NEW BEDFORD'S

Senior Scope

Celebrating 30 Years!

FREE

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

Vol. 31, No. 4 *Published by the City of New Bedford, Massachusetts • Jonathan F. Mitchell, Mayor* October 2014

Inside

Puzzle Power, p.12

- Editor's Notes 2
- Donations 2
- Medicare Scams.....3
- Save Money on Meds 3
- Menu for October.....4
- Recipe Roundup 4
- Shopping Guide 5
- Update 6
- Veterans Parade.....7
- Senior Travel.....7
- At the Senior Centers.....8
- Memory Screening 9
- Is Low Carb Best?.....9
- Slow Glaucoma.....10
- Alzheimer Program.....10
- Unhelpful Meds 11
- Shingles Risk.....11
- Remember When.....12

- Los Articulos en Español ..... Página 10
- Os Artigos em Português ..... Página 10

Medicare Advantage Cheapest Option for New Medicare Enrollees

Americans are turning 65 at a pace of 10,000 per day and they face a confusing array of insurance decisions regarding Medicare. To help this age group understand their insurance choices, HealthPocket evaluated the expenses associated with their three main coverage options:

Original Medicare with a Medicare drug plan;

Medigap Plan F with Original Medicare and a Medicare drug plan;

Medicare Advantage.

Using government data on healthcare and medication use among Medicare-aged individuals, HealthPocket compared the premium and out-of-pocket expenses for each of the three Medicare insurance options. Medicare Advantage proved to be the lowest cost option.

The annual cost estimate for Medicare Advantage was 19 percent less than Original Medicare Parts A & B combined with a Medicare drug plan and it was 45 percent less than Medigap Plan F combined with Medicare Parts A & B and a Medicare drug plan. While the Plan F option left the Medicare enrollee with no medical out-of-pocket costs, this option still had out-of-pocket costs associated with drug coverage. Additionally, the Plan F option's lower out-of-pocket costs did not compensate for its higher overall premium expenses.

Due to its current government funding structure, many Medicare Advantage plans do not charge a monthly premium. These plans also include an annual limit on out-of-pocket costs. Original Medicare has no such limit on out-of-pocket costs.

Premiums and out-of-pocket costs for Medicare Advantage plans may be affected in the future by changes in government funding, but these changes are difficult to predict. Medicare Advantage plans have been at the center of highly politicized debates over the program given that the government often spends more for medical services delivered by Medicare Advantage plans as compared to the same services received in Original Medicare.

The full Medicare insurance research report can be read at HealthPocket.com.

HealthPocket.com is a free website that compares and ranks all health insurance plans available to an individual, family, or small business to allow consumers to make their best health plan decision and reduce their out of pocket costs. HealthPocket uses only objective data from government, non-profit, and private sources that carry no conditions that might restrict the site from serving as an unbiased resource. Learn more at www.HealthPocket.com.

Sunset Supper Program Combines Food, Friendship and Fun

The Sunset Supper Program combines food, friendship and fun for downtown elders and disabled individuals. Started in September 2003 the program provides an opportunity for a social gathering in the early evening.

The City's Constituent Ombudsperson, Pauline Macedo, says, "I spoke with (Director of Human Services) Cynthia Wallquist about the need for some sort of activity that would benefit the low-income and disabled residents of the downtown area. They had voiced their concerns about having 'nothing to do' in the late afternoon and early evening hours, since the Downtown Senior Center offered no planned activities at that time of day."

The Sunset Suppers are held in the Grace Church Hall on County Street. The food is prepared by a caterer and church volunteers help with serving and clean-up.

Joan Swain, one of the volunteers, says, "I enjoy seeing people having a good time. It's a nice dinner, they are communicating and having fun." Joan is also a member of the New Bedford Council on Aging Board.

Those attending the program agree. Shirley Rodrigues, who has been attending for 12 years, says, "The food is excellent, sometimes there are speakers, and it gets us out of the house."

"I love it," says Irene Babineau. "I always cooked for a large family, cooking for one is not the same. Sometimes I don't feel like cooking."

"Most of us live alone," notes longtime attendee Martha Bouchard. "The suppers provide great fellowship and outreach. We meet people and become friends."

The suppers are held on Thursday evenings from 4:30 to 7:00 for 8 weeks in the spring and 8 weeks again in the fall. Pre-registration is required. Transportation is provided for those who need it. Due to budget constraints the number of attendees is limited to 30 for each session. For more information call Pauline Macedo at 508-961-3135.

Pauline Macedo, center, with some of the elders who attend the Sunset Suppers sponsored by the City's Department of Community Services at the Grace Church Hall.

Older Adults Who Volunteer Are Happier, Healthier

Older adults who stay active by volunteering are getting more out of it than just an altruistic feeling – they are receiving a health boost.

A new study, led by the Rotman Research Institute at Baycrest Health Sciences and published in Psychological Bulletin, is the first to take a broad-brush look at all the available peer-reviewed evidence regarding the psychosocial health benefits of formal volunteering for older adults.

Lead investigator Dr. Nicole Anderson, together with scientists from Canadian and American academic centers, examined 73 studies published over the last 45 years involving adults aged 50-plus who were in formal volunteering roles.

"Our goal was to obtain a more comprehensive view of the current state of knowledge on the benefits of volunteering among older adults," said Dr. Anderson of the University of Toronto. "We discovered a number of trends in the results that paint a compelling picture of volunteering as an important lifestyle component for maintaining health and wellbeing in later years."

Among the key findings:

Volunteering is associated with reductions in symptoms of depression, better overall health, fewer functional limitations, and greater longevity.

Health benefits may depend on a moderate level of volunteering. There appears to be a tipping point after which greater benefits no longer accrue. The "sweet spot" appears to be at about 100 hours per year, or 2-3 hours per week.

Seniors with chronic health conditions may benefit the most from volunteering.

Feeling appreciated or needed as a volunteer appears to amplify the relationship between volunteering and psychosocial wellbeing.

"Taken together, these results suggest that volunteering is associated with health improvements and increased physical activity – changes that one would expect to offer protection against a variety of health conditions," said Dr. Anderson. Indeed, a moderate amount of volunteering has been shown to be related to less hypertension and fewer hip fractures among seniors who volunteer compared to their non-volunteering peers.

Editor's Notes

The Glory Days of Autumn

It never fails--as September draws to a close and October is on the horizon, a few lines of "October's Bright Blue Weather" always pop into my head.

Most of us recited this poem by Helen Hunt Jackson in grade school. It was a perennial favorite at this season when youngsters frolicked in the jewel colored leaves on the ground. We were so carefree in those days and oblivious to the hazards of the coming winter.

We did not have all the plastic pumpkins, witches and ghosts decorating our homes that people do now. But we reveled in the clear, crisp fall days and enjoyed the natural beauty of the season.

I was already familiar with "October's Bright Blue Weather" when we learned it in school because my mother loved this poem and she loved the month of October. It was her favorite time of year.

Mom and Dad were married on October 5, 1935. She always told us they had gone together for seven years before they were married.

In the "modern era" of the 1940s, we found this fact amazing. Why would anyone wait that long? Those were Depression years and people could not afford to get married, she said.

Dad had been in the navy and re-enlisted because there was no work. After the navy, he moved to New York where Uncle Henry worked at Columbia Medical Center and was able to get him a job there.

Love triumphed in the end and Mom and Dad started their married life living with Uncle Henry and Aunt Mary in New York. Not many young couples would accept that type of arrangement today, but times were still hard.

After my older sister and I were born, the economy was improving and Mom and Dad moved back to New Bedford.

As little girls we never tired of listening to these stories of my parents' courtship and early years in an exciting place like New York.

The most exciting story of all was the one about how they met at a party given by Mom's friend Marion. Dad worked in Marion's dad's restaurant – I think it was called Adam's Lunch on Acushnet Avenue--and he was invited to the party.

In those days, Mom told us, people stood around the piano and sang at parties. She sang a popular tune of the day, "Ramona," and Dad was enthralled.

What I discovered this year while looking up the author of "October's Bright Blue Weather" is that the song "Ramona" is based on a popular historical romance about southern California also written by Helen Hunt Jackson in 1884.

Jackson was quite an accomplished woman. A poet and writer, she became an activist on behalf of improved treatment of Native Americans by the U.S. government.

The song "Ramona" was created as the title song for the 1928 adventure film-romance of the same name based on Jackson's novel. So there is a connection between the poem and the song that maybe Mom did not even know about.

Ramona was recorded by the Paul Whiteman Orchestra on Victor Records. Remember those big black things? It was #1 for three weeks on the Billboard charts in 1928. I didn't know they had Billboard charts back then but apparently they did.

When we are young we think everything we experience never happened before. But as we get older we realize there's much truth to that old line, there's nothing new under the sun. Just as the seasons of the year come and go, so do the seasons of our lives.

So now in the glory days of autumn, as Helen Hunt Jackson said, we "count like misers, hour by hour, October's bright blue weather."

Jeannine

Have you ever noticed that anybody driving slower than you is an idiot, and anyone going faster than you is a maniac?
George Carlin

NEWBEDFORD'S
Senior Scope

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

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

Distribution: Michael Graffeo
Thomas Mello

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

Letter to the Editor

Benefits of Exercise

I enjoy reading SeniorScope and your article "Do you Exercise" in the September 2014 issue caught my attention because it is so true. Being physically active on a regular basis is one of the healthiest things you can do for yourself. I've seen women in the pool at Body Works improve their balance, health and well-being. They make friends and have fun. Being in the heated pool and hot tub eases pain and lifts spirits.

I encourage other women not to feel intimidated and at least give it a try.

Eleanor Lauzon
New Bedford

SHINE Counselors In Greater New Bedford Area

Fairhaven Council on Aging 229 Huttleston Ave	508-979-4029	Diane Perkins Joan Foster Lucille Dauteuil Carolyn D'Antoni
New Bedford Council on Aging 181 Hillman Street	508-991-6250 508-991-6250 508-991-6253 508-991-6250	Shelley Carvalho Jamara Natal Pamela Amaral-Lema Debra Lee
New Bedford Immigrants Asst 58 Crapo Street	508-996-8113	Lucy Oliveira Philomene Tavares
Greater NBComm. Health Center 874 Purchase Street	508-992-6553 x147	Derek Mendes
Marion Council on Aging 2 Spring Street Marion	508-748-3570	Asha Wallace
Mattapoisett Council on Aging 17 Barstow St Matt	508-758-4110	Connie Heacox Bob Walter
Rochester Council on Aging 57 Dexter Lane Rchtr	508-763-8723	Gordon Helme

Donations to SeniorScope

In Appreciation of SeniorScope

In appreciation of informative articles in your paper $10.00
-Mary Downey

In Honor/In Memory

In memory of Thomas and Louise Linney $20.00
-Anonymous

In Thanksgiving

Thank you St. Jude $10.00
-Anonymous

Thank you St. Joseph, St.Jude and Virgin Mary $10.00
- H.F.

Thank you Jesus, Mary, St. Joseph and St. Jude $10.00
-L.L.

Total Donations this month	$60.00
Donations last month	$246.00
Donations for FY15	$391.00

To: SeniorScope 181 Hillman Street, New Bedford MA 02740

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

☐ You may list my name and my town/city in a future issue (my street address will NOT be listed)

☐ Do not list my name; I am contributing anonymously.

Please list my donation as follows:

In Memory of: _____

Get Well Wishes for: _____

In Honor of: (Birthday or other celebration) _____

My Name is _____

Address _____

_____

You and Your Money

AutoTrader Names Top Vehicle Features for Older Drivers

For the lucky senior citizen who might be pulling a new or used car into the driveway this fall, AutoTrader's expert editors have some timely recommendations of in-vehicle features that will make the drive a little easier.

"Car culture was huge when the Baby Boomers were growing up, so it makes sense that as they get older, they're going to want to stay behind the wheel as long as possible," said Brian Moody, site editor for AutoTrader.com, a leading resource for car shoppers and sellers. "The technology and features available in vehicles now can do a lot to make sure older drivers are comfortable and safe."

While stereotypes may persist that these older drivers may not be as interested in the latest in-car tech features as their tech-savvy children, AutoTrader research says otherwise. In a recent study, 62 percent of Baby Boomers (aged 48-66) say technology is an important consideration when shopping for a new car. Some tech features AutoTrader editors say older drivers should consider include backup camera, keyless entry, push-button start, power lift gate and an infotainment system that's easy to use.

"While older drivers can benefit from the features infotainment systems offer, like navigation and voice control, finding an interface that's intuitive and responsive is key," Moody said. "Make sure to thoroughly test out the infotainment system in every car being considered. Ask the salesperson for a detailed demonstration, and then make sure you feel comfortable operating the system yourself before driving off the lot."

Comfort and convenience features are also must-haves for older drivers. AutoTrader research found when deciding which vehicle to buy, driving comfort is more important to Baby Boomers than younger generations. AutoTrader experts say heated seats and power seats are good things to look for in this area.

"While heated seats are great on a cold winter morning, they can also help to ease pain and tension in the lower back at any time, and the good news is they're now much more common on lower priced vehicles," Moody says. "In general it's important for everyone - not just seniors - to think about their lifestyle when shopping for a car. Considering the fact that the average age of a vehicle on the road is just over 11 years, it's good to make sure that the car you buy has the features you need not just right now, but in the future."

Medicare Scammers Operating in Mass.

Medicare scammers are once again operating in Mass., reports Emmett H. Schmarsow, of the state's Executive Office of Elder Affairs. He notified local Councils on Aging recently that a Mass. elder reported receiving a suspicious telephone call from "Medicare."

A very well spoken caller claimed Medicare had "sent her a letter" prior to a doctor coming to her house to ensure that proper services were being provided. The caller wanted to send Dr. "X" to the elder's home the following day.

The elder realized "this didn't sound right" and felt very uncomfortable, but the caller gave her a telephone number for verification. When the elder hung up, she called the Medicare number on her card (1-800-633-4227) and was told it was a scam. If she had agreed, when the "doctor" went to her house he would more than likely try to sell her insurance products, she was told by Medicare. The elder proceeded to call her local police department to report the incident.

Always remember that Medicare is not calling you. Never give out personal information, including your Social Security number, unless you have initiated the call.

Pass this Quiz and You May Save Money on Medications!

☐ YES ☐ NO Did you have **NEW** medications during 2014?

☐ YES ☐ NO Were you happy with the **COST** of your medications this year?

☐ YES ☐ NO Did you know that Medicare drug plans have **SPECIAL DEALS** with some pharmacies to lower costs?

☐ YES ☐ NO Did you make an **APPOINTMENT** with your SHINE counselor yet to find the best drug plan for 2015?

If you answered [X] NO to **any** of the above, don't miss out on saving money!

Open enrollment to buy or change Medicare drug plans runs from October 15 to December 7. Call your local senior center or Council on Aging or **1-800-243-4636** for information or to schedule an appointment.

Trick, Don't Treat, Cyber Criminals

By Delia De Mello
Social Security

Kids and kids at heart look forward to the end of October, when we use tricks and treats in equal measure to celebrate Halloween. No doubt, you'll be passing out treats to costumed hobgoblins and hooligans in your neighborhood this Halloween night. But be careful that you're not fooled by a different kind of trickster looking for a larger handout—such as your identity.

October also is Crime Prevention Month and National Cyber Security Awareness Month. So it is the perfect time to remind you to safeguard your personal information—whether it's online, on paper, or given out in person. Don't share your personal information, such as your full name, date of birth, mother's maiden name, and your Social Security number, with anyone unless you are certain it is safe.

Shred paperwork that includes personal information before throwing it out. And never reply to emails claiming to be from Social Security and asking for such information. Finally, don't carry your Social Security card or number with you. These tips should help reduce your risk of identity theft.

Identity theft is one of the fastest-growing crimes in America. If you think you've been the victim of an identity thief, you should contact the Federal Trade Commission at www.ftc.gov/bcp/edu/microsites/idtheft. Or you can call 1-877-IDTHEFT (1-877-438-4338); TTY 1-866-653-4261.

Learn more about identity theft by reading our publication, Identity Theft And Your Social Security Number, available at www.socialsecurity.gov/pubs.

Be cautious of tricksters trying to steal more than a sack of candy. Being the victim of identity theft can be horrifying. Enjoy the treats, but avoid the tricks.

"Extra Help" Program Helps People with Limited Income Pay for Prescription Medications

Making ends meet should not mean going without your medications. If you have limited income and resources, Medicare's "Extra Help" program might make it possible for you to pay no more than $2.60 for each generic drug and $6.50 for each brand name drug.

The Centers for Medicare & Medicaid Services estimates that more than 2 million people with Medicare may be eligible for the subsidy, but are not currently enrolled to take advantage of these savings.

A recent law changed how your income and assets are counted: Life insurance policies do not count as resources. Also, any help you get from relatives, friends and others to pay for household expenses—like food, mortgage, rent, heating fuel or gas, electricity, water, and property taxes—does not count as income.

Many People Qualify and Don't Know It

The changes that took place in 2010 allowed more people than ever to qualify for "Extra Help." Even if you were previously turned down for "Extra Help" due to income or resource levels, you should reapply. If you qualify, you will get help paying for Medicare prescription drug coverage premiums, copayments, and deductibles.

To qualify, you must make less than $17,235 a year (or $23,265 for married couples). Even if your annual income is higher, you still may be able to get some extra help. Your resources must also be limited to $13,300 (or $26,580 for married couples). Resources include bank accounts, stocks, and bonds, but not your house or car.

There's No Cost or Obligation to Apply

It's easy and free to apply for "Extra Help." You or a family member, trusted counselor, or caregiver can apply online at http://www.socialsecurity.gov/prescriptionhelp or call Social Security at 1-800-772-1213 (TTY users should call 1-800-325-0778). All the information you give is confidential. You can also receive assistance from a SHINE counselor in your local community. See the list of SHINE counselors on page 2.

Beacon
Adult Foster Care, Inc.

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

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

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

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

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

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

Menu for October 2014

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Meatloaf with Gravy Parsley Mashed Potatoes Mixed Veggies Fruit Muffin Chocolate Pudding Diet: Sugar Free Pudding	2 Oyster Crackers Broccoli Cheddar Soup Oven Roasted Chicken Gravy Red Bliss Potatoes Multigrain Roll Fresh Fruit	3 Fish Taco with Sour Cream Tomato & Pepper Salsa Black Beans & Rice Tortilla Shell Pears
6 High Sodium Low Sodium Hot Dog Hot Dog Roll Ketchup & Mustard Packet Potato Wedges Hot German Slaw Fruited Jello Diet: Sugar Free Jello	7 Chicken Marsala Egg Noodles Cut Green Beans Whole Wheat Bread Fresh Orange	8 Macaroni & Cheese Escalloped Tomato- Florentine Multigrain Roll Hermit Cookie Diet: Graham Wafer	9 Roast Turkey Rosemary Gravy Whipped Potatoes Winter Squash Raisin Bread Peaches	10 Beef & Cabbage- Casserole Carrot Coins Whole Wheat Roll Strawberry Cup
INTERNATIONAL WEEK				
13 CLOSED COLUMBUS DAY	14 Asian Chicken Cantonese Asian Rice Chinese Rolls Pineapple Chunks Fortune Cookie	15 Italian Italian Style Spaghetti with Meat sauce Roman Blend Veggies Italian Bread Cheesecake Pudding Diet: Sugar Free Pudding	16 Southern Corn Chowder Southern Style- Breaded Chicken Collard Greens Cornbread Peaches	17 Mediterranean Salmon Fillet Lemon Dill Sauce Chive Whipped Potatoes Cut Asparagus Fruit Muffin Fresh Fruit
20 Cheese Ravioli Tomato Basil Sauce Green & Wax Beans Whole Wheat Roll Pears Yogurt Cup	21 Cold Plate California Chicken Salad Italian Pasta Salad Beet Salad Pita Bread Potato Chips Fresh Orange	22 Shepherds Pie Genoa Blend Veggies Multigrain Roll Almond Cookie Diet: Graham Wafer	23 Turkey Stew with Veggies Boiled Parsley Potatoes Potato Bread Applesauce	24 BBQ Beef Rib Dirty Rice Jardinière Blend Veggies Whole Wheat Bread Strawberry Cup
27 Potato Pollock Tartar Sauce Whipped Sweet Potatoes Peas & Carrots Wheat Bread Fresh Fruit	28 Tossed Salad Tortellini Alfredo Glazed Carrots Fruit Muffin Strawberry Cup	29 Chicken La 'Orange Rice Pilaf Fall Blend Veggies Whole Wheat Bread Devils Food Cake w/ Orange Frosting Diet: Graham Wafer	30 Sloppy Joe Hamburger Roll Country Blend Veggies Hash Browns Peaches	31 Meatballs with Penne Pasta Peas & Pearl Onions Multigrain Roll Halloween Dessert

Recipe Roundup

Pork Chops with Apples & Thyme

Ingredients:
3/4 cup reduced-sodium chicken broth, divided
2 teaspoons cornstarch
2 teaspoons canola oil
4 4-ounce boneless pork chops, 1/2 inch thick, trimmed of fat
1 small onion, sliced
1 tart apple, such as Granny Smith, peeled and sliced
1/4 cup apple cider, or apple juice
2 teaspoons Dijon mustard
1/4 teaspoon dried thyme

Directions:
Mix 2 tablespoons broth and cornstarch in a small bowl.
Heat oil in a large nonstick skillet over high heat. Add chops and cook until browned, 2 to 3 minutes per side. Transfer to a plate.
Reduce heat to medium-high and add onion to the pan. Cook, stirring often, until it starts to soften and brown, 2 to 3 minutes. Add apple and cook, stirring often, until tender, 3 to 5 minutes. Stir in the remaining broth, cider (or juice), mustard, thyme and the cornstarch mixture. Bring to a boil, stirring, until thickened and glossy, about 1 minute. Return the chops to the pan and heat through. Serve immediately.
Serves four
Source: eatingwell.com

Balsamic Glazed Salmon

Ingredients:
½ cup balsamic vinegar
2 teaspoons Dijon mustard
2 teaspoons honey
2 (4-ounce) salmon filets
½ green onion, chopped

Directions:
Preheat the oven to 400 degrees F. Place parchment paper on a baking sheet.
In a small saucepan, bring the vinegar, Dijon mustard, and honey to a boil over medium heat. Reduce the heat to a simmer and cook until thick, about 10 minutes.
Brush the salmon filets with half of the balsamic glaze and reserve the other half. Bake the salmon for 10-14 minutes, or until the salmon is cooked through and flakes easily with a fork.
Remove the salmon from the oven and pour the remaining glaze over the salmon. Top with green onion and serve hot.

Serves 2
Source: diabetes.org

New Bedford Council on Aging & Senior Centers

Single Seniors - Twilight BINGO

Tuesday, Oct 14
5:00 PM - 8:30 PM

Come Play BINGO in the Evening!
Dinner served for $2.00

Buttonwood Senior Center
1 Oneida Street

Please Register at any New Bedford Senior Center by Friday prior

For More Info. Please Call 508-991-6170

Special Thanks to Coastline Elderly Services for dinner.

Do you know someone who would like to...

Earn some extra spending money while helping a child succeed?

We are looking for classroom volunteer grandparents over 55 years old and retired.

Coastline Elderly Services

508-999-6400 x 198 for more information.

Special Shopping and Services Guide

PROJECT INDEPENDENCE

ADULT DAY HEALTH CARE CENTER

"Serving Adults with Medical Needs For More Than 25 Years"

Karen A. Maciulewicz, M.S. R.N.C
250 Elm Street* New Bedford, MA 02740
Phone:508-997-1441
Fax: 508-997-5594* www.piadhc.org
Caregiver Grant Funded by
Title III-E of O.A.A Sponsored by Coastline Elderly

Donaghy-Hathaway
508-992-5486
465 County St., New Bedford, MA
www.hathawayfunerals.com
Serving the Community Since 1893
HATHAWAY
FAMILY FUNERAL HOMES

Searching for a Medicare Solution?

Medicare Supplement Enrollment
Serving all of Southeastern Massachusetts and Cape Cod
Call today to learn how you can start saving
774-526-0014
Harvard Pilgrim Health Care
Coverage underwritten by HPHC Insurance Company, an affiliate of Harvard Pilgrim Health Care

---

Linnea R. Michel
Attorney at Law

Legal Services for Elders
Wills - Power of Attorney
Home Visits Available

Linnea.Michel@Comcast.net • (508) 264-5996

THE OAKS
A Premier Nursing Center
short- and long-term care and rehabilitation
New Bedford | 508.998.7807 | www.LCCA.com

HAIR SERVICE AT-YOUR-DOOR

HAIRDRESSER NOW PROVIDING AT-HOME SERVICE to Homebound/Assisted getting Out

For information or appointment, please call:
Cheryl 508-758-9438
MA Lic. HD.

Carriage House at Acushnet Heights

Now Accepting Applications for Studios & 1 Bedroom

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

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

WHALER'S COVE ASSISTED LIVING

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

Call for Seasonal Rent Specials & Independent Rates Today!

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

For More Information Call: (508) 997-2880

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

Now Accepting Applications 1 & 2 BRs

Melville Towers
508-993-3077
melville@peabodyproperties.com
www.peabodyproperties.com

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

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

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

Now Accepting Applications

Fairhaven Village
Contact Eunice or Mary Lyn today to schedule a tour!
330 Main St., Fairhaven, MA
508-994-1908
fairhaven@peabodyproperties.com
www.peabodyproperties.com

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

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

Olympia Tower

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

(508) 997-1205
TDD# 800-439-2370
EQUAL HOUSING OPPORTUNITY

The Car Barn
Designed for the Elderly

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

ACCEPTING APPLICATIONS FOR 1 AND 2 BEDROOM UNITS

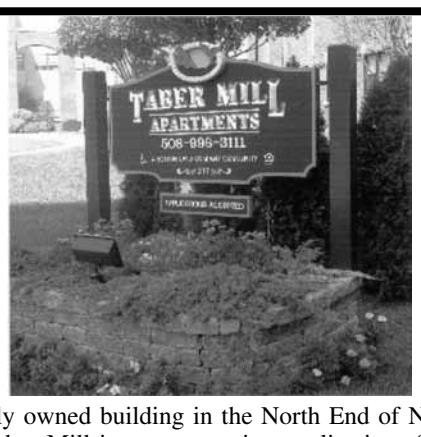
The Car Barn offers many amenities:
- Gated community
- Heat and central air included
- Daily activities
- Beauty salon
- Computer room
- Fitness center
- Movie theater
- Library
- Community room
- On-site laundry facility
- Manager and Residential Service Coordinator
- 24-hour maintenance available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

Please call for more information
508-997-5484
EQUAL HOUSING OPPORTUNITY

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

Or would you like to volunteer to visit people in need of a friendly visit?

Please contact
New Bedford Council on Aging
508-991-6250
and ask for
Director Debra Lee....Thank you!



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

217 Deane Street, New Bedford, MA 02746

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

Update

Fort Tabor Military Museum Fundraiser

The Fort Taber Military Museum annual fall dinner will be held on Saturday, October 11, at the Fort Taber Community Center. A pot roast dinner with all the fixings will be served at 5:00 p.m. and 6:30pm. Seating is limited and the donation is $20.

For tickets or information, call Debbie at 508-717-7041. Auctions also will be held that night. To donate an item for the auction, call the above number.

Spinner Fundraising Gala

Spinner Publications will hold its "Spinner Celebrates 33 Years" Annual Fundraising Gala and Live Art Auction at the Fort Taber Community Center in New Bedford on Saturday, October 18, from 6 p.m. to 10 p.m. Highlighting the event will be a live auction of paintings by renowned local artists moderated by auctioneer Dennis Broadbent. There will be an open-bar and fine cuisine catered by Jadine Loo of Wok Magic; live Big Band music performed by The Meadowlarks; and a silent auction and raffle. Guests may come dressed in the attire of the Big Band era.

Tickets are priced at $75 and can be purchased at www.spinnerpub.com or by calling 508-994-4564 through October 10. Proceeds will support Spinner's educational projects and new books.

Past and Future of a Legendary Garden

Kristin DeSouza, superintendent of the Allen C. Haskell Public Gardens, will lead a tour of the legendary garden, October 20, at 9 a.m. Called "a nurseryman with an artist's eye," and "the king of topiary," Haskell gained renown for his personal garden as well as his design skills. Now this unique property, including an 18th century farmhouse and 1.5 beautifully landscaped acres in New Bedford, is being turned into a public garden. Kristin will describe the unusual plant specimens and horticultural techniques while explaining the work involved in preserving Haskell's legacy for a new generation.

For tickets or information call Lana Reed at 508-877-7630.

Information Breakfast on Human Trafficking

The Fall River Diocesan Council of Catholic Women is sponsoring an informational breakfast on human trafficking on Saturday, October 25, at 9:30 a.m. at the Wamsutta Club, 427 County Street. Speakers Rev. Marc Fallon, C.S.C., Asst. District Attorney Silvia Rudman and Asst. District Attorney Lesly Leahy will discuss awareness, advocacy and action with regard to human trafficking.

For reservations call Terry at 508-993-5085 or Nancy at 508-995-1604 by October 15.

Grandparents Raising Children Brunch

Grandparents Raising Grandchildren, Inc. will hold its annual brunch on Sunday, October 26, from 11:30 a.m. to 1:30 p.m. at the Wamsutta Club, 427 Country Street. This fund raising event will benefit the support group's programs.

For information or tickets, call Brenda at 508-996-0168 or Renay at 508-997-5291 before October 20.

Humane Society Annual Fundraiser

The Humane Society & Shelter – Southcoast will hold its annual fund raising event on Saturday, November 1. The organization is celebrating more than 100 years of caring for animals.

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

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

Fair of the Year

Project Independence, 250 Elm Streeet, will hold its annual Fair of the Year on Saturday, November 15, from 9 a.m. to 2 p.m. Crafts, a bake sale, white elephant table and Chinese auction will be featured. Proceeds will benefit seniors of the community.

Crafters Wanted for St. Mary's Fair

St. Mary's Parish, 106 Illinois Street, is seeking crafters for a holiday fair set for the weekend of November 8 and 9. For more information call Linda at 508-995-4166.

Bowling League for Disabled Persons

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

French Cultural Group Picnic

The members of the French Cultural Group held their annual picnic on September 5 at the Acushnet Senior Center. The group meets on Tuesdays at 9 a.m. at the center. Shown here are, left to right, front row: Gilbert Pelletier, Jeanne Dupre, Paulette Manghan, Barbara Jaillet; standing, Paul Tremblay, Janet West, Maurice Samson, Mel West, Rolande Roy, Jocelyn Poirier and Ray Yates.

Mattapoisett Art Class

Members of the Mattapoisett Art Group proudly display some of their paintings during a recent class at the Mattapoisett Senior Center.

Fort Taber Dance Series

DANCE TO LIVE MUSIC FROM 1:00 PM to 4:00 PM
ON SELECTED SUNDAY AFTERNOONS
Snack Bar with refreshments available
Proceeds assist the New Bedford Host Lions Club

October 19	Mike Moran Combo
November 2	NuSounds
November 16	Rick Medeiros Combo
December 7	Billy Couto and the After Hours

FREE Admission
Events are sponsored by

CITY OF NEW BEDFORD
Jon Mitchell, Mayor
John R. Lopes, Music Director

Happy Halloween

We're having a Halloween Party
Friday October 31 – 12:30 p.m.
Downtown Senior Center, 725 Pleasant St.

Don't forget your Halloween Costumes. Prizes will be awarded for the funniest, scariest and most original.
Lunch will be a variety of sandwiches, dessert and a drink.

For more information, please call Elaine at 508-991-6255.

Sponsored by Alden Court Nursing and Rehabilitation Center

Dog Tags Navigators Veterans Event

Dog Tags Medical Evidence Researcher and spouse of a Marine Laura Carreau (left) and Dog Tags Researcher Joanne Landry position jewelry made by Joanne and sold to support their efforts to help veterans at the Veterans Stand Down at Fort Taber in September. By law, they cannot charge veterans to help with their VA benefits services. Dog Tags Navigator volunteers are available to meet with veterans by appointment at the New Bedford Council on Aging office on Hillman Street.

Veterans Invited to Take Part in Parade

Attention Veterans! The City of New Bedford would like to invite you to participate in this year's New Bedford Veteran's Day Parade. The parade will take place on Tuesday, November 11, and step off from the intersection of Rockdale Avenue and Union Street (Buttonwood Park) at 11 a.m. The parade will march down Union Street to Pleasant Street where it will turn left and end in front of the New Bedford Free Public Library.

"We will be looking to get as many Veterans from the New Bedford and Greater New Bedford area as possible to participate in the parade whether it be marching or riding in a vehicle," said Christopher Gomes, Director or Veterans Services for the City. "If you cannot march but still want to be in the parade, please inform my office so that we can work to get you a vehicle to ride in."

Any veteran who would like to be in this year's New Bedford Veteran's Day parade should contact the New Bedford Veterans Services office at 508-991-6184 and specify if they need the assistance of a vehicle to participate. "I thank you for your service and I look forward to see you in the New Bedford Veteran's Day parade," added Gomes.

Community Preservation Act Presentations Set

On the ballot in the November, New Bedford voters have an opportunity to generate up to $1 million per year for the city by passing the Community Preservation Act (CPA), according to supporters of the initiative.

CPA enables cities and towns in Massachusetts to create a dedicated fund for historic preservation, outdoor recreation, and community and senior housing projects while receiving matching state funds for these purposes. Without CPA funds, these types of projects might otherwise go unfunded.

Question 5, The Community Preservation Act, will be on the back of the ballot on Tuesday, November 4.

Voters can learn more by attending an educational presentation on Wednesday, October 8, at noon at Hazelwood Senior Center, or Monday, October 27 at 10 a.m. at Brooklawn Senior Center.

Presentations are also being held with various neighborhood groups and housing communities throughout the city. To schedule a presentation, please contact Sherry McTigue, CPA for New Bedford Coordinator at smctigue@waterfrontleague.org or 508-997-1776 (WHALE office).

Samaritans Need Volunteers

The Samaritans of Bristol County are looking volunteers to help in a number of ways. First, much help is needed with staffing the Samaritans 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.

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

Since 1984, the Samaritans of Bristol County have been receiving calls on their crisis hotline from people of all ages and backgrounds who need to talk to someone who can listen in confidence. Callers may speak about anything that is causing them to feel suicidal, overwhelmed, upset, anxious, burdened, depressed or lonely.

Samaritans befriend the callers. They are there for the caller as empathetic listeners. Someone may call just the one time or as often as they want or need to. Samaritans do not advise, counsel, diagnose or judge, but try to make the caller feel at ease and able to talk freely. The person calling need not give any information except what he or she desires. Giving a name is optional and only the first name.

For information about volunteering for the Samaritans, please visit www.samaritans-bristolcounty.org. The Samaritans of Bristol County is a Greater Fall River and Greater New Bedford United Way Agency.

Life is like riding a bicycle. To keep your balance, you must keep moving.
Albert Einstein

Senior Travel

Day Trips

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

Thurs. Oct. 9 -- Newport Grand
Thurs. Dec. 11 -- Newport Grand
Wed. Nov. 19 -- Temptations Revue, Hits and Holiday Show -- Foxwoods
Every Friday – Twin River Casino

Contact the **Marion Council on Aging at 508-748-3570** about the following trips:

Mon. Oct. 20 -- Battleship Cove, Fall River
Mon. Nov. 17 -- Lees and Partners' Country Store, Westport.

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

Wed. Oct. 22 – "Say It with Music" Sturbridge Village Theater
Wed. Nov. 12 – Wrentham Christmas Shopping
Wed. Nov. 19 – Foxwoods Casino and Tribute to the Temptations
Sat. Dec. 8 – Cirque Dreams Holidaze – PPAC
Thurs. Dec. 11 – Foxwoods Casino and Return of the Texas Tenors

Multi-Day Tours

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

Oct. 21-23 -- Atlantic City Gambling Tour at Resorts
March 24-26, 2015 -- Turning Stone Resort and Casino

Contact the **Fairhaven Senior Center at 508-979-4029** about the following trip:

April 19-25, 2015 -- Savannah, Jekyll Island and Beaufort, 7 days 6 nights

---

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

Oct. 26-28 – Atlantic City – Due to the closing of the Taj Mahal in November we will be staying at the Resorts Hotel & casino.

SHINE Counselors Available to Meet with City Elders

SHINE Counselors are available to meet with New Bedford elders by appointment at the Hillman Street Senior Support Center. Walk-ins cannot be accommodated. Call 508-991-6250 for an appointment.

See page 2 for a list of SHINE Counselors at area senior centers and other agencies.

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

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

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

SPECIALIZED
LEGAL SERVICES PROVIDED:

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

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

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

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

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

www.MyFamilyEstatePlanning.com

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

At the Senior Centers

Acushnet Senior Center

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

SHINE representatives will be available to discuss open enrollment and the changes you can expect in Medicare for the next coverage year on Tuesday, November 4, 12:30 p.m. Call to reserve your seat.

Zumba with Pati is offered every Wednesday at 8:30 a.m. This go at your own pace exercise class promises a workout filled with laughter, new friends and a fun exercise routine. Stop by and try it out or feel free to watch and see if it's the class for you.

Strong Women/Strong Bones with Karen Corcoran is back every Monday and Wednesday at 10 a.m.

Free Chair Massage Therapy with Community Nurse Private Care will be available Wednesday, October 8, from 10:00 a.m. to 11:30 a.m. by appointment only. Improves physical/emotional well-being, reduces pain and stress, improves sleep and lessens fatigue.

Breast cancer awareness speaker and activity will be offered Thursday, October, 16. Light lunch included. Must RSVP no later than October 10.

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

Just in time for open enrollment the Acushnet COA welcomes new **SHINE Counselor** Kathy Audette. She will be available on Wednesdays by appointment.

Aerobics with Sue has added another day. This high energy, low impact class now meets on Tuesdays at 10:15 a.m. and again on Fridays at 10:00 a.m.

Cribbage games are held every Friday at 12 p.m. This is not a league, drop in and play when you're in the mood.

Cardio Aerobics with instructor Susan Ashley will now be offered twice a week. This high energy, low impact, fun class is held on Tuesdays at 10:15 a.m. and again on Fridays at 10:00 a.m.

A Tuesday evening **Pitch League** is now forming. Games begin the first week of July. Call Jerry at 508-998-0280 to register.

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.

Toe Nail Care with a professionally licensed manicurist is available by appointment. Home visits also available. Call for details.

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

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

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

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

Ashley Park Center

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

Brooklawn Senior Center

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

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

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

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

Presentation on Community Preservation Act will be held Wednesday, October 8, at 12:00 call to sign-up in advance..

Crafts project day sponsored by Brandon wood with supplies provided will be held on Tuesday, October 14, 10 a.m. to 11 a.m. Call to sign up in advance.

Shine Medicare presentation is set for Wednesday, October 22, at 10 a.m. Call to sign up in advance..

Diabetic shoe fittings by A+ Home Medical will be available on Monday, October 20, between 9 a.m. and noon by appointment.

Learn about the benefits of Chocolate and Coffee on Thursday, October 23, from 11 a.m. to noon. Refreshments will be served.

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

Birthdays will be celebrated on Monday, October 27, at noon.

A new **Tai Chi class** meets every other Monday beginning September 15 from 1:30 p.m. to 2:30 p.m. The class is free but you must call to register.

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

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

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

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

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

Buttonwood Senior Center

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

Monthly Birthday Party sponsored by New Bedford Health Care Center will be held on Thursday, noon.

Lunch is available daily.

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

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

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

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

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

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

Chair Zumba with Pati Catuli meets every other 9:00 Call for schedule.

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

Caregivers Essential Skills Workshop will be presented by the Alzheimer's Association on October 14, 21 and 28 from 11 a.m. to 1 p.m. Lunch is included and registration is required.

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.

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 the OT Band the first and third Wednesday of the month from 12:30 p.m. to 3:00 p.m.

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

K**nitters and Handcrafters** meet on Wednesdays from 1 p.m. to 3 p.m.

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

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

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

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

Tai Chi class meets on Tuesdays, 9 a.m.to10 a.m. This Chinese health exercise will improve your balance and mobility.

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

Gentle Yoga seated or standing with instructor Joan Davignon meets on Thursday at 10 am.

Zumba Gold class meets Tuesdays from 11 a.m. to12 p.m. and Thursdays from 11:30 a.m. to 12:30 p.m.

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

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

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

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

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

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

Play **horse shoes** Fridays at 10.

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

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

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.

Cribbage Group meets every Monday at 12:30 p.m. New players are welcome.

Join us for an **Arts & Crafts** hour on the first and third Wednesday of the month.

Manicures by La Baron hairdressing Academy will be available, once a month by appointment.

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

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

A **Wellness Clinic** is held every second Thursday of the month.

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

Bingo games are held Tuesday and Thursday afternoons from 1:00 to 2:30.

Fairhaven Senior Center

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

Haunted History of New England on Wednesday, October 22, from 4 p.m. to 6 p.m. will be presented by history teacher Chris Daley. Call the Fairhaven Senior Center to register.

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.

Bocce Anyone? The Bocce Court in the backyard of the Fairhaven Senior Center is open for one and all to use.

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 Tuesday, OCTOBER 28, from 5 p.m. to 7:00 p.m and not on Wednesday for the month of October only.

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

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

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

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

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

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

Trips to the Mall call for details.

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

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

The O.T.'s will play every second and fourth Thursday.

Hazelwood Senior Center

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

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

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

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

At the Senior Centers... *continued on page 12*

Senior Safety

Tips for Keeping Seniors Safe on their Feet

According to the National Council on Aging, falls are the leading cause of fatal and non-fatal injuries for seniors—70 percent of these falls occur in the home. Additionally, every 15 seconds, an older adult is treated in the emergency room for a fall, which can often begin a downward spiral of related and serious health issues.

The not-for-profit Visiting Nurse Service of New York (VNSNY) encourages individuals to follow these guidelines to help prevent falls:

Staying Safe at Home—use home safety assessment checklists to review rooms and outdoor areas; remove floor clutter; tape down rugs/cords; arrange furniture to widen pathways; keep commonly used items within reach; don't use step stools; fix uneven surfaces.

Staying Safe On the Go—wear sturdy shoes; use handrails on stairs; avoid wet floors; be sure all furniture is stable; check for adequate lighting; consider safety items such as grab bars, raised toilet seats, non-skid tub mats and carry a cell for easy access, especially if you live alone.

Balance, Strength and Mobility—work on strength and balance with light exercise programs, weight training, walking, yoga, and hobbies like dancing and gardening; talk with a health professional before beginning physical activities.

Multiple Medications—review all medications, both over-the-counter and prescription drugs, with your doctor and pharmacist; always carry a list of your medications; do not share or "borrow" medications; know common side effects for drugs; remember to take medications as described.

Know Your PERSONAL Risk Factors—weakness in the legs, history of falling, vision problems, cognitive impairment, dizziness, urinary incontinence, being over age 80, walking and balance problems.

Grandparents Raising Grandchildren Picnic

Grandparents Raising Grandchildren, a support group for grandparents who are raising children, held their annual picnic at Buttonwood Park in August.

Installation of Flags and Lights on Scooters and Power Chairs Available this Month

Representatives of the City's Dept. of Community Services Disability Commission will be installing flags and lights on motor scooters and power chairs at various locations this month. City ordinances require that motor scooters and power chairs have flags and lights. This is an important safety measure.

Appointments are required. The first 25 individuals who call for an appointment will have the safety equipment installed for free. All others will pay a $5 fee. The installation takes about 15 minutes per unit. For more information or an appointment call 508-961-3136.

The schedule is as follows:

Downtown Senior Center	Wednesday, October 15	10:00 am.
Buttonwood Senior Center	Wednesday, October 22	11:30 AM
Hazelwood Senior Center	Friday, October 24	11:00 AM
Brooklawn Senior Center	Wednesday, October 29	12 Noon

Installations will also be scheduled at Tripp Tower, Melville Towers, Boa Vista and Taber Mills. The dates will be announced when they are available.

Free Memory Screening to Be Offered

Hope Dementia & Alzheimer's Services will be administering free, confidential memory screens on Tuesday, November 18, from New Bedford 1:30 p.m. to 4:30 p.m. at the Hillman Street Senior Support Center.

Memory screenings help identify people with potential problems who may need more extensive evaluation, according to Hope Dementia & Alzheimer's Services. They also provide education and reassurance to those with mild age-associated changes in their memory who may otherwise worry that they have a dementia.

Those who participate will not receive a diagnosis in a screening but rather an indication of whether or not symptoms of memory loss are present and should be evaluated further. For information or to schedule an appointment please call Hope Dementia & Alzheimer's Services at 508-775-5656.

Nutrition News

Eating Is Addictive but Sugar and Fat Are Not Like Drugs, Study Says

People can become addicted to eating for its own sake but not to consuming specific foods such as those high in sugar or fat, research suggests.

An international team of scientists has found no strong evidence for people being addicted to the chemical substances in certain foods. The brain does not respond to nutrients in the same way as it does to addictive drugs such as heroin or cocaine, the researchers say. Instead, people can develop a psychological compulsion to eat, driven by the positive feelings that the brain associates with eating. This is a behavioral disorder and could be categorized alongside conditions such as gambling addiction, say scientists at the University of Edinburgh.

Dr John Menzies, Research Fellow in the University of Edinburgh's Centre for Integrative Physiology, said, "People try to find rational explanations for being over-weight and it is easy to blame food. Certain individuals do have an addictive-like relationship with particular foods and they can over-eat despite knowing the risks to their health. More avenues for treatment may open up if we think about this condition as a behavioral addiction rather than a substance-based addiction."

Professor Suzanne Dickson, of the University of Gothenburg added, "There has been a major debate over whether sugar is addictive. There is currently very little evidence to support the idea that any ingredient, food item, additive or combination of ingredients has addictive properties."

Is Low Carb Diet Better for Weight Loss?

If you want to lose weight and reduce your risk factors for heart disease, should you go low-carb or low-fat?

A new study published in the Annals of Internal Medicine included 148 men and women who showed no clinical signs of cardiovascular disease or diabetes, reports Dr. Cindy Haines of HealthDayTV. They were assigned to follow either a low-carbohydrate or a low-fat diet. All were given dietary counseling, but had no set calorie goals and were asked not to change their physical activity levels.

After one year, the people on the low-carbohydrate diet lost more weight and had greater decreases in fat mass and other cardiovascular risk factors than those on the low-fat regimen. Reductions in LDL or bad cholesterol were similar in both groups. But HDL or good cholesterol levels increased more in those following the low-carb diet.

Overall, participants who went low-carb had significant decreases in their estimated 10-year risk for coronary heart disease while those eating low-fat did not.

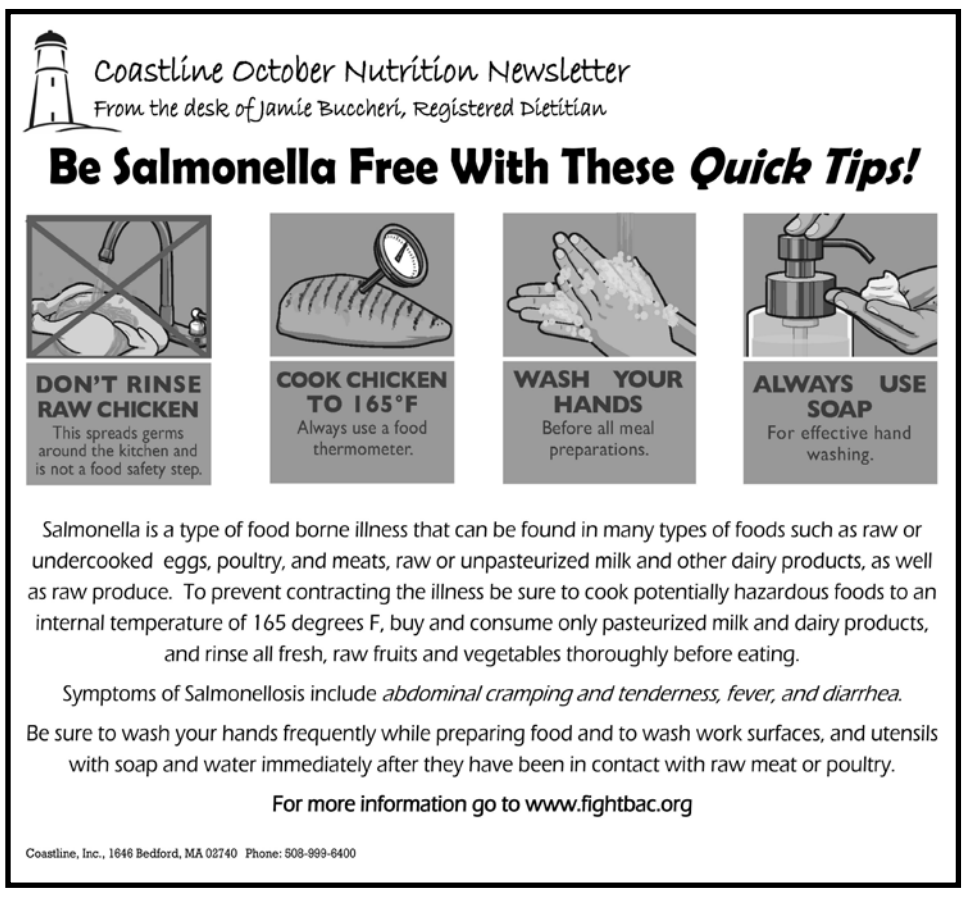
The researchers say while there have been questions about the effects of a low-carb diet on the heart, their findings show restricting carbohydrates may be an option for weight loss and cutting cardiovascular risk factors.

Managing Sodium Intake

Excess sodium intake is a major contributor to high blood pressure, a leading cause of heart disease and stroke in the United States. Most Americans eat too much sodium, but the salt shaker is not the real problem. Processed and packaged foods and meals from restaurants provide the vast majority of our dietary sodium each day, which means sodium is already in your food before you buy or order it.

To address that challenge, the Healthy Eating and Lifestyle Resource Center provides just about everything a household needs to take control of meal preparation at home with more from-scratch ingredients. From recipes to shopping lists and menus, the center is designed to help people understand how they can manage their sodium intake and improve their heart health. It's not about giving up the food you and your family love, but choosing lower sodium options that taste great. Learn more by visiting the Million Hearts® Healthy Eating & Lifestyle Resource Center.

Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes by 2017 led by the Centers for Disease Control and Prevention and the Centers for Medicare & Medicaid Services.



Your Health

Early Detection is Key to Slowing Progression of Glaucoma

More than 2.7 million Americans aged 40 and over are affected by glaucoma, a leading cause of irreversible blindness, yet only half of those affected know they have the disease. Often referred to as the "sneak thief of sight," glaucoma has no noticeable symptoms in its early stages, and vision loss progresses at such a gradual rate that people affected by the condition are often unaware of it until their sight has already been compromised.

The most common form of glaucoma occurs when tissue in the eye gradually becomes less efficient at draining fluid. As this happens, eye pressure rises, causing irreparable damage to the optic nerve. Without proper treatment to halt the nerve damage, glaucoma patients usually lose peripheral vision first, and then they may eventually go blind. Fortunately, most vision loss from glaucoma can be prevented with early detection and medical intervention.

The American Academy of Ophthalmology recommends that all adults have a baseline, comprehensive dilated eye exam at least by age 40, the time when early signs of disease and changes in vision may start to happen. For adults age 65 and older, the Academy recommends having a comprehensive eye exam every one to two years, or as directed by an ophthalmologist.

Some people are at greater risk for developing glaucoma and may need to see their ophthalmologist on a more frequent basis, specifically for glaucoma testing; risk factors for glaucoma include:

Eye pressure level
Older age
Family history of glaucoma
African ancestry or Latino/Hispanic ethnicity
Thinner central cornea (the clear, front part of the eye covering the pupil and colored iris)
Low blood pressure
Type 2 diabetes
Myopia
Genetic mutations.

Seniors who have not had a recent eye exam or for whom cost is a concern may qualify for EyeCare America, a public service program of the Foundation of the American Academy of Ophthalmology that offers eye exams and care at no out-of-pocket cost for eligible seniors age 65 and older. Visit www.eyecareamerica.org to see if you are eligible.

CARES Alzheimer Program Begins in November

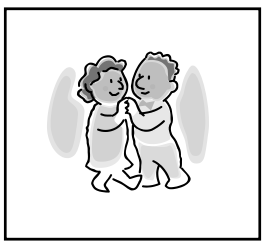
The New Bedford Council on Aging will be hosting two Compassionate Alzheimer's Respite, Education and Support (CARES) programs starting in November. The first meetings will be on Friday, November 7, from 1:00 p.m. to 2:30 at the Hillman Street Senior Support Center and then continue every other week on the same day and time.

Hope Health of Hyannis will lead the groups for both caregivers of people with dementia and their loved ones with dementia. The programs will meet simultaneously in adjacent separate rooms. This will allow the caregivers a time and place to have a professionally facilitated support group, while their loved ones experience a recreational activity.

The program for caregivers will be led by a social worker and will provide information, guidance and respite, while the conversation and socialization activity will be offered for those with memory impairment. Programs are offered at no charge, but registration is required.

For more information call 508-775-5656.

SENIOR FITNESS FUN!



Ballroom Dancing
Monday 11AM-Noon Hazelwood
(2 Mondays each month with The McMahons)

Dancercise
Tuesday 1-2PM Hazelwood (Victor Fonseca)
Friday 1-2PM Buttonwood (Victor Fonseca)

Exercise
Monday 9-9:45AM Buttonwood (Larry Bigos)
Monday 1-2PM Downtown (Colleen Cregon)
Tuesday 11:30AM-12:30PM Hazelwood (Larry Bigos)
Thursday 10-11AM Brooklawn (Larry Bigos)
Friday 2-3PM Buttonwood (Larry Bigos)

Tai Chi
Monday 1:30-2:30PM Brooklawn
(2 Mondays each month with Boris Kremer)
Wednesday 2-3PM Buttonwood (Karen Corcoran)

Yoga
Monday 8:30-9:30AM Buttonwood (Joey Machado)
Tuesday 10-11AM Tifereth Israel Synagogue (Joan Davignon)
Wednesday 10-11AM Hazelwood (Joey Machado)
Friday 9-10AM Hazelwood (Joey Machado)

Zumba
Monday 1-2PM "Zumba Gold"
@ Hazelwood (Pati Cautillo)
Tuesday 8:30-9:30AM "Zumba Gold"
@ Buttonwood (Pati Cautillo)
Wednesday 10-11AM "Zumba Gold"
@ Brooklawn (Pati Cautillo)
Thursday 11:30AM-12:30PM "Zumba Toning"
@ Hazelwood (Pati Cautillo)
Friday 9-10AM "Chair Zumba Gold"
@ Buttonwood (2 Fridays each month - Pati Cautillo)

Breast Reconstruction Awareness Day Slated for October 15

As part of National Breast Cancer Awareness Month and in support of the Plastic Surgery Foundation's third annual Breast Reconstruction Awareness (BRA) Day observance, Southcoast Health is hosting an event for breast cancer patients and survivors, and their family and friends on Wednesday, October 15, from 6 to 8 p.m. at Southcoast Centers for Cancer Care, 206 Mill Road, Fairhaven.

The event will offer patient testimonials, guided relaxation sessions, resource tables, and an "ask the experts" panel. Local women who have had mastectomies will have a chance to learn more about the option of breast reconstruction. This year's theme is BRAve Face to honor the courage of all women enduring breast cancer and their unique journey.

To register for the event, call 508-973-2655.

Take Steps to Control Bunions

If you have bunions, taking care of them now can help you avoid more serious treatment later, an expert says.

A bunion is a bump that forms on the joint of the big toe when bone or tissue moves out of place and extends beyond the normal anatomy of the toe. Left untreated, bunions can cause debilitating pain and may require surgery to correct, said Brent Rosenthal, a podiatrist and surgeon at CentraState Medical Center in Freehold, N.J.

To prevent bunions, avoid wearing shoes with pointed triangular tips and don't wear high heels for long periods of time each day, Rosenthal said. You should know your correct shoe size, which can increase with age and weight gain, he added.

If you do develop a bunion, start wearing shoes with a wide and deep toe box. Shoe inserts may reduce symptoms and prevent the bunion from getting worse, according to Rosenthal. He also suggested using over-the-counter, non-medicated bunion pads whenever you wear shoes. If the bunion is inflamed and sore, apply ice packs several times a day, he said.

If these initial treatments don't help, see a podiatrist, a doctor who specializes in conditions of the feet and ankle. The doctor might prescribe an anti-inflammatory drug or cortisone injection to ease pain and inflammation. Ultrasound therapy is widely used to treat bunion-related soft tissue damage.

If these therapies fail, surgery may be required to relieve pressure and repair the toe joint, said Rosenthal. Recovery from the surgery takes time and discomfort can last weeks.

Tome Medidas para Controlar los Juanetes

Si usted sofre de los juanetes, cuidando de ellos ahora puede ayudarle evitar el tratamiento más serio después, dijo un experto.

El juanete es un hinchazón que forma en la junta del dedo gordo el pie. Dejado sin tratamiento, los juanetes pueden causar un dolor debilitante y puede requerir cirugia para corregirlos, dijo Brent Rosenthal, un pedicuro en el CentraState Medical Center en Freehold, N.J.

Para evitar los juanetes, evite usar zapatos con la punta aguda y no use los tacónes altos durante largos periodos de tiempo en cada día, dijo el Rosenthal. Usted debe saber el tamaño exacto de sus zapatos, que pueden aumentar con la edad y el aumento de peso, el anadió.

Si usted comienza sintiendo los efectos del juanete, comience a usar los zapatos con la punta ancha y alta. Las inserciónes en los zapatos pueden reducir los sintomas y eviten que los juanetes se empeoren, como dice el Rosenthal. También el sugerió el uso de un cojin no medicado que se encuentra en venta al público siempre que se usa zapatos. Si el juanete esté inflamado y doloroso, aplique un saco de hielo várias veces al día, el dijo.

Si estos tratamientos iniciales no ayudaren, visite un pedicuro, un médico que especializa en condiciónes del pie o tobillo del pie. El médico puede pasar una receta para una droga anti-inflamatória o inyección de cortisona para aliviar el dolor y inflamación. La terapia ultrasonido es generalmente usado para tratar los daños al tejido blando relacionado con los juanetes.

Si estas terapias no den resultados positivos, la cirugia puede ser indicada par aliviar la presión y reparar la junta del dedo del pie, dijo Rosenthal. La recuperación de la cirugia lleva tiempo y la incomodidad puede durar semanas.

Tome Medidas para Controlar os Joanetes

Se voçê sofre dos joanetes, cuidando deles agora pode ajudar-lhe evitar o tratamento mais sério depois, diz um experto.

O joanete é um inchaço que forma na junta do dedão do pé quando o osso ou tecido saem do lugar e estende além da anatomia normal do dedo do pé. Deixado sem tratamento, os joanetes podem causar uma dôr debilitante e pode requerer cirurgia para correger, disse Brent Rosenthal, um pedicuro e cirurgião no CentraState Medical Center em Freehold, N.J.

Para evitar os joanetes, evite usar sapatos com a ponta triangular e aguda e não use os saltos altos durante longos periodos de tempo em cada dia, disse o Rosenthal. Voçê deve saber o tamanho exacto dos seus sapatos, que podem aumentar com a idade e o aumento de peso, ele acrescentou.

Se voçê começar a sentir os efeitos do joanete, começe a usar os sapatos com a ponta larga e alta. As inserções nos sapatos podem reduzir os sintomas e evitem os joanetes piorarem, como diz o Rosenthal. Também ele sugeriu o uso de um coxim não medicado para joanetes que se encontra em venda pública sempre que se use sapatos. Se o joanete estiver inflamado e doloroso, aplique saco de gelo várias vezes por dia, ele disse.

Se estes tratamentos iniciais não ajudarem, visite um pedicuro, um médico que especializa em condições do pé e tornozelo. O médico pode passar uma receita para uma droga anti-inflamatória ou injecções de cortisona para aliviar a dôr e inflamação. A terapia ultrasom é geralmente usada para tratar os danos ao tecido mole relacionado com os joanetes.

Se estas terapias falharem, a cirurgia pode ser indicada para aliviar a pressão e repara a junta do dedo do pé, disse o Rosenthal. A recuperação da cirurgia leva tempo e o desconforto pode durar semanas.

Parkinson's Support Group

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

Physical Therapist Nancy Winterhalter, of Community Nurse & Hospice Care, will speak on Balance and Falling. The meeting is free and open to everyone.

Your Health

Advanced Dementia Patients Often Given Unhelpful Meds: Study

A new national analysis of U.S. nursing home prescription patterns says that more than half of people with advanced dementia are prescribed medications that are of questionable benefit, according to a report in HealthDay News.

"The main concern centers on the under-appreciated burden and personal cost of using questionably beneficial meds," said study lead author Dr. Jennifer Tjia of the University of Massachusetts Medical School in Worcester.

"Giving many daily medications to these patients, who often have difficulty eating and swallowing, is often uncomfortable [for the patient]," she noted. "Further, giving so many medications is not consistent with the goals of care for these patients, which is typically comfort," she added. And, "many of these medications have very real health risks, such as nausea, sedation, arrhythmias [irregular heartbeat], and urinary retention," she said.

The study authors noted that the U.S. Institute of Medicine suggests keeping treatment for terminally ill patients to a minimum.

To gain insight into current prescription patterns for advanced dementia patients in nursing homes, the research team analyzed prescription records for more than 5,400 nursing home residents across all regions of the country from 2009 to 2010.

All were diagnosed with advanced dementia. More than half were 85 years of age or older, and the majority were white and female, the study authors noted. More than a quarter were also diabetic, while nearly three-quarters had high blood pressure, and almost half suffered from depression.

The researchers concluded that during any three-month time frame, nearly 54 percent of the patients had been prescribed at least one medication that was "never appropriate" for an advanced dementia patient. Such prescriptions included, for example, cholesterol-lowering medications, which were prescribed to more than one-fifth of the terminally ill patients. Other drugs that were questionably prescribed included some intended to treat early stage dementia.

Patients with a do-not-resuscitate order in place were less likely to be given questionable medications, as were those living in a hospice facility and those placed on a feeding tube, the investigators found.

In financial terms, the dispensing of unhelpful drugs accounted for more than one-third of each patient's total drug costs.

"Doctors, patient caregivers, and patients need to appreciate that the concept of 'less is more' often applies to medication prescribing, particularly when the goal of care is comfort," she said. "While many people feel better taking fewer medications, this is under-appreciated," Tjia added.

In an editorial accompanying the study, Dr. Greg Sachs, of the Indiana University School of Medicine, said, "We see patients in nursing homes who are on a laundry list of medications. And the more medicines someone is on, the more there's an issue not just in terms of cost, but also safety due to interactions and adverse effects."

Dr. Sachs added, "So for patients, it's important that the medications they are on are reviewed on a regular basis in order to see whether or not the drug is still helpful, because even good meds that they may have been taking for years and years may no longer be appropriate."

Mental Decline Often Precedes a Stroke

Age-related declines in memory and thinking abilities may increase a senior's risk of stroke and death, researchers say. Their new study included more than 7,200 Americans older than 65 who were given tests every three years to evaluate their short- and long-term memory, attention, awareness and other mental functions.

Those with lower test scores were 61 percent more likely to suffer a stroke than those with higher scores. Compared to whites, blacks with mental decline had a five times higher risk of stroke.

After a stroke, mental function declined nearly twice as fast as before a stroke. Stroke coupled with mental decline increased the risk of death, according to the study published Aug. 7 in the journal *Stroke.*

"Stroke in old age can be caused by poor cognitive function; whereas, faster decline in cognitive function can be caused by stroke," lead author Kumar Rajan, Rush University Medical Center in Chicago, said in a news release.

Previous research has shown that poor cardiovascular health can increase the risk of mental decline, but the researchers say this is the first study to show that mental decline can increase the risk of stroke.

The findings suggest that assessing seniors' memory and thinking skills could help identify those at risk for stroke, the leading cause of disability in the United States and the fourth leading cause of death.

Risk of Shingles Increases with Age

Almost 1 out of 3 people in America will develop shingles during their lifetime. Your risk of shingles increases as you get older. People 60 years of age or older should get vaccinated against this painful disease.

Shingles causes a painful, blistering skin rash that can last two to four weeks. For some people, the pain can last for months or even years after the rash goes away. This is called postherpetic neuralgia or PHN. It is the most common complication of shingles.

People have described pain from shingles as excruciating, aching, burning, stabbing, and shock-like. This pain can cause depression, anxiety, difficulty concentrating, loss of appetite, and weight loss. Shingles can interfere with activities of daily living like dressing, bathing, eating, cooking, shopping, and travel. Shingles can lead to other serious complications, including eye complications that can result in vision loss.

What Causes Shingles?

Shingles is caused by the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays dormant (inactive) in the body. For reasons that are not fully known, the virus can reactivate years later and cause shingles.

How Common Is Shingles?

Nearly 1 million Americans experience the condition each year. About half of all shingles cases occur in people age 60 years or older.

Is Shingles Contagious?

Shingles cannot be passed from one person to another. However, a person with shingles can transmit VZV to others. A person who gets infected with VZV for the first time will develop chickenpox, not shingles.

How Can You Reduce Your Risk of Getting Shingles?

Vaccination is the only way to reduce your risk of shingles and PHN. The Center for Disease Control recommends adults age 60 years or older receive a single dose of shingles vaccine. Zostavax® is the only shingles vaccine currently available. It is available by prescription from a healthcare professional. Talk with your doctor or pharmacist if you have questions about shingles vaccine.

People who have a weakened immune system may have to wait to get vaccinated, or should not get vaccinated at all.

High Dose Flu Vaccine May Protect Elders Better

The high-dose flu shot protects seniors better than the standard dose does, a new study finds. About one in four cases of flu in elders vaccinated with the standard dose could be prevented if the high-dose vaccine were used instead, the researchers reported.

"The study demonstrated a 24 percent reduction in influenza illness among the participants who received the high-dose vaccine compared to those who received the standard dose," said study co-author Dr. David Greenberg, of Sanofi Pasteur U.S., the maker of the Fluzone High-Dose vaccine and funder of the trial.

This protection is over and above the protection one gets from the standard flu shot, Greenberg noted. He pointed out that the added protection is essential for older people. "People 65 and older account for about 60 percent of hospitalizations due to flu and about 90 percent of deaths that are flu-related," he said.

Older people tend to have weaker immune systems and don't respond as well to the standard flu shot, Greenberg explained. The high-dose vaccine was designed to address these weaknesses, he said.

Fluzone High-Dose is approved for people 65 and older, but is not recommended for people who have had a severe reaction to the flu vaccine in the past, according to the U.S. Centers for Disease Control and Prevention. The CDC does not specifically recommend Fluzone High-Dose for all seniors. Rather, the agency recommends "flu vaccination as the first and most important step in protecting against flu viruses."

Savoy Nursing & Rehabilitation Center

670 County Street, New Bedford

A homelike atmosphere for
short term rehabilitation, respite, hospice or long term care.
Owned and operated by a physician.
Call to schedule a tour
Tel. 508-994-2400 Fax 508-994-4746

BRANDON WOODS

of Dartmouth & New Bedford offering:

*** Post Surgical Care**
*** Short Stay Rehabilitation**
*** Adult Day Health Care**
*** Home Care Services**
*** Senior Transportation**

Your Guide to Senior Care on the SouthCoast

397 County St. • New Bedford, MA
567 Dartmouth St. • So. Dartmouth, MA

For more information call Eva Jansson: 508.958.5920
Family Owned & Operated • www.elderservices.com

Remember When

Young Men's Catholic Total Abstinence Society Drum and Bugle Corps

This photo of the Young Men's Catholic Total Abstinence Society Drum and Bugle Corps was taken between 1921 and 1923 in front of the United States Post Office downtown. The group may have been sponsored by St. James Parish. William Dennis Sheehan is in the second row, second from left.

Our thanks to Jeanne Swiszcz for sharing this photo.

Local Writers Publish Memoirs

Well known New Bedford writers Dawn Blake Souza and her husband Dr. Joseph F. Souza have recently published their memoirs. "The Joy of My Journey" by Blake Souza provides a glimpse into the life of a woman who struggles to raise her children after divorce and moves from a comfortable suburban life on Cape Cod to uncharted waters where they face nearly insurmountable challenges. Her story includes real life characters such including a Texas oil millionaire, Chicano gang members, unscrupulous lawyers, generous strangers, and more. In the end, she triumphs over a horrendous auto accident, a brain-tumor, blindness, fire and floods, and gains invaluable lessons about family and finding joy in all of life's experiences.

"Once an Islander" by artist, writer, and community volunteer Dr. Joseph F. Souza tells the story of young boy born in a humble country village on the island of Sao Nicolau, Cape Verde Islands, who made his way to America and became a military officer, a psychologist, and an accomplished artist and writer.

The books can be purchased directly from the authors or ordered online at Lulu.com. When ordering online, write in the author's name, Joseph F. Souza, Jr. or Dawn Blake Souza. Cost per book is $20 and the authors can be reached at 508-524-2001 or 508-996-1919.

Puzzle Power

Diane Letourneau (right) proudly displays the 3,000 piece puzzle she completed at the Downtown Senior Center. It's the largest puzzle ever done at a City senior center. The 1984 Milton Bradley puzzle shows a view of Tessin, Switzerland. "Tell me I can't do something and I do it," says. Diane, a resident of the New Bedford Hotel apartments. Looking on is Downtown Activities Liaison Elaine Coelho.

At the Senior Centers... *continued from page 8*

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

Additional Zumba Class will meet every other Thursday.

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

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

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

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

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

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

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

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

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

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

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

Marion Council on Aging

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

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 and Fridays from 9:30 a.m. to 10:30 a.m. at the Atlantis Drive Facility.

Senior Stretch class meets Tuesdays, Thursdays and Fridays from 9:30 a.m. to 10:30 a.m. at the First Congregational Church Fellowship Hall. Try once for free. Sign up for one, two or three days.

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

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

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

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

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

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

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

Mattapoisett Social Center

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

Senior Belly Dancing for all ages, shapes and sizes meets Mondays at 1:30 p.m. Helps improve posture, balance and strength. Learn basic moves of this ancient art with easy and slow movements.

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

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

Play **Mah Jongg** every Wednesday at 1:15 p.m. and **Scrabble** every Monday at 1 p.m.

Play **Beginner's or Duplicate Bridge** on Thursdays at 9 a.m. All levels of players are welcome. Refreshments will be served.

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

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

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

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

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

Rochester Senior Center

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

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

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

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.

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

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

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

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

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

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

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

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

A smile is a curve that sets everything straight.
Phyllis Diller