

NEW BEDFORD'S Senior

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Scope

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Doctors Say New Payment Formula Will Improve Health Care

In April, the Senate approved by a vote of 92-8 a measure to replace the formula that determines how doctors are paid through Medicare, sending the bill, previously passed by the House of Representatives, to President Barack Obama's desk for approval. The President has indicated that he intends to sign the legislation.

The final bill replaces the formula that Medicare currently uses to pay doctors, the "Sustainable Growth Rate" (SGR), over a period of five years. Due to incorrect assumptions of rising health-care costs when the SGR formula was approved in 1997, Congress has since had to pass frequent, short term "doc fixes" to ensure that doctors were compensated fairly. The new formula will occasionally require similar legislation, but not as frequently.

The American Geriatrics Society (AGS) commended Congress on the passage of the legislation that permanently repeals the outdated formula for reimbursing providers under Medicare. This milestone reflects more than 10 years' worth of advocacy by the Society, its members, and a diverse group of other stakeholders committed to affecting change to improve the health and care of older adults, the Society statement said. AGS represents more than 6,000 health professionals engaged in the care of older adults.

In support of a more responsive healthcare system, this legislation will foster innovation and give health care providers incentives to use alternative payment models that focus on care coordination for patients with chronic diseases, according to AGS. Frail older adults with multiple chronic conditions and the health professionals who work with them are among those who will benefit most from the transformation of Medicare into a system focused on primary care, chronic care management, and coordination of care across settings.

"This is a watershed moment for healthcare reform responsive to the needs of patients and providers like those represented by the AGS, which for years has worked for this type of equitable, bipartisan progress," said Wayne C. McCormick, MD, MPH, president of the AGS. "The new

payment structure endorsed by bipartisan, bicameral leaders reflects our ability to set differences aside to respond to improve care quality, lower costs, and protect the well-being of seniors everywhere."

The American College of Emergency Physicians (ACEP) also applauded passage of the legislation. "ACEP has long advocated for an end to the fiscally irresponsible cycle of annual short-term patches --and at long last, Congress has achieved it," said ACEP's president, Michael Gerardi, MD, FACEP. This legislation will stabilize America's Medicare system and protect access to medical care by Medicare patients.

"This new system is essential to emergency departments. Elderly patients are more likely to need emergency care than any other age group, and the fastest growing segment of the U.S. population is people over 85 years of age. It represents a significant accomplishment for all the

Doctors Say... continued on page 3

Spring to Life



George Moniz and Sarah Clark contribute to the fun at the Spring to Life event at the Hazelwood Senior Center on April 10.

New Secretary of Elder Affairs Appointed

Alice Bonner, PhD, RN, is the state's new Secretary of Elder Affairs. Bonner brings 30 years of experience working on behalf of older adults in the Commonwealth, said Secretary of Health and Human Services Marylou Sudders in announcing the appointment.

"The fastest growing segment of the population includes those age 85 and older. It is critical we have a strong leader who will listen to and meet the needs of these and all older adults and their caregivers" said Sudders. "Dr. Bonner's deep commitment, particularly around affordable housing, transportation, nutrition services and dementia care are vital to ensuring choice and autonomy for older adults."

Bonner's 30-year career as a clinician, researcher, educator and policy-maker has focused on models of care that promote optimal health, autonomy and quality of life for older adults. She is currently an Associate Professor at the School of Nursing at Northeastern University. Previously, she was the Director of the Division of Nursing

Homes at the Centers for Medicare and Medicaid Services (CMS) in Baltimore, Maryland, and a Deputy Associate Regional Administrator for the Northeast Region at the CMS Boston Regional Office. While at CMS, Bonner and colleagues led a national initiative to improve dementia care.

"I am extremely grateful to Governor Baker and Secretary Sudders for the opportunity to work with them to promote the Executive Office of Elder Affairs' mission: to ensure the independence and wellbeing of older adults, their families and caregivers," said Bonner, who will begin her new role on June 1.

People over the age of 60 make up 20 percent of the total population in Massachusetts. The Executive Office of Elder Affairs provides support services, information, options counseling, and education and training to assist older adults in making decisions about health care, housing, jobs, nutrition, volunteering and lifestyle.

Editor's Notes

May, the Month of Mary

May is a month we all look forward to. It's the merry month of May as Lerner and Lowe told us in the musical Camelot.

When the calendar turns to May, spring is really here and the earth is in full bloom. It's the month of May flowers, Maypoles, May Day and Mother's Day. Even Memorial Day is eagerly awaited as the unofficial beginning of summer.

As I was reminiscing about months of May gone by, I remembered that May is also the Month of Mary. It's a special time in the Catholic Church dedicated to Mary, the mother of Jesus.

While reverence for Mary dates back to the earliest days of Christianity, the cult of the Virgin flourished in Europe in the Middle Ages and is credited with improving the status of women.

Rather than being disparaged as daughters of Eve, who was blamed for tricking Adam into eating the forbidden fruit and thus causing the fall of mankind, women were now honored as children of Mary, the mother and protector of Christians.

I don't think churches do this anymore, but when I was young a prayer service was held every evening during May. There weren't as many distractions then, and these services were quite well attended.

I was a student at St. Anthony School in New Bedford and had joined the choir when I entered 7th grade. I never could sing but that didn't stop me from trying. My older sister and many of the girls in my class were in the choir so I wanted to be part of it too.

The choir sang during these evening services, and we looked forward to them because it was a way to get out of the house and meet our friends on a school night.

We didn't have many opportuni-

ties to do that the way young people do today. My parents weren't especially strict but they kept an eye on us. So did my grandparents who lived with us and various other relatives and neighbors.

The church was only five blocks from my home on Collette Street and I walked both ways, usually with my sisters. On Friday night we could stop at Peggy's Store on the way home and have a soda because there was no school the next day.

We couldn't hang out at the mall on Friday nights the way teenagers do today because it hadn't been built yet, and the downtown stores were only open Thursday evenings.

We wore the same clothes we had worn to school, usually a skirt and blouse with a cardigan. No one wore jeans or pants to church, and certainly no shorts or anything sleeveless.

We didn't have cell phones with cameras, email accounts or Facebook pages. There was one phone in the house and one television set in the living room, and we watched what the adults wanted to watch. Almost any movie that played in the local theatres then would be rated G or PG today.

We might have dreamed of being like Debbie Reynolds or Audrey Hepburn, but the nuns at school encouraged us to emulate the Virgin Mary and practice her virtues of humility, modesty, devotion and obedience—old fashioned notions, to be sure.

I'm not sure how successful the good sisters were, but it was easier in the 50s than it probably would be today. I'm glad I grew up in that simpler, more innocent time.

Jeannine



Look for Us in July

SeniorScope does not publish a June edition. Our next issue will be out Tuesday, July 7. Thank you to all our readers and advertisers for your continued support.

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

Senior Scope

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

Distribution: Michael Graffeo
Thomas Mello

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Letters to the Editor

Legal Age to Purchase Tobacco

A recent study by the Institute of Medicine looks at the public health implications of raising the minimum legal age to purchase tobacco products. Thanks to this report, we can add another evidence-based strategy to the toolbox of strategies cities and towns in Massachusetts can use to prevent youth from becoming addicted to nicotine.

Experts at the Institute of Medicine conducted a rigorous review and concluded that increasing the minimum legal access age from 18 to 21 will have a positive impact on reducing youth initiation of tobacco use, particularly in adolescents aged 15 to 17. The report brief states, "Raising the MLA to 21 will mean that those who can legally obtain tobacco are less likely to be in the same social networks as high school students." According to the report, if the minimum legal age was raised to 21 now, by the time today's teenagers are adults, we would see a 12 percent decrease in smoking rates.

Many municipalities in Bristol County have worked tirelessly to adopt a variety of policies—like eliminating the sale of single cheap cigars, limiting the number of new tobacco sellers and removing flavored tobacco from stores that minors frequent—that, when taken together, can have real impact on youth tobacco use. It's encouraging to have another evidence-based strategy to employ.

Most of the policies cities and towns use to prevent youth tobacco use are aimed at reducing the tobacco industry's influence. Without local regulation, the tobacco companies target young people with products that are cheap, sweet, and easy to get. While raising the minimum sales age to 21 helps reduce youth access, it alone does not eliminate the sales to minors or impact other access channels. For this reason, the strategy of raising the minimum sale age to 21 is just one of several key strategies to be used by municipalities to reduce youth smoking.

The goal of Massachusetts Tobacco Cessation and Prevention Program is to de-normalize youth tobacco use. Using a variety of approaches to reduce youth access to tobacco, we can reduce the influence of the tobacco industry in places frequented by young people. With a comprehensive approach, over time, smoking-related disease and mortality could become so low that tobacco would no longer be a public health challenge. We know how to achieve a tobacco-free generation and, with coordinated actions and investments, we can get there.

Kathleen Wilbur
Program Director
Southeast Tobacco Free
Community Partnership
Seven Hills Behavioral Health

I wish I could have told my Mom that I love her one more time before she passed away.

Andy Rooney

Donations for April 2015

In Appreciation

In appreciation of Senior Scope \$25.00
- Eleanor M. Andrews Warwick, R.I.

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In memory of sisters Shirley Brule, Agnes Dupuis and brother, Clifford Haskell \$50.00
- "Remembered" Eleanor M. Andrews, Warwick R.I.

In Thanksgiving

Thank you St, Jude, St. Joseph and Virgin Mary for answered prayers, as promised \$10.00
-H.F.

Donations this month \$85.00
Donations last issue \$80.00
Donations Year to date FY'15 \$1186.00

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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.

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In Memory of: _____

Get Well Wishes for: _____

In Honor of: (Birthday or other celebration) _____

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You and Your Money

PACE Fuel Assistance Extended to May 15

The Federal Low Income Heating Assistance Program (LIHEAP) known locally as the Fuel Assistance Program has been extended to May 15. Persons who have never applied to the PACE Fuel Assistance Program and have either paid or owe their heating companies for oil, propane, kerosene or NSTAR Gas and Electric (now EverSource) are urged to apply before the program ends on May 15.

Those who apply will receive a retroactive credit to their utility company if they are income eligible. This means that although they may have paid their bills this past winter, since November 2014, the PACE

Fuel Assistance Program will issue a credit to their heating company for the amount they have already paid or still owe up to their eligible amount.

According to Fran Stubbs, Fuel Assistance Program Director, "The fast rise in the cost of heating your home this winter, coupled with the unusually cold weather, has put an enormous amount of undue economic stress on families and elders whose incomes cannot afford the fuel increases."

For more information call PACE Fuel Assistance at 508-999-4473 or visit the office at 166 William Street, New Bedford.

La Asistencia de la Combustible de PACE Prolongado Hasta el 15 de Mayo

El Low Income Heating Assistance Program (LIHEAP) (Programa Federal para La Asistencia de la Calefacción para las personas con bajo rendimiento) fué prolongado hasta el día 15 de Mayo. Las personas que nunca se inscribieron para el PACE Fuel Assistance Program (Programa de Asistencia de Combustible de PACE) y tienen pagado o deben a los abastecedores del óleo combustible, propano, petróleo o NSTAR Gas y Electricidad (ahora Ever-Sorce) son incitados para inscribirse antes que termina el programa en el día 15 de Mayo.

Aquellos que se incribieron recibirán un crédito retroactivo para su compañía de utilidades si sus rendimientos son elegibles. Esto significa que mismo que ellos tengan pagado sus cuentas en este invierno

pasado, desde el noviembre de 2014, el PACE Fuel Assistance Program emitirá un crédito a su compañía de calefacción para el montante que ellos ya pagaron o aún deben hasta el montante a que son elegibles.

De acuerdo con Fran Stubbs, Director del Fuel Assistance Program (Programa de Asistencia de Combustible.) "El rápido aumento del costo de calientar sus casas este invierno, conjuntamente con el tiempo de frío invulgar, tienen puesto una cantidad enorme de tensión económico en las familias y ancianos cuyos rendimientos no aguantan el aumento del combustible."

Para más información, telefone al PACE Fuel Assistance en el 508-999-4473 o visite el despacho en la 166 William Street, New Bedford.

Doctors Say... continued from page 1

emergency physicians who actively made their voices heard in Congress.

The Medicare Access and CHIP Reauthorization Act represents an unprecedented effort on the part of the Medicare committees and the medical community to eliminate flawed structures and replace them with systems built on sound medical and policy principles. Among other provisions, the bill will:

Repeal the antiquated SGR formula and replace it with a 0.5 percent annual payment update for five years, with additional provisions to streamline ways for accepting payment;

Offer providers positive and stable payment updates as they transition to new payment models;

Afford avenues to healthcare professionals for participating in improvements to quality, clinical practice, the meaningful use of electronic records, and the effective management of resources, among other highlights;

Create strong incentives for payment systems that improve the quality and effectiveness of care for Medicare-enrolled patients;

Allocate funding to help small practices with the new quality guidelines and transition to alternative payment models; and

Extend funding for Community Health Centers, the National Health Service Corps Fund, and Teaching Health Centers.

The Partnership for Quality Home Healthcare did express concern, however, that Congress chose to offset a portion of the cost of the new legislation by cutting payments to Medicare post-acute care services, including home health. The measure limits Medicare reimbursements to home

health providers scheduled for 2018 to just one percent. When compared to the typical 3.2 percent annual reimbursement increase, this reduction will result in a cut of \$3.4 billion over a 10-year period.

"While we are thankful for the bipartisan solution to permanently repeal SGR, we are disappointed in the restricted market basket rate for home healthcare," stated Eric Berger, CEO of the Partnership for Quality Home Healthcare. "Our community has already been subject to a series of cuts in recent years, including the 3.5 annual rebasing cuts that continue to burden quality providers and the frail elderly Medicare population they serve."

According to Avalere Health, home health seniors are the most vulnerable in the Medicare program, since they are documented as older, poorer, sicker and more likely to be disabled and of an ethnic or racial minority than all other Medicare beneficiary populations. Additionally, home health beneficiaries, the professional caregivers who serve them, and the family members who support them are disproportionately comprised of women.

"To protect homebound home health seniors from any further threats, we encourage Congress to secure savings through purchasing programs that promote coordinated, patient centered care over across-the-board cuts," added Berger. "The home health community has put forth several proposals to achieve these savings including the Securing Access Via Excellence (SAVE) Medicare Home Health Act."

Pension Advance Traps to Avoid

Many retirees depend on a pension to cover day-to-day as well as occasional unexpected expenses, such as health emergencies or home repairs. Some retirees with pensions who are facing financial challenges have responded to ads for cash advances on their pensions. Although pension advances may seem like a "quick fix" to your financial problems, they can eat into your retirement income when you start paying back the advance plus interest and fees.

A pension advance is a cash advance in exchange for a portion, or all, of your future pension payments. Pension advance companies typically charge high interest rates and fees and often target government retirees with pensions. Former service members should also be on guard. Military retirees and veterans who receive monetary benefits from the Department of Veterans Affairs (VA) have been offered pension advances even though it's illegal for lenders to take a military pension or veterans' benefits. Many of those companies use patriotic-sounding names or logos and even claim they are endorsed by the VA as a way of enticing potential customers.

If you or a loved one is considering a pension advance, consider your alternatives. A financial coach or credit counselor can help you weigh your options and plan for new or unexpected

financial demands. The National Foundation for Credit Counseling (NFCC) provides a list of member agencies around the country. You can also search for local credit counseling agencies on the Association of Independent Consumer Credit Counseling Agencies (AICCA)'s website.

Here are 3 things you can do to protect your retirement pension:

Avoid loans with high fees and interest. Pension advance companies may not always advertise their fees and interest rates, but you will certainly feel them in your bottom line. Before you sign anything, learn what you are getting and how much you are giving up.

Don't sign over control of your benefits. Companies sometimes arrange for monthly payments to be automatically deposited in a newly created bank account so the company can withdraw payments, fees and interest charges from the account. This leaves you with little control.

Don't buy life insurance that you don't want or need. Pension advance companies sometimes require consumers to sign up for life insurance with the company as the consumer's beneficiary. If you sign up for life insurance with the pension advance company as your beneficiary, you could end up footing the bill, whether you know it or not.

Assistência de Combustível da PACE Prolongado Até May 15

O Low Income Heating Assistance Program (LIHEAP) (Programa Federal para Assistência de Aquecimento para Pessoas com Baixo Rendimento) foí prolongado até o dia 15 de Maio. As pessoas que nunca se inscreveram para o PACE Fuel Assistance Program (Programa de Assistência de Combustível da PACE) e têm pago ou devem aos fornecedores de óleo combustível, propano, petróleo ou NSTAR Gás e Electricidade (agora Eversource) são incitados para inscreverem-se antes que termina o programa no dia 15 de Maio.

Aqueles que inscreverem-se receberão um crédito retroactivo para a sua companhia de utilidades se os seus rendimentos são elegíveis. Isto significa que mesmo que eles tenham pago as suas contas neste inverno

passado, desde o Novembro de 2014, o PACE Fuel Assistance Program emitirá um crédito á sua companhia de aquecimento para o montante que eles já pagaram ou ainda devem até o montante a que são elegíveis.

De acordo com Fran Stubbs, Director do Fuel Assistance Program (Programa de Assistência de Combustível.) "O rápido aumento do custo de aquecer as suas casas este inverno, conjuntamente com o tempo de frio invulgar, têm posto uma quantidade enorme de tensão económico nas famílias e idosos cujos rendimentos não aguentam o aumento do combustível."

Para mais informação, telefone ao PACE Fuel Assistance no 508-999-4473 ou visite a repartição na 166 William Street, New Bedford.



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Menu for May 2015

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Tuesday is Voluntary Donation Day,
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Mother's Day!				1 Salmon with Teriyaki Sauce Whipped Potato Peas & Mushrooms Multigrain Bread Vanilla Pudding Diet: SF Pudding
4 High Sodium LS Hot Dog Mustard & Ketchup Packet Potato Wedges Mixed Veggies Fresh Orange	5 Mexican Chicken Filet Black Beans & Rice Chopped Broccoli Corn Tortilla Tropical Fruit	6 Tossed Salad with Dressing Mac n' Cheese Zucchini and Tomato Wheat Roll Mandarin Oranges	7 Roast Turkey with Gravy Cranberry Sauce Whipped Potato Winter Squash Oatmeal Bread Strawberry Shortcake Low Sugar Cake	8 Meatball Sub Hash browns Tuscany Blend 6" Sub Roll Pineapple Yogurt
11 Chicken Salad with Lettuce Leaf Tri-Color Pasta Salad Three Bean Salad Pita Bread Mandarin Oranges	12 Shepherd's Pie Glazed Carrots Multigrain Roll Chocolate Chip Cookie Diet: Graham Cookie	13 Oyster Crackers Spring Vegetable Soup Barbecue Chicken Rice Medley Wheat Roll Banana	14 Pork Tetrazzini Buttered Noodles California Blend Wheat Bread Peaches	15 Breaded Fish Sandwich Tartar Sauce Chuckwagon Blend Hot German Slaw Hamburger Bun Pears
18 Broccoli & Cheese Omelet Hash Brown Potatoes Fruit Muffin Tropical Fruit Yogurt	19 Chicken w/ Lemon Dill Sauce Confetti Rice Asparagus Honey Wheat Bread Fresh Orange	20 Meatloaf Rosemary Gravy Whipped Potato Mixed Vegetables Oatmeal Bread Tapioca Pudding Diet: SF Pudding	21 Roast Pork with Mint Gravy Delmonico Potato Spring Blend Multigrain Bread Applesauce	22 Cheese Tortellini with Alfredo Sauce Italian Blend Snowflake Roll Pears Granola Bar
25 memorial DAY	26 BBQ Pork Patty Italian Penne Green and Wax Beans Pineapple Chunks Scali Bread	27 Honey Lime Chicken Filet Whipped Potato Tarragon Carrots Wheat Bread Mini Red Velvet Cake Low-Sugar Cake	28 Tossed Salad with Dressing Tuna Noodle Casserole Broccoli & Cauliflower Blend Fruit Muffin Fresh Apple	29 Beef Chili with Veggies White Fluffy Rice Corn Muffin Mandarin Oranges

The Truth about Sodium... continued from page 9

Meals on Wheels Sodium Facts
The menu for the Meals on Wheels program follows a No Added Salt diet, meaning that no salt is added in any of our recipes. Two days a month we are permitted to have a

high sodium entrée (sodium over 700mg). It's important to note that we also include the sodium content of the bread, dessert and milk to the total sodium content for the day. In a recent survey, consumers reported

that the meal they received represented 50 percent of their daily intake of food, so even though the sodium count may appear high on first glance, many are not consuming the total daily limit of sodium.

Did you know... Salt is formed when sodium reacts with chlorine gas. It is the only family of rocks eaten by humans.

Recipe Roundup

Quick Chicken Cordon Bleu for Two

Ingredients:

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

Directions:

Preheat oven to 400°F.
Sprinkle chicken with 1/8 teaspoon pepper and salt. Combine cheese and cream cheese in a bowl. Combine the remaining 1/8 teaspoon pepper with breadcrumbs, parsley (or thyme) and 1 teaspoon oil in another bowl.
Heat the remaining 1 teaspoon oil in a medium, ovenproof nonstick skillet over medium heat. Cook the chicken until browned on both sides, about 2 minutes per side. Move the chicken to the center so the pieces are touching. Spread with the cheese mixture, sprinkle with ham, then top with the breadcrumb mixture.
Bake until the chicken is no longer pink in the center and an instant-read thermometer registers 165°F, 5 to 7 minutes.
Serves two
Source: eatingwell.com

Creamy Garlic Pasta and Shrimp for Two

Ingredients:

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

Directions:

Bring a large pot of water to a boil. Add spaghetti and cook 2 minutes less than package directions. Add shrimp, asparagus, bell pepper and peas and cook until the pasta is tender and the shrimp are cooked, 2 to 4 minutes more. Drain well. Mash garlic and salt in a large bowl until a paste forms. Whisk in yogurt, parsley, lemon juice, oil and pepper. Add the pasta mixture and toss to coat. Serve sprinkled with pine nuts (if using).
Serves two
Source: eatingwell.com

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VOICE-TDD# 1-800-439-2370

Update

CARES Memory Impairment Program

CARES provides an opportunity for people with memory impairment and their care partners to participate in two separate support groups held simultaneously. One group provides information, guidance and respite to caregivers while the other group provides conversation and socialization for those with memory impairment. The program is free and confidential allowing for freedom of self-expression and open conversation. The program is led by Alan Johnson, LICSW, Director of Community and Family Outreach, Hope Dementia & Alzheimer's Services. CARES programs are funded by the Tufts Health Plan Foundation.

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

Magic Show at The Oaks

In celebration of National Nursing Home Week, The Oaks invites the community to join residents and associates for an afternoon of magic and cinnamon-sugar churros on Wednesday, May 13. The Stephen Brenner Magic Show starts at 2 p.m. and requires an RSVP by Friday, May 8.

The American Health Care Association sponsors National Nursing Home Week each year to increase awareness of skilled nursing and rehab centers and showcase how they provide an environment of security and quality of life. In case of inclement weather, please call (508) 998-7807 to see if the show has been rescheduled.

Veterans Memorial Cruise

The Dartmouth Council on Aging is holding a Veterans Memorial Cruise to raise money for a new Veterans Memorial. The event, sponsored by the Dartmouth Veterans Advisory Board, will be held Saturday, May 16, from 12 noon to 4 p.m. at the Dartmouth Council on Aging, 628 Dartmouth Street, Dartmouth.

The event will feature music by DJ Johnny Angel, a Kids Workshop by Home Depot and Dash Plaques for the first 75 cars, along with food, prizes and more. Admission is free, but donations are greatly appreciated.

Ethnic Farmers Series Continues

The Dartmouth Historical and Arts Society will continue its series on ethnic farmers of the Southcoast on Sunday, May 17, at 7 p.m. at the Russells Mills Schoolhouse, 1205 Russells Mills Road, in Dartmouth. 'Cukie' Macomber, teller of tales, historian, and noted raconteur will be the speaker. Having provided local farmers with welding and various mechanical repair services since the 1930s, 89 year old 'Cukie' has had personal contact with many local farmers and has many entertaining tales to tell.

A \$5.00 donation suggested and refreshments will be served.

Coastline Fundraiser Promises Evening of Fun

Volunteer members of Coastline's Board of Directors and Advisory Council are finalizing plans for a wine tasting fundraiser set for Friday, June 12, at the Running Brook Winery and Vineyard, 335 Old Fall River Road, Dartmouth.

The evening will feature wine sampling, hors d'oeuvres, desserts, and live entertainment, along with auctions and raffles. Non-alcoholic beverages will also be available.

Money raised from the event will assist inadequately funded programs within Coastline. "Proceeds from this event will help Coastline continue to provide support for elders who have contributed so much to our community and are now facing hardship," said Jeannine Wilson Aidala, Development Committee chair.

For tickets or to make a donation, call Jessica Peck at Coastline at 508-742-9180 or email her at jpeck@coastlinenb.org.

HF-HN Open Golf Tourney

HF-HN School will hold its 11th annual Open Golf Tournament on Sunday, June 14, 2015 the Bay Pointe Club in Onset. The event includes 18 holes with cart, golfer gifts, dinner, awards and more. The registration fee is \$150 per golfer and the entry deadline is May 15. Those who register early will be eligible for a special drawing for a \$150 prize. Proceeds will help to support the Education and Technology needs of the students at Holy Family Holy Name School.

For details and to register on line go to www.hfhn.org/golf2015. For questions contact Tricia Grime, tournament coordinator, by email at Pgrime62@msn.com or by phone at 508-648-2783.

Garden Club Plant Sale

The New Bedford Garden Club will hold its annual plant sale on Saturday, May 16, from 9 a.m. to noon at the Acushnet Council on Aging, 59 1/2 South Main Street, in Acushnet. Pink and red geraniums, herbs, vegetables, annuals, perennials, house plants and shrubs will be available. Proceeds will benefit the Greater New Bedford Garden Club Scholarship Fund.

YTI Presents *Fuddy Meers*

Your Theatre, Inc. artistic director Lawrence R. Houbre, Jr., of New Bedford, has cast seven South Coast actors for the season 68 finale of *Fuddy Meers*, by David Lindsey-Abaire. This poignant and sometimes harsh new comedy traces one woman's attempt to regain her memory while surrounded by a cast of startlingly bizarre characters. Performance dates are May 14, 15, 16 and 21, 22, 23 at 8 p.m. and May 17 and 24 at 2:30 p.m. Performances are held at 136 Rivet St., corner of County St., New Bedford, at the St. Martin's Episcopal Church complex.

Choral Society Spring Concert

The Greater New Bedford Choral Society, under the direction of Gerald P. Dyck, will present its spring concert on Sunday, May 17, at 7:30 p.m., at the First Congregational Church, 34 Center Street, in Fairhaven. Handel's "Ode for Saint Cecilia's Day" will headline the concert. Also featured will be Gerald P. Dyck's "Abraham Lincoln Walks at Midnight," songs for the 150th anniversary of the end of the Civil War, and William Grant Still's "Rhythmic Spirituals."

For more information visit www.gnbcs.org. Tickets are available from choir members or at the door.

St. Anthony High Class of 1960 Reunion

The St. Anthony High School Class of 1960 will hold its 55th reunion on Saturday, May 23, from 11 a.m. to 3 p.m. The event will take place at the Century House and include a deluxe brunch buffet.

Tickets are \$25 per person. Send check to Pauline Lacasse, 7 Sunset Lane, Fairhaven, Mass. 02719. Make checks payable to S.A.H. Reunion.

Ombudsmen Volunteers Needed

Ombudsmen are trained volunteers who provide regular visits to nursing home residents to ensure they are receiving quality care and that their rights are being protected. Ombudsmen are trained and certified by the Massachusetts Executive Office of Elder Affairs. They receive resident concerns and work with the nursing home staff to resolve them. The goal is for all residents to live their lives with dignity and respect.

Coastline administers the designated local Long Term Care Ombudsman Program, and is responsible for visiting nursing homes in the greater New Bedford area. The program

is currently in need of additional volunteers.

If you are someone who respects the individuality and dignity of nursing home residents, has good listening skills and compassion, and has two hours a week to spend visiting a nursing home, you may want to consider becoming an Ombudsman.

Ombudsmen receive extensive training and on-going support. For information regarding this rewarding program, please contact Donna Cabral, Ombudsman Program Director at Coastline at 508-742-9178 or by e-mail dcabral@coastlinenb.org.

Samaritans Volunteer Training

The Samaritans of Bristol County need your help. First, much aid is needed with staffing their crisis hotline, but in order to do so, volunteers must first complete a 15 hour training session. Upon completion, each volunteer is paired with an experienced Samaritan on the telephone for 20 hours as part of the Buddy Program. The next volunteer training program begins on Saturday, June 6.

Volunteers are also needed to help with grant writing, marketing, event planning, office work, giving presentations and board participation.

For information about volunteering for the Samaritans, please visit www.samaritans-bristolcounty.org. To register for the June 6 training, please contact Del Ferus at 508-679-9777 or samsfrnb@aol.com.

Aging and Disability Resource Consortium of Southeastern & Southern Massachusetts

(ADRCSESM)

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Keeping Fairhaven Seniors Safe



Detective Janis Bublaski from the Fairhaven Police Department visits the Fairhaven Senior Center to talk to seniors about scams and to keep them updated on things happening in the community.

Free Yoga and Summer Boot Camp Classes Return to Cushman Park

Outdoor fitness is alive again at Cushman Park in Fairhaven this summer. The South Coast community can keep fit and stay healthy with free exercise classes taught by two of the top fitness instructors in the area.

Twenty free classes in all — Yoga in the Park and Summer Bootcamp are held through the summer in Cushman Park on Green Street.

Yoga in the Park with Kripalu Certified Yoga Instructor Jeff Costa will begin Tuesday, June 16, from 8 a.m. to 9 a.m. and continue for 10 weeks through August 18. This is a gentle yoga series for all levels, designed to introduce newcomers to the basics of stretching and mindfulness and challenge yoga enthusiasts with a focus on compassion for the body.

Summer Boot Camp with Certified Functional Trainer Wayne

Goulart begins Thursday, June 18, from 8 a.m. to 9 a.m. and continues through August 20. The Boot Camp class consists of various exercises that build functional strength and core stability with circuits utilizing light dumbbells and body weight exercises.

Attendees should bring a mat for Yoga and a mat plus a set of weights for Boot Camp. Classes take place weather permitting — cancellations will be posted on the FaceBook. Fitness in Cushman Park is presented free to the public only because of generous support from community contributions. Last summer's classes were a resounding success and up to 100 fitness enthusiasts attended each session.

For more information about the fitness program or to sponsor Fitness in Cushman Park call 508-287-2482.

Walking with Ease Debuts at Brooklawn

The Council on Aging is teaming up with the City's Parks, Recreation & Beaches Department to offer a new walking program beginning this month. "Walking can be great exercise for elders and this program is especially designed for them," said Debra Lee, Director of the Council on Aging.

Walk with Ease is a program from the Arthritis Foundation that can reduce pain and improve overall health. "If you can be on your feet for

10 minutes without increased pain, you can have success with Walk with Ease," according to the Arthritis Foundation.

The program, which will be offered at the Brooklawn Senior Center on Tuesdays from 9 a.m. to 10 a.m., includes stretching and warm ups prior to walking. Participants also receive a work book.

For more information call Jordan Duarte at the Brooklawn Senior Center at 508-961-3100.

Trivia Quiz

By JRA

1. When Abraham Lincoln gave his Gettysburg Address, he described our nation's age, at the time, as "Four Score and Seven Years Ago" How many years is this?

- a) 11 years b) 47 years c) 87 years d) 107 years

2. Back in the 1940s, there were five movie theatres located on Acushnet Avenue. Which one was located between Baylies Square and the Capitol Theater?

- a) Rialto b) Strand c) Allen d) Bijou

3. Which of the following four towns has the largest population?

- a) Dartmouth b) Fairhaven c) Acushnet d) Mattapoisett

4. Prior to Alaska and Hawaii becoming states in 1959, which was the last state (48th) to join the union in 1912?

- a) Arizona b) Utah c) Montana d) New Mexico

5. Her maternal grandfather was the famous architect, Frank Lloyd Wright. She received a best actress Oscar nomination for "All about Eve"?

- a) Bette Davis b) Claudette Colbert c) Anne Baxter d) Norma Shearer

6. Which of the following instruments is not played with a bow?

- a) cello b) viola c) harpsichord d) violin

7. The DiMaggio brothers, Joe and Dom, played baseball in the major leagues. They had an older brother who also played in the majors. What was his first name?

- a) Paul b) Augie c) Vince d) Carl

8. What year did buses replace trolleys in New Bedford?

- a) 1941 b) 1947 c) 1951 d) 1954

9. Which is not a Romance (evolved from Latin) language?

- a) Portuguese b) Romanian c) German d) Italian

10. Which singer made the song "Racing to the Moon" a hit?

- a) Bing Crosby b) Frank Sinatra c) Perry Como d) Vaughn Monroe

Senior Travel

Day Trips

Contact the Acushnet Council on Aging at 508-998-0280 about the following trip:

Thurs. May 7 -- Newport Grand Casino

Wed. May 27 -- Twin River Casino

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

Mon. May 18 -- Wrentham Mall

Mon. June 15 -- Glass Museum, Sandwich

Mon. July 20 -- Butterflies of Cape Cod, Bourne

Mon. Aug. 17 -- Canal Boat trip

Mon. Sept. 21 -- Isaac's, Plymouth

Mon. Oct. 19 -- Fall River Maritime Museum

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

Mon. July 13 -- Twin Rivers Casino (price cut \$13)

Wed. July 22 -- Lady Bea Conn. River Cruise, Dockside Restaurant

Wed. July 29 -- Patriots Place Hall Tour, CBS Scene Restaurant

Wed. Aug. 5 -- Clambake Restaurant, Len & Libby's Chocolates -- Old Orchard Beach

Mon. Aug. 10 -- Foxwoods Casino

Wed. Aug. 12 -- North Shore Music Theatre -- Saturday Night Fever

Thurs. Aug. 20 -- Provincetown Carnival Parade with Candyland theme

Wed. Aug. 26 -- Thimble Island Cruise, lunch at USS Chowder Pot

Wed. Sept. 2 -- Lobster dinner, George's of Galilee -- Mohegan Sun

Wed. Sept. 9 -- RI Wine & Garden Tour, lunch at Atlantic Beach Club

Thurs. Sept. 16 -- Newport Playhouse -- The Odd Couple

Wed. Sept. 23 -- On Golden Pond cruise, lunch at Hart's Turkey Farm, Tilton Outlets

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

Friday, May 22 -- Trip to Elizabeth Park's Rose Garden & Lunch at the Pond House, Hartford, CT.

Monday, May 11 -- Shopping Trip /w Lunch at the Warwick Mall, RI.

Friday, May 15 -- Lunch at Cobblestone's & Visit at the New Bedford Art Museum.

Monday, May 18 -- Shopping & Lunch at Faneuil Hall & Quincy Market, Boston.

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



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.

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At the Senior Centers

Acushnet Senior Center

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

Free manicures and hand massage will be offered by Cosmetology students from Old Colony on Thursday, June 4, 10:00 a.m. to 11:30 a.m. Men are welcome, walk-ins only, no appointments.

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.

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

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

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

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

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

Ashley Park Center

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

Brooklawn Senior Center

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

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

The Truth about Whole Grains presented by Coastline dietitian on Thurs., May 14, at 11:30 a.m. and **Artificial Sweeteners** on Thurs., June 18 at 11:30 a.m.

Grocery Bingo on Mon. May 11 with United Health Care.

Novex Clinical Research Company will be here on Thurs. May 7 at 11:45 for a presentation. Podiatrist Dr. Crowe will be available for appointments on Tues. May 26. **A Veterans' Coffee Hour** is held on the first Monday of every month from 9 a.m. to 10 a.m.

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

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

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

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

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

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

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

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

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

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

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

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

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

Buttonwood Senior Center

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

Monthly Birthday Party will be held on Thursday, May 14 and June 11, from 11 a.m. to noon.

Breakfast is available daily.

Game Show Mash-up will be held Fri. May 8, 22 and 29 and June 12 and 26, from 10 a.m. to 11 a.m.

Free and private legal consultations with Surprenant & Beneski will be available Wed., June 16. Must register in advance.

Veterans Services Director Chris Gomes will be available for questions on Thurs., May 14, and June 11, from 11 a.m. to 2 p.m.

Foot Doctor appointments will be available on Tues. May 12 from 9 a.m. to 9:45 a.m. Must sign up by May 5.

Whole Grains Presentation by Coastline dietitian will be held on Thurs., May 21, at 11:30 a.m. and **Sugars and Sweeteners on Thurs. May 28.**

Health Fair sponsored by Senior Whole Health is set for 10 a.m. to 2 p.m. on Wed. June 17.

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

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

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

Chair Zumba class with Pati Cautillo meets on Fri. May 15 and June 5 and 19, 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. from 10:30 a.m. to 11:30 a.m.

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

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

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

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

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

Caroline Street Senior Center

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

Lunch is served Monday through Friday at noon.

Exercise Class meets every Monday at 11 a.m.

Ice Cream Social is held every other Friday.

Dartmouth Senior Center

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Play **horse shoes** Fridays at 10.

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

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

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

Downtown Senior Center

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

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

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

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

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

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

Fairhaven Senior Center

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

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

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

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

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

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

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

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

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

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

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

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

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

Trips to the Mall call for details.

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

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

Hazelwood Senior Center

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

A Day in May event will be held on Fri. May 29, from noon to 2 p.m. Call for information.

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

Senior Whole Health presentation on Wed. May 27 at 11:30 a.m.

United Health Care presentation and Grocery Bingo on Wed. June 20 from 10 a.m. to 11 a.m.

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.

Senior Safety

Acushnet Senior Center Creates Safe Zone for Online Transactions

In the past six years, at least 50 people across the country have been killed in Craigslist-related crimes, countless others have become victims of beatings, robberies and other crimes.

In an effort to keep Acushnet residents safe, the Acushnet Council on Aging and Senior Center has created a "safe zone" for individuals to safely complete their online transactions. The intention is to take individuals out of unfamiliar or secluded areas where they often meet and to bring it to a very public place, where everyone is comfortable.

Town employees and volunteers are not available to participate, act as official witnesses, give legal advice

or settle disputes but good lighting, constant foot traffic in and out of the building and access to a landline phone make the Senior Center the perfect place to complete an in-person transaction that originated on Craigslist or other website. No weapons or drug paraphernalia transactions are allowed in the safe zones.

The Acushnet Council on Aging and Senior Center is open Monday through Friday from 8 a.m. to 4 p.m. and Wednesday or Thursday evenings until 8 p.m. Remember, if someone isn't willing to meet you in a safe online transaction zone, it's probably not a legitimate transaction.

At the Senior Centers... continued from page 8

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.

The Marion Council on Aging in collaboration with the Marion Recreation Department and the Board of Health is now offering **Tai Chi** on Thurs. from 11:00 a.m. to 12:30 p.m. and Tues. from 6:00 p.m. to 7:30 p.m. at the Atlantis Drive Facility. Please register with either Marion Recreation at 774-217-8355 or info@marionrecreation.com or the Council on Aging at 508-748-3570 or sschwager@marionma.gov.

Podiatry Care available by appointment.

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

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

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

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

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

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

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

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

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

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

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

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

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

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. May 28, from 9:45 a.m. to 11:30 a.m.

Joint & Arthritis Pain presentation on latest treatment options with local orthopedic physician Christian Dee, M.D. on Tues. May 19 at 10:15.

Flower Arranging Demo with florist Bunny Mogilnicki on Tues. May 5 at 10:15 with centerpieces, vase bouquets and house plants.

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

Nutrition News

The Truth about Sodium and High Blood Pressure

by Stephanie Boulay, RD, Coastline Elderly Services

Everybody has sodium in their diet. Some of us, however, may be getting too much, and often we aren't even aware of where it's hiding in the foods we're eating.

For most people, 2,300 mg of sodium is the daily limit, but too much can be harmful to our health. For those who may suffer with high blood pressure, studies show that decreasing your sodium consumption below 2,300 mg, combined with a high intake of fruit and vegetables and a low fat diet, may help lower blood pressure.

Beware: Sodium isn't only in

salty snacks or the table shaker. Many of the already prepared foods and meals you consume at restaurants, cafés and grab-and-go items at grocery stores have sodium. The best way to combat high sodium in your daily diet is to watch your intake of highly processed foods.

Here are some other tips to help lower your sodium intake: Limit cured foods such as cold cuts and sausages, rinse canned foods, choose low-sodium varieties of frozen meals, and watch portion sizes on dairy, meat and processed starchy foods.

The Truth about Sodium... continued on page 4

Healthy Eating Tips

Healthy eating is critical to staying well as we age. Here are some healthy eating tips:

Eat fruits and vegetables of different colors to get a wide range of nutrients.

Pay attention to portion sizes. Smaller portions equal fewer calories.

Season your food with lemon juice, herbs, and spices, rather than using butter and salt.

Sugestões de Como Comer Saudavelmente

O comer saudavelmente é crítico para manter-se bem enquanto envelhecemos. Aqui estão algumas sugestões de como comer saudavelmente:

Come frutas y vegetais de cores diferentes para conseguir uma vasta

gama de nutrientes. Preste atenção ao tamanho das porções. As porções mais pequenas equivalem a menos calorias. Tempere a sua comida com sumo de limão, ervas, e condimentos em vez de usar manteiga e sal.

Sugestiones de Como Comer Saludablemente

El comer saludablemente es crítico para mantenerse bien mientras envejecemos. Aquí estan algunas sugerencias de como comer saludablemente:

Come frutas y vegetales de colores distintas para conseguir una vasta

gama de nutrientes. Preste atención al tamaño de las porciones. Las porciones más pequeñas equivalen a menos calorías. Tempere su comida con jugo de limón, hierbas, y condimentos en vez de usar la mantequilla y el sal.

Technology Today with Computer Technology Students from Old Colony Regional Vocational Technical School on Tues. May 26, at 10:15 a.m. to launch, what we hope will be, a new intergenerational program using **Seniors to teach Seniors** various programs on the computer. Please sign up in advance.

Currently collecting old time photos and current photos for **Then & Now Contest**. All submissions should be in by May 31. Photos will be placed on a bulletin board in the lobby. Call for details.

Mass. Homestead Act and Consumer Issues presented by John Buckley, Plymouth County Register of Deeds, on Tues. June 23 at 10:15. Internet ready computers will be available to print a Registry recorded deed, confirm the status of a mortgage discharge, or check on any filing.

Free Legal Consults with Rochester resident, Attorney Matt Beaulieu, on the 1st Thurs. of every month, at 3 p.m., for any Rochester senior who would like assistance with their Health Care Proxy and/or their Living Will.

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.

Your Health

Top Actions to Promote Thinking Skills as We Age

Gradual and variable change in mental functions that occurs naturally as people age, not as part of a neurological disease such as Alzheimer's disease, is one of the most challenging health issues encountered by older adults, says a new report from the Institute of Medicine.

The aging process affects the brain just like any other part of the body. Known as "cognitive aging," the type and rate of change can vary widely among individuals. Some will experience very few, if any, effects, while others may experience changes in their memory, speed of processing information, problem solving, learning, and decision-making abilities.

"Changes in mental functions and capabilities are a part of aging and occur with everyone," said committee chair Dan G. Blazer, of Duke University Medical Center in Durham, N.C. "The extent and nature of these changes vary widely and are gradual, and aging can have both positive and negative effects on cognition. Wisdom and knowledge can increase with age, while memory and attention can decline."

Aging can affect cognitive abilities needed to perform daily tasks, such as driving, following recipes, adhering to medication schedules, and paying bills, the committee said. As they get older, individuals of all ages should take the following three steps to help promote cognitive health:

Be physically active.

Reduce and manage cardiovascular disease risk factors, including high blood pressure, diabetes, and smoking.

Regularly discuss and review health conditions and medications that might influence cognitive health with a health care professional. A number of medications can have a negative effect -- temporary or long term -- on cognitive function when used alone or in combination with other medication.

Other actions that may promote cognitive health:

Be socially and intellectually active, and continually seek opportunities to learn.

Get adequate sleep and seek professional treatment for sleep disorders, if needed.

Take steps to avoid a sudden acute

decline in cognitive function, known as delirium, associated with medications or hospitalizations.

Carefully evaluate products advertised to consumers to improve cognitive health, such as medications, nutritional supplements, and cognitive training.

There has been considerable interest over the past several years in whether cognitive stimulation -- either through formal training or everyday activities, such as completing crossword puzzles, participating in a book club, playing card games, or learning to play a musical instrument -- can assist in the maintenance or even enhancement of cognitive function.

The scientific literature has shown that older adults can improve on trained abilities, albeit often at a slower pace than younger adults, and that improvements on the tasks can be maintained over time. However, studies examining whether cognitive stimulation and training could transfer to real-world activities and tasks have had mixed results. For example, can a computer-based memory training program help people better remember their shopping list, medical and other appointments, and the names and faces of new acquaintances? Claims regarding the effectiveness of cognitive aging related products require careful evaluation by consumers and in regulatory review, the committee said.

Despite widespread publicity about the benefits of vitamins and supplements for brain health and the large expenditures made, the evidence for supplements enhancing cognition or preventing decline is limited, and the medical literature does not convincingly support any vitamin supplement intervention to prevent cognitive decline, the report says.

"We are only really beginning to understand how the brain changes with age," said Victor Dzau, president of the Institute of Medicine. "As the population of older Americans grows, so will the effects of cognitive aging on society. By calling attention to this issue, we can learn more about the risk and protective factors and needed research so older adults can better maintain their cognitive health to the fullest extent possible."

MAOA Conference on Trauma, Aging and Well Being

The Mass. Association of Older Americans, Inc. and the Mass. Department of Mental Health, in partnership with Coastline Elderly Services, Inc., Bristol Elder Services, Inc. and St. Anne's Hospital are presenting a conference on Trauma, Aging and Well-Being During Later Life on Friday, May 15. The event is open to the public and will run from 9:00 a.m. to 3:30 p.m. at White's of Westport, 66 State Road in Westport. Registration begins at 8 a.m.

Presentations will be offered by Stop

Should Healthy Women Take Low-Dose Aspirin?

Should healthy women be given regular low-dose aspirin to help prevent serious illness, such as heart disease and cancer? A new study published in the journal *Heart* weighs the pros and cons.

Researchers analyzed data from nearly 30,000 healthy women who were 45 years of age and older. They were randomly assigned to take either 100 milligrams of aspirin every other day or a placebo.

During the monitoring period, 604 cases of cardiovascular disease were diagnosed, 168 cases of colorectal cancer, more than 1800 cases of other cancers and 302 episodes of major gastrointestinal bleeding which required hospitalization. Additional cases of cancer were recorded after the trial ended. The data showed that compared with placebo, aspirin was only marginally linked to lower risk of heart disease, stroke and colorectal cancer. The study

Abuse Gain Empowerment (SAGE), Riverside Trauma Center, VA Boston Healthcare System, Outpatient Geriatric Mental Health Clinic, Worcester Vet Center, and Department of Veterans' Affairs.

To register or for more information, contact the Mass. Association of Older Americans, Inc. at 617-426-0804 or email Events@maoamass.org. For sponsorship opportunities or vendor information please call 508-742-9160.

authors say the risk of gastrointestinal bleeding outweighed the small health benefit. About two-thirds of the participants taking aspirin experienced some bleeding.

But the picture looked better for women age 65 and up. Aspirin boosted their risk of bleeding, too -- but the benefits against heart disease and colon cancer were bigger, researchers reported.

The American Cancer Society advises people against popping the drug solely to ward off cancer. Similarly, the American Heart Association recommends only that people at "high risk" of a heart attack consider taking aspirin.

Meanwhile, the U.S. Food and Drug Administration recently came out against using aspirin for preventing first-time heart attacks and strokes, citing the potential harms.

Can Statins Help Improve Prostate Cancer Survival?

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

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

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

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

Previous research has associated statin use with improved prostate cancer outcomes, said Dr. Charles Ryan, an

ASCO expert and associate professor of medicine and urology at the University of California, San Francisco.

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

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

Follow-up research and clinical trials are needed to verify this effect, Dr. Ryan said. He also noted that in this study the men were taking statins due to high cholesterol levels, not to improve their cancer treatment.



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MAY 2015



Coastline & Mattapoisett Council on Aging

Invite you to attend a

Healthy Aging Fair

Friday, May 8, 2015, between 10a.m.-2p.m.

Fairhaven Recreation Center, 227 Huttleston Ave, Fairhaven

Southcoast Mobile Van will be on-site for free blood pressure, blood sugar, cholesterol screenings, tetanus and pneumonia vaccines.

See displays and gather information from over 70 community organizations

Free lunch and snack refreshments, raffles and prizes throughout the day

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Your Health

FDA Approves Closure System to Permanently Treat Varicose Veins

The U.S. Food and Drug Administration recently approved the VenaSeal closure system (VenaSeal system) to permanently treat varicose veins of the legs by sealing the affected superficial veins using an adhesive agent.

Varicose veins often cause no symptoms but some patients may experience mild to moderate pain, blood clots, skin ulcers or other problems, according to the National Heart, Lung, and Blood Institute at the National Institutes of Health. If these issues occur, health care professionals may recommend treatment such as compression stockings or medical procedures to remove or close the affected veins.

The VenaSeal system is intended for patients with superficial varicose veins of the legs that cause symptoms. The device must be used as a system and differs from procedures that use drugs, laser, radio waves or cuts in the skin to close or remove veins. A trained healthcare professional inserts the catheter through the skin into the diseased vein to allow injection of the VenaSeal adhesive, a clear liquid

that polymerizes into solid material. The healthcare professional monitors proper placement of the catheter using ultrasound imaging during delivery of the adhesive into the diseased vein to seal it.

"This new system is the first to permanently treat varicose veins by sealing them with an adhesive," said William Maisel, M.D., M.P.H., of the FDA's Center for Devices and Radiological Health. "Because the VenaSeal system does not incorporate heat application or cutting, the in-office procedure can allow patients to quickly return to their normal activities, with less bruising."

The VenaSeal system should not be used in patients who have a known hypersensitivity to the VenaSeal adhesive, acute inflammation of the veins due to blood clots or acute whole-body infection. Adverse events observed in the trial—and generally associated with treatments of this condition—included vein inflammation (phlebitis) and burning or tingling (paresthesia) in the treatment zone.

New Drug Approved to Treat Heart Failure

The U.S. Food and Drug Administration has approved Corlanor (ivabradine) to reduce hospitalization from worsening heart failure. Corlanor is approved for use in certain people who have chronic heart failure caused by the lower-left part of their heart not contracting well.

The drug is indicated for patients who have symptoms of heart failure that are stable, a normal heartbeat with a resting heart rate of at least 70 beats per minute and are also taking beta

blockers at the highest dose they can tolerate.

Heart failure is a common condition affecting about 5.1 million people in the United States. It is a condition in which the heart can't pump enough blood to meet the body's needs. Heart failure develops over time as the heart's pumping action grows weaker. The leading causes of heart failure are diseases that damage the heart, such as coronary heart disease and high blood pressure.

Surgery a Viable Option for Patients Age 80+ with Acute Spinal Conditions

As the number of Americans age 80 and older continues to rise, so does the percentage of patients with acute spinal conditions. Approximately 47 percent of Americans age 60 and older have spinal stenosis, a narrowing of the spinal canal due to the wear and tear associated with aging.

A new study found significant benefit from surgical treatment for lumbar spinal stenosis—a debilitating spinal condition causing leg and back pain, numbness and weakness. The overall complication rate and mortality rate were no higher for patients age 80 and older when compared to patients younger than age 80.

In this study, researchers reviewed Spine Patient Outcomes Research Trial (SPORT) data for 105 patients, age 80 and older, and 1,130 patients younger than age 80 with lumbar stenosis. Levels of pain, assessment of general health, complications, the need for revision surgery, and mortality were measured postoperatively for up to four years.

Fifty-eight (55.2 percent) of the patients who were at least 80 years old underwent surgery—either a spinal fusion (arthrodesis) or a laminectomy, which is the removal of bone spurs, bone and ligaments that may be pressing on the spinal nerves. At the begin-

ning of the study, patients age 80 and older had a higher prevalence of hypertension, heart disease, osteoporosis and joint problems, but a lower Body Mass Index, and a lower prevalence of depression and smoking.

Among the other findings: Averaged over a four-year follow-up period, patients at least 80 years of age who had the surgery, had significantly greater improvement compared with patients at least 80 years of age who received nonsurgical treatment.

Both groups—under and over age 80—had comparable rates of complications during and after surgery, re-operations and postoperative mortality.

The benefits of surgery in patients at least 80 years of age were similar to those in younger patients, except for the outcome measures of pain and physical function, which were higher in the under age 80 group.

"This study demonstrates that surgery for the treatment of lumbar stenosis provides significant benefit compared to nonoperative treatment in those patients over the age of 80," said lead study author Jeffrey A. Rihn, MD, an orthopaedic surgeon. "Patients in this age group had significant improvement in their function after surgery and complication rates comparable to the younger demographic."

Parkinson's Support Group

The next meeting of the Parkinson's Support Group will be held on Thursday, May 14, at 1 p.m. at the Dartmouth Senior Center on Dartmouth Street.

MSAC to Present Speaker on Pilgrim Nuclear Plant

The Bristol County Chapter of Mass. Senior Action will present a program on the dangers of the Pilgrim Nuclear Power Plant and why residents of Bristol County should be concerned. The event will be held Thursday May 21, at 1 p.m., at St. George's Church

The speaker for this meeting will be social worker Leah Mullen from Community Nurse. Her topic is Let's Have an Open Conversation.

Hall, 12 Highland Avenue, Westport. Light refreshments will be served. For additional information contact Barbara "Cookie" Cooke at 508-993-2680 or email bcooke@masssenioraction.org.

Divorce May Increase Heart Attack Risk

The stress of divorce may take a significant toll on your heart, not only emotionally, but physically, as well, reports Dr. Cindy Haines of HealthDay TV.

A new study followed nearly 16,000 born in the 1930s and 1940s. More than one-third of them had experienced divorce one or more times in their lifetime. And about 14 percent of men and 19 percent of women were divorced at the start of the study. During nearly 2 decades of follow-up, more than 1,200 acute heart attacks were recorded.

The results showed that divorced men and women were at significantly higher risk of heart attack compared to those who were continuously married. Women with one or more divorces were at especially high risk of heart attacks and that association remained even among those who remarried. On the other hand, men who tied the knot again were not found to be at significant risk.

Among women, those who had been divorced once were one-quarter more likely to have a heart attack, while those who had gone through multiple divorces faced a 77 percent higher heart attack risk. For men, breakups seemed to have less impact on the heart, the researchers found. Heart attack risk was elevated (by 30 percent) only among men who'd been divorced at least twice. And once men remarried, that increase disappeared. The researchers found that depression symptoms seemed to partly account for the link between divorce and heart attack risk in women.

The study authors say the social stressors of divorce may be comparable in magnitude to established heart attack factors like smoking, diabetes and high blood pressure. They're calling for more study to determine how this information can be used to target and treat vulnerable adults.

Blood Drive in Acushnet

The American Red Cross will hold a blood drive at the Acushnet Council on Aging and Senior Center on Thursday, May 14, from 1 p.m. to 6 p.m.

Appointments are available by call-

ing 800-733-2767. Walk-ins are also welcome. The blood drive is sponsored by the Acushnet Board of Health and Acushnet Council on Aging.

Community Search and Rescue Presentation

Dartmouth Police Officers Scott Affonce and Justin Fonseca, members of the Southeastern Massachusetts Law Enforcement Council (S.E.M.L.E.C.) search and rescue team, will offer a presentation titled Bringing Loved Ones Home on Tuesday, May 19 at 1 p.m. at the Dartmouth Council on Aging on Dartmouth Street.

The event is open to the public and will provide information on what to do if a person is missing or lost, as well as on new programs that assist in locating family members or loved ones with cognitive disorders such as Autism and Alzheimer's.

The Southeastern Massachusetts Law Enforcement Council (S.E.M.L.E.C.)

search and rescue team consists of 35 members from 28 different communities. These officers can be called upon for missing persons and evidence searches in any of the member communities. They have been trained in urban and wilderness searches, land navigation by compass and G.P.S.

Officers Affonce and Fonseca joined the team in September 2010. They are nationally certified Sarteck III by the National Association for Search and Rescue.

Coffee and refreshments will be served. For more information call the Dartmouth Senior Center at 508-999-4717.

Presentation on Maintaining Your Independence

The South Coast Senior Resource Association will present a special educational event on "How to Maintain Your Independence" on Wednesday, June 3, from 11:30 a.m. to 1:30 p.m.

at the Fairhaven Council on Aging, 229 Huttleston Ave. in Fairhaven. The event will include lunch and raffles.

To register call 508-979-4029 or 508-748-1331 by May 28.

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efey@elderservices.com

Family Owned & Operated



Remember When

New Bedford Voke School, 1960



Members of the 1960 class of New Bedford Vocational High School gather in the garden prior to their graduation ceremony at the Hamlin auditorium. Every girl had to design and construct her own formal gown as part of her senior project. A class reunion will be held on May 24. Contact Bob Mullin ramerm1@comcast.net for additional information.

Communication -- Use It or Lose It!

An estimated 40 million Americans have communication problems. Their ability to speak and hear is impacted to the point that it impacts their daily lives.

Communication problems can occur as a result of neurological conditions such as a stroke, Parkinson's Disease, Multiple Sclerosis, ALS or Traumatic Brain Injury. The normal aging process can also cause communication problems, such as changes in attention and concentration, memory skills, word finding, thought organization, problem solving and hearing. These changes are often minor irritations that do not slow us down. Sometimes, however, they can significantly disrupt our lives and independence. When this happens, it is important to recognize the signs and be proactive in addressing them.

Making lifestyle changes like getting more sleep, eating a healthy diet, eliminating stress and taking medications as prescribed can eliminate the risk these issues create. Giving up unhealthy habits such as cigarettes and alcohol are also beneficial. Simple things can help to keep your brain functioning at optimal levels:

Get organized and keep important items like keys and wallet in the same place;

Write down important information;

Challenge yourself by trying new things, and

Learn a new skill.

Sometimes despite our best efforts, thinking and communication skills don't improve. That is when it may be time to look for more help. Lisa Yauch-Cadden and Kari Star of Buzzards Bay Speech Therapy in Mattapoisett are speech language pathologists who have developed a program to help seniors maintain their cognitive and communication skills as they age. With over 25 years of experience each, Lisa and Kari bring a wealth of knowledge and expertise to their self-improvement classes.

Since January, Lisa and Kari have been running successful classes for

adults focusing on information and tips to improve memory and thinking skills, games/techniques to promote self-expression and word finding, and activities that highlight reminiscence and social connectedness.

Classes are currently being offered in Dartmouth and East Wareham. So far, the response from participants has been spectacular. Attendees report increased confidence, a feeling of belonging, new friendships and increased participation in the community. Following these classes, people who never got out of their homes are now socializing and joining other groups.

"At Buzzards Bay Speech Therapy we believe that adults can improve their thinking and communication skills at any age," says Lisa. Their motto is 'Use it or Lose it!' Per Kari, "Just like tennis, golf, painting or piano, if you want to maintain your skills or learn a new technique, you have to practice. At Buzzards Bay Speech Therapy, we give you the opportunity to practice your communication skills in a fun and stress free environment."

Classes promote healthy aging by engaging participants in activities that stimulate language, memory, problem solving and social interaction. Classes meet 3 to 4 times per month for 1 or 2 hours and are open to any adult who feels that they can benefit from the services provided. For more information or to learn how you can schedule classes, lectures or workshops for your organization or group, please contact Lisa Yauch-Cadden at Buzzards Bay Speech Therapy, 508 326-0353 or lycslp@gmail.com.

In recognition of May as Better Hearing and Speech Month, Kari and Lisa will be speaking at the Southeastern Regional Office of the Brain Injury Association of Mass. in East Wareham on May 18 about cognitive, language and swallowing issues affecting those with brain injuries. To reserve a seat at this free lecture please contact Sandy Topalian, Regional Director at 508 743-0333.

Drop-off Days Set to Dispose of Confidential Papers, Tires, Sharps

The City New Bedford and the Refuse District are hosting events this spring to help residents discard confidential papers, tires, and sharps (needles).

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

Tire Drop-off Day will take place on Saturday, May 16, from 9 a.m. to noon at the Shawmut Avenue Transfer Station, 1103 Shawmut Avenue. This event is open to New Bedford and Dartmouth residents only, ID required.

Fees (cash or check only) are \$1 each for car tires, \$5 each for light duty truck tires, and \$15 each for heavy duty truck tires. No commercial loads will be accepted, and no tires larger than R24 or off-road equipment tires.

Sharps Drop-off Day will take place on Saturday, May 16 from 9 a.m. to noon at the Shawmut Avenue Transfer Station, 1103 Shawmut Avenue. This event is open to New Bedford and Dartmouth residents only, ID required. Sharps include needles, syringes, and lancets. Sharps must be in a red biohazard container prior to the drop-off day; sharps will not be accepted in any other type container. Biohazard containers may be purchased from local pharmacies.

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

Answers to Trivia Quiz

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

Coastline Thanks Volunteers at Recognition Lunch



Coastline Board member and elder advocate George Smith was the master of ceremonies at the Volunteer Recognition Luncheon on April 15 at Cotali Mar. George's humorous comments elicited smiles and laughter from the audience of volunteers from Coastline's Foster Grandparent, Money Management, Nurs-

ing Home Ombudsman, and other programs as well as the Advisory Council. "What makes volunteers special? Well, they are paid in six figures, S..M..I..L..E..S.," he said. He added, "Coastline is grateful for your commitment and we are humbled by your generosity, your spirit and your compassion."

What would men be without women? Scarce, sir...mighty scarce.
Mark Twain