

NEW BEDFORD'S Senior Scope

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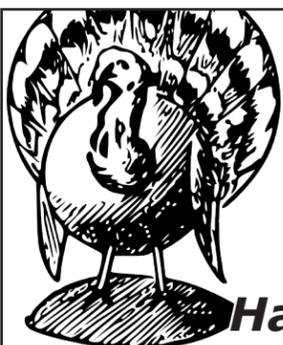
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Happy Thanksgiving!

O'Connor-Sisson House for Veterans opens

Late in the summer of 2015, a group of women from Dartmouth — the Paskamansett Quilters — donated an assortment of bright, colorful quilts for the ongoing low-income veterans' housing project on State Road. Their group was just one of a multitude of supporters in the Dartmouth community who worked together to get the project off the ground.

Construction on the building, a former state police barracks located at 262 State Road, started following a groundbreaking ceremony on Sept. 11 of last year.

Thirteen months later, on Oct. 14, the O'Connor-Sisson House for Veterans opened. The \$2.6 million project boasts nine fully furnished apartments, a communal space, a laundry room and an office for supportive services.

And, on opening day, a quilt was spread across every bed.

"We can finally call this a home," said Connie Desbiens, executive director of the Dartmouth Housing Authority, the group that managed the project.

She said the tenets will have almost everything they need when they move in. In addition to the quilts, each room has a sitting area (complete with a recliner donated by La-Z-boy Furniture in Dartmouth and a throw blanket from Dartmouth's Council on Aging Needleworkers), bedroom furniture, a kitchen with appliances, a small dining table, towels and toiletries.



Connie Desbiens, executive director of the Dartmouth Housing Authority snips the ribbon of the O'Connor-Sisson House for Veterans during its opening day ceremony on Oct. 14. The building will house nine low-income veterans, some of whom had been homeless or living out of their cars.

"Every room has been dedicated by loving people — people who have made dedications in memory of people that they love, people that they loved," said Desbiens. "We've all been there. We've all lost people who have served us and meant something to us, and we thank them."

Seven of the rooms have been filled, and tenets started moving in soon after the opening ceremony. Some of the tenets moving into the

building were previously homeless. Some were living out of their cars.

During the opening ceremony, Betsy Crum, executive director of the Women's Institute for Housing and Economic Development, said the logistics of launching a housing project like the O'Connor-Sisson House are oftentimes challenging.

"In our work, we see lots of things that work and don't work,"

Continued on page 2...

'Information is prevention' in elder abuse

Local authorities are well aware of the ravages of elder abuse, and the police aim to empower citizens to look out for one another to prevent abuse from happening.

On Oct. 14, at an annual luncheon hosted by Coastline Elderly Services, local police departments joined elder advocates to discuss the intersection of policing and protecting the region's older adults.

New Bedford Police Chief Joseph Cordeiro expressed thanks to the area's health care workers and personal care workers, adding

that New Bedford is ranked as the second largest senior population in the state. His message primarily focused on the importance of information and togetherness.

"Since I've taken office as police chief five months ago, I've been spreading my mantra: city of one. We need to get together; we need to care for one another," said Cordeiro.

He said community policing, which he defined as "a philosophy of building a bridge between the community and the police department," helps police

departments resolve problems and quality of life issues.

For example, he said, if you know someone who is starting to experiment with drugs or is living with an ongoing mental health issue, seek help.

"We must eradicate this notion of 'snitches get stitches.' It's the opposite of that: 'silence will lead to violence.' Information is prevention," he said. "We are all interdependent, each one of us."

In order for community policing

Continued on page 2...

Vet House continued...

said Crum. "I want to highlight the two things that were especially critical here and have made this work when other similar projects have not. One is the incredible partnership with the town. The other is the dedication of the sponsors."

"It took a long time to get done," she added. "There were disappointments along the way. There were adjustments along the way. I think everyone can agree that, at the end of the day, we have a beautiful product."

The house was named after William O'Connor, a Marine and veteran of Vietnam, and Charles Sisson, who served in the United States Naval Reserve and was the former director of Coastline Elderly.

Both died of cancer, in 2009 and 2010, respectively.

Matthew O'Connor, the son of William O'Connor, said the project is in line with his father's memory.

"Dad was about trying to find ways to help others. Some of my memories of him [include] helping out guys he didn't even know who were down on their luck," said Matthew O'Connor.

"I think his spirit of helping others carried on."



New Bedford Police Chief Joseph Cordeiro speaking in front of local elder advocates during the Coastline luncheon on Oct. 14. He said that "information is prevention" and urged citizens to report elder abuse should they see it happening. Photo courtesy: Detective Kyle Costa of the Dartmouth Police Department

Elder abuse continued...

to operate, there first must be a willingness on the public's part to trust their police department. In order to forge a stronger relationship with the people of New Bedford and law enforcement, Cordeiro said he intends to offer more open houses so that citizens can meet their district captains.

"We must be action oriented.

Talk is not enough," he said. "Before you wake up in the morning, before you leave your house, ask yourself: 'What can I do to help someone today?' At the end of your day, when you're preparing for bed, ask yourself: 'Did I miss an opportunity to help someone today?' When the moment arises, please don't miss that chance to change someone's life."

After Cordeiro's speech, Bristol

County District Attorney Thomas M. Quinn III was honored for his work with seniors. Last year, Quinn's office developed a new unit that focuses on elder abuse and neglect. When the unit was first announced, he said the bulk of the area's elder abuse cases involve financial scams.

"In the latter stages of life, our seniors should not be in a state of angst over money being stolen from them," Quinn said at the Coastline luncheon.

"I've been DA for almost two years, and one of the important issues to me is the abuse of the elderly," he said. "Our elders are a precious commodity. They've given much to our communities. I'm not going to stand by and watch them be abused. As Chief [Cordeiro] indicated, we are all in this together. Everybody has a role."

To report elder abuse, call your local police department or 911 in the case of an emergency.

The Commonwealth of Massachusetts' Executive Office of Elder Affairs Statewide Elder Abuse Hotline can be reached at 1-800-922-2275. You can reach Bristol Elder Services at 508-675-2101.

We Want to Hear from You

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

Please write to SeniorScope, 181 Hillman Street, New Bedford, MA 02740 or call 508-979-1510 or 508-979-1544. Email us at Seth.Thomas@newbedford-ma.gov.



SHINE Counselors

In Greater New Bedford Area

Fairhaven Council on Aging 229 Huttleston Ave	508-979-4029	Diane Perkins Joan Foster Lucille Dauteuil
New Bedford Council on Aging 181 Hillman Street (for New Bedford residents only)	508-991-6250 508-991-6250 508-991-6250	Jamara Natal Pamela Amaral-Lema Debra Lee Luisana Paez Espinal
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 Rechr	508-763-8723	Gordon Helme
Massachusetts Fishermen's Partnership 114 MacArthur Drive (2nd floor) New Bedford	508-991-3043	Verna Kendall
Dartmouth Council on Aging	508-999-4717	Peggy Vollmer

Donations for November 2016

In Appreciation of Senior Scope

In Memory

In memory of Joseph T. Gouveia <i>-Thelma Gouveia</i>	\$10.00
With fond memory of my parents, "Jack" and Marion Henderson <i>-Joan Henderson Beaubian</i>	\$10.00

In Thanksgiving

Thank you St. Joseph, St. Jude and Virgin Mary . <i>-H.F.</i>	\$10.00
Thank you St. Jude for finding missing item <i>-S.S.</i>	\$10.00
Thank you St. Jude, St. Anthony, Sacred Heart of Jesus, Our Lady of Fatima And Immaculate Heart of Mary <i>-Irene</i>	\$30.00
Thank you St. Anthony, Our Lady of Mount Carmel and St. Michael Archangel \$20.00 <i>-Thelma Gouveia</i>	
Thank you St. Mary for answered prayers <i>-M.A.F.</i>	\$15.00

Donations this month	\$105
Year to Date FY'17	\$225

Senior Scope

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<p>Jonathan F. Mitchell, Mayor Seth Thomas, Editor Joan Beaubian, Clerk</p>	<p>Distribution: Paul Langis</p>
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Money

Steep rise in price of older cancer drugs

Many older cancer drugs took a bigger bite out of Medicare and older Americans' wallets last year than five years earlier, a new analysis finds.

After adjusting for inflation, nearly two-thirds of 86 cancer medicines in the study had price increases between 2010 and 2015, researchers reported.

Eleven drugs more than doubled in price, and older drugs increased more than newer drugs, the study found.

The study included oral and intravenous chemotherapy drugs covered by Medicare Part B.

"Higher costs lead to higher copays," said study co-author Dr. Sham Mailankody. "And empiric research suggests higher copays lead to treatment delays or discontinuation."

Patients with Medicare Part B coverage are responsible for up to 20 percent of the cost of these medicines.

Stacie Dusetzina, assistant professor of pharmacy and public health at the University of North Carolina at Chapel Hill, finds the price increases concerning.

"Patients who don't have a supplemental health insurance plan

to help them with out-of-pocket costs will pay more as the price goes up," she said.

About 19 percent of Medicare enrollees lack that coverage, noted Dusetzina, who was not involved with the study.

When researchers split cancer drugs into two groups by their date of approval, older medicines jumped nearly 23 percent in price. That compared with a 6 percent bump for newer treatments.

"Raising the price of older drugs seems particularly objectionable when one considers that the outlay for research and development occurred long ago, and has almost certainly already been recouped," the study authors wrote.

Moreover, drug prices were unrelated to the drugs' benefits, they said.

Former Turing Pharmaceuticals CEO Martin Shkreli faced price-gouging accusations after bumping the price of Daraprim (pyrimethamine), an HIV and cancer drug, by more than 5,000 percent -- from \$13.50 to \$750 a pill.

More recently, the price of a two-pack EpiPen, a standby treatment for life-threatening allergic reactions, increased from \$100 to

\$600.

Mailankody and lead author Dr. Vinay Prasad wanted to see whether price hikes for older cancer drugs are a common problem. Prasad is with Oregon Health & Science University's Knight Cancer Institute.

From a list of Medicare Part B drugs and their average wholesale prices, the researchers identified 86 anticancer medicines.

After adjusting for inflation, they compared differences in average prices for equivalent amounts of a drug from January 2010 to January 2015. They found price hikes in 64 percent of cases.

One striking increase: The price of 100 milligrams of the chemotherapy drug carmustine rose from roughly \$177 in 2010 to \$1,982 in 2015, Mailankody noted.

Carmustine was approved in the United States in 1977, according to the U.S. Food and Drug Administration.

The budgetary impact of rising cancer drug prices can be "quite large," the study authors found.

Take oral cyclophosphamide, approved in 1959. Its inflation-adjusted price leapt 300 percent during the study period. But in

absolute dollar terms, Medicare spending on this drug climbed from \$1 million to \$90 million, the researchers found.

Mailankody said the price increases may be partly due to a dearth of generic alternatives.

Holly Campbell, senior director of communications for Pharmaceutical Research and Manufacturers of America, agreed.

"The authors' focus on price increases in older medicines underscores the need to increase competition among generic medicines," she said.

Cancer medicines represent about 1 percent of overall health-care spending, Campbell said, adding this growth is expected to remain below 2 percent through 2020.

Often, though, the rationale for price hikes is unclear, due to a lack of transparent drug pricing and Medicare's inability to negotiate drug prices with manufacturers, Mailankody said.

Added Dusetzina, "I think the basic answer is that prices are increasing because they can. There is nothing to stop them."

Coastline conducts needs assessment study

Elders and caregivers throughout the Greater New Bedford region have been randomly selected to receive a survey from Coastline.

The survey is used to gather information for development of new services and programs that elders and caregivers may need to help them live independently in their homes for as long as possible.

A needs assessment survey is

conducted every three years, in addition to many focus groups and forums. Results from these activities are also used to develop an Area Plan on Aging.

The purpose of this document is to ensure that Coastline is able to develop approaches that may help to alleviate the concerns identified in the needs data.

How and when to apply for social security retirement benefits

The Social Security Administration offers three different ways you can apply for your retirement and/or spouses benefits, depending on your preference and how much help you need. Here's a rundown of the options, along with a list of information you'll need to apply, and when to fill out the application.

How To Apply?

The easiest and most convenient way to apply for your Social Security benefits is to do it yourself online at SocialSecurity.gov.

If, however, you'd rather have a Social Security employee assist with the process, you can also apply by phone at 800-772-1213, or at your local Social Security office. If you apply in person, be sure to call ahead for an appointment.

When To Apply?

While full retirement age is currently 66 (for those born between 1943 and 1954) you can start receiving your Social Security retirement benefits as early as age 62 or as late as age 70, but the longer you wait the larger your monthly check.

Social Security recommends that you apply for retirement benefits three months before you want your payments to start. So if you want your benefits to begin as soon as you turn 62, you should apply at 61 years and nine months old.

It's also worth noting that if you start receiving your Social Security retirement benefits before age 65,

you will automatically be enrolled in Medicare Part A and Part B, and you'll receive your Medicare card about three months before your 65th birthday. It will include instructions to return it if you have work coverage that qualifies you for late enrollment.

But if you decide to delay your retirement benefits, you'll need to sign up just for Medicare at age 65. If you do not sign up, in some circumstances your Medicare coverage may be delayed and cost more.

Need Information?

In order to apply for Social Security benefits, you'll need to be able to document some information about your identity and work history. So before applying, have the following information handy:

- Your Social Security number.
- Your birth certificate (original or certified).
- Proof of U.S. citizenship or lawful alien status if you were not born in the United States.
- A copy of your U.S. military service papers if you had military service before 1968.
- A copy of your W-2 forms and/or self-employment tax return for last year.
- Your bank information (including your account number and the bank routing number) you want your benefits direct deposited to.



On Sept. 30, the City of New Bedford hosted the first "New Bedford Connect," an event that brought together about 60 sponsors to the New Bedford YMCA. The event was intended to provide information for individuals and families who are homeless or at risk of being homeless. Participants could get everything from an RMV I.D. to a flu shot.

Update

NB Whaling Historical Park to celebrate 20th anniversary

On November 12, New Bedford Whaling National Historical Park celebrates its 20th Anniversary. To commemorate the occasion, the National Historical Park is working with its partner organizations to host a month-long series of events leading up to the anniversary.

On Nov. 10 an unveiling of 20 Years of Community, a collaborative art project, and The Maker-Space, both at the park's visitor center from 5 p.m. to 9 p.m.

On Nov. 12, please join us for festivities beginning at 2 p.m. The park will be hosting a digital retrospective, community art project, special tours, live music, and danc-

ing. And, of course, there will be cake.

The final event will be on Nov. 19, celebrating the 100th anniversary of the dedication of the Bourne Building, which houses the Lagoda model, a half-scale replica of the 19th Century whaling ship.

The National Park visitor center is located at 33 William Street in downtown New Bedford. It is open seven days a week, from 9 a.m. to 5 p.m.

The visitor center is wheelchair-accessible, and is free of charge. For more information, call the visitor center at 508-996-4095, go to nps.gov/nebe.

Computer classes now enrolling

Computer classes are offered twice a week at the New Bedford Council on Aging Hillman Street Support Center, 181 Hillman Street.

The course runs for six weeks.

New classes will start Dec. 6 at 10 a.m. and Dec. 8 at 1 p.m. Classes run approximately 90 minutes and are offered free of charge. All levels are welcome. For more information call 508-991-6250.

Annual Christmas Bazaar

The Annual Christmas Bazaar will be held at Our Lady of the Assumption Church, 47 South Sixth Street, New Bedford on Nov. 19, Saturday 10 a.m. to 4 p.m. and

Nov. 20, Sunday 10 a.m.-2 p.m.

Wreaths, crafts, gift baskets, café with Cape Verdean cuisine, and more. Saturday only: 32" flat screen TV raffle.

Volunteer for adult literacy

New Bedford Public Schools Division of Adult/Continuing Education is seeking literacy volunteers to assist in day or evening classes for Adult Basic Education, English for Speakers of Other Languages and HiSET (formerly GED).

Morning classes are held at the Adult Learning Center, 181 Hillman St., Bldg. 2 from 9 a.m. to

noon, and Career Pathways classes from 12:15 to 2:15 p.m., Mondays through Thursdays.

Evening classes are held at New Bedford High School from 6:30 p.m. to 9 p.m. on Mondays and Wednesdays.

For more information, call Donna Adams, Volunteer Facilitator (508) 997-4511, Ext. 2419

Grace Episcopal Church to hold 37th Bittersweet Bazaar

Grace Episcopal Church, located at the corner of County and School Streets in New Bedford, will be hosting its annual bazaar on Saturday, Nov. 12 from 10 a.m. to 4 p.m.

Grace Episcopal Church's 37th annual "Bittersweet Bazaar" features: Bake Table and Grace Market, silent auction, Chinese Auction, holiday Items, Kindle and Thanksgiving basket

raffles, "Grandma's Attic," and international gifts. Church tours. A luncheon featuring lobster roll, chowder and more is available for purchase from 11 a.m. to 2 p.m.

The Bittersweet Bazaar proceeds benefit Grace Episcopal Church's Community Outreach and Missions. For more information, call 508-993-0547 or visit www.gracechurchnb.org.

Buzzards Bay Speech Therapy announces class schedule

Buzzards Bay Speech Therapy will be hosting more "Brain Games" this fall.

Classes will be held on Nov. 7, 14, 21 from 1-3 p.m. at Tripp Towers, Top floor, 12 Ruth St., New Bedford 02740.

Buzzards Bay Speech Therapy has also announced the 2016-17 calendar for its Self Improvement Class series. Classes utilize an approach that engages adults in creative activities that foster thinking, memory and communication skills to decrease

social isolation and promote healthy aging.

Self Improvement classes are held on Mondays from 9:30-11:30 a.m. in the community room on the second floor of Super Stop and Shop, located at 25 Faunce Corner Road, North Dartmouth.

The 2016 schedule is as follows: Nov. 7, 14, 21. The 2017 schedule is: Jan. 9, 23, 30; Feb. 6, 13, 27; March 13, 20, 27; April 10, 17, 24; May 8, 15, 22; June 5, 12, 19

Contact 508-326-0353 or lyclsp@gmail.com.

Holiday Fair at Saint Mary's Parish

Saint Mary's Parish is having a holiday fair on Nov. 5 from 9:30 a.m. to 5:30 p.m. and Nov. 6 from 9 a.m. to 3 p.m.. Saint Mary's Parish

is located at 106 Illinois St., New Bedford. Full kitchen, crafts, white elephant table, Chinese auction and much more.

Craft fair at Project Independence

The "Fair of the Year" will be held at Project Independence on

Nov. 19 from 9 a.m. to 2 p.m. at 250 Elm St. in New Bedford.

Holiday bazaar

North Baptist Church 750 County Street Annual Holiday Bazaar, Nov. 19 from 9-3.

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Your Health

Smoking leaves lasting marks on DNA

Smoking cigarettes can leave a lasting imprint on human DNA, altering more than 7,000 genes in ways that may contribute to the development of smoking-related diseases, a new study says.

Reviewing results from blood samples taken from nearly 16,000 people in 16 prior studies, the researchers also found that for those who stopped smoking, most genes “recovered” within five years of quitting.

“Although this emphasizes the long-term residual effects of smoking, the good news is the sooner you can stop smoking, the better off you are,” said study author Dr. Stephanie London.

Even so, London’s team found that some genetic changes remained, even 30 years after quitting smoking.

London and her colleagues zeroed in on a process called DNA methylation, genetic changes that don’t alter genes’ underlying code but can change how they’re expressed, or turned on.

Known to contribute to an array of health problems including cancer, heart disease and stroke, cigarette smoking remains the leading preventable cause of death worldwide, accounting for nearly 6 million deaths each year, according to the study.

Even decades after smokers quit, the habit confers the possibility of long-term risk of disease. DNA methylation changes have been proposed as one possible reason for this.

London’s team compared DNA methylation sites in current and former smokers to those who never smoked. In addition to finding that smoking-related DNA sites were linked with more than 7,000 genes -- about one-third of known human genes -- the researchers learned that some DNA methylation sites

persisted even three decades after quitting.

Identifying these smoking-related DNA changes may lead to diagnostic tests that can more accurately evaluate a patient’s smoking history, London said.

“We could use this type of data to estimate people’s previous smoking,” she said. “No one says they smoke when they don’t, but they say they don’t smoke when they do, so we could use these signals to find that out.”

This information could also be useful for better identifying the health effects of a person’s smoking history, London said. And it offers the possibility of developing potential new treatments to repair DNA methylation sites, she said.

“There’s almost no time this information isn’t useful,” London explained. “Especially with a smoking-related condition, if you have an excellent biomarker of smoking, it allows you to pinpoint the effects of other exposures in a more rigorous way.”

The study was published Sept. 20 in the journal *Circulation: Cardiovascular Genetics*.

Dr. Norman Edelman is senior scientific advisor for the American Lung Association. He said the new research “raises some tantalizing issues” despite not being able to establish a clear cause-and-effect relationship between smoking-related genetic changes and resulting health problems.

“Many cancers, bone disease, lung disease, heart disease, [gastrointestinal] problems -- smoking has such a wide array of effects, it’s not especially surprising to hear its epigenetic effects,” he said.

“The message here is that smoking has an enormous, widespread impact on your genes,” Edelman added. “Most of it is reversible, but some is not.”

Coping with corns and calluses

Corns and calluses are sometimes painful areas of thickened skin that develop on the feet due to repeated rubbing or pressure.

Those on the toe or top of the foot are called corns. Those that develop on the bottom of the foot are called calluses.

No matter where they are, corns and calluses can hurt, and can lead to serious problems in people with diabetes or decreased circulation, according to the American Podiatric Medical Association (APMA).

Your doctor may suggest changing your shoes and/or adding padding to them if you have mild corns or calluses.

But larger ones are best dealt with by a doctor. A podiatrist can use a surgical blade to shave away the

thickened skin -- right in the office. It’s a painless remedy, because the skin is already dead. Further treatment may be needed if the corn or callus returns, according to the APMA.

Cortisone shots may be given if a corn or callus is causing significant pain. In some cases, surgery may be needed, the association says.

To help prevent corns and calluses, wear properly fitted shoes. If you have foot or toe deformities, ask a podiatrist what shoes are best.

Gel pad inserts may decrease friction and pressure that lead to corns and calluses. A podiatrist can help you find the best spots to place gel pads, according to the APMA.

‘Spare tire’ may be tougher on your heart than ‘love handles’

Belly fat, especially hidden fat deep in the gut, may indicate increased risk for heart disease, a new study suggests.

The six-year study of more than 1,000 adults found people with a “spare tire” in their midsection had a greater risk for heart disease compared to those with visible flab elsewhere under the skin, or “love handles.”

“Adipose tissue [fat in the stomach] along with fat below the skin has been associated with abnormalities, including high triglyceride levels, low HDL levels [good cholesterol], high blood pressure and greater risk of diabetes,” said Dr. Gregg Fonarow.

The study looked at abdominal fat quantity and quality. The researchers cautioned, however, that the study only showed an association between belly fat and potential heart disease, not that belly fat causes heart disease.

Fonarow said perhaps deep abdominal fat is unhealthier because it might increase insulin resistance, which can lead to high blood sugar and type 2 diabetes.

“This study suggests individuals even with a body mass index in the normal or overweight category but who have increased abdominal mass -- a pot belly -- may be

at increased cardiovascular risk,” Fonarow said.

The study was led by Dr. Caroline Fox, a former senior investigator for the U.S. National Heart, Lung, and Blood Institute. She and her team collected data on 1,106 men and women, average age 45, who took part in the long-running Framingham Heart Study. All agreed to have their stomachs scanned to determine the amount of their belly fat.

Over six years, the researchers found that increases in the amount of fat and decreases in fat density were linked with changes in the risk for heart disease. Each additional pound of fat was associated with newly developed high blood pressure, high triglycerides and metabolic syndrome, which includes high cholesterol and increased odds of type 2 diabetes, the researchers said.

Although increased fat was linked to new and worsening heart disease risk factors overall, the risk was greater for fat inside the abdomen, compared with fat just under the skin, the researchers said.

People whose deep stomach fat increased had significant rises in high blood sugar, high triglycerides and low levels of HDL cholesterol, Fox’s team said.



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Your Health

Exercise speeds seniors' recovery from disability

Elderly adults who regularly exercise are less likely to suffer a disability -- and if they do, they tend to recover faster, a new clinical trial finds.

Researchers found that when they got sedentary older adults into an exercise routine, it curbed their risk of suffering a disabling injury or illness. And those who did develop a physical disability were one-third more likely to recover from it, compared to seniors who remained sedentary.

Experts said the findings underscore an important message: It's never too late to reap the benefits of exercise.

"And it doesn't have to be some heavy-duty regimen. You don't have to join a gym," said Patricia Katz, a professor of medicine at the University of California, San Francisco.

In this study, she pointed out, moderate walking was the main activity. It's well-known that regular exercise can have a range of health benefits, including lower risks of heart disease, diabetes, certain cancers and depression.

The new trial was set up to see whether exercise could not only reduce elderly people's risk of becoming disabled, but aid their recovery, too.

"Older people tell us that what's most important to them is maintain-

ing their independence," said Dr. Thomas Gill, the lead researcher on the study and a professor of geriatrics at Yale School of Medicine in New Haven, Conn.

"What we're learning is, once disability develops, it's not uncommon for older adults to recover," Gill said. "It's not just a one-way street into further decline."

For the study, Gill's team recruited more than 1,600 sedentary adults ages 70 to 89. The researchers randomly assigned half the seniors to an exercise program, while the other half attended health education classes.

People in the exercise group did some strength and balance training, but moderate walking was the cornerstone. Gill said they worked toward a goal of 2.5 hours of walking per week.

Over the next 3.5 years, people who exercised spent 25 percent less time with a major movement disability (an inability to walk a quarter-mile) compared to the other participants.

Active seniors were 13 percent less likely to develop a movement disability. But the bigger benefit came later: Exercisers were one-third more likely to recover from the impairment. Gill said, it's possible that physical activity "built them up," so they were in better shape when an injury or illness did strike.

Declining flu-shot rate worries CDC

The flu-vaccination rate decreased in the United States last season, causing concern among public health officials that more Americans might not get a flu shot this year.

Influenza vaccination coverage declined 1.5 percent across the entire U.S. population during the 2015-2016 flu season, with only 46 percent of Americans receiving the annual vaccine, the U.S. Centers for Disease Control and Prevention announced.

"Flu is serious. Flu is unpredictable," CDC Director Dr. Tom Frieden. "If we could increase vaccination coverage in this country by just 5 percent, that would prevent about 800,000 illnesses and nearly 10,000 hospitalizations."

This season's flu shot has

been updated to protect against the three or four influenza viruses that research suggests will be most common during the 2016-2017 season, according to the CDC.

The CDC recommends that everyone aged 6 months or older receive an annual flu shot. Adults 50 and older experienced the greatest decreases in vaccination coverage last flu season, the CDC numbers revealed.

The decline in influenza vaccine coverage for older adults is troubling because seniors are disproportionately affected by the flu.

No supply problems have cropped up this season. Flu vaccine is readily available, and sufficient doses are expected throughout the season, CDC officials noted.

La Proporción de la Declinación de la Vacuna Contra la Gripe Preocupa al CDC

La proporción de la vacuna contra la gripe se ha disminuido en los Estados Unidos en la época pasada, causando preocupaciones entre los oficiales de la salud pública que más americanos pueden no recibir la vacuna contra la gripe este año.

La tasa de la vacunación disminuyó 1.5 por ciento a través de toda la población de los Estados Unidos durante la época de la gripe 2015-2016, con solamente 46 por ciento de los americanos recibiendo la vacuna anual, anunció el Centro para el Control y Prevención de Enfermedades (CDC).

"La gripe es seria. La gripe es imprevisible," dijo el Dr. Tom Frieden, Director del CDC. "Si pudiésemos aumentar la cobertura de la vacunación en este país por solamente el 5 por ciento, eso preveniría cerca de 800,000

enfermedades y casi 10,000 hospitalizaciones."

Las vacunas contra la gripe de esta época han sido puestos en día para proteger contra las tres o cuatro virus de la influenza que la pesquisa sugiere que seran los más comunes durante la "época 2016-2017, de acuerdo con la CDC.

La CDC recomienda para todas las personas con la edad de 6 meses o más recibiren una vacuna contra la gripe anualmente. Los adultos con 50 años o más tuvieron la mayor disminución en la cobertura de la vacunación en la época de la gripe pasada, revelaron los números de la CDC.

El declinio en la cobertura de la vacuna contra la gripe para los adultos más edosos es preocupante porque las personas más edosas son desproporcionalmente afectadas por la gripe.

A Proporção do Declínio da Vacina Contra a Gripe Preocupa a CDC

A proporção da vacina contra a gripe diminuiu nos Estados Unidos na época passada, causando preocupação entre os oficiais da saúde pública que mais americanos podem não receber a vacina contra a gripe este ano.

A taxa da vacinação diminuiu 1.5 por cento através de toda a população dos Estados Unidos durante a época da gripe 2015-2016, com somente 46 por cento dos americanos a receberem a vacina anual, anunciou o Centro para o Controle de Prevenção de Doenças (CDC).

"A gripe é séria. A gripe é imprevisível," disse o Dr. Tom Frieden, Director do CDC. "Se pudessemos aumentar a cobertura da vacinação neste país por somente 5 por cento, isso preveniria cerca de 800,000 doenças e quase 10,000 hospital-

izações."

As vacinas contra a gripe desta época têm sido postas em dia para proteger contra as três ou quatro vírus da influenza que a pesquisa sujere que serão os mais comuns durante a época 2016-2017, de acordo com a CDC.

A CDC recomenda para todas as pessoas com a idade de 6 meses ou mais receberem uma vacina contra a gripe anualmente. Os adultos com 50 anos ou mais tiveram a maior diminuição na cobertura de vacinação na época da gripe passada, revelaram os números da CDC.

O declínio na cobertura da vacina contra a gripe para os adultos mais idosos é preocupante porque as pessoas mais idosas são desproporcionalmente afectadas pela gripe.

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Nutrition

Heavy drinking can harm the aging brain

As people age, the harmful effects of heavy drinking can take a toll on key brain functions, such as memory, attention and learning, a new study shows.

Researchers led by Adam Woods, of the University of Florida's department of aging and geriatric research, asked 31 men and 35 women to complete a series of comprehensive brain tests.

The volunteers were divided into groups based on their level of alcohol intake: heavy drinkers, moderate drinkers or non-drinkers.

About 53 percent of the study group had a lifetime history of some period of alcohol dependence, the team said, and 21 were considered current heavy drinkers.

The test results of the latter group were compared to the results of the 45 non-drinkers and moderate drinkers. Woods' team tracked brain functions such as attention, learning, memory, motor function, verbal function and thinking speed.

The study found that older people who were heavy drinkers had lower scores on tests of so-called cognitive function -- worse learning skills, memory and motor function.

A lifetime history of alcohol dependence was also linked with worse learning, memory and motor function, the researchers reported. These people

also had reductions in their attention or executive function (which includes reasoning and working memory), regardless of their age, the findings showed.

"It is not surprising that lifetime alcohol dependence would have long-term adverse effects on cognition [thinking], nor is it surprising that heavy alcohol use in older adults would also be associated with worse cognition," said Dr. Marc Gordon, chief of neurology at Zucker Hillside Hospital in Glen Oaks, N.Y. He reviewed the new findings.

Dr. Gisele Wolf-Klein directs geriatric education at Northwell Health in Great Neck, N.Y. She agreed with Gordon that "the findings should not come as a surprise, since it is well known that alcohol at any age, from birth to death, is toxic for brain cells."

And she pointed out that the effects of heavy drinking may be especially hazardous for the elderly, many of whom are taking several medications.

"Medication regimens can be negatively affected by the use of alcohol," Wolf-Klein said. For this and other reasons, "use of alcohol is better avoided altogether in older adults -- or at least reported and discussed openly with their primary care doctors," she said.

Ten ways to maintain your weight over the holidays

By Stephanie Boulay, RD, LDN

1. Focus on weight maintenance versus weight loss during the holidays.

2. Do NOT plan to diet after the New Year. Anticipation of food restriction sets you up for binge-type eating over the holidays.

3. Be physically active every day.

4. Eat a light snack before going to holiday parties to avoid overeating.

5. Plan ahead. Think about where you will be and what foods are really special to you versus those that you could probably do without.

6. Make one plate of the foods you really want. Enjoy and savor every bite.

7. Reduce the fat in holiday recipes.

8. Choose your beverages wisely. Liquors, sweet wines and sweet mixed drinks contain 150-450 calories per glass. Limit your intake to 1-2 drinks per occasion.

9. Enjoy good friends and family rather than having food as the focus.

10. Remember: balance and moderation.

Eat, drink and be merry, but keep your health in mind!

It may be time to punt on your favorite football fare

Fried foods and free-flowing beer may be the norm at many football or tailgate parties, but the American Heart Association (AHA) says there are many healthier options.

When it comes to meats for the grill, they recommend choosing lean or extra-lean beef burgers and keeping the patties to the size of a deck of cards. Or try turkey or salmon burgers. Instead of fried chicken wings, grill chicken breast strips coated in a small amount of your favorite sauce.

Watch how you season your meats, the AHA says. Instead of lots of salt, use chopped onions or extra pepper to boost flavor. With burgers, use

100-percent whole wheat buns or make a lettuce wrap.

Vegetable skewers are another great way to snack. Pack them with onions and peppers, or grill corn on the cob or zucchini, the AHA suggests.

If you drink alcohol, do so in moderation. "Try not to overindulge on alcoholic beverages. Too much beer, wine or liquor impairs judgment and can cause us to eat more," Johnson said.

Choose no-calorie sodas over those packed with sugar. Water is the best choice of beverage, and you can add some fresh fruit to give it a refreshing taste, the association says.

No link between caffeine, irregular heartbeat

Contrary to common belief, coffee doesn't seem to increase the risk of irregular heartbeats in people with heart failure, according to a small Brazilian study.

"Our data reassures that most patients with heart disease might drink moderate doses of caffeine-rich beverages with no major risks," said lead researcher Dr. Luis Rohde. He's from the division of cardiology at the Federal University of Rio Grande do Sul in Porto Alegre.

Caffeine-rich beverages have long been suspected of causing several heart-related symptoms, such as palpitations or rapid or irregular heartbeats, Rohde said.

"Because of this assumption, counseling to reduce or avoid caffeine consumption is still widely recommended in clinical practice by most physicians for patients with any heart disease," he said.

But Rohde's team found no link between caffeine and abnormal heartbeats in the short term. "In fact, our results challenge the perception that patients with heart disease and at risk for arrhythmias should avoid or limit caffeine intake," he said.

Heart failure occurs when the heart can't pump enough blood to meet the body's needs.

The study included 51 people with heart failure. The researchers randomly assigned them to two groups. One group was given decaffeinated coffee that contained 100 milligrams (mg) of caffeine powder. The other group received decaffeinated coffee with a

milk powder.

Patients drank the brews at one-hour intervals during a five-hour period. Those given caffeine received a total of 500 milligrams. The study also included a treadmill "stress" test one hour after the last cup of coffee.

Although no effect of caffeine on heart rhythms was seen, the researchers pointed out that the study was small. About half of the study volunteers were regular coffee drinkers, so they might have been less prone to the effects of caffeine.

The study also didn't look at long-term use of caffeine and its effect on abnormal heart rhythms among patients with heart failure, the researchers said.

Dr. Christopher Granger is a professor of medicine at Duke University in Durham, N.C. He said that "this study adds to the body of evidence that coffee and caffeine consumption appears to be safe from a cardiovascular perspective.

But he cautioned that caffeine is a stimulant and can slightly increase blood pressure, even though it didn't have an effect on the heart rate of the study participants.

Granger noted that this study doesn't exonerate all forms of caffeine for heart patients either. "It did not take into account energy drinks that contain a lot of caffeine; there may be adverse effects from that," he said.

The bottom line from this study is that "modest amounts of coffee are safe even for people who have heart problems," Granger said.

High-protein diets may not help fend off diabetes

While many believe that a high-protein diet can help with weight loss, a new study finds it might actually prevent an important health benefit that comes with slimming down.

The research found that when you lose weight on a high-protein diet, there's no improvement in what doctors call "insulin sensitivity" -- a factor that could lower your risk for diabetes and heart disease.

In type 2 diabetes, cells gradually lose insulin sensitivity -- their ability to respond to the metabolic hormone. This often occurs with rising obesity, so improved insulin sensitivity can be one of the byproducts of weight loss.

However, "we found that women who lost weight eating a high-protein diet didn't experience any improvements in insulin sensitivity," said study principal investigator Bettina Mittendorfer.

Mittendorfer's team tracked outcomes over seven months for 34 obese women aged 50 to 65, none of whom had diabetes at the study's outset. The women were divided into three groups: a no-dieting group where women simply maintained their weight; a dieting group that

ate the recommended daily level of protein; and a dieting group that stuck to a high-protein regimen.

At the end of the study period, women who ate a high-protein diet did not show improvement in insulin sensitivity, an important factor in reducing diabetes and heart disease risk. The women who dieted but ate the standard amount of protein had a 25 to 30 percent improvement in their insulin sensitivity, the researchers reported.

"Women who lost weight while eating less protein were significantly more sensitive to insulin at the conclusion of the study," Mittendorfer said in a university news release. "That's important because in many overweight and obese people, insulin does not effectively control blood-sugar levels, and eventually the result is type 2 diabetes," she explained.

One expert nutritionist said the findings make sense.

"Your body needs protein. But consuming an amount of protein beyond your needs is unnecessary and can lead to weight gain since excess calories from protein are stored as fat," explained Stephanie Schiff.



Menu for November 2016

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For Reservations/Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance. For weather emergencies and cancellations, please check 1420 AM WBSM radio.	1 A Na+ Chicken Piccata 424 Whipped Sweet Potato 78 Brussels Sprouts 12 Oatmeal Bread 121 Chocolate Pudding 191 Diet: LS Pudding 110 Total Sodium: 824mg Calories: 538 Carbs: 71	2 High Sodium Meal Cream of Tomato Soup 173 Deli Ham w/ Cheese 481 Mustard 55 Cole Slaw 81 WW Bread (2 slices) 320 Banana 1 Total Sodium: 1111mg Calories: 558 Carbs: 80	3 A Na+ Turkey Divan 321 Mashed Potato 62 Multigrain Roll 190 Pears 4 Yogurt Cup 75 Total Sodium: 652mg Calories: 665 Carbs: 92	4 A Na+ Beef Picadillo 251 Jasmin Rice 36 Green Beans 3 Dinner Roll 160 Tropical Fruit 10 Total Sodium: 461mg Calories: 436 Carbs: 60	
	7 B Na+ Curried Chicken 375 Israeli Cous Cous 44 California Vegetables 27 Oatmeal Bread 121 Chocolate Chip Cookie 171 Diet: Graham Wafer 85 Total Sodium: 738mg Calories: 658 Carbs: 87	8 B Na+ Beef Bordelaise 247 Egg Noodles 35 Tarragon Carrots 77 Multigrain Roll 190 Tropical Fruit 10 Total Sodium: 560mg Calories: 633 Carbs: 72	9 B Na+ Chicken Chow Mein 253 White/Brown Rice 36 WW HB Bun 230 Mandarin Oranges 6 Total Sodium: 526mg Calories: 416 Carbs: 52	10 B Na+ Salisbury Steak w/ Portobello Mushrooms & Gravy 148 Garlic Mashed Potato 62 Genoa Blend 40 WW Bread 160 Mixed Fruit 10 Total Sodium: 670mg Calories: 650 Carbs: 84	
	14 A Na+ Mini Cheese Ravioli 477 Tomato Sauce 55 Genoa Vegetables 40 Dinner Roll 160 Peaches 5 Total Sodium: 737mg Calories: 417 Carbs: 75	15 A Na+ Teriyaki Chicken 478 Asian Rice 92 Oriental Veg 27 WW Bread 160 Fresh Pineapple 1 Total Sodium: 758mg Calories: 431 Carbs: 63	16 A Na+ Tossed Salad 124 Chuckwagon Stew 306 O'Brien Potatoes 117 Oatmeal Roll 121 Fresh Orange 0 Total Sodium: 667mg Calories: 555 Carbs: 73	17 High Sodium Meal Roast Turkey w/ Gravy 430 Cranberry Sauce (2) 16 Mashed Potatoes 62 Winter Squash 13 Multigrain Bread 190 Pumpkin Pie 398 D:SF Pumpkin Pudding 110 Total Sodium: 1109mg Calories: 979 Carbs: 157	
21 B Na+ Shepherd's Pie 283 Peas & Carrots 80 Dinner Roll 160 Pears 4 String Cheese 170 Total Sodium: 696mg Calories: 704 Carbs: 91	22 B Na+ Unsalted Saltines 56 Lemon Orzo Soup 115 Greek Chicken 438 Rice Pilaf 134 Brussels Sprouts 12 Multigrain Bread 190 Banana 1 Total Sodium: 946mg Calories: 591 Carbs: 82	23 B Na+ "Catch of the Day" 40 Potato Wedges 27 Broccoli 12 WW Bread 160 Brownie 132 Diet: Fresh Fruit 1 Total Sodium: 371mg Calories: 600 Carbs: 67	24 Total Sodium: 791mg Calories: 717 Carbs: 92		
28 A Na+ Tossed Salad 124 Chicken Drumstick 290 Scalloped Potatoes 185 Oatmeal Roll 121 Fresh Orange 0 Total Sodium: 719mg Calories: 443 Carbs: 55	29 A Na+ Beef Chili 266 Sour Cream 13 Mexican Rice 22 Roman Vegetables 26 Corn Bread 280 Tropical Fruit 10 Total Sodium: 618mg Calories: 589 Carbs: 81	30 A Na+ Roast Pork w/ Gravy 192 Mashed Potatoes 62 Tuscan Vegetables 56 WW Bread 160 Mini Cheesecake 240 Diet: Low Sugar Cake 210 Total Sodium: 690mg Calories: 751 Carbs: 79	All Meals include: Milk: 100 Calories 107mg Sodium 12g Carbs Margarine: 36 Calories 47mg Sodium		
18 A Na+ Hot Dog *550 Mustard & Relish Packet 110 Baked Beans 36 Cabbage & Carrots 47 Hot Dog Roll 210 Mixed Fruit 10 Total Sodium: 963mg Calories: 599 Carbs: 72					
25 B Na+ Mac n' Cheese 403 Escalloped Tomatoes 143 Peas & Mushrooms 133 Fruit Loaf 102 Tropical Fruit 10 Total Sodium: 791mg Calories: 717 Carbs: 92					

Recipe Roundup

Roasted Pumpkin Seeds

Ingredients:

- 1 1/2 cups raw whole pumpkin seeds
- 1 pinch salt
- 2 teaspoons butter, melted

Directions:

Preheat oven to 300 degrees F. Toss seeds in a bowl with melted butter and salt. Spread in a single layer on a greased baking sheet and bake for about 45 minutes until golden brown, stirring occasionally.

Oven-Roasted Butternut Squash

Ingredients:

- 1 butternut squash - peeled, seeded, and cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- salt and ground black pepper to taste

Directions:

Preheat oven to 400 degrees F (200

degrees C). Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper.

Arrange coated squash on a baking sheet. Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

Simple Cornbread

Ingredients:

- 1 1/2 cups cornmeal
- 2 1/2 cups milk
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2/3 cup white sugar
- 2 eggs
- 1/2 cup vegetable oil

Directions:

Preheat oven to 400 degrees F. In a small bowl, combine cornmeal and milk; let stand for 5 minutes. Grease a 9x13 inch baking pan.

In a large bowl, whisk together flour, baking powder, salt and sugar. Mix in the cornmeal mixture, eggs and oil until smooth. Pour batter into prepared pan. and bake for 30 to 35 minutes.

Sesame Green Beans

Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon sesame seeds
- 1 pound fresh green beans, cut into 2 inch pieces
- 1/4 cup chicken broth

Directions:

Heat oil in a large skillet over

medium heat. Add sesame seeds. When seeds start to darken, stir in green beans. Cook, stirring, until the beans turn bright green.

Pour in chicken broth, salt and pepper. Cover and cook for about 10 minutes. Uncover and cook until liquid evaporates.

Safety

Falls a growing and deadly threat for older Americans

By Mary Elizabeth Dallas

Falls are the leading cause of injury and death among older people in the United States, and this health threat is likely to grow since 10,000 Americans now reach age 65 every day, a new federal report shows.

Every second of every day, an older American falls. As falls increase, so do health care costs. In the report, the U.S. Centers for Disease Control and Prevention urged doctors to help prevent falls among this high-risk group.

"Older adult falls are increasing and, sadly, often herald the end of independence," CDC Director Dr. Tom Frieden said in an agency news release. "Health care providers can make fall prevention a routine part of care in their practice, and older adults can take steps to protect themselves."

Older Americans had 29 million falls in 2014, causing 7 million injuries. Falls cost Medicare an estimated \$31 billion a year, the CDC report revealed.

According to Dr. Robert Glatter, an emergency room physician at Lenox Hill Hospital in New York City, "Falls among older persons and their attendant injuries -- including head injuries, fractures and lacerations -- are encountered on a daily basis by practicing emergency physicians."

Fall risk increases as aging people's muscles weaken, they become less active and they develop chronic health issues, researchers have found.

Injury rates from falls are seven times higher for seniors with medical issues than for those who are healthy, the CDC reported. Taking multiple medications adds to the danger.

Glatter added that vision problems, poorly fitting shoes and loose carpeting can also lead to falls.

To reduce your risk, the CDC suggests these steps:

Ask your doctor how to prevent falls and tell him or her if you have fallen recently.

Be sure your doctor knows all the medications you take.

Have your eyes checked at least once a year and be sure you use an up-to-date eyeglass prescription.

Stay active and take part in programs to boost your strength and balance, such as tai chi. Ask your local Council on Aging for information about programs in your area.

Remove all trip and fall hazards in your home.

The CDC urges doctors to make fall prevention part of routine office visits. The agency suggests these steps to doctors:

Ask patients if they feel unsteady, have fallen within the past year or worry about falling. Recommend vitamin D supplements.

Stop, switch or reduce doses of medications that could increase the risk of falls.

"It's vital to evaluate a patient's medication list for potential drug interactions that can make a patient drowsy, lower their blood pressure, and increase their risk of falls," Glatter said.

How older people can head off dangerous drug interactions

Potentially serious drug interactions are a daily threat to older people who take multiple medications and supplements, according to the U.S. Food and Drug Administration.

One drug can affect the effectiveness of other drugs and how your body uses them. For example, your kidney and liver may not work as well, which affects how drugs are broken down and leave your body, the FDA said.

"There is no question that physiology changes as we age. Many chronic medical conditions don't even appear until our later years," Dr. Sandra Kweder, an FDA medical officer, said in an agency news release. "It's not that people are falling to pieces; some changes are just part of the normal aging process."

The FDA says these safety tips will help prevent harmful drug interactions or side effects:

Follow your doctor's directions. You shouldn't take drugs that your doctor doesn't know about.

Follow your prescription. Don't

skip or change your dosage even if you feel fine or think the medicine isn't working. Let your doctor know if you develop symptoms or side effects.

Keep a medication list. Jot down the brand and generic names along with doses and instructions for all drugs you take, and keep this list with you at all times. If anything changes, update your list. Consider giving a copy to a friend or relative in case of emergency, especially when you travel.

Learn about possible drug interactions and side effects. Some drugs affect how others work and some interactions are dangerous.

Routinely go over your medication list with your doctor. This will help ensure that all drugs and supplements you take are still necessary and appropriate. Let your doctor know if you can't afford any of your medications. Sometimes there are cheaper, yet effective alternatives. Let your doctor know if you think any medication isn't working.

Trivia

FOR YOUR ENTERTAINMENT - JRA

- The people who celebrated the first Thanksgiving in America came across the Atlantic Ocean to America on what ship?**
a) HMS King Edward b) Santa Maria c) Mayflower d) The Nina
- What band leader featured a segment 'So You Want to Lead A Band' on his TV Show where a member of the audience would participate in leading the band.**
a) Guy Lombardo b) Lawrence Welk c) Tommy Dorsey d) Sammy Kaye
- In 1903, a team moved from this city to give New York its first professional baseball team?**
a) New Jersey b) Baltimore c) Atlanta d) Toledo
- On the Dean Martin TV Roast, this comedian's 'schtick' was to complain about why the honoree was being feted, especially, since he "never had a dinner."**
a) Don Rickles b) Charlie Callas c) Foster Brooks d) Red Buttons
- Who purchased the large pine grove on State Road near the Dartmouth/Westport Line and named it Lincoln Park in 1894?**
a) Bartholeumeu Gosnold b) Joseph Roth c) The Trolley Company d) The Hathaway Manufacturing Company
- Canada is a bilingual country, but has only this one official bilingual province:**
a) Quebec b) New Brunswick c) Ontario d) Nova Scotia
- What is the profession of the cartoon character, Dagwood Bumstead, Blondie's husband?**
a) Clerk b) Office Manager c) Salesman d) Postman
- Which of these Indian tribes is federally recognized in Massachusetts.**
a) Mohegan b) Mohawk c) Wampanog d) Iroqui
- Where was singer, song writer, actor, social activist Harry Belafonte born?**
a) Virgin Islands b) Bahamas c) New York d) Jamaica
- What is the most common named street in America?**
a) Central b) 1st street c) Main d) 2nd Street

[Answers on Page 12]

Please Join Us

at Brandon Woods of Dartmouth for

FREE
Breakfast
Bingo

from 8:30 AM to 10 AM
"Hot Breakfast and Prizes"

Upcoming Dates:

- Thursday, June 9, 2016
- Thursday, September 8, 2016
- Thursday, December 8, 2016

567 DARTMOUTH STREET
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at 508.958.5920 or
cmacedo@elderservices.com

Family Owned & Operated



At the Senior Centers

Acushnet Senior Center

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

Strong Women, Strong Bones meets Mon. and Wed. at 10 a.m. with Karen Corcoran
Mahjong meets Monday at 10:30 a.m.
Cribbage meets Monday at 12:30 p.m. and Friday at 12:00 p.m.
Art Class meets at 10 a.m. on Tuesday
French Club meets Tuesday at 9 a.m.
Needle Arts class meets Thursday at 1 p.m.
Scrabble meets Tuesday at noon
Hand and Foot meets Mon. at 10 a.m. Tues. at 1 p.m. and Wed. at 1 p.m.
Pitch meets Tuesday at 1 p.m.
Gentle Yoga Tuesday at 11:15 a.m. with Karen Corcoran
Blood Pressure every Wednesday at 9 a.m.
Bingo every Wednesday at noon
Strength and Flex exercise on Wed. at 2:30 and Friday at 10:30 with Larry Bigos
Cardio Dance on Thursday at 9:30 am with Ellie Higgins
Line Dancing on Thurs. at 1 p.m.
Lovely Ladies Learning to Eat Healthy meets Friday at 10 a.m.
Zumba class on Friday at 1 p.m.
St. Anthony's group meets second and fourth Monday of each month at 1 p.m.
St. Theresa's group meets second and fourth Tuesday of each month at 1 p.m.
Don Who Travel Club meets second and fourth Wed. of each month at 12:30 p.m.
Garment Workers meets First and Third Tuesday of each month at 1 p.m.
N B Garden Club meets once a month; call for dates and times
Toe Nail Care every other Friday; call for appointment with Lisa Nuno
Dental Care second Thursday of every month; call 774-766-7238 Holly Petruzzo
Diabetic Shoes third Wednesday of every month at 10 a.m.
Red Hats meets second Thursday of every month
Grocery Shopping to Trucchis every Friday
SHINE call 800-243-4636 to set up an appointment

Ashley Park Center

The Ashley Park Center in New Bedford is open Monday through Friday from 10 a.m. to 4 p.m. For information on activities, such as cards and dominoes, call 508-991-6211.

Buttonwood Senior Center

For more information on the following activities, call the Buttonwood Senior Center at 508-991-6170. 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.

Join us for Bingo on Mondays, Tuesdays, and Thursdays. Cards are on sale from 12 to 1 p.m., and games begin promptly at 1.

We serve Lunch by Coastline daily at 11:30 a.m. Please call 24 hours in advance to sign up.

Gentle Chair Yoga with Joey Machado on Mondays from 8:30 to 9:30, cost is \$3.

Gentle Yoga with Joan Davignon at the Tifereth Israel Synagogue from 10:00 - 11:00 a.m.. Cost is \$4.

Zumba Gold with Pati Cautillo meets on Tuesday from 8:30-9:30 a.m., and Wednesdays from 9-10 a.m.. Class is free.

Chair Zumba with Pati Cautillo meets Fridays from 10 to 11 a.m., class is free.

Resistance Band Stretch and Flex Class with Larry Bigos on Thursdays from 8:30 to 9:30 a.m., class is free.

Strength and Conditioning with Larry Bigos on Fridays from 2-3 p.m., class is free

Dancercise with Victor Fonseca on Fridays from 1-2, class is \$3

Game Show Mashup: Join us on Mondays and Thursdays for our Game Show Mashup, 10-11 a.m.

Love to Knit? Join the Nutty Knitters on Monday from 9:30-11:30 a.m.

Want to learn MahJong? Learn for FREE on Tuesdays, from 10 a.m. to 1 p.m.

Mexican Train Game dominos on Tuesday from 9:30-11:30 a.m., looking for new players!

Classic Painting with Ryan Santos on Wednesdays from 9:30-11 a.m. Sign up in Advance \$8 per class

Painting with Friends with Kathy Arruda on Wednesdays from 12:30 - 2 p.m.. Sign up in advance; \$6 per class.

Cribbage players meet from 10-12:30 p.m. on Wednesday

Meet on Wednesday from 2:00 to 3:00 pm and bring home a craft for only \$2.

Join our small group on Thursdays from 2-3 p.m. with Social Worker Ann O'Donnell and learn about positive psychology.

The First Thursday of the month, join us for a Blood Pressure Clinic by the Greater New Bedford Community Health Center, from 11:30 a.m. to 12:30 p.m.

Monthly Birthday Party will be held on the second Thursday, from noon to 1 PM.

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.

Nov. 9: Fort Rodman Military Museum tour. Van leaves the Center at 10

a.m. Call center for reservation.

Nov. 16: Fun Nutrition and Aging Myths presentation at 9:30 a.m.
Nov. 22: Thanksgiving celebration. Luncheon and entertainment at noon. Cost is \$5 in advance.

Nov. 30: Comcast Xfinity Questions and Answers Seminar 10 a.m. to noon. Walk-ins welcome.

Senior ID Cards are available on Mondays 10 a.m.-1 p.m.

Coffee Hour every day from 8:30-11 a.m. (donation)

Breakfast Bingo is held on first Tuesday of the month

Meal Site every day Lunch served at 11:30 a.m. (donation)

Walking Club meets Mon., Wed., and Fri. at 8:30 a.m.

Billiards available every day from 9:30 a.m.

Free Weight Loss Support Group Mondays at 10 a.m. Walk-ins are welcome

Hand Quilting Class meets on Mondays 9 a.m.-11 a.m.

Osteo Exercise Mon., Wed., Thurs. 10:15 a.m.

Play Bridge Mondays from 12 p.m. to 2:30 p.m.

Book Club 2nd Monday of every month. Take turns hosting or choosing a book. Browse our free book Lending Library. We welcome donations of recently published books.

Gentle Yoga Mon. at 9 a.m., Thurs. at 10 a.m.

TaiChi meets on Tuesdays 9 a.m.

Art Class meets Tuesday from 9 a.m. to noon (all mediums)

Computer Class meets on Tues. from 10:15 a.m.-12:15 p.m. and Wed. from 11:30 a.m. -1:30 p.m. Learn the basics for a strong foundation.

Zumba meets Tues 11 a.m. and Thurs 11:30 a.m.

Zumba Gold Tone Tuesday at 4 p.m. and Thurs. at 4 p.m.

Strong and Steady Exercise Class Tues. at 12:30 p.m. and Thurs. at 2 p.m.

Cribbage meets Tuesday at 9:30 a.m.

Dance with the Country Three the first and third Wednesday of the month from

12:30 p.m.-3 p.m.

Knitters and Handcrafters meet Wednesdays from 1 p.m. -3 p.m.

Needle Workers meet on Thursdays 9-11 a.m.

Music and Mandalas on Tuesdays 1 p.m.

Chair Massage first and third Wednesday of the month 9 a.m. -10:30 a.m.

Strength and Flex Class Wednesday and Friday 9 a.m.-10 a.m.

Cards/Pitch Thursday 10 a.m.-noon

Hand and Foot Stop by and learn to play this fun card game on Thursdays at 10 a.m.

Dartmouth Bliss Corner Seniors meet Thursday 1 p.m.-4 p.m.

MahJongg meets Friday 11:30 p.m.-3 p.m.

Basic Sewing Classes every Thursday at 11 a.m. We provide a sewing machine or you may bring your own.

Line Dancing every Friday from 12:30-3 p.m.

Foot care with Podiatrist by appt. first Thursday and last Tuesday

Caregiver Support Group first Friday at 1 p.m.

Widows Support Group first and third Friday 8:15 a.m. and 10:30 a.m.

Parkinson's Support Group last Wednesday at 8:30 a.m.

Alzheimers' Support Group Tuesday, August 9 and Tuesday, Aug. 23 at 3 p.m.

Blood Pressure Clinic second Friday at 9 a.m.

Van to Market Basket third Wednesday, Dartmouth residents

Diabetes Support Group last Wednesday of the month 8:30 a.m.-9:30 a.m.

Fairhaven Senior Center

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

If you are a Fairhaven resident 60 or older you may qualify to receive

FREE groceries from the Greater Boston Food Program Commodity Supplemental Food Program. Call The Fairhaven Senior Center to find out if you qualify.

Senior Supper Club and LGBT Supper Club canceled for the months of November and December.

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

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

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.

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

Computer Classes meet on Monday, 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 Barbara / Nutrition is available 1st Tues. of the month. Call for an appointment.

Lisa/Nurse is available 2nd 3rd and 4th Thurs. from 9 a.m. to 10 a.m. Drop in and have your blood pressure taken.

Play Mah Jongg Tuesdays 10 a.m. to 2:00 p.m. For more information, call the Fairhaven COA at 508-979-4029.

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.

Come join the Senior Center Sewing Circle. Call the Fairhaven COA at 508-979-4029 for dates and times.

At the Senior Centers continued...

Hazelwood Senior Center

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

Monday:

Conversational Spanish: 9:30-10:30 a.m.
 Massage Therapy: 10/17 and 10/31, from 11:45 a.m. to 12:45 p.m. Creative crafters: 10/24 with Sandpiper (11-12)
 Hazelwood Walkers: 11 a.m. to noon
 Zumba Gold: 1-2 p.m.

Tuesdays:

Every Tues Strength and Conditioning 11:30-12:30 (no class 11/8)
 Dancercise 1-2 p.m.
 11/1: First Tuesday of the month, Cedar Dell Social 10-11 a.m.
 11/8: Election Day, no regular activities
 11/9: Care-One Special Bingo thanks-winning
 11/15: Nutrition Bingo with Coastline 10-11 a.m.
 11/16: Event - A Bountiful Harvest. Call Hazelwood for more info.
 11/18: Navicare presents Special Bingo 10:30-11:30 a.m.

Wednesdays:

Cards & Dominoes: 9 to noon
 Yoga Class: 10-11 a.m.
 Coastline Lunches: 11:30 a.m. to noon
 Bingo: 1-3 p.m.
 11/23: BP Clinic

Thursdays:

Knitting and Crocheting: 9:30-11:30 a.m.
 No class 11/24 only Holiday Zumba Toning noon to 1 p.m.
 Choral Group 1-3 p.m.

Fridays:

Yoga Class 9:30-10:30 a.m.
 Cards & Dominoes 9 to noon
 Coastline Lunches 11:30 a.m. to noon
 Bingo 1-3 p.m.

Marion Senior Center

Keep up to date with everything happening at the Marion COA by liking us on Facebook: www.facebook.com/marioncoa.

Waterfront Memory Café meets every Wednesday from 11:45 a.m. to 2:15 p.m. The Café allows individuals with memory disorders, accompanied by a care provider, friend or family member, time to relax while enjoying social activities in a non-judgmental atmosphere. Participants do not have to be a resident of Marion, all are welcome! There is no charge for this event but we do ask that you kindly call the COA office, 508-748-3570, if you plan to attend.

Nov. 7 — Quilts Galore: Catherine St. John has been teaching quilting for 15 years and has been quilting and painting for more than 20 years. Join us as Catherine lectures on quilting and displays many of her handmade quilts. There will be 35 to 40 quilts shown with many spectacular graphic designs.

Nov. 14 — Managing the Hectic Holidays: Learn simple, proven techniques to manage stress, to increase mindfulness and to discover enjoyment in the moment. This session will focus on deep breathing and mindfulness tools. Presented by Jennifer Marszalek, MSW, LICSW, Bereavement Specialist and Wellness Educator.

Nov. 21 — Diabetes, Deal or No Deal: Is portion control the deal breaker for your diabetes management? Join Barbara Canuel, Community Nurses' registered dietitian, for this interactive program to learn about

appropriate portion sizes for common carbohydrate choices.

November 28 — Name That Tune: Join us for an afternoon of playing "Name That Tune."

Mattapoisett Social Center

For more information on any activities, trips and services, please call the Mattapoisett Council on Aging at 508-758-4110 or go to <http://www.mattapoisett.net/council-aging>.

Regular activities are as follows:

Tai Chi class: Mondays at 8:30 a.m. at Ned's Point, or at COA in inclement weather (free)

Qi Gong (core & meditative): Mondays (free) and Fridays (\$6.50) at 10:00 a.m.

Knitting: casual group meets at 10:00 a.m.

Strength & Balance: Mondays and Wednesdays at 12:00 noon (free)

Scrabble: Mondays at 1 p.m.

Movie & Pizza: Last Tuesday of each month at 12:00 noon. Registration by day prior.

Sport Yoga: Tuesdays and Fridays at 8:45 a.m. (\$3)

Chair Yoga: Fridays at 11:15 a.m. (\$3)

Walking Group: Tuesdays at 9 a.m. (meet inside the COA) Approx. 3 miles

Water Color Painting: Tuesdays at 1 p.m. (bring your supplies)

Cardio-Fit (aerobic moves to music): Wednesdays at 9:30 a.m. (free)

Mindful Meditation: Wednesdays at 10:45 a.m.

Men's Discussion Group: Second Wednesday of each month at 10 a.m. at Public Library

Bingo: Wednesdays at 1 p.m.

Mah Jongg: Wednesdays at 1:15 p.m.

Country Line Dance: Thursdays at 1 p.m. (free)

Line Dancing with Nancy: Fridays at 1 p.m. (free)

Rochester Senior Center

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

Volunteers needed – The COA is looking for volunteers to help in the following areas: the breakfast program, a Monday lunchtime cook and a website guru.

Chair Yoga – Mondays, 1-2 p.m. – Suggested Donation of \$3.00

Stepping & Stretching Exercise Program – Tues. & Thurs. 1-2 p.m.

Zumba Gold – Mondays, 3-4 p.m.

Scrabble – Tuesdays, 9 a.m.; Free

Hand & Foot Card Games – Thursday morning beginning @ 9 a.m.

Bingo – Wednesday 12:30-3 p.m.; Monday Evening, 6-8:30 p.m.

Busy Bees Craft Group – Thursdays 9-11:30 a.m.; Free

Line Dancing – Tuesday 2:15-4 p.m. & Friday 9:30-11 a.m.; \$2.00

Ballroom Dancing – Wednesdays @ 10

Painters & Art Group – Monday 9:30 a.m.-noon

Ye Olde Breakfast Shoppe – Open for business Mondays-Fridays, 7-9 a.m. Order & pay from Breakfast Menu. Anyone of any age & any town is welcome.

Travel

Council on Aging Senior Travel
 553 Brock Avenue
 New Bedford, MA 02744
 508-991-6171

or Show & Casino - Thursday, Dec. 8

- The Hu Ke Lau Hawaiian Christmas Show, Holyoke, MA – Wednesday, Dec. 14

Fall tours:

November

- Twin Rivers – Monday, Nov. 7
- Latshaw Pops Orchestra Christmas Dinner Show, Randolph, MA – Monday, Nov. 14

December

- Holiday Christmas Concert with a Tribute to Frank Sinatra & Barbara Streisand Foxwoods

New 2017 trips; tickets for sale beginning Oct. 25:

- Jan. 18 – Twin Rivers
- Feb. 22 – Foxwoods Casino
- March 16 – Providence Performing Arts Center, "The Lion King"
- March 26-28 – The Sands Casino in Bethlehem, PA

Do you love to sing? Come join

NEW HORIZONS
 a chorus group led by Director Mary (Platt) Cunha

Everyone 55+ is welcome. No experience necessary!
Rehearsals are held Thursdays from 1 - 3 p.m.
at the Hazelwood Center, 553 Brock Ave.
Free membership. Call 508-991-6208 for more info.

Thanks for Recycling, New Bedford!

Place these items in your recycling cart.

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November 2016 Trivia Quiz Answers

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

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