NEW BEDFORD'S

Senior Scope

FREE

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

Vol. 32, No. 1 *Published by the City of New Bedford, Massachusetts • Jonathan F. Mitchell, Mayor* July 2015

Inside

Country in the City, p. 7

- Editor's Notes 2
- Letter to the Editor 2
- Donations 2
- Medicare Plans 3
- Pension Funding.....3
- Menu for Menu for July 4
- Recipe Roundup 4
- Shopping Guide 4, 5
- Update 6
- Trivia Quiz. 7
- Senior Travel.....7
- At the Senior Centers.....8
- Summer Heat Tips.....9
- Eating Seasonally 9
- Depression plus Diabetes ...10
- Osteoarthritis.....10
- Vitamin E 11
- Aspirin Therapy 11
- Remember When.....12

- Los Articulos en Español.....Página 11
- Os Artigos em Português .....Página 11

Coastline Coalition Receives $225,000 Grant to Support Healthy Communities

The Tufts Health Plan Foundation recently notified Coastline, as the lead agency in a local community organization collaborative, that it will receive $225,000 over a 3 year period of time for a program focusing on nutrition as the key to healthy aging.

The local grant is part of the Tufts Health Plan Foundation investment of more than $2 million in funding to advance community efforts toward the World Health Organization's standards for Age-friendly Communities.

Coastline CEO Paula Shiner announced the new funding in late June. She is chair of the Community Cross Continuum Collaborative (4C). The 4C is a network of regional community-based organizations, service agencies, and community members working together on health and wellness initiatives and efforts to prevent re-hospitalization

"Our goal is to partner strategically, in support of promising community collaborations, honoring thought leaders and work we trust will lead to greater impact," said Nora Moreno Cargie, president of the Tufts Health Plan Foundation and vice president, corporate citizenship for Tufts Health Plan.

$350 Million Funding Increase for Alzheimer's Research

The Senate Appropriations Committee has approved a $350 million increase in funding for Alzheimer's research at the National Institutes of Health (NIH) that would bring total funding to $936 million.

The Appropriations Committee also approved a $2 billion increase in overall funding for the NIH to support other important programs such as the BRAIN Initiative aimed at helping researchers better understand neurological diseases and brain injuries that contribute to Alzheimer's, Parkinson's disease, Traumatic Brain Injury, and a host of other diseases.

Senator Susan Collins, a member of the Appropriations Committee and Chairman of the Senate Special Committee on Aging as well as Co-Chair of the Congressional Alzheimer's Task Force, said, "Alzheimer's is a devastating disease that takes a tremendous personal and economic toll on both the individual and family, directly affecting 5.2 million Americans."

The Vermont Senator added, "As the now-third leading cause of death in the United States, the disease is also costing our nation $226 billion a year—with Medicare and Medicaid paying 68 percent of the costs. Alzheimer's research must be a national priority."

Local Alzheimer's Resource

Alzheimer's disease is an especially critical issue in our region. In the 2014 Mass. Healthy Aging Data Report, New Bedford scored below the state average on multiple indicators of healthy aging including Alzheimer's disease and related dementias, The New Bedford Council on Aging is addressing this issue by offering the CARES Memory Impairment Program in the city, said COA Director Debra Lee.

"CARES provides an opportunity for people with memory impairment and their care partners to participate in two separate support groups held simultaneously," explained Lee. "One group offers information, guidance

$350 Million Funding... *continued on page 3*

Health Fair at Buttonwood Senior Center

Karen Main, Buttonwood Senior Center coordinator, and Juraci Capataz of Senior Whole Health, a sponsor of the event, greet visitors to the health fair in June.

Stronger Medicare Fraud-Prevention Programs Urged

The Partnership for Quality Home Healthcare, a coalition of home health providers dedicated to improving the integrity, quality, and efficiency of home healthcare for our nation's seniors, recently commended bipartisan lawmakers in the U.S. House of Representatives for issuing a letter to the U.S. Government Accountability Office (GAO) urging them to study the Centers for Medicare & Medicaid Services' (CMS) Fraud Prevention System (FPS), a program implemented to identify potential sources for Medicare fraud and abuse.

"We commend this bipartisan group of lawmakers for their leadership on this critical Medicare issue. We must ensure that programs designed to prevent wasteful and fraudulent spending are working," stated Eric Berger, CEO of the Partnership for Quality Home Healthcare. "As the Medicare population continues to grow, it is essential to strengthen the Medicare program for generations to come through targeted reforms that protect vulnerable seniors, healthcare providers and taxpayers."

The Partnership has put forth the Skilled Home Healthcare Integrity and Program Savings Act (SHHIPS) proposal, which would move Medicare away from the failed "pay and chase" model by preventing payment of aberrant claims, strengthening claims review processes, and implementing improved participation standards, including temporary entry limitations to prevent excess growth. SHHIPS also includes important credentialing requirements, criminal background checks, and a compliance program modeled on the Inspector General's guidelines.

The Partnership is also a member of Fight Fraud First!, a coalition formed to urge action to combat waste, fraud and abuse, rather than across-the-board cuts which impact innocent seniors and compliant providers.

Editor's Notes

A Voyage to Antiquity

History was always one of my favorite subjects when I was in school, and it's a topic that fascinates me even now. When I'm watching TV, the History Channel, National Geographic and the Smithsonian are my go to channels along with PBS and CNN.

The early Greeks and the Romans who conquered most of Europe and parts of Asia and North Africa two centuries ago had such an impact on civilization and the way we live today. I had always wanted to visit Rome and other areas of the former Roman Empire.

The Euro is much closer to the dollar than it has been for some time, so my friend Marianne and I took advantage of it.

In May we traveled to many of the areas we had learned about in school. We were part of a Road Scholar group of 20 from various parts of the country. We spent two nights in Venice, a lovely city on the water with magnificent buildings and no cars.

On the third day we boarded the Aegean Odyssey for a Mediterranean cruise that included Croatia, the Greek island of Corfu, several cities in Italy, and ended in the south of France.

The towns along the Adriatic and Mediterranean are perched on cliffs, often covered with flowers, and high above the port. We were transported by bus along winding, narrow roads where two buses passed with barely an inch to spare. We could literally shake hands with the passengers in the other bus.

Because this was a Voyages to Antiquity tour, the focus was on historic sites. From the Palace of Diocletian in Split, Croatia, and the Roman Coliseum to the ruins of Pompeii and the Papal Palace in Avignon, we were taken back to a bygone era.

Visiting these spectacular examples of ancient empires and cultures was an exciting adventure, but equally interesting was learning more about modern Europeans.

One thing we noticed quickly is that they are not as politically correct as Americans are for the most part. We had different guides in each location and none of them ever used the term BCE (Before the Current Era) or CE (Current Era) which have replaced the terms we grew up with, BC (Before Christ) and AD (Anno Domini).

All the guides used BC and AD to date buildings, emperors and artists and never the politically correct terms that appear in newspapers and textbooks in the U.S. They were also quite frank about their opinions on the behavior of different groups of tourists.

I could write a whole column about public bathrooms in Europe. Suffice it to say, many do not have separate accommodations for men and women, and the basic amenities are often limited.

In the city of Arles in the south of France we visited an amphitheatre built by the Romans in the first century BC, over the ruins of an earlier Greek theatre. This ancient structure was amazing to us because nothing in our country is that old. In Europe it's not that unusual.

Across the street from the amphitheatre was a row of buildings perhaps a few hundred years old with shops and restaurants on the first floor. Outside one shop was a huge sign for Ben & Jerry's ice cream--quite a striking contrast.

I like Ben & Jerry's but the hazelnut gelato I ate in Italy was absolutely delicious. I wish someone would make that here.

Jeannine

You Can Receive *SeniorScope* in the Mail

Would you like to receive *SeniorScope* in the mail for only $12 a year? Please call 508-979-1510 for more information.

I love everything that's old—old friends, old times, old manners, old books, old wine.
Goldsmith

NEWBEDFORD'S **Senior Scope**

Published by the City of New Bedford, Department of Community Services, with a grant from Coastline Elderly Services, Inc.

Jonathan F. Mitchell, Mayor
Jeannine Wilson, Editor
Joan Beaubian, Clerk

Distribution: Michael Graffeo
Thomas Mello

SeniorScope will not accept political advertising.
For further information on advertising rates, please call:
(508) 979-1510 or (508) 979-1544
or e-mail: jeannine.wilson@newbedford-ma.gov
City of New Bedford, Council on Aging
181 Hillman, New Bedford, Massachusetts 02740

Letters to the Editor

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 $1,962.00 as a single Veteran/ widow or $2,655.00 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 $9,800.00 as a married Veteran. Assets include all bank accounts, retirement accounts, stocks, bonds, 401K's and IRA's too 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.

You can now apply for financial assistance online as well, just visit the City of New Bedford Veterans Services web page (www.newbedford-ma.gov/veterans) and click on "Apply for Financial Assistance." 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

Donations for April 2015

In Honor and In Memory

In memory of Stella Bigos- Birthday 6/14 *- Terry Tracy- Midura*	$10.00
In memory of Zonia l. Christopher Raffa 4/20/46-7/10/05 *- Forever, Love, Peter*	$10.00
In honor of the Wonder Bowl NFL Seniors, Mixed Senior League *- Armand Turgeon*	$20.00

In Thanksgiving

Thank you St. Jude, Jesus, Mary and St. Theresa for answered prayers *-D.S.*	$10.00
Thank you St Jude for answered prayers *- Jacqueline Silva*	$10.00
In honor of St. Theresa and St. Jude *- Anonymous*	$10.00
St. Jude, St. Joseph and Virgin Mary, as promised *-Helena Faria*	$20.00
Thank you St. Jude and Sacred Heart of Jesus for prayers answered *-Anonymous*	$10.00
Thanks to St. Jude and the Sacred Heart of Jesus for prayers answered *-Anonymous*	$10.00
Thank you Sacred Heart of Jesus, and St. Jude for prayers answered *- P.D.*	$25.00
Thanks to White light and St. Jude for favors granted *-Anonymous*	$10.00
Donations this month	$145.00
Donations last issue	$85.00
Donations Year to date FY'15	$1,196.00

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

Quality Inconsistent Across Blue Cross Blue Shield Medicare Plans: Study

Many seniors assume Blue Cross Blue Shield is a single company when in fact the BlueCross BlueShield Association licenses its brand to dozens of different insurance companies including publicly traded Anthem, Inc. Altogether, the Blue Cross Blue Shield companies provide healthcare coverage to one third of all Americans.

Given the brand's large market share, as well as its award of "health plan brand of the year" by 2015 Harris Poll EquiTrend, HealthPocket, investigated whether quality was consistent among the different Blue Cross and Blue Shield Medicare plans based on government ratings data. HealthPocket.com is a free, non-partisan website that compares and ranks all health insurance plans.

HealthPocket's analysis of the government's most recent data on Medicare plan quality revealed significant differences in quality among Blue Cross and blue Shield Medicare drug plans and Medicare Advantage plans. The best Blue Cross Blue Shield Medicare plan had an 80 percent higher quality rating than the worst Blue Cross Blue Shield Medicare plan. Moreover, despite the brand's popularity, the average quality rating across all Blue Cross Blue Shield Medicare plans was no better than the average quality rating for Medicare plans in general.

The government's quality ratings for Medicare plans is expressed on a star ratings scale of one to five stars, with three stars being average and five stars being excellent. When compared to other well-known brands in the Medicare insurance market, HealthPocket found that the Blue Cross and Blue Shield average star rating (3.6) for Medicare plans across its individual companies was higher than the average rating for United Healthcare plans (3.38) but below other well-known companies such as Kaiser (4.92), Humana (3.95), and Aetna (3.82).

"HealthPocket's analysis of government quality ratings on Blue Cross and Blue Shield Medicare plans illustrates two important facts for seniors," said Kev Coleman, Head of Research & Data at HealthPocket, "First, quality differences among Blue Cross Blue Shield companies can be significant, so seniors should not rely solely on the brand when making a Medicare plan choice; and second, despite the popularity of the Blue Cross Blue Shield brand, quality ratings averaged across the different Blue Cross Blue Shield companies were the same as Medicare plans in general."

State and Local Pensions Improve Funding

A new issue brief from the Center for State and Local Government Excellence, finds that the funded status of public pensions has increased from 72 percent in 2013 to 74 percent in 2014.

There are two reasons for the improvements, according to the analysis.

Positive stock market performance for the last five years allows the low returns of 2009 to be replaced with a positive year in plans that smooth their market gains and losses over five years; and

Higher payments of the required annual contribution by state and local governments, increasing to 88 percent in 2014 compared to 82 percent in 2013.

The analysis is based on the 150 largest state and local pension plans in publicplansdata.org. The author's project that plans will be over 80 percent funded by 2018 if the portfolio achieves its assumed rate of return, currently averaging 7.6 percent nominal.

Report for Duty by Reporting Fraud

By Delia DeMello
Social Security New Bedford

In July, with American flags flying, we celebrate our nation's birthday and the freedoms and protections we hold dear. Although love for your country can take many forms, Social Security takes preventing and combatting fraud as seriously as we take our other vital missions.

Social Security has a zero-tolerance policy for fraud. In tandem with local law enforcement, we pursue criminals who cheat the system by collecting benefits that they're not owed. This might be as subtle as someone intentionally failing to report income and resources or that they live with their spouse, which can result in incorrect payments. Fraud might take the form of someone claiming to be disabled when, in reality, they continue to work. These examples are why we also rely on you — the American public — to report fraud when you see it.

While we can't prevent every instance of fraud any more than the most effective law enforcement agency can prevent all crime, we aggressively investigate and pursue prosecution of those who try to cheat and steal from the system. Our message to those who would defraud Social Security is clear: We will find you; we will prosecute you; we will seek the maximum punishment allowable under the law; and we will fight to restore the money you've stolen from the American people.

We impose stiff penalties to discourage people from committing fraud. We monitor cases closely, and we have sophisticated tools to help us predict where and when fraud may occur so we can catch it early, often before it happens.

Social Security employs innovative weapons in the fight against fraud. Our Office of Anti-Fraud Programs (OAFP) is the newest member of Social Security's anti-fraud team. Established in November 2014, the mission of OAFP is to coordinate all the agency's efforts to efficiently and effectively detect, deter, and mitigate fraud, waste, and abuse of our programs.

OAFP works closely with our Office of the Inspector General to ensure that there are consequences for those who commit fraud, even if the act isn't prosecuted.

Social Security takes fraud seriously, and so should you. In the same way that you might keep a keen eye out for suspicious activity that might harm our nation, we encourage you to keep an eye out for potential Social Security fraud. Some of our most vulnerable citizens — the elderly, disabled children and war veterans, as well as the chronically ill — are counting on you. If you suspect someone is committing Social Security fraud, report it online at http://oig.ssa.gov/report or call the Social Security Fraud Hotline at 1-800-269-0271.

Presentation on Maintaining Your Independence

The South Coast Resource Association will present a special educational event on "How to Maintain Your Independence" on Wednesday, August 5, from 11:30 a.m. to 1:30 p.m. at the Buttonwood Senior Center, One Oneida Street. A panel of experts will offer guidance on major decisions elders need to make to maintain their independence.

The event will include lunch and raffles. Register before July 29 by calling 508-998-7807 or 508-748-1331.

I have come to the conclusion that politics is too serious a matter to be left to the politicians.
Charles de Gaulle

$350 Million Funding... *continued on page 3*

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, of 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 Support Center, 181 Hillman Street. For more information or to register, call 508-775-5656 or email Info@HopeDementia.org.

City Council on Aging gets SNAP grant

Coastline Elderly Services, in partnership with the New Bedford Council on Aging, received a $25,000 Supplemental Nutrition Assistance Program (SNAP) grant from the National Council on Aging to assist adults in applying for and enrolling in SNAP.

"Elders struggle to make ends meet, often making trade-offs among paying for health care, housing, transportation, utilities, and food," said Coastline's CEO Paul Shiner. According to Debra Lee, Director of the New Bedford COA, only 40 percent of those eligible to receive benefits currently are enrolled.

"Seniors work hard all their lives, and they deserve the quality of life that this program can give them. As a result of this grant through our partnership with our sister agencies, we are eager and ready to help," said Lee. An outreach person will be on site at the farmer's markets at Brooklawn and Downtown to assist those who are not already receiving SNAP benefits. To determine eligibility for SNAP, call Coastline at 508-742-9138 or the Council on Aging at 508-991-6251.

Medical Transportation Available

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

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

PLEASE JOIN US
at Brandon Woods of Dartmouth for
FREE BREAKFAST BINGO
2015 WEDNESDAY DATES
From 8:30 AM to 10 PM
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

Coastline Elderly Services, Inc.
Dedicated to helping older Americans live noble, independent, and purposeful lives.

Menu for July 2015

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutrient Analysis Includes bread, margarine, milk, and dessert. Key: Kcal = Kilocalories Na+= Sodium mg CHO = Grams of Carbohydrate % Fat = % Kcals from Fat	Menu subject to change without notice. Visit our website: coastlinenb.org Please make a regular affordable donation. Donations can be given to your MOW Driver.	**1** B Shepherd's Pie Carrot Coins Wheat Roll Fresh Orange Kcal 729 / Na+ 630 / CHO 99 / %fat 288	**2** B BBQ Grilled Chicken Whipped Potato Chuckwagon Blend Wheat Bread Firework Cookie Diet: Graham Wafer Kcal 706 / Na+ 802 / CHO 109 / %fat 31	**3 No Meal** Home Delivered Meal Diabetic clients may consider reserving some meal items for a snack. Congregate participants can reserve packaged dessert, bread, and
6 A American Chop Suey Riviera Blend Veg Scali Bread Fresh Peach Kcal 626 / Na+ 576 / CHO 92 / %fat 22	**7** A Veggie Omelet w/ Cheese Broccoli Florettes Hash Browns Whole Wheat Bread Pears Kcal 537 / Na+ 757 / CHO 69 / %fat 32	**8** A Oyster Crackers Mushroom Barley Soup Honey Mustard Chicken Asparagus Multigrain Roll Banana Kcal 703 / Na+ 721 / CHO 86 / %fat 32	**9 High Sodium** LS Hot Dog Hot Dog Bun Veggie Beans Country Blend Pineapple Chunks Kcal 777 / Na+ 1078 / CHO 93 / %fat 37	**10** A Salmon with Lemon Dill Sauce Rice Pilaf California Blend Oatmeal Bread Mixed Fruit Yogurt Kcal 560 / Na+ 625 / CHO 67 / %fat 28
13 Roast Chicken with Supreme Sauce Parsley Mashed Potatoes Green & Wax Beans Honey Wheat Bread Applesauce Kcal 683 / Na+ 582 / CHO 85 / %fat 30	**14** B Cheeseburger Ketchup & Mustard Packet Hot German Potato Chuckwagon Veg Slider Roll Mandarin Oranges Kcal 768 / Na+ 739 / CHO 83 / %fat 37	**15** B Roast Pork with Apple Gravy Lyonaise Potato Roman Blend Wheat Roll Almond Cookie Diet: Graham Wafer Kcal 801 / Na+ 924 / CHO 81 / %fat 40	**16** B Tossed Salad w/ Dressing Beef Chili White Fluffy Rice Corn Bread Fresh Orange Kcal 664 / Na+ 740 / CHO 90 / %fat 28	**17** B Chicken Stew with Mixed Vegetables Boiled Potatoes Fruit Muffin Pineapple Kcal 762 / Na+ 517 / CHO 97 / %fat 29
20 A Meatball Stroganoff Egg Noodles Italian Blend Scali Bread Mixed Fruit Kcal 800 / Na+ 876 / CHO 96 / %fat 34	**21** A Tossed Salad w/ Dressing Pork Lo Mein Oriental Vegetables Multigrain Roll Pears Kcal 689 / Na+ 629 / CHO 93 / %fat 24	**22** A Meatloaf w/ Gravy Whipped Potato Hot Beets Wheat Bread Canteloupe Kcal 676 / Na+ 671 / CHO 89 / %fat 30	**23** A Pineapple Ginger Chicken Rice Florentine Summer Blend Oatmeal Roll Blonde Brownie Diet: Fresh Fruit Kcal 690 / Na+ 965 / CHO 78 / %fat 31	**24** A Potato Pollock with Tartar Sauce Potato Au Gratin Zuccini & Summer Squash Whole Wheat Bread Pineapple Kcal 886 / Na+ 1072 / CHO 106 / %fat 38
27 B BBQ Pork Patty Seasoned Wedges Corn Monterey Hamburger Roll Mandarin Oranges Kcal 706 / Na+ 842 / CHO 83 / %fat 37	**28 High Sodium** Unsalted Saltines Cream of Broccoli Soup Breaded Chicken Whipped Potato Multigrain Roll Applesauce Kcal 786 / Na+ 1187 / CHO 92 / %fat 35	**29** B Mac n' Cheese Tahitian Blend Veggies Wheat Roll Mini Red Velvet Cake Diet: Plain Cake Kcal 807 / Na+ 914 / CHO 107 / %fat 32	**30** B Chicken Divan Confetti Rice Whole Wheat Bread Banana Kcal 704 / Na+ 630 / CHO 81 / %fat 33	**31** B Italian Style Spaghetti Meatballs Parmesan Cheese Genoa Blend Scali Bread Pineapple Kcal 719 / Na+ 565 / CHO 97 / %fat 28

Recipe Roundup

Greek Salad with Sardines

Ingredients:
3 tablespoons lemon juice
2 tablespoons extra-virgin olive oil
1 clove garlic, minced
2 teaspoons dried oregano
1/2 teaspoon freshly ground pepper
3 medium tomatoes, cut into large chunks
1 large English cucumber, cut into large chunks
1 15-ounce can chickpeas, rinsed
1/3 cup crumbled feta cheese
1/4 cup thinly sliced red onion
2 tablespoons sliced Kalamata olives
2 4-ounce cans sardines with bones, packed in olive oil or water, drained

Directions:
Whisk lemon juice, oil, garlic, oregano and pepper in a large bowl until well combined. Add tomatoes, cucumber, chickpeas, feta, onion and olives; gently toss to combine. Divide the salad among 4 plates and top with sardines.
Serves four
Source: eatingwell.com

We hope that when the insects take over the world, they will remember with gratitude how we took them along on all our picnics.

Bill Vaughn

Cube Steak with Mushroom Sherry Sauce

Ingredients:
two 4-ounce cube steaks
3/8 teaspoon freshly ground pepper, divided
1/4 teaspoon salt
1 tablespoon plus 2 teaspoons extra virgin olive oil, divided
4 ounces sliced mushrooms (about 1 1/4 cups)
1/2 large shallot, thinly sliced
1 1/2 teaspoons all-purpose flour
1/2 teaspoon chopped fresh thyme or 1/8 teaspoon dried
1/4 cup dry sherry (see Note)
1/4 cup reduced-sodium beef broth
1 tablespoon reduced-fat sour cream

Directions:
Sprinkle steaks with 1/4 teaspoon pepper and salt. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add steaks and cook, turning once, until browned and cooked through, 1 to 2 minutes per side for medium. Transfer the steaks to a plate and cover to keep warm.
Add the remaining 2 teaspoons oil to the pan. Add mushrooms, shallot and the remaining 1/8 teaspoon pepper; cook, stirring, until the mushrooms are golden brown and release their liquid, 4 to 5 minutes. Sprinkle with flour and cook, stirring, for 1 minute. Add thyme, sherry and broth; bring to a boil and cook, stirring, until thick enough to coat the back of a spoon, about 3 minutes. Remove from the heat; stir in sour cream. Return the steaks (and any accumulated juice) to the pan and turn to coat with the sauce. Serve the steaks with the sauce.
Serves two
Source: eatingwell.com

Special Shopping and Services Guide

DIMAN LAUNDRY
Gilly Brasidio *Owner*
508-999-0227
$1.00 per pound for pickup and delivery
85¢ for drop off
If you like it, tell a friend. If not, tell us.
228 Hillman Street • New Bedford, MA 02740
E-Mail: Dimanlaundry@aol.com

ADULT DAY HEALTH CARE CENTER
PROJECT INDEPENDENCE
"Serving Adults with Medical Needs For More Than 25 Years"
Karen A. Maciulewicz, M.S. R.N.C
250 Elm Street* New Bedford, MA 02740
Phone:508-997-1441
Fax: 508-997-5594* www.piadhc.org
Caregiver Grant Funded by
Title III-E of O.A.A Sponsored by Coastline Elderly

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

Special Shopping and Services Guide

HAIR SERVICE AT-YOUR-DOOR

HAIRDRESSER NOW PROVIDING

AT-HOME SERVICE

to Homebound/Assisted getting Out

Gift Certificates Available

For information or appointment, please call:

Cheryl 508-758-9438

MA Lic. HD.

Donaghy-Hathaway
508-992-5486
465 County St., New Bedford, MA

www.hathawayfunerals.com
Serving the Community Since 1893

HATHAWAY
FAMILY FUNERAL HOMES

CARMEN'S
Family Chef Service

Eat Well and Simplify Your Life

Helping seniors stay independent longer.

Perfect for busy families.

Catering available for special events.

Healthy meals customized for your dietary needs:
Low Sodium, Low Carbohydrate, Lactose Free, Gluten Free

Rotating weekly menus.
Scheduled home delivery service.

508-858-5488

Affordable pricing:
$7.00 meals, $3.00 soups and desserts, $2.00 delivery fee.
1841 Acushnet Avenue, New Bedford, MA
www.carmensfamilychefservice.com

A trusted name catering to the South Coast area since 2005.

Let the Hearing Doctor Come to You!

In-Home Hearing Services

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

Comfort of Home Audiology
Dr. Kristy Lamoureux
(508) 887-6283
www.ComfortOfHomeHearing.com

Carriage House at Acushnet Heights

Now Accepting Applications for Studios & 1 Bedroom

Offering Many Amenities:

- Affordable Rent 30% of Adjusted Income
- Applicant or Member of Household Must be 62 or Older
- All Utilities and Air Conditioning Included
- On-Site Laundry Facilities
- Beautiful Living Environment with Plenty of Natural Light
- Community Patio and Courtyard for Outdoor Enjoyment
- Residents Library / Computer Room
- Community Room for Residents Parties and Events
- On-Site Covered Parking (Limited)
- 24 Hour Maintenance
- On-Site Professional Management

Choose Carriage House at Acushnet Heights as Your New Home
Call 508-993-0433 for an Application

Now Accepting Applications
1 & 2 BRs

Melville Towers

508-993-3077
melville@peabodyproperties.com
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.

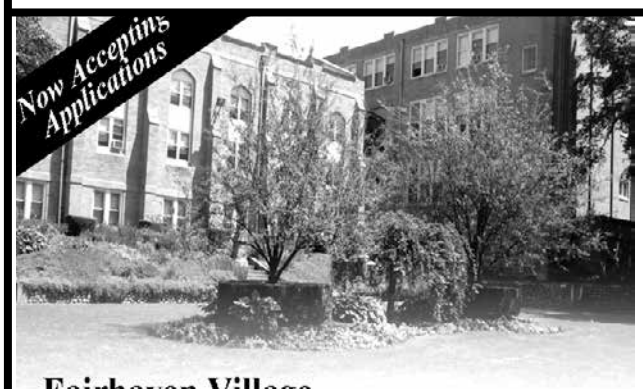
PEABODY PROPERTIES, INC.

Olympia Tower

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

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

EQUAL HOUSING OPPORTUNITY



Fairhaven Village

Contact Eunice or Mary Lyn today to schedule a tour!

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

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

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

The Car Barn

Designed for the Elderly

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

ACCEPTING APPLICATIONS FOR 1 AND 2 BEDROOM UNITS

The Car Barn offers many amenities:

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

Please call for more information
508-997-5484

EQUAL HOUSING OPPORTUNITY

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

217 Deane Street, New Bedford, MA 02746

(508) 996-3111
VOICE-TDD# 1-800-439-2370

EQUAL HOUSING OPPORTUNITY

WHALER'S COVE ASSISTED LIVING

Whaler's Cove Assisted Living Provides Safe and Affordable Housing and Services for Seniors!

Call for Seasonal Rent Specials & Independent Rates Today!

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

For More Information Call: (508) 997-2880

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

THE OAKS
A Premier Nursing Center

Rehab programs that promote relief from stroke, cancer, orthopedic, vascular and neurological conditions.

508-998-7807
New Bedford
TheOaksMa.com

55019

Now Accepting Applications

Bedford Towers

508-992-9603
PeabodyProperties.com

231 Middle Street
New Bedford, MA

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

Professionally Managed By: PEABODY PROPERTIES, INC.

We Put The "HOME" In Housing!

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

Update

New Bedford Farmers Markets

The downtown New Bedford Farmers Market is officially open at Custom House Square every Thursday, from 2 p.m. to 6 p.m. until the end of October. Stop by to purchase fresh fruits and vegetables, meat, eggs, fish, baked goods and more.

To receive a Weekly Farmers Market update on weekly specials and get great recipes, please email Abby at abigail.hevey@newbedford-ma.gov.

On Mondays, a farmers market is held from 2 p.m. to 6 p.m. at Brooklawn Park, and on Saturdays a market is held from 9 a.m. to 1 p.m. at Clasky Common Park. All markets accept SNAP benefits.

Zumba Gold Classes at The Oaks

The Oaks is offering free Zumba Gold classes with certified instructor Pati Cautillo on July 7, July 21, August 4, August 18, and September 1. Each class will take place from 11:30 a.m. to 12:15 p.m. on the lawn, weather permitting. Zumba Gold is perfect for active older adults. This modified Zumba fitness class recreates the original moves you love at a lower-intensity.

Call 508-998-7807 to register by the day prior to each class.

New Bedford Whaling Museum Extends Tuesday Hours

The New Bedford Whaling Museum will extend its visiting hours on Tuesdays in July. James Russell, museum president and CEO, said "In response to visitor feedback, the Whaling Museum will extend open hours to 8 p.m. on Tuesdays. "Evening Tuesdays" will allow visitors to enjoy the museum from 9 a.m. to 8 p.m. in July. We hope that Evening Tuesdays will allow repeat visitors and new audiences to experience our exhibitions with greater ease. In 2014, the museum recorded its largest attendance figures to date. We hope to capitalize on this momentum and encourage people to linger in the downtown well into the evening."

Regular admission rates apply. The museum store, The White Whale, will also remain open until 8 p.m. on Evening Tuesdays.

Mattapoisett Harbor Days

Mattapoisett Harbor Days will be held from 9 a.m. to 4 p.m. on July 18 and 19 at Shipyard Park in Mattapoisett. The Mattapoisett Historical Society will have a booth offering unique gift items. On July 22 at 6:30 p.m. at the Mattapoisett Free Public Library, Seth Mendell will offer a look at Mattapoisett's role in the New Bedford Whaling Industry.

For more information visit info@mattapoisetthistoricalsociety.org or call 508-758-2844.

Mattapoisett Waterfront Walking Tours

Learn about the little town that built the whalers for Nantucket and New Bedford this summer. Meet at the Mattapoisett Historical Society, 5 Church Street, and explore the waterfront streets and wharves where the action took place. Tours are offered at 2 p.m. on the following Saturdays: July 18, August 1 and August 15.

For more information visit info@mattapoisetthistoricalsociety.org. or call 508-758-2844.

Computer Classes in New Bedford

Computer classes will be offered at the New Bedford Senior Support Center, 181 Hillman Street, on Tuesdays from 10 to 11 a.m. and Thursdays from 1 to 2 p.m. beginning the week of July 14. Advance registration is required. Call Kathy at 508-991-6250. Classes are limited to eight participants.

Summer Whites Exhibit at R-J-D

A sequel to last season's popular clothing exhibit at the Rotch-Jones-Duff House and Garden Museum is showcasing summer attire from the museum collections selected by Blair Walker, who curated both exhibits. This temporary exhibit features elegant women's summer dresses, gowns, blouses, and accessories, as well as men's and children's seasonal clothing.

Dressed mannequins allow the visitor to experience the changing silhouettes of ladies wear during the 19th and early 20th centuries. A close look at the featured gowns reveals the amazing handwork and artistic design that went into clothing.

The exhibit runs through October and is included with general admission to the museum at 396 County Street. For additional information, please call 508-997-1401 or visit the Museum's website at www.rjdmuseum.org.

Computer Training for Visually Impaired

Bob Branco teaches basic computer skills for visually impaired individuals at the New Bedford Council on Aging. Some of the skills that Bob teaches include keyboard, internet, Microsoft Word and emailing.

The computer is fully adaptable for a visually impaired person and includes a screen reader. For more information, please email branco182@verizon.net or call Bob at 508-994-4972.

Spring Clean Up

Fairhaven Social Day clients joined in with getting the Senior Center's picnic area ready for summertime fun by raking and cleaning up.

101 Years of Feasting

Bringing the best of Portuguese culture and tradition and foods to all! Join in the happy spirit of the FEAST of the Blessed Sacrament and enjoy free admission, plus a . . .

50% discount

on full meals in the Dining Pavilion (eat-in only) from Noon to 4 PM on Saturday, **August 1, 2015!** (62+ years)

FREE Parking AND FREE shuttle bus to Feast grounds from Lincoln School parking lot on Ashley Blvd. (courtesy of the Mayor's Office, City of New Bedford) on Saturday afternoon!

JOIN the FUN

SPECIAL ENTERTAINMENT

Country in the City

Gil and Gladys Costa enjoy a dance at the Country in the City event held at Fort Tabor in May.

Class Reunions

NBHS Class of 1948

The New Bedford High School Class of 1948 will hold its 67th reunion on Saturday, August 15, at noon at the Country Club of New Bedford.

For more information contact Jack Whiteside at 508-993-4245.

NBHS Class of 1959 Brunch

The New Bedford High School Class of 1959 is hosting its annual brunch on Sunday, August 23, from 11 a.m. to 2 p.m. at the New Bedford Country Club. The cost is $25. Classmates interested in attending can contact Beverly Souza at 508-994-6367 or Barbara Pereira at 508-992-5051. Checks payable to the Class of 59 NBHS can be mailed to Beverly Souza, 388 Dartmouth Street, New Bedford 02740.

New Bedford Voke Classes of 1950-52

A reunion of the New Bedford Vocational School Classes of 1950, 1951 and 1952 will be held on Saturday, September 12, from 12 p.m. to 4 p.m. at the Century House in Acushnet.

For more information call Shirley Oliver at 508-295-8040 or Stanley Dudek at 508-212-7522.

Cape Verdean Oral Histories Featured

The compelling stories of Cape Verdeans will come to life through New Bedford Whaling National Historical Park's social media. In 2010, Ann Marie Lopes interviewed 20 Cape Verdean Americans ranging in age between 60 to 92 years throughout Greater New Bedford. Excerpts from those exclusive interviews will be featured through the park's website and through its Facebook page.

The individual personal stories capture a picture no amount of scholarly research and study can uncover, said interviewer Ann Marie Lopes. The recollections of people who were there paint a vivid, multi-dimensional picture that draws you in and piques your interest to learn more.

The park has created a special link to highlight personal histories of these Cape Verdean individuals through its website, http://nps.gov/nebe/learn/historyculture/havingoursay.htm

and via weekly posts on Wednesday on its Facebook page, http://www.facebook.com/NBWNHP.

Trivia Quiz

1. Danny Ainge, President of the Boston Celtics- Basketball Operations had a short career as a THIRD baseman with what Major league team?
a) NY Mets b) Baltimore Orioles c) Toronto Blue Jays d) Cleveland Indians

2. What General said "Old Soldiers never die, they just fade away?"
a) Dwight Eisenhower b) Douglass MacArthur c) Robert E. Lee d) George Washington

3. What actor had the real name of Leslie Townes?
a) Clark Gable b) Bob Hope c) Anthony Hopkins d) Clint Eastwood

4. Who said "Getting old is not for sissies"
a) Harry Truman b) George Burns c) Bette Davis d) Joan Rivers

5. What percentage of your body is composed of water?
a) 25% b) 30% c) 45% d) 60%

6. What does the "white" in the American flag signify besides purity?
a) Courage b) Innocence c) Unity d) Patience

7. What was the nickname of the great heavyweight boxer, Jack Dempsey?
a) Black Jack b) Manassas Mauler c) Hammering Jack d) Rock em' jack

8. Patsy Cline made the song "Crazy" a big hit. Who wrote it?
a) Patsy Cline b) Kris Kristofferson c) Willie Nelson d) Johnny Cash

9. In what city were both the "Constitution"and the "Declaration of Independence" written?
a) New York b) Boston c) Washington d) Philadelphia

10. What location did the famous baseball poem regarding" Mighty Casey at Bat" take place?
a) Toledo b) Brooklyn c) Mudville d) Metropolis

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. 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.

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
Wed. Oct. 7 – North Shore Music Theatre -- Billy Elliot
Wed. Oct. 14 – Beantown Trolley Tour – Faneuil Hall lunch on your own
Mon. Oct. 19 – Foxwoods Casino
Wed. Oct. 22 -- Fall Foliage Mystery Tour – includes lunch
Fri. Nov. 6 – Christmas Festival – World Trade Center, Boston
Sat. Nov. 7 – Providence Performing Arts Center – *Motown*
Mon. Nov. 16 – Wrentham Village Christmas Shopping
Wed. Nov. 18 – George's of Galilee Lobster Dinner – Mohegan Sun
Wed. Dec. 2 – Berkshire Museum Festival of Trees –includes lunch
Wed. Dec. 9 – Brightnights at Forest Park –lunch at Salem Crofts Inn
Mon. Dec. 14 – Foxwoods Casino

Multi-Day Tours

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

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

Anyone who lives within their means suffers from a lack of imagination.
Oscar Wilde

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.

SPECIALIZED
LEGAL SERVICES PROVIDED:

Medicaid Planning and Application Assistance
Estate Planning and Administration
Tax Planning • Veteran's Benefits Planning
Powers of Attorney • Asset Protection Planning
Advanced Health Care Directives
Wills • Living Trust • Pet Trusts
Special Needs Trusts for Disabled Individuals & Seniors

Surprenant & Beneski, P.C.
Estate, Tax, Medicaid and Special Needs Planning

35 Arnold Street
New Bedford, MA 02740
508-994-5200

336 South Street
Hyannis, MA 02601
508-427-1102

1265 Belmont Street, Ste 2
Brockton, MA 02301
508-427-5400

www.MyFamilyEstatePlanning.com

Be sure to Like us on Facebook! http://www.facebook.com/pages/Surprenant-Beneski-PC

At the Senior Centers

Acushnet Senior Center

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

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

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

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

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

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

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

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

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

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

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.

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

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

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

Ashley Park Center

The Ashley Park Center in New Bedford is open Monday through Friday from 10 a.m. to 4 pm. 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.

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

"The Truth about **Artificial Sweeteners**" presented by Coastline Thurs. July 30 at11:30 a.m.

Walk with Ease Walking Program meets on Tues. from 9 to 10 a.m.

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

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

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

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

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

Blood Pressure Clinic is held the first Wednesday of the month from 9 a.m. to 10 a.m. and July 24 from 11:30 to 12:30 p.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, from 11 a.m. to noon.

Breakfast is available daily.

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

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

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

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

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

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. from10:30 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 Sw**ing Dancercise** class with Victor Fonseca meets from 1 p.m. to 2 p.m. on Fridays.

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

Caroline Street Senior Center

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

Lunch is served Monday through Friday at noon.

Exercise Class meets every Monday at 11 a.m.

Ice Cream Social is held every other Friday.

Dartmouth Senior Center

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

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

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

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

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

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

K**nitters 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.to10 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. to12 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 am. and Gentle Yoga with Kat meets on Mondays at 9 a.m.

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

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

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

Play **horse shoes** Fridays at 10.

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

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

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

Fairhaven Senior Center

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

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. to7:00 p.m.

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

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

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

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

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

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

Trips to the Mall call for details.

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

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

Hazelwood Senior Center

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

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.

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

Cold Lunch served at 12:30 p.m. every 3rd Tues. 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 on Thurs.from 1:00 p.m. to 2:30 p.m.

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

Ballroom Dancing class meets Mondays at 11 a.m.

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

Zumba Toning Class will meet every 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.

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.

Tai Chi classes will run through July and August. The cost is $50 for the series. Classes are held Tuesdays at 4 p.m. and 6 p.m. and Thursdays at 11 a.m. Please send a check payable to the Marion Recreation Department and mail to the COA at 2 Spring St., Marion, MA 02738. Call 508 748-3570 for more information.

The Council on Aging has applications for the Marion Community Fund to help home owners with their **real estate taxes.** The income and asset requirements are as follows: Income limit is $25,000 for a single household, married $37,500. Asset limits: Single, $46,000 and married $63,000 (excluding your home).

The Annual Marion Social Club at 44 Pumping Station Rd., **BBQ dinner** for Marion elders will be held on Sunday, August 16 at 1 p.m. Marion residents may bring one guest. No take-out meals allowed but meals will be delivered to the homebound. Transportation will be provided by the Council on Aging. The cost for the event is $.50 (fifty cents). Please pick up your ticket at the Council on Aging.

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.

At the Senior Centers... continued on page 9

Senior Safety

Summer Heat Tips

By Stephanie Boulay, Coastline Dietitian

With hot weather in the summer, the MA Emergency Management Agency (MEMA) is advising people to be cautious during periods of extreme heat, and shares some tips to help keep cool and safe.

Here are some tips to follow during hot weather:

Avoid too much strenuous activity on a hot day.

Wear lightweight, loose-fitting, clothing. Protect your face with a wide-brimmed hat.

Drink water regularly and often, even if you do not feel thirsty.

Eat well-balanced, light, regular meals.

Stay indoors as much as possible.

If you do not have a/c, stay on your lowest floor, out of the sun.

Check with your community for information about possible local 'cooling centers'.

Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers.

Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF.

Never leave grandchildren or pets alone in a closed vehicle.

Do not leave pets outside for extended periods.

Make sure that pets have plenty of drinking water.

Check on family, friends and neighbors.

For additional information about MEMA & Preparedness, go to www.mass.gov/mema.

Nutrition News

Eating Seasonally: Eat Better and Improve Your Overall Wellness

By Teresa Cutter

Our ancestors were in tune with the Earth¹s seasons and weather cycles. They ate what they could hunt, grow, and cook during that season. But today is a bit different. With all of the food preservatives, fillers, and sugar put in foods today, we can eat any type we want any time throughout the year. But eating foods with fillers, preservatives, and other chemicals, is not the most effective way to lose weight and have more energy throughout the day.

Here are six very simple ways you can start eating fresh and healthy foods during each season of the year.

Change Your Habits: Eating healthily and seasonally comes down to changing habits. Take small steps and choose one new habit each week to implement into your daily life. Once the new habit is ingrained, the new behavior pattern becomes easy and automatic.

Develop an easy plan to follow: Strategic planning is crucial if you want to succeed. Try planning your meals at the beginning of the week. Knowing what you¹ll be eating at least four five days in the week is a good start.

Don't overcomplicate things: The excuse for people not cooking is that they don't have the time, but the best recipes are often the easiest to make. Try out a new ingredient or a recipe each week to add to your repertoire and stay away from prepared food because it is often high in sodium, sugar, and trans fats. Take a few hours on the weekend to plan your meals according to what is in season and create a shopping list around those items.

Buy Fresh: Check out your local farmer's market or support your local green grocer. Strike up a conversation with the staff and get to know the people behind your food.

Shop Smart: Seek out local food co-ops or produce delivery services with an emphasis on local foods. They are out there and growing in popularity. Alternatively, you can grow your own produce. This gives you complete control over your food. Plant some balcony herbs, backyard vegetables, or join your local community garden.

Eat Smart: To control what you eat and drink every day and to be able to get out of bed and exercise regularly, as well as getting enough sleep, are the key ingredients if you want to be healthy. Think about what you put into your mouth every time you eat and drink. Is what you're consuming making a positive or negative difference to your body?

Cutter is one of Australia¹s leading authorities on healthy cooking and the CEO of The Healthy Chef. A nutritionist and a classically French-trained chef, she is the author of four cookbooks.

At the Senior Centers... continued from page 8

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

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

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

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

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

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

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

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

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

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

Mattapoisett Social Center

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

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

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

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

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

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

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

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

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

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

Rochester Senior Center

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

Painting with a Splash, canvas art where you are the artist will be offered on Mon. May 18, at 2:15 p.m. Cost of program is $29 with $10 deposit required by May 11. All supplies provided.

Free Manicures by Cosmetology Students from Old Colony Vocational School will be offered on Thurs. from 9:45 a.m. to 11:30 a.m.

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

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

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

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

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

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

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

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

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

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

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

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

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

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 2:30 and Friday mornings from 9:30 to 11:00 with instructor Nancy Cabral.

Stepping and Stretching on Tuesdays and Thursdays, 1 p.m. to 2 p.m., is a fun filled hour of easy exercise to build strength and improve balance. Most exercises are done from your chair.

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

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

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

Your Health

Depression Plus Diabetes May Boost Dementia Risk

Depression and diabetes are each hard on the brain, and having both conditions may significantly raise the risk of dementia, according to new research reported in HealthDay News.

"What this argues for is, we need to do a better job of both identifying diabetes and depression and then really treating them once identified," said study researcher Dr. Dimitry Davydow, of the University of Washington School of Medicine.

His team looked at dementia risk among 2.4 million people in Denmark, age 50 and older, who had depression, type 2 diabetes or both, and compared them with people who had neither condition. The researchers also took into account pre-existing medical conditions, such as cerebral vascular problems, complications such as kidney problems and other ailments. "Even after taking those into account, diabetes itself raised the risk of dementia by 15 percent, depression by 83 percent and the two together by 107 percent," Davydow said.

In Western populations, type 2 diabetes and major depression are increasingly common. And as many as 20 percent of people with diabetes, which is rapidly increasing in younger groups, also have depression, the researchers said in background notes with the study. "To our knowledge, this is the first study to look at this issue in this way," Davydow said. The findings were published online in JAMA Psychiatry.

The study points out a complicated link between depression, diabetes and dementia, but does not establish a direct cause-and-effect relationship. "There is lots of evidence that those who struggle with depression are more likely to develop chronic medical problems like diabetes and heart disease and high blood pressure," Davydow said. "They are less likely to take medications if they are depressed. Those who have diabetes are more likely to suffer from depression," he added. Moreover, diabetes makes it more likely that plaque will develop in blood vessels, which can lead to strokes and dementia, Davydow said.

Diabetes and depression each threaten brain health, said Dr. Charles Reynolds III, of the University of Pittsburgh Medical Center, and author of a commentary accompanying the study. Both ''pose threats to vascular health, thereby impeding maintenance of healthy brain aging and functioning, and posing a risk for cognitive decline," he said.

Reynolds urged those who have a combination of diabetes and depression to get treatment for both in order to protect their brain. "Lifestyle choices, such as increasing physical activity, will also benefit the management of both conditions," he added.

Living Well with Osteoarthritis

If your joints feel achy after physical work or exercise, or if you feel joint stiffness when you first wake up or have been in the same position for a long time, you may have osteoarthritis. An estimated 27 million Americans are living with osteoarthritis, the most common form of arthritis.

Osteoarthritis (OA) is more common in older adults, and can affect the fingers, knees, hips, shoulders and spine. The best way to prevent OA is to avoid high-impact activities such as running on hard surfaces and maintain ideal body weight to decrease the load on your aging joints.

If you are diagnosed with OA, there are many ways to reduce your symptoms. These include taking medication, exercising, managing your weight and getting enough rest. In some cases, surgery may be recommended.

To manage your arthritis pain and improve functioning, your doctor may recommend over-the-counter pain relievers such as acetaminophen, aspirin, ibuprofen or naproxen. They are very effective in providing relief for mild to moderate pain from osteoarthritis. More potent prescription medication such as a nonsteroidal anti-inflammatory drug (NSAID) or topical anti-inflammatory creams may be recommended by your doctor.

Weight loss is the key to preventing further damage to joints already damaged by osteoarthritis. Moderate, low impact exercise can be beneficial as well. If you still hurt after taking medicine and exercising, you can try:

Taking a warm shower, or wrapping the affected area in warm towels,

Using an ice pack on the sore area,

Resting the sore joint,

Massage,

Acupuncture,

Physical therapy to help improve muscle strength, balance and the motion of stiff joints.

If conservative methods of treatment don't relieve the pain and other symptoms of arthritis, your doctor may recommend joint injection with steroids, lubricant medication or surgery to provide pain relief and restore lost function.

Surgery for osteoarthritis should be reserved for people who have failed all reasonable non-operative measures. The severity of your symptoms and your resulting level of disability should be considered. The potential benefits of surgery must be weighed against the risks of surgery before making a decision to proceed.

Although there is no treatment that can reverse the damage of OA in the joints, you can work with your doctor to put together a plan for treatment and lifestyle changes that can help you live well and reduce the symptoms of osteoarthritis.

Obese Older Women May Face Higher Risk for Breast Cancer

A study of more than 67,000 women suggests that those who are obese and postmenopausal may face significantly higher odds for breast cancer compared with slimmer women, HealthDay News reports.

The risk for breast cancer among the most obese women in the study was up to 58 percent higher than for normal-weight women. The researchers said the most obese women had a body mass index (a measure of body fat) of 35 or higher. A woman who is 5-foot-7 and weighs 225 pounds would fall into that category.

"Obesity is a risk factor for breast cancer that is modifiable, making a healthy weight very important for prevention," said lead researcher Marian Neuhouser, of the Fred Hutchinson Cancer Research Center in Seattle. In addition to increasing the risk for breast cancer, obesity was associated with worse outcomes, she said.

While the study found an association between obesity and an increased risk of breast cancer, it did not prove a cause-and-effect link. Neuhouser explained that the increased risk for breast cancer is probably due to an increase in estrogen. "Obesity is known to increase estrogens in the postmenopausal women because estrogen is made by fat tissue," Neuhouser said. "Fat tissue also secretes inflammatory factors and is associated with insulin resistance, all of which may increase breast cancer risk."

Women who lost weight during the study reduced their risk for breast cancer, Neuhouser said. "We can't change our genes or family history, but we can change our lifestyle habits and aim to maintain a healthy weight to lower breast cancer risk," Neuhouser said.

The report was published online June 11 in the journal *JAMA Oncology*.

Botox Eases Overactive Bladder, Studies Find

Although Botox has long been used to smooth aging skin, new research finds that the muscle relaxant is also a useful treatment for urinary incontinence.

With the condition, an overactive bladder contracts too often or without warning, leading to the constant urge to urinate and/or bladder leakage. But two studies presented at the American Urological Association annual meeting in New Orleans in May, offer evidence that injecting Botox directly into the bladder muscle may be an effective and safe way to treat the problem.

"The bottom-line gist is that we found that Botox has a good, long-lasting, safe and consistent effect over time among patients who do initially respond well to it and choose to continue treatment," said Dr. Victor Nitti, of the department of urology at NYU Langone Medical Center in New York City.

In the first study, the only one funded by Botox maker Allergen Inc., Nitti and his colleagues analyzed data on 227 patients who received Botox injections (averaging less than two shots per year) over a four-year period. Roughly nine in 10 patients saw a 50 percent or greater drop in daily urinary incontinence episodes. Between 44 percent and 52 percent of patients saw all incontinence episodes end.

Quality-of-life scores doubled and tripled throughout the study, the researchers found. The most frequent serious side effect was a urinary tract infection, but the research team stressed that that risk did not increase with continued treatment.

Nitti also led a second investigation that looked at how slightly more than 250 patients -- from an earlier trial -- continued to fare while receiving between one and six additional Botox injections over a three-year follow-up study. The result: the team once again found that long-term Botox treatment produced a consistent drop in daily incontinence episodes, with one injection producing stable results for an excess of one year among a third of patients.

On the other hand, a third study had results that were not that promising. The researchers looked at about 300 patients who had an initial Botox injection to treat incontinence to determine the treatment's impact on acute urinary retention. That research team found that a fifth of the patients ultimately needed catheterization for acute urinary retention. But, the study authors added, 40 percent of patients chose to have a second Botox injection.

Cigars Pose Dangers Similar to Cigarettes

Smoking cigars carries the same risk of death as smoking cigarettes, a new review finds.

"The results reinforce the fact that cigar smoking carries many of the same health risks as cigarette smoking. Cigar smoking is linked to fatal oral, esophageal, pancreatic, laryngeal and lung cancers, as well as heart disease and aortic aneurysm," lead researcher Cindy Chang, from the U.S. Food and Drug Administration, said in a news release from *BMC Public Health*.

Chang and her colleagues found that people who only smoked cigars and didn't use other tobacco products had an increased risk of death from all causes. The risk of death from oral, esophageal and lung cancers was higher for cigar smokers, whether they inhaled the cigar smoke or not, according to the review.

The review also found that cigar smokers who previously smoked cigarettes had a much higher risk of lung cancer and chronic obstructive pulmonary disease than those who had not previously smoked cigarettes. The current review included 22 North American and European studies that looked at the risk of death associated with cigars and cigarettes. The studies primarily included white men who began cigar smoking in the 1960s, the researchers noted.

Parkinson's Support Group

The next meeting of the Parkinson's Support Group will be held on Thursday, July 9, at 1 p.m. at the Dartmouth Senior Center on Dartmouth Street.

Two breakout groups – one Parkinson's group and one caregiver group – will discuss issues and seeks solutions.

One disadvantage of having nothing to do, is you cannot stop and rest.

Franklin P. Jones

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.
Call to schedule a tour
Tel. 508-994-2400 Fax 508-994-4746

Your Health

Aspirin Therapy for Older Adults

More than half of American adults over the age of 45 take a daily dose of aspirin, according to a new survey. But should they be taking it?

More than 2,500 people between the ages of 45 and 75 answered questions about their aspirin use: 52 percent said they currently used aspirin while another 21 percent said they had used the medication at some point in the past. Due to bleeding risks associated with aspirin, the Food and Drug Administration only recommends its routine use in patients who have already had a heart attack or stroke. But the survey found that 81 percent of those now taking aspirin did not have a history of either medical event. The respondents said they were using it for primary prevention of heart attack, stroke, cancer and/or Alzheimer's disease, usually after having discussed the therapy with a health care provider.

The lead author says, "There's no doubt that aspirin use can have value for people who have experienced a first heart attack, stroke or angina," but "the support of its use in primary prevention is more of a mixed bag." He says, "The survey clearly shows that more and more people who are not considered at high risk are also deciding to use aspirin." The overall conclusion of the report: more study is needed to appropriately direct regular aspirin use and balance the associated risks and benefits, says Dr. Cindy Haines of HealthDay TV.

Terápia Con Aspirina para Los Adultos Más Edosos

Más de la metad de los americanos adultos con más de 45 años de edad toman una dosis de aspirina diáriamente de acuerdo con un nuevo levantamiento. Pero deberían ellos estaren a tomarlas?

Más de 2,500 personas entre las edades de 45 y 75 respondieron preguntas sobre su uso de la aspirina: 52 porciento dijeron que usan la aspirina actualmente mientras el 21 porciento dijeron que habian tomado el medicamiento en algun tiempo en el pasado. Debido a los riesgos de sangrar asociado con la aspirina, la Administración de Alimentares y la Droga, solamente recomienda su uso rutinário por los pacientes que yá tuvieron un ataque cardiaco, o una trombosis. Pero el levantamiento averiguo que 81 porciento de los que ahora toman la aspirina, no tenian un historial de los dos eventos medicos. Los participantes dijeron que ellos estaban usandola como prevención primária contra el ataque cardiaco, la trombosis, el cancro, y la enfermedad de Alzheimer, usualmente después de haber discutido sobre la terápia con un proveedor de cuidado de la salud.

El autor principal dijo, "No hay duda que el uso de la aspirina puede tener valor para las personas que tuvieron el primer ataque cardiaco, trombosis o angina, "pero, "El apoyo de su uso como la primera prevención es más discutible.´ El dijo que, "El levantamiento demostra claramente que más y más personas que no son consideradas como en alto riesgo también estan decidiendo usar la aspirina." La conclusión en general del relatório: se necesita más estudio para apropiadamente dirigir el uso regularmente de la aspirina y balancear los asociados riesgos y beneficios, dijo la Dra. Cindy Haines de la HealthDay TV.

Terapia Com Aspirina para Os Adultos Mais Idosos

Mais de metade dos americanos adultos com mais de 45 anos de idade tomam uma dose de aspirina diáriamente, de acordo com um novo levantamento. Mas deviam eles estarem a toma-la?

Mais de 2,500 pessoas entre as idades de 45 e 75 responderam preguntas sobre o seu uso da aspirina:52 porcento disseram que usam a aspirina actualmente enquanto 21 porcento disseram que tinham tomado o medicamento em algum tempo no passado. Devido aos riscos de sangrar associado com a aspirina, a Administração de Alimentares e Droga só recomenda o seu uso rutinário pelos pacientes que já tiveram um ataque cardíaco, ou uma trombose. Mas o levantamento averiguou que 81 porcento dos que agora tomam aspirinas não tinham historial dos dois eventos medicos. Os participantes disseram que eles estavam usando-na como prevenção primária contra o ataque cardíaco, a trombose, o cancro, e a doença de Alzheimer, usualmente depois de ter discutido sobre a terapia com um provedor de cuidado de saúde.

O autor principal disse, "Não há dúvida que o uso de aspirina pode ter valor para as pessoas que tiveram o primeiro ataque cardíaco, trombose ou angina," mas, "O apoio do seu uso como a primeira prevenção é mais discutivel." Ele disse "O levantamento demonstra claramente que mais e mais pessoas que não são considerados como em alto risco também estão a decidir usar a aspirina." A conclusão geral do relatório: precisa-se mais estudo para apropriadamente dirigir o uso regularmente da aspirina e balançar os associados riscos e beneficios, disse a Dra. Cindy Haines de HealthDay TV.

New Data Show Consistent Safety of XARELTO® in Elders

New data from an ongoing study evaluating the safety of once-daily XARELTO® (rivaroxaban) in patients with non-valvular atrial fibrillation (NVAF) were presented at the American Geriatrics Society 2015 Annual Scientific Meeting. The data show the rates of major bleeding and fatal outcomes in elderly patients treated in routine clinical practice generally are consistent with those reported in Phase 3 clinical trials, which show a correlation between increased age and bleeding.

"The data from this ongoing five-year observational study reaffirm the safety profile of XARELTO®, including in elderly patients who are at a particularly increased risk for adverse events, like bleeding," said study investigator W. Frank Peacock, M.D., FACEP, of Baylor College of Medicine, Houston, TX. "These real-world results are important as clinicians evaluate treatment options for high-risk non-valvular atrial fibrillation patients who are also at the greatest risk of having a stroke."

Researchers reviewed data from nearly 10 million electronic healthcare records from the U.S. Department of Defense (DoD), to evaluate major bleeding rates in NVAF patients treated with XARELTO® in the real-world setting. Of the 31,883 patients using XARELTO®, an incidence of major bleeding was observed in less than 3 percent of patients, with 74.1 percent of these events occurring in those 75 years of age and older.

Gastrointestinal bleeding was the most common bleeding event in all age groups, followed by intracranial hemorrhage. The rate of ICH increased with age. Fatal outcomes as a result of major bleeding were low, and the average age of those who died was 82 years.

How Much Vitamin E Is Enough?

In the continuing debate over how much vitamin E is enough, a new study has found that high levels of blood lipids such as cholesterol and triglycerides can keep this essential micronutrient tied up in the blood stream, and prevent vitamin E from reaching the tissues that need it.

The research, published in the American Journal of Clinical Nutrition, also suggested that measuring only blood levels may offer a distorted picture of whether or not a person has adequate amounts of this vitamin, and that past methods of estimating tissue levels are flawed. The findings are significant, the scientists say, because more than 90 percent of the people in the United States who don't take supplements lack the recommended amount of vitamin E in their diet.

Vitamin E is especially important in some places such as artery walls, the brain, liver, eyes and skin, but is essential in just about every tissue in the body. A powerful, fat-soluble antioxidant, it plays important roles in scavenging free radicals and neurologic function. In the diet, it's most commonly obtained from cooking oils and some vegetables.

The recommended level of 15 milligrams per day is about right, said Maret Traber, the lead author of this study. Inadequate vitamin E intake remains a significant problem, she said. "This research raises particular concern about people who are obese or have metabolic syndrome," said Traber, of Oregon State University.

"People with elevated lipids in their blood plasma are facing increased inflammation as a result," Traber said. "In simple terms, we believe that less than one third the amount of vitamin E is actually making it to the tissues where it's most needed," she said.

Vitamin E in the blood stream is not completely wasted, Traber noted. There, it can help protect LDL and HDL cholesterol from oxidation, which is good. But that doesn't offset the concern that not enough of this micronutrient may be reaching tissues, she said.

Number of Hip Replacements Has Skyrocketed, U.S. Report Shows

The number of hip replacements performed in the United States has increased substantially, new government statistics show.

The numbers reveal the rapid evolution of the procedure, which "remains one of the most dramatic and cost-effective ways to improve the quality of life for patients," said Dr. Mark Pagnano, chairman of the department of orthopedic surgery at the Mayo Clinic in Rochester, Minn.

"Recovery is dramatically easier for patients, the durability of hip replacements has improved, and the baby boomer generation is less willing to accept the limitations that accompany arthritis," added Pagnano, who was not involved in the study.

For the report, researchers looked at hospital statistics on total hip replacement from 2000-2010. The researchers focused on patients 45 and older, who accounted for 95 percent of the procedures. Over the 10 years of the study, the number of procedures more than doubled, from 138,700 in 2000 to 310,800 in 2010. The number grew by 92 percent, to 80,000, among those age 75 and older.

What's going on?

Report lead author Monica Wolford, a statistician with the U.S. National Center for Health Statistics (NCHS), said: "The main hypothesis is that osteoarthritis is becoming more common," but the statistics in the study don't reveal why the procedures are taking place. Pagnano said the growing number of cases of arthritis is a major factor in the trend.

The report also found the average hospital stay for total hip replacement patients has shrunk from nearly five days in 2000 to just under four days in 2010. "The early recovery from hip replacement has become dramatically easier from a patient standpoint," Pagano said, because of improved rehabilitation procedures, better pain management and better control of blood loss during surgery.

MY LIFE MY HEALTH

Chronic Disease Self-Management Program

A FREE SIX-WEEK WORKSHOP OFFERED TO ADULTS and CARETAKERS LIVING WITH THE CHALLENGES OF ONE OR MORE PERSISTENT HEALTH CONDITIONS

CLASS MEETS ONCE A WEEK FOR 6 WEEKS

Wednesday, August 12 – September 16
1:30 pm — 4:00 pm

Location: Acushnet Council on Aging
59 ½ South Main Street
Acushnet, MA 02743
Certificates are awarded on program completion.

Program facilitated by:
Coastline
Caring for the community.
Jacqueline Medeiros & Rachel Fouts

For more information, or to register, contact: Jacqueline Medeiros at Coastline (508) 742-9151

Remember When

Scallop Festival 1960

The Scallop Festival was a highlight of the summer season in New Bedford for many years.
Photo courtesy of Spinner Publications.

Strawberries are the angels of the earth, innocent and sweet with green leafy wings reaching heavenward.

Terri Guillemets

Answers to Trivia Quiz

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

Aging and Disability Resource Consortium of Southeastern & Southern Massachusetts

ADRC SE SM

781-848-3910

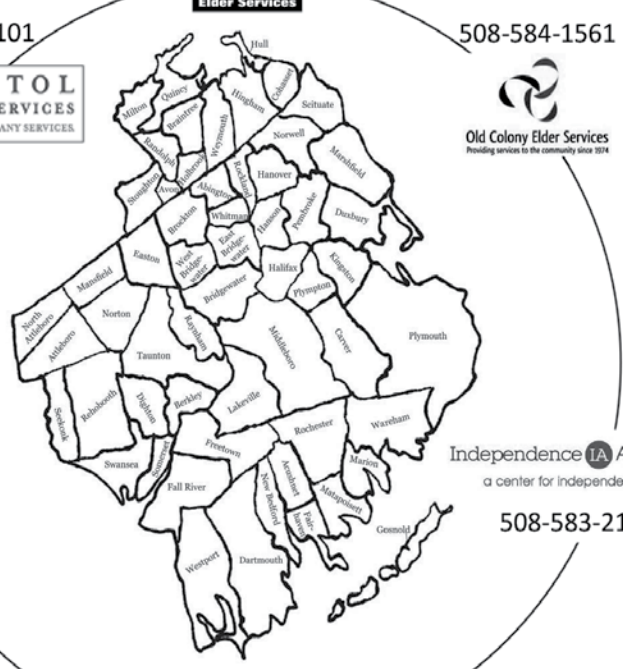
South Shore Elder Services

508-675-2101

BRISTOL ELDER SERVICES ONE SOURCE. MANY SERVICES.

508-584-1561

Old Colony Elder Services



SCIL

508-679-9210

Independence Associates a center for independent living

508-583-2166

Coastline Caring for the community.

508-999-6400

Working together to connect you with services and supports to help you live independently in the community.

Mayor Visits Taber Mill Apartments

Mayor Jon Mitchell met with residents of Taber Mill Apartments after speaking at a meeting there in June.

No Wrong Door for Aging and Disability Services

By Diana DiGiorgi, Executive Director, Old Colony Elder Services

The Aging and Disability Resource Consortium of Southeastern MA and Southern MA (ADRC SE SM) is a partnership between Aging Services Access Points (ASAPs) and Independent Living Centers (ILC). Together they ensure there is *No Wrong Door* when an individual contacts any one of the six member agencies for assistance or information about available services. The six agencies include Bristol Elder Services, Coastline, Independence Associates, Old Colony Elder Services (OCES), South Shore Elder Services and Southeast Center for Independent Living.

ADRC SE SM is a collaborative that promotes and builds upon the combined strengths of these six agencies. Some of the benefits from this collaboration include minimizing consumer and provider confusion, reducing the number of calls consumers have to make to get the information they need, empowering consumers to get what they need, and enhancing individual choices.

ADRCs serve people age 60 or older and individuals with disabilities of any age. With a single contact to one of the member agencies, the staff work together to connect individuals with the appropriate services and supports to help them live independently in the community. To the consumer this is a seamless process where *No Wrong Door* is really *All the Right Doors!*

The core functions of ADRCs are Information and Referral Services (I&R), Transition Planning and Coordination, and Options Counseling (OC).

I&R is the initial entry point to gather information. I&R staff ensure that anyone seeking information regarding services, programs or benefits receives the requested information in a timely, professional, and helpful manner. I&R staff screen perspective consumers for program and benefits eligibility; help callers understand what services are available; and inform them how best to access these services.

ADRCs also assist consumers as they transition from nursing facilities and acute care facilities back to the community. To allow them to live independently with support services and ensure a successful setting transition, ADRCs can help with housing searches, referrals for in-home care, transportation options, assistive technology, and home and vehicle modifications.

Options Counseling provides consumers and family members with information on the resources that are available in their community, based on their individual circumstances, enabling them to make informed decisions. Options Counselors helps consumer develop their own personal long-term care plans and connects them to resources, services and supports that may help them live as independently as possible in their community.

ADRCs can also be the voice of consumers. For example, recently many ADRC SE SM members' staff participated in the Mass Home Care Elder Lobby Day at the Mass. State House to advocate for health care, economic security and independence at home for seniors. Staff also participated in the statewide rally for Independent Living Education Day at the Mass. State House.

Surveys are sent to Options Counseling participants as a means to evaluate the services provided by the agencies. Results are reviewed and used to make program enhancements as needed. Here are some comments from recent SE SM consumers who benefited from Options Counseling.

"After meeting with my [options] counselor I became aware of the services available that offer me a better quality of life. I am so pleased that getting older doesn't need to be so fearful. There are people who care. Thank you."

"Overall, I am better able to make informed decisions about my long-term support needs after speaking with the [options] counselor."

"My options counselor was very respectful, informative and understanding of my needs and wants. She was right on target."

Community First in the state of Massachusetts is the overarching philosophy and policy for elders and persons with disabilities who have long-term support needs, to be empowered to age with dignity and independence in the community. By expanding, strengthening and integrating systems with person-centered care, support and choices, this can be achieved. The main goal of the ADRC SE SM is to support this philosophy and to provide each consumer with tools to help them make this a reality.

For information on Old Colony Elder Services call 508-584-1561 or visit www.ocesma.org. Other ADRC SE SM member agencies phone numbers and websites are noted below:Bristol Elder Services (781) 848-3910 http://www.bristolelder.org/

Coastline (508) 999-6400 http://coastlineelderly.org/

Independence Associates (508) 583-2166 http://www.iacil.org/

South Shore Elder Services (781) 848-3910 http://www.sselder.org/

Southeast Center for Independent Living (508) 679-9210 http://www.secil.org/