But are the numbers on home monitors accurate? To find out, researchers compared measurements from home blood pressure monitors with validated mercury sphygmomanometers (blood pressure cuffs) used by medical professionals.

Researchers compared readings on 210 men and women. They found that 30 percent of the systolic blood pressure readings on the home moni-

grill indoors. This poses both carbon monoxide and explosion hazards.

Fire Extinguishers

Make sure your home fire extinguisher is handy and fully charged

Call for help

Keep cell phone batteries fully charged at all times. Be aware that fire alarm boxes may not work when the power is out. Do not be afraid to call for help in an emergency or if you think you may be in trouble. Avoid non-emergency calls to police and fire departments.

Gas safety

Report suspected gas leaks to the fire department immediately. Smell and listen for leaky gas connections. If you believe there is a gas leak (it smells like rotten eggs), go outdoors immediately and leave the doors to the building open. Do not turn electrical switches or appliances on or off. Never strike a match. Any flame can spark an explosion in the presence of gas.

Water and electricity do not mix

Watch for downed wires. All downed wires should be considered "live". Explain this to children. Do not enter a flooded basement. If outlets or the fuse box in the basement is under water, it could electrically charge the water and electrocute you. Flooded water may also contain untreated sewage and cause serious health problems. If you fill the bathtub with water "just in case," be sure to keep all electrical appliances at a safe distance.

Keep vents clear

Keep outdoor furnace, hot water and dryer vents clear of drifting snow, leaves and debris to prevent flue gases from backing up into the home and creating a carbon monoxide hazard.

tors were more than 5 millimeters of mercury different than on the validated equipment, 8 percent were more than 10 millimeters of mercury different. For diastolic blood pressure, 32 percent of home monitors were more than 5 points off and 9 percent more than 10 points off.

Investigators conclude that overall, home monitors may be inaccurate in 5 to 15 percent of adults. The lead author recommends that all patients get their home monitors validated with their healthcare providers at least once, reports Dr. Cindy Haines of HealthDay TV,

Nutrition News

Eating More Fruits and Vegetables during the Winter Months

By Stephanie Boulay, Registered Dietitian, Coastline

During the summer eating lots of fresh fruits and vegetables is easy. However, come the winter months you may find yourself eating less and less produce, and more comfort foods. Even though most produce is available year round these days, it may not taste the same and may be more expensive.

But fear not, there are plenty of ways to get all your fruits and veggies in all year long. First, look for produce that is in season. Winter fruits include bananas, clementines, citrus fruits, grapes, pears, persimmons, pomegranates, and kiwi. Vegetables in season in the winter include artichokes, beets, broccoli, Brussels sprouts, carrots, cauliflower, kale, snow peas, rhubarb, sweet potatoes, leeks, and winter squash.

Second, prioritize fruits and vegetables. Concentrate on reaching your produce quota for the day, then fill in the gaps with other types of foods.

Next, don't overthink it! It's as easy as throwing some frozen berries into your oatmeal, adding extra greens to your sandwich, or topping your pizza with vegetables instead of meat. Work towards including some fruit or vegetable at every meal and snack, even if it's not a full serving.

Then, don't discriminate. Whether it's fresh, frozen, or canned any type of produce is better than none. Be sure to buy frozen items that do not have sauces and remember to rinse and drain canned items that have added salt or are canned with syrup.

Lastly, make it fun! If a cold salad doesn't sound appetizing, don't eat it. One of the best things about fruits and vegetables is their versatility. Fruits are delicious baked and topped with cinnamon and sugar, folded into muffin batter, or on top of waffles and almost any vegetable can be roasted and seasoned just the way you like it.

Cutting Back on Salt

Too much salt can boost your blood pressure and spur related complications such as heart failure. The Cleveland Clinic suggests how to consume less salt:

Eat fresh foods, rather than packaged or prepared varieties. And don't add salt.

Steer clear of convenience foods, such as instant cereals and puddings, canned soups, frozen meals, packaged

mixes of rice and pasta, and gravies.

If you eat frozen entrees, look for those that contain less than 600 mg of salt.

Use orange juice or pineapple juice as a base for meat marinades, instead of salt.

Look for spices and seasonings that don't contain salt.

Don't use salt substitutes without getting your doctor's OK.

Annual Christmas Dinner for Elders

Christmas Day, December 25



Holy Name of Sacred Heart Parish Hall
121 Mount Pleasant Street, New Bedford

Doors open @ 10 am

Dinner @ 12 noon

Open to all seniors from area towns

Reservations Deadline DECEMBER 19!

Call 508-991-6250

Sponsored by Greater New Bedford Jewish Community

Veterans' Breakfast in Dartmouth



State Representative Chris Markey (left) and the Dartmouth Friends of the Elderly sponsored the annual Veterans Breakfast at the Dartmouth Senior Center on November 7. Standing is Congressman William Keating and seated, left to right, are former Dartmouth Veterans Agent James Collins, VFW Honor Guard member Norman Barrett, and American Legion Post 307 Commander Steve Vieira.

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Your Health

Complementary Treatments for Cold and Flu

Each year, an estimated 5 to 20 percent of Americans come down with the flu, which can be a serious ailment especially among elders. The common cold is among the leading reasons for visiting a doctor. More than 200 different viruses can cause colds.

Some people use complementary health approaches for the flu or colds. If you are considering using a complementary health approach for the flu or a cold, talk to your health care provider about it.

Vaccination is the best protection against getting the flu. There is no conclusive evidence that any complementary health approach is useful for the flu.

Complementary health approaches for colds

There is scientific evidence about several complementary health approaches for colds. Zinc taken orally may reduce the length and severity of a cold. For most people, taking vitamin C supplements on a regular basis only slightly reduces the length and severity of colds and does not reduce the number of colds that they catch.

When to Call the Doctor about a Cold or Flu

Flu and the common cold share some common symptoms. Though both often can be treated at home, more serious cases require a doctor's care.

The American Academy of Family Physicians mentions these warning signs that you should see a doctor:

A persistent fever of higher than 102 degrees Fahrenheit that causes body aches and fatigue.

Symptoms that persist for longer

than 10 days, or symptoms that worsen instead of improve.

Shortness of breath, difficulty breathing, or pressure or pain in the chest.

Confusion, disorientation or fainting.

Vomiting persistently.

Significant sinus pain affecting the forehead or face.

Swelling of glands in the neck or jaw.

of chicken parmesan, sirloin tips or broiled scrod.

For reservations call July Medeiros at 508-997-0907.

Parkinson's Support Group

The Parkinson's Support Group will hold its annual Christmas Party on Thursday, December 11, at 1 p.m. at the End Zone, 218 Coggeshall Street. The luncheon will be a choice

of chicken parmesan, sirloin tips or broiled scrod.

For reservations call July Medeiros at 508-997-0907.

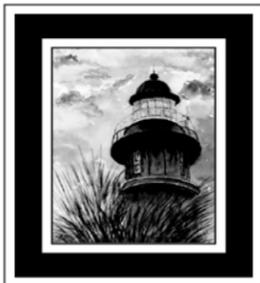
If you haven't got any charity in your heart, you have the worst kind of heart trouble.

Bob Hope

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Drinking and Older Adults

The Holidays are often a time of parties and dinners with family and friends. Many of these get-togethers include alcoholic beverages, as we toast the holidays with eggnog, wine and martinis. During these occasions, older adults may begin to notice that two drinks may make them feel the way three drinks used to, and there's a reason for that.

As we age our metabolism slows down and we develop medical conditions that require us to take prescriptions or over the counter drugs on a regular basis. Both of these factors can impact the way our bodies handle alcohol.

Since 2006 there has been a steady increase in the number of older adults hospitalized due to alcohol abuse. An estimated 15 percent of adults over 55 abuse alcohol or other drugs, according to information presented by Alison Johnson and Louise Cabral during "Drinking after 50—A Whole New Game" at the Mass Home Care Conference recently.

It isn't just the special occasions such as holiday get-togethers that can be a problem for older adults. In fact, isolation and the loss of social connections are more likely to lead to problem drinking.

Vitamin D Increases Bowel Cancer Survival Odds

Bowel cancer patients with high levels of vitamin D in their blood are more likely to survive the disease, a study shows. Patients with the highest levels of vitamin D have half the risk of dying compared with those with the lowest levels, the findings reveal.

The study is the first to correlate total blood levels of vitamin D in bowel cancer patients after their diagnosis – which includes that produced after exposure to sunlight and that obtained from dietary sources – with their long term survival prospects.

The University of Edinburgh team tested blood samples from almost 1600 patients after surgery for bowel cancer. The greatest benefit of vitamin D was seen in patients with stage 2 disease, when the tumor may be quite large but

the cancer has not yet spread.

Researchers found that three quarters of the patients with the highest vitamin D levels were still alive at the end of five years, compared with less than two thirds of those with the lowest levels. The results show that vitamin D is associated with a much better chance of cancer survival, although the nature of this relationship is not clear from this study.

The researchers plan to conduct a clinical trial to test whether taking vitamin D tablets in combination with chemotherapy can improve bowel cancer survival rates. Measuring vitamin D levels in bowel cancer patients could also provide a useful indication of prognosis, the scientists say.

Retirement usually means more free time and less structure to the day, but it also means the loss of the social network of a job. Older adults may have more pain and retreat to staying home. Their abilities may change and that can result in a loss of their driver's license. Financial stress from reduced income also may prevent older adults from getting out as much.

Losing a spouse is another risk factor for problem drinking, especially among men. Very often, the wife is the social organizer and the health care coordinator for the couple. When she is gone, the man may fill the empty hours with drinking and ignore his health.

Drinking takes a greater toll on older adults than younger people because they have a slower metabolism, according to Johnson and Cabral, and the alcohol may interact with medications. Elders also have slower reflexes and an increased risk of falling.

Older adults already have a higher risk of injury and illness, and excessive drinking increases that risk. It can also lead to social and economic decline. Help is available for problem drinkers, and the first step should be to discuss the situation with a health care provider.

Is "Mild" Control of Blood Pressure Adequate?

After an extensive review, there was no significant evidence that more intensive management is necessary." The issue about how low is low enough, researchers say, is important because blood pressure medications can have unwanted side effects that increase as higher dosages of medications are used. The problem is common: In the United States, about 70 percent of adults age 65 or older have hypertension, and millions of people take medication to control it.

One of the more significant side effects is what's called "orthostatic hypotension," a condition in which a person's blood pressure can suddenly fall when they rise or stand, making them feel light-headed or dizzy, and sometimes leading to dangerous falls. More than 30 percent of people over the age of 80 have this problem.

High blood pressure is a serious health concern, but also one of the most treatable with medication, if such things as diet, exercise, weight management or lifestyle change prove inadequate. Hypertension is often called the "silent killer" because it causes few obvious symptoms, but it weakens blood vessels and has been linked to higher levels of heart attacks, kidney disease and especially stroke.

"There's clearly a value to controlling blood pressure, enough to keep it at 150 or less," said David Lee, of OSU. "Keeping blood pressure within acceptable levels will lower death rates. But as people get older, there's less clear evidence that stringent control of systolic blood pressure is as important."

The review was published in *Drugs & Aging*, a professional journal, by scientists from the College of Pharmacy at Oregon State University and Oregon Health & Science University.

"The goal of a systolic pressure at or below 140 has been around a long time, and there's still skepticism among some practitioners about accepting a higher blood pressure," said Leah Goeres, an OSU postdoctoral fellow and lead author on the publication.

A broad review of the use of medications to reduce blood pressure has confirmed that "mild" control of systolic pressure is adequate for adults age 65 or older. There's no clear benefit to more aggressive use of medications to achieve a lower pressure in older adults, according to researchers.

Historically, most medical practitioners tried to achieve control of systolic pressure – the higher of the two blood pressure readings – to 140 or less. Recently changed guidelines now suggest that for adults over 60, keeping the systolic pressure at 150 or less is adequate, and this extensive analysis confirms that.

However, researchers also say in the report that more work needs to be done studying blood pressure in older populations, since most of the research, and the medical guidelines based on them, were done using predominately younger adults.

"Keeping systolic blood pressure in older adults below 150 is important, it's what we consider a mild level of control," Goeres said. "But for older people that level is also good enough."

Your Health

Expensive and Cheaper Drugs Both Work Well for Diabetes Nerve Pain

Millions of people with diabetes take medicine to ease the shooting, burning nerve pain that their disease can cause. And new research suggests that no matter which medicine their doctor prescribes, they'll get relief.

But some of those medicines cost nearly 10 times as much as others, apparently with no major differences in how well they ease pain, say a pair of University of Michigan Medical School experts in the *Annals of Internal Medicine*. That makes cost -- not effect -- a crucial factor in deciding which medicine to choose for diabetic neuropathy, or diabetes nerve pain, the U-M researchers say.

Their commentary accompanies a paper from Mayo Clinic researchers who analyzed a wide range of data from clinical trials of different treatments for painful diabetic neuropathy. The team concluded that several options appear to work well, though they need to be compared head-to-head to tell for sure which is best.

Until new studies can make those head-to-head comparisons, say the U-M experts, doctors should consider the cost of the drug, and any other conditions a patient has, when deciding what to prescribe.

Brian Callaghan, M.D., the article's first author, says the new Mayo study,

national guidelines and other efforts have focused on how well different treatments work against diabetic nerve pain. But cost hasn't figured into these studies, he says. That's why he and fellow U-M neurologist Eva Feldman, M.D., Ph.D., decided to look at the dollars side of diabetic neuropathy.

"These treatments all work about the same, but what's different is their side effects and cost. The older medications are cheaper, about \$15 to \$20 a month, compared with the newer ones at nearly \$200 per month," he says. "Patients are on these medications for many years, and it really starts to add up. Given that the effects of the medications are similar, why should we start patients on the expensive drugs until we've determined whether or not they respond to the less-expensive ones?"

The newer drugs, of course, have marketing campaigns behind them -- and in the case of diabetic neuropathy, their manufacturers may have sought and received specific approval for diabetic neuropathy from the Food and Drug Administration.

And even though older generic drugs without a specific indication for diabetes pain must be prescribed "off label" by doctors, the evidence that they work is powerful.

Aortic Valve Replacement Appears Safe, Effective in Very Elderly Patients

Aortic valve replacement (AVR) can safely be used to treat severe aortic stenosis in patients age 90 years and older and is associated with a low risk of operative stroke and mortality, according to a study in the November 2014 issue of *The Annals of Thoracic Surgery*.

Takashi Murashita, MD, Kevin L. Greason, MD, and colleagues from Mayo Clinic in Rochester, Minn., reviewed the records of 59 patients who were at least 90 years of age (nonagenarians) and who underwent aortic valve replacement for severe aortic stenosis, a narrowing of the aortic valve which obstructs blood flow from the heart.

Three of the 59 patients died follow-

ing AVR but 48 were still alive one year after surgery. Twenty-two of the 59 patients had operative complications, which included acute renal failure and stroke.

"An increasing number of nonagenarian patients are willing to undergo AVR to improve both the quality and quantity of their life," said Dr. Murashita. "We hope that, through our results, providers will understand that aortic valve replacement should not be denied in select symptomatic nonagenarian patients with severe aortic valve stenosis," said Dr. Greason. "Nearly 80 percent of our patients had significant heart failure symptoms prior to surgery and most experienced marked improvement following the operation."

Tools to Help Seniors with Low Vision

One in six adults 65 and older has a vision impairment that cannot be corrected with glasses or contact lenses. Low vision makes it difficult or impossible for them to read, write, shop, watch television, drive a car or recognize faces. Low vision can be caused by eye diseases that are more common in older people, such as macular degeneration, glaucoma and diabetic retinopathy.

Fortunately, there are many strategies and resources available to people with low vision that can help them make the most of their remaining sight. The American Academy of Ophthalmology recommends that people with low vision follow these tips:

See an ophthalmologist. Those with low vision can improve their quality of life through low vision rehabilitation, which teaches people how to use their remaining sight more effectively and can be arranged through an ophthalmologist -- a medical doctor specializing in the diagnosis, medical and surgical treatment of eye diseases and conditions.

Make things bigger. Sit closer to the television or to the stage at performances. Get large books, phone dials and playing cards. Carry magnifiers for help with menus, prescription bottles and price tags.

Make things brighter. Make sure areas are well-lit and cover shiny surfaces to reduce glare. Consider increasing color contrasts as well. For

instance, drink coffee from a white mug and always use a felt-tipped pen with black ink.

Use technology. Many of today's newer technologies have applications that can help with low vision. For example, e-readers allow users to adjust the font size and contrast. Many smartphones and tablets can also magnify print, identify cash bills and provide voice-navigated directions.

Organize and label. Designate spots for your keys, wallet and frequently used items in your refrigerator. Mark thermostats and dials with high contrast markers from a fabric store; label medications with markers or rubber bands; and safety-pin labels onto similarly colored clothing to tell them apart.

Participate. Don't isolate yourself. Keep your social group, volunteer job, or golf game. It might require lighting, large print cards, a magnifier, a ride, or someone to watch your golf ball. Ask for the help you need.

Seniors age 65 and older who are concerned about the cost of an eye exam may be eligible for EyeCare America, a public service program from the Foundation of the American Academy of Ophthalmology that provides medical eye exams and up to one year of care, often at no out-of-pocket cost. To see if you or your loved ones qualify for EyeCare America, visit www.eyecareamerica.org.

Daily Exercise May Cut Risk for Heart Failure in Half

Daily exercise may significantly reduce the risk of heart failure, according to new research. Heart failure, a common, disabling condition in older adults, was nearly half as likely in those who got an hour of moderate exercise or a half hour of vigorous exercise every day, researchers in Sweden found.

"The study shows that high levels of physical activity are associated with considerably lower risk of heart failure," said study researcher Dr. Kasper Andersen, a physician at Uppsala University.

It's important to note that Andersen's study found a link, not a proven cause-and-effect relationship, between activity and lower heart failure risk. Even so, he said, the association makes sense. Physical activity is known to lower the risk of developing high blood pressure, for instance, which is a risk factor for heart failure.

Atrial Fibrillation May Double Stroke Risk

Atrial fibrillation, which affects more than 2.7 million Americans, may double the risk of silent cerebral infarction. Also known as silent stroke, this attack shows no outward signs or symptoms, but may still cause brain injury, reports Dr. Cindy Haines of HealthDay TV.

Researchers reviewed 11 studies that looked at the association between AFib and silent stroke. They included more than 5,300 adults with no clinical history of stroke. More than 4,400 of

Exercise also lowers the odds of developing obesity and diabetes, which boost the risk of heart failure, he said. Even after adjusting for those risk factors in the study, he said, physical activity still lowered the risk of heart failure.

Nearly 6 million Americans have congestive heart failure, according to the Centers for Disease Control and Prevention. As many as half of those people die within five years of their diagnosis.

In the study, the group with the highest activity levels -- more than one hour of moderate or half an hour of vigorous activity daily -- had a 46 percent lower risk of developing heart failure. The study findings reinforce recommendations to get at least 150 minutes of moderate intensity exercise a week, Andersen said. Higher-level activity can produce additional benefit, he said.

them underwent MRI or CT scans to detect lesions.

After analyzing the data, the researchers concluded that AFib more than doubles a patient's odds of silent cerebral infarction. They say these findings may help explain why patients with AFib are at a 40 percent increased risk for developing cognitive impairment independent of their history of symptomatic stroke or other conditions.

Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.

Norman Vincent Peale

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Remember When

Dartmouth Vets Present Checks to COA



James Collins, right, presents a check for \$500 from the VFW to Dartmouth COA Director Debra Raymond. The Dartmouth COA also received a check for \$200 from American Legion Post 307 at the Veterans Breakfast on November 7.

At the Senior Centers... continued from page 8

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.

The annual Senior Citizens Holiday dinner by the Marion Police Brotherhood will be held on December 13 at 12:00 at the Sippican Elementary School. R.S.V.P to the Marion Council on Aging by December 6. Meals will be delivered to the homebound. Transportation can be provided.

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 10:00 to 10:45 a.m. at Atlantis Drive. No floor exercises.

Senior Stretch class meets Tuesdays, Thursdays and Fridays from 9:30 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.**

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 10:30 a.m. and return at 12:30 p.m.

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.

Reader Exchange

Stirrings

By Carol Barron-Karajohn

Sometimes when it is quiet and no one else is near,
I visit my collection of memories I hold dear.
No, it's not a box of photographs or something you can see,
But something quite intangible, that lives inside of me.

The magic of Christmas is prominent, in this invisible collage of mine.
The tree and decorations; scents of cinnamon and pine.
A nighttime stroll as snow falls; the houses brightly lit;
Returning home to smiles and warmth, sipping hot chocolate as I sit.

Picnics in the country with a loving family.
The sun shines down, the air so fresh; a field of daisies beckons me.
Birds, chirping at my window, greeting the early morn.
Flowers, as they begin to bloom, as springtime now is born.

Autumn, in its glory, with leaves of red and gold;
Indescribable beauty! Nature's gift so bold!
Opening a box of crayons, with colors all so bright!
The possibilities endless, on a page of white.

Tiny flashes of memory, untainted and so pure,
These scents and sounds and sights, still have the same allure.
So, if you have that special place, go visit for a while...
For they stir the imagination, and bring a nostalgic smile!

Originally submitted December 9, 2003

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.

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.

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

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

Line Dancing class meets Tuesday afternoons from 2:00 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.

Senior Christmas Luncheon will be held Friday, December 12, at noon. The menu includes stuffed pork loin, veggies and dessert. Call by December 10th to let us know you are coming.

Mass Senior Circuit Breaker can help pay taxes. Find out if you are eligible on Monday, December 22, at 2 p.m.

Extra Flu Shot Clinic will be held Thursday, December 4, from 3 p.m. to 7 p.m.

A **Quarterly Birthday Party** will be held on Monday, December 15, at noon for those seniors who have had a birthday during the months of October, November or December.

New Year's Eve Day Celebration will occur on Wednesday, December 31, at noon. Anyone is welcome to attend this free event.

Cosmetology students from Old Colony Vocational School will offer **free manicures** at the Senior Center on Thursday, December 11, at 9:45-11:30.