

# NEW BEDFORD'S Senior Scope

FREE

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

Vol. 32, No. 9

Published by the City of New Bedford, Massachusetts • Jonathan F. Mitchell, Mayor

April 2016

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## State Lawmakers Urged to Expand Eligibility for Home Care Services

Elder advocates from around the Commonwealth gathered at the State House on Elder Lobby Day, February 29, to request changes to next year's budget proposal. Among those at the event were representatives of Coastline and local members of Mass. Senior Action.

One of the major issues advocates brought to the attention of state legislators was the need for an increase in the income guidelines for home care services under Medicaid. Annual income eligibility for an individual for home care paid by Medicaid is currently about \$27,000. Proponents want to raise that amount to \$35,000.

"An increase in home care income eligibility will allow more seniors to live safely in their own homes where they can maintain their quality of life. Unfortunately, oftentimes the alternative is nursing home placement which is not only a less desirable alternative but also more costly," said Coastline CEO Paula Shiner.

Elder advocates also urged the Governor to apply for an increased federal reimbursement under the Affordable Care Act to cover the added costs to the state of raising the income guidelines. "Our view is the Commonwealth is leaving federal



Rep. Robert Koczera of New Bedford (left), greeted representatives from Coastline and Mass. Senior Action on Elder Lobby Day; front row (L to R) Rita L'Etoile, Jeannine Wilson; second row (L to R) Philip Beard, Paula Shiner, Jacqueline Medeiros, Barbara Cooke, George Smith and Linda Aguiar.

dollars on the table, and that is not what lawmakers say they want to do," said Al Norman, executive Director of Mass. Home Care.

## Claire Geggatt, an Inspiration to Many

Claire Geggatt may be 91 but she is definitely not ready to rest on her laurels. She is still working 20 hours a week as a Program Assistant in the Senior Community Service Employment Program at Coastline.

Claire started as a participant in the SCSEP program in 2001 and was hired by Coastline in 2014. SCSEP is a federal program that helps older worker learns new skills and prepares them to re-enter the workforce.

Commenting on hiring someone close to 90, SCSEP manager Karyl Ryan says, "Coastline doesn't just talk the talk, we also walk the walk." She adds, "I'm inspired by Claire every day. She still wants to learn, and she does a tremendous job."

For her part, Claire says she likes the people she works with and especially enjoys working on the computer. "I was afraid of the computer years ago," she said, "but I started using it for genealogy research and I got hooked."

A New Bedford native, Claire worked in the office at Acushnet Company before her marriage in 1948. She married a dairy farmer from Acushnet and moved in with his family. She still lives in that big farmhouse with her son and his family.

Claire received her high school diploma in 2002 at the age of 78, thanks to the encouragement of Rita Boudreau who was director of the SCSEP program at the time. "The knowledge you acquire through the years helps as you take some classes," Claire said. "I would encourage anyone that would like to get their diploma to sign up for adult classes."

Claire has been active and energetic all her life and she continues to keep busy with her many interests. She was a Girl Scout leader and taught Sunday School when her children were young. For several years Claire and her daughter had an arts and crafts shop, Fairview Herbs and Crafts, in Acushnet and taught crafts classes.



These days, in addition to her job at Coastline, Claire is very involved with a nonprofit founded in 2003. Soldiers Helpers serves those who serve by providing cell phones, home made goods and other items to soldiers overseas. They also assist Honor Flight New England, which transports veterans to Washington, D.C., to visit war memorials.

Claire encourages older adults to continue learning new things and to keep their hands and minds busy. "Don't be afraid to try something new," she says. "A lot of people see age as a number and they don't see the person."

Karyl Ryan notes that she is always screening new participants for the older worker program, as well as nonprofit and government agencies that would like to be host agencies. For more information on the program, call her at 508-742-9177 or email her at kryan@coastlinenb.org.

# Editor's Notes

## Movie Magic in New Bedford

The Remember When photo on page 12 with Gregory Peck triggered many recollections of days gone by. It was not every day that stars of the silver screen came to New Bedford when I was a teenager.

Gregory Peck was a big movie idol, and I wanted to go downtown to see him when he arrived at the State Theatre with his retinue for the premiere of "Moby Dick" in 1956. But Mom and Dad said no.

My parents weren't exactly strict but they had strong views about certain things. They did not want my sisters and me to get wrapped up in Hollywood glamour and gossip.

Dad did not allow us to buy movie magazines. He said they presented an unrealistic view of life. Of course he was right, but I didn't understand his logic in those days and I still read movie magazines when I had a chance.

Now that I'm older I often think of the lessons I learned from my parents and grandparents. As we all know, life was certainly different in the 1940s and 1950s and I'm so glad I grew up in that simpler time.

Mom and Dad very seldom went to the movies but they certainly allowed us to go when we were kids.

New Bedford had many thriving movie houses in those days. Films were not rated at the time but parents did not have to worry about what their kids were seeing. Just about every Hollywood movie then would be rated "G" or "PG" today.

The first movies I remember seeing were Saturday matinees at the Capitol Theatre on Acushnet Avenue. We often went with our cousins and neighborhood kids. It

## 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.

This is your publication and your input is needed. Perhaps you have a suggestion you would like to offer. Maybe you have something you would like to contribute – a picture,

was always a double feature plus cartoons and a newsreel.

I think Mom gave us a quarter and we had money for candy as well as the show. We were gone the whole afternoon.

When I was a little older we would sometimes walk up to the Baylies Square Theatre about a mile away. Mostly we saw musicals and westerns. Movies about World War II were also popular at the time.

Later when we were allowed to take the bus on our own, we would go to the State Theatre, the Empire or the Olympia downtown. In high school I had friends from the South End and we went to the Orpheum on Water Street. All of these theatres have long since disappeared or been renovated and repurposed.

I've always loved movies and still enjoy them, especially at the theatre. I don't often watch them at home because it's too easy to get distracted. Unless the story grabs me in the first ten minutes, I'll probably lose interest and go off and do something else.

But there's something about being in a darkened auditorium with other people all focused on the large screen in front of you. You all share the emotions sparked by the story playing out before your eyes.

Of course it's not real, it's Hollywood. My parents taught me that. But sometimes it's fun to escape from real life for a while.

Happy Spring to all our readers!

*Jeannine*

# Letter to the Editor

## HARC Questions EPA Plans to Bury PCBs

Hands Across the River Coalition, Inc. (HARC) has written a letter of complaint to the EPA's Inspector General regarding the EPA's plan to bury 300,000 cubic yards of PCB sediments in the riverbed of the New Bedford Harbor Superfund Site near a densely populated, residential area and high school in Fairhaven. This is the first time in the country that the EPA plans to bury deadly PCB sediments dangerously close to residents. HARC calls for a method that better protects public health — removal of the PCB sediments safely to an offsite, TSCA, (Toxic Substances Control Act), approved landfill).

HARC is a New Bedford based environmental advocacy group that advocates for a safe, health conscious cleanup of the New Bedford Harbor

Superfund Site and other contaminated sites in the Greater New Bedford area. The group provides information about the detrimental health effects caused to the community by toxic chemicals i.e. PCBs, DIOXIN, mercury, lead and others.

The Acushnet River running through New Bedford Harbor was known to be the #1 most PCB contaminated river in the world. Concerns about fish consumption with PCB contaminated fish prompted the EPA to designate this site as the "New Bedford Harbor Superfund Site."

Susan Grace  
Director of Media Relations  
Hands Across the River  
Coalition, Inc.

## Herbert A. Ollivierre, Longtime Elder Advocate Dies

Herbert A. Ollivierre, 86, of New Bedford, died Saturday, February 20, at The Oaks following a period of declining health. A longtime elder advocate, he was recognized for his dedication to his community and his wise counsel to local individuals and organizations.

Mr. Ollivierre was an Outreach Worker for the New Bedford Council on Aging, following his retirement as a Senior Licensed Practical Nurse for the Commonwealth of Massachusetts. He was employed at Taunton State Hospital for 42 years.

Mr. Ollivierre served on the Coastline Elderly Services Advisory Council for 10 years, including one term as chairperson. He was also active with Mass. Senior Action. Mr. Ollivierre was a 20 year board member of the Rede-

velopment Authority of New Bedford and a past Exalted Ruler of the William H. Carney Lodge.

Mr. Ollivierre was the widower of Nancy M. (Marshall) Ollivierre and former husband of the late Rosalie Cynthia (Van Hagen) Ollivierre. Born in New Bedford, he was the son of the late George F. and Adelaide (Wiggins) Ollivierre. He is survived by three daughters, one son, and three step-children.



## Former New Bedford COA Board President Jeanne Mathieu Succumbs after Long Illness

Jeanne (Rousseau) Mathieu, 84, passed away March 16 after a long illness. A New Bedford native and retired school teacher, she served many years as president of the New Bedford Council on Aging Board of Directors.

Mrs. Mathieu was a member and

past president of the Catholic Woman's Club and member of the Country Club of New Bedford. She was the daughter of the late Dr. and Mrs. Wilfrid Rousseau and wife of the late Roland Mathieu. She leaves a son, three daughters and eleven grandchildren.

## State Legislators

Senator Mark Montigny Mark.Montigny@masenate.gov	617-722-1440
Senator Michael Rodrigues Michael.Rodrigues@masenate.gov	617-722-1114
Representative Antonio Cabral Antonio.Cabral@mahouse.gov	617-722-2017
Representative Christopher Markey Christopher.Markey@mahouse.gov	617-722-2396
Representative Robert Koczera Robert.Koczera@mahouse.gov	617-722-2582
Representative Paul Schmid III Paul.Schmid@mahouse.gov	617-722-2210
Representative William Straus William.Straus@mahouse.gov	617-722-2400

## April Haiku

By Patricia Gomes,  
Poet Laureate, New Bedford

Fresh air boys bouncing  
fat soccer balls off their knees.  
Tulips push through earth.

*The great thing about acting is that I'm 54 and I still get to play make-believe. It's a way of retaining some of your innocence. You don't ever have to grow up!*

George Clooney

## Correction

The answers to the Trivia Quiz printed last month were from the February quiz. The correct answers to March Trivia Quiz are:

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

## Senior Scope

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

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or e-mail: jeannine.wilson@newbedford-ma.gov  
City of New Bedford, Council on Aging  
181 Hillman, New Bedford, Massachusetts 02740

# You and Your Money

## myRA and my Social Security Can Help Secure Your Retirement

By Delia De Mello  
Social Security New Bedford

Achieving financial security is an important part of enjoying a satisfying retirement. Social Security has many tools to help you plan for your future.

A great first step is to visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). With a my Social Security account, you'll get immediate access to your personal Social Security Statement, your earnings record, and an estimate of your retirement benefits at age 62, at your full retirement age, and at age 70. You can also verify your earnings are correct, since we base your future benefits on your earnings record.

When you open a my Social Security account, we protect your information by using strict identity verification and security features. The application process has built-in features to detect fraud and confirm your identity. Your personal my Social Security account can help you figure out how much more you might want to save for your future, but it can do a whole lot more. For example, in the District of Columbia and several states, you can request a replacement Social Security card online. Find out if you can at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

In addition to using your personal my Social Security account, you can prepare for a secure, comfortable retirement by visiting [www.myra.gov](http://www.myra.gov). There, you'll find myRA, a new retirement savings option from the Department of the Treasury for the millions of Americans who face barriers to saving for retirement. myRA is a simple and secure way to help you take control of your future.

myRA makes it easy and affordable to start saving for retirement, even if you can save only a little bit right now. It's designed for people who don't have a retirement savings plan through work, or lack other options for saving. If you already have access to a retirement savings plan, such as a 401(k), learn more about that plan because it might offer matching contributions or other benefits.

myRA helps workers grow their money faster than they can with most traditional savings accounts, and there's no risk. Since it's not tied to a particular employer, workers can hold on to their myRA account when they move from one job to another.

With your personal my Social Security and myRA accounts in place, you too can prepare to reap the joys of a financially secure retirement. Learn more about all of your choices at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## Food Program Now Available to Low Income City Elders

A food program for low income elders is now available for eligible New Bedford residents. The Commodity Supplemental Food Program (CSFP), sponsored by the Greater Boston Food Bank, offers a monthly food distribution program for low income adults 60 or older.

To qualify participants must apply through the Council on Aging in their city or town. The Commodity Supplemental Food Program (CSFP) will determine eligibility. Income guidelines range from \$1,276 for a single person to \$1,726 for a couple. After applying the applicant will receive notice directly from the Food Bank as to whether they have been approved.

Once approved, the recipient will receive two bags of groceries per month which include shelf stable food, such as peanut butter, pasta, canned fruit, and similar items. There is also a 2 lb block of cheese. The letters of approval will indicate what center their food will be available for pick up. In New Bedford the North Baptist Church at 750 County Street has offered its facility for this all important effort. Food for those



Pamela Amaral-Lema of the New Bedford Council on Aging (center) greets Betty and Mike O'Brien on March 25, the first day of food distribution.

approved must be picked up by the applicant or their approved proxy on the 4th Friday of the month between 11am and 1 pm. For more information and an application please call the New Bedford Council on Aging at 508-991-6250.

This program is also available to residents of Dartmouth, Fairhaven and Marion. Food boxes are picked up at the Dartmouth Council on Aging. For more information contact Ellen Hull, Dartmouth COA Outreach Worker, 508-999-4717 or Anne Silvia, Fairhaven COA Director, 508-979-4029.

## Consumer Rights Clinic at the Casa da Saudade Library

Are you having problems with a home improvement contractor or car dealer? Are you being harassed by debt collectors for a debt that's not yours? Would you like to know more about your rights as a consumer?

The New Bedford Local Consumer Program will be offering a free drop-in clinic on Wednesday, April 13, from 3 p.m. to 4 p.m. at the Casa da Saudade Branch Library, 58 Crapo Street, for area residents seeking consumer rights information

or assistance with their complaints against local and Internet businesses. Portuguese-language support will be available.

The New Bedford Local Consumer Program works in cooperation with the Office of the Attorney General to provide free mediation services and consumer information for area residents.

For more information on the Local Consumer Program, please email: [consumer@newbedford-ma.gov](mailto:consumer@newbedford-ma.gov)

### Donations for April 2016

In Appreciation	
In appreciation of SeniorScope <i>H.E.P.</i>	\$5.00
In appreciation of Senior Scope <i>T. Gouveia</i>	\$13.00
In Honor and In Memory	
In memory of my parents, Hilda and Antone Rosa Jr. <i>Rita Ann Rosa</i>	\$20.00
In honor of all SHINE staff. Thank You! <i>Barbara Alexander</i>	\$12.00
In memory of Alfred E. Gauthier .Always with you. <i>Wife, Florence Gauthier</i>	\$5.00
In memory of Mom and Dad, Elmer and Laura Haskell. Wish you were here. <i>Daughter, Florence Gauthier</i>	\$5.00
In memory of Sally Tavares Hall, in honor of birthday April 8. <i>E. Lillian Costa</i>	\$10.00
In Thanksgiving	
Thank you Jesus, St. Jude and St. Anthony for your blessing Publication promised <i>Anonymous</i>	\$35.00
Thank you St. Joseph, St. Jude and Virgin Mary <i>H.F.</i>	\$10.00
Thank you Blessed Mary for prayers answered <i>M.A.F.</i>	\$5.00
Donations this month	\$120.00
Donations last issue	\$65.00
Donations Year to date FY' 16	\$978.00

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 \_\_\_\_\_

# Mechanics Square Partnership

39 No. Sixth Street, New Bedford  
508-995-1844

Best Kept Secret in New Bedford Elderly Housing

HUD Approved Section 8 Elderly Housing  
Specially Designed for 62 and older



Accepting applications for  
1 and 2 bedroom apartments  
Heat and Electricity Included



- Walk to bus
- Drug Store • Restaurants
- Shopping





# Menu for April 2016

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
<p><b>For Reservations/Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.</b></p>	<p><b>All Meals include:</b> <b>Milk:</b> 100 Calories 107mg Sodium 12g Carbs <b>Margarine:</b> 36 Calories 47mg Sodium</p>	<p>Home Delivered Meal Diabetic clients may consider reserving some meal items for a snack.  Congregate participants may take home packaged dessert, bread and milk only.</p>		<p><b>1 B Na+</b> Potato Pollock 337 Tartar Sauce 261 Red Bliss Potatoes 4 California Blend 27 Mini Croissant 162 Banana 1</p> <p>Total Sodium: 791mg Calories: 789 Carbs: 83</p>
<p><b>8 B High Sodium Day</b> LS Hot Dog *590 Mustard Packet 55 Baked Beans 36 Cabbage &amp; Carrots 47 Hot Dog Bun 210 Mixed Fruit 10 Baked Potato Chips 135</p> <p>Total Sodium: 1084mg Calories: 719 Carbs: 95</p>	<p><b>5 A Na+</b> Unsalted Saltines 23 Potato Parmesan Soup 234 Honey Mustard Chicken 481 Green Beans 3 Oatmeal Roll 121 Mandarin Oranges 6</p> <p>Total Sodium: 868mg Calories: 478 Carbs: 54</p>	<p><b>6 A Na+</b> Stuffed Shells 401 Roman Blend Veg. 26 WW Roll 160 Fresh Apple 2</p> <p>Total Sodium: 589mg Calories: 465 Carbs: 68</p>	<p><b>7 A Na+</b> Roast Turkey w/ Gravy 430 Cranberry Sauce 16 Cheesy Mashed Potato 62 Winter Squash 13 Multigrain Bread 190 Mini Carrot Cake 109 Diet: Low Sugar Cake 210</p> <p>Total Sodium: 849mg Calories: 813 Carbs: 130</p>	<p><b>8 A Na+</b> Sweet &amp; Sour Meatballs 240 Egg Noodles 35 Oriental Blend 27 Portuguese Pop 160 Peaches 5</p> <p>Total Sodium: 423mg Calories: 513 Carbs: 64</p>
<p><b>11 B Na+</b> Chicken Rotini Bake 244 Broccolini 12 Snowflake Roll 160 Cinnamon Apples 4</p> <p>Total Sodium: 421mg Calories: 564 Carbs: 62</p>	<p><b>12 B Na+</b> Hamburger Patty w/ Pearl Onions &amp; Gravy 200 Mashed Potatoes 110 Green &amp; Wax Beans 62 Hamburger Roll 3 Brownie 230 Diet: Fresh Fruit 132</p> <p>Total Sodium: 738mg Calories: 716 Carbs: 89</p>	<p><b>13 B Na+</b> Tossed Salad 5 w/ Dressing 119 Chicken La'Orange 391 Confetti Rice 43 Mixed Veggies 22 WW Bread 160 Fresh Orange 0</p> <p>Total Sodium: 739mg Calories: 492 Carbs: 70</p>	<p><b>14 B Na+</b> Italian Braised Beef 78 Mashed Potatoes 62 Asparagus 77 Oatmeal Bread 121 Pears 4</p> <p>Total Sodium: 342mg Calories: 524 Carbs: 74</p>	<p><b>15 B Na+</b> Krunch Lite Fish 240 Tartar Sauce 261 Potato Wedges 27 Peas &amp; Mushrooms 3 Multigrain Bread 190 Tropical Fruit 10</p> <p>Total Sodium: 731mg Calories: 676 Carbs: 87</p>
<p><b>18 Patriots Day</b></p> <p>Total Sodium: 841mg Calories: 600 Carbs: 76</p>	<p><b>19 Na+</b> Oyster Crackers Minestrone Soup 239 Chicken Alfredo *559 Italian Style Rotini 1 Snowflake Roll 160 Mandarin Oranges 6</p> <p>Total Sodium: 841mg Calories: 600 Carbs: 76</p>	<p><b>20 A Na+</b> Meatloaf with Portobello Gravy 172 Parsley Mashed Potato 148 Peas &amp; Carrots 63 Honey Wheat Bread 40 Oatmeal Cookie 135 Diet: Graham Wafer 263</p> <p>Total Sodium: 821mg Calories: 810 Carbs: 109</p>	<p><b>21 A Na+</b> Cheese Omelet 312 Broccoli 12 Potato Wedges 136 Fruit Muffin 78 Peaches 5 Yogurt Cup 90</p> <p>Total Sodium: 633mg Calories: 577 Carbs: 82</p>	<p><b>22 A Na+</b> Sausage w/ Peppers &amp; Onions *538 Mashed Potatoes 62 Chickpea Salad 52 6" Sub Roll 162 Mixed Fruit 10</p> <p>Total Sodium: 824mg Calories: 469 Carbs: 71</p>
<p><b>25 B Na+</b> Beef Picadillo 251 White Rice 36 Winter Blend Veggies 15 Multigrain Roll 190 Pears 4 Granola Bar 55</p> <p>Total Sodium: 551mg Calories: 489 Carbs: 74</p>	<p><b>26 B Na+</b> Tossed Salad 5 w/ Dressing 119 Mac n' Cheese 403 Tomato Florentine 121 Fruit Muffin 78 Fresh Orange 0</p> <p>Total Sodium: 725mg Calories: 669 Carbs: 96</p>	<p><b>27 B Na+</b> Pork Tetrazzini 223 Oriental Blend 27 WW Roll 160 Mini Key Lime Cake 90 Diet: Low Sugar Cake 210</p> <p>Total Sodium: 500mg Calories: 683 Carbs: 92</p>	<p><b>28 B Na+</b> Grilled Chicken w/ Hawaiian Sauce 320 Carrots &amp; Green Beans 33 Fluffy White Rice 36 Mini Croissant 162 Melon Cup 10</p> <p>Total Sodium: 599mg Calories: 526 Carbs: 60</p>	<p><b>29 B Na+</b> Rainbow Trout w/ Lemon Dill Sauce 40 Red Bliss Potato 111 Spring Blend Veg. 4 Rye Bread 26 Mandarin Oranges 300 Mandarin Oranges 6</p> <p>Total Sodium: 487mg Calories: 440 Carbs: 55</p>

Meals are based on a No Added Salt (3-4 gm sodium diet) for healthy older adults. If you have a special concern regarding the sodium, contact the Nutritionist for guidance on managing your intake to meet your diet requirements.

Your donation of \$2 today provides more meals tomorrow.

\*Indicates higher sodium items >500mg.

Visit our website [coastlinenb.org](http://coastlinenb.org)

Menu subject to change without notice.

## Recipe Roundup

### Fish Fillets with Rosemary

#### Ingredients:

4 to 6 fresh rosemary sprigs  
8 ounces sole fillets, about 1/4 inch thick, rinsed and patted dry  
1/2 teaspoon olive oil  
1 teaspoon fresh lemon juice  
1/8 teaspoon salt  
1/8 teaspoon pepper

#### Instructions:

Preheat the oven to 350 degrees F. Place the rosemary in a single row in a small baking pan, such as an 8-inch square pan. Top with the fish. Brush the fish with the oil. Sprinkle with the lemon juice, salt, and pepper.  
Bake for 7 to 8 minutes or until the fish flakes easily when tested with a fork.

Source: diabetes.org  
Serves two

### Braised Herbed Chicken

#### Ingredients:

1 teaspoon dried rosemary  
1 teaspoon dried thyme  
1 teaspoon dried oregano  
1/2 teaspoon garlic powder  
1/4 teaspoon ground black pepper  
1 tablespoon olive oil  
1 pound boneless, skinless, chicken thighs  
2 cloves garlic  
2 cups fat-free, reduced sodium chicken broth  
3 large carrots, cut into 1-inch chunks  
12 ounces fingerling potatoes, cut in half

#### Instructions:

In a small bowl, combine the rosemary, thyme, oregano, garlic powder and black pepper.  
Heat the oil in a dutch oven over medium-high heat. Add the chicken and sauté for 3 minutes per side.  
Add the garlic and sauté for 30 seconds.  
Add the potatoes and carrots around the chicken in the pan. Pour the herb mixture over the chicken and potatoes.  
Add the chicken broth to the pan and bring to a boil. Reduce heat to a simmer; cover and cook for 30-35 minutes.

Serves 4

Source: diabetes.org/recipes

### Mozzarella, Tomato and Chickpea Salad

#### Ingredients:

2.5 ounces fresh mozzarella balls, drained  
1 cup cherry tomatoes  
1 cup no-salt-added canned chickpeas  
2 teaspoons extra-virgin olive oil  
Kosher salt, to taste  
Freshly ground pepper, to taste  
12 ounces fresh baby spinach

#### Instructions:

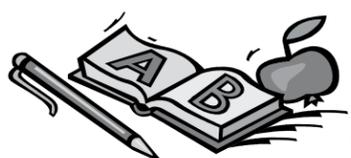
Combine mozzarella balls, tomatoes, and chickpeas in a medium bowl. Add olive oil. Stir, taste, and add salt and pepper to taste.  
Wash spinach, and layer it in the bottom of a serving bowl. Arrange 1/2 cup of mozzarella-tomato-chickpea mixture on top of spinach. Serve at room temperature.

Serves 4

Source: diabetes.org

**Do you know someone who would like to...  
Earn some extra spending money while helping a child succeed?**

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



**Foster Grandparents**  
508-999-6400 x 198 for more  
information.

# Special Shopping and Services Guide

## GUN ORPHANAGE

A DIVISION OF BACHANT'S GUN SHOP

The Gun Orphanage\* buys your unwanted firearms and accessories. Many households have unwanted firearms and parts that may have belonged to yourself or a family member – and you'd like them legally removed from your home – and earn some cash as well. We come to YOU!

For an in-home consultation or more information, please call Bill Bachant (774) 263-3134 or email [billbachant@comcast.net](mailto:billbachant@comcast.net)

[www.GunOrphanage.com](http://www.GunOrphanage.com)

## ADULT DAY HEALTH CARE CENTER

### PROJECT INDEPENDENCE

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

Karen A. Maciulewicz, M.S. R.N.C  
250 Elm Street\* New Bedford, MA 02740  
Phone: 508-997-1441

Fax: 508-997-5594\* [www.piadhc.org](http://www.piadhc.org)  
Caregiver Grant Funded by Title III-E of O.A.A Sponsored by Coastline Elderly



*Would you like to have a visit from another senior?  
Or... Would you like to volunteer to visit people in need of a friendly visit?*

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

## Donaghy-Hathaway

508-992-5486

465 County St., New Bedford, MA

[www.hathawayfunerals.com](http://www.hathawayfunerals.com)  
*Serving the Community Since 1893*

## HATHAWAY

FAMILY FUNERAL HOMES

## 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
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- ❖ 24 Hour Maintenance
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Choose Carriage House at Acushnet Heights as Your New Home  
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Rehab programs that promote relief from stroke, cancer, orthopedic, vascular and neurological conditions.

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Now Accepting Applications  
1 & 2 BRs



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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
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- Wide range of resident services programs

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



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## Fairhaven Village

Contact Eunice or Mary Lyn today to schedule a tour!

330 Main St., Fairhaven, MA

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



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
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For information on Senior Scope's ad rates, please call

508-979-1510

OR

508-979-1544



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.

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(508) 996-3111

VOICE-TDD# 1-800-439-2370

[cribeiro@bostonland.com](mailto:cribeiro@bostonland.com)



## 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.

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(508) 997-1205

TDD# 800-439-2370



# Update

## Concert and Tea at St. Anthony

Music at St. Anthony's, a fundraising program for the 100 year old Cassavant Frères pipe organ, will be held at 3 pm, Sunday, April 10. The Spirit of Song Ensemble will present a spring Concert and Tea under the direction of Cassandra Morgan with Isleila Rodrigues piano accompanist. Two guest youth groups, the Seatoners, Mrs. Morgan's select young girls chorus, and the Global Charter Jazz Band directed by Ian Gollub, are invited to perform. Special guest organist Matthew Dion from Somerset will play the magnificent pipe organ and lead the congregation in a community sing. Soloist Judy DeRossi will premiere a composition by Russell Campoli, accompanied by Barry DeRossi on piano.

A freewill donation will be accepted for the Pipe Organ Fund.

## Senior Talent Show

The Fairhaven Rotary and Fairhaven Council on Aging will present the first annual Senior Talent Show on Sunday, April 24, from 2 p.m. to 4 p.m. at the Fairhaven Council on Aging, 229 Huttleston Avenue. Organizers are looking for local seniors to compete in this free community event.

For more information call the Fairhaven Council on Aging at 508-979-4029.

## Loretta LaRoche at Bristol Fundraiser

Loretta LaRoche, well-known author, humorist, and stress management consultant, will appear at a fundraiser to benefit Bristol Elder Services, Inc. at 7:30 p.m. on Friday, May 6, at Bristol Community College's Jackson Arts Center, Fall River. Ms. LaRoche is a nationally recognized motivational speaker and Fortune 500 trainer whose presentations have been sold out at venues across the country.

Tickets are \$30 in advance or \$35 at the door. Advance tickets may be purchased at <http://www.brownpapertickets.com/event/2475983> or by calling 800-838-3006. Proceeds will support community-based programs and services for local elders.

## Coastline Wine and Beer Tasting Fundraiser

A fundraiser to benefit Coastline Elderly Services is set for Friday, May 13, at Howland Place in New Bedford. The evening will feature beer and wine sampling, hors d'oeuvres, desserts, and entertainment, along with auctions and raffles. Non-alcoholic beverages will also be available.

Money raised from the event will assist inadequately funded programs within Coastline. For tickets or to make a donation, call Jessica Peck at Coastline at 508-742-9180 or email her at [jpeck@coastlinenb.org](mailto:jpeck@coastlinenb.org).

## Preservation Month Conference

For Preservation Month, the New Bedford Historical Society and the Waterfront Historic Area League have initiated a partnership for a local preservation conference to be held Saturday, May 21, from 9:30 a.m. to 5:30 p.m. in New Bedford's Downtown Historic District. Admission is free.

Topics will prompt discussions that apply to all New Bedford neighborhoods. The day-long conference will feature: Community tours that highlight downtown's historic sites and churches; fundraising panel with leaders of state, national and local support; discussions of the public benefits of preservation and a review of our city's latest neighborhood projects; and workshops and toolbox guides for individual historic homes.

*You know you're getting old when the candles cost more than the cake.*

Bob Hope

# Fort Taber Dance Series



**DANCE TO LIVE MUSIC FROM 1:00 PM to 4:00 PM  
ON SELECTIVE SUNDAY AFTERNOONS**

Snack Bar with refreshments available  
Proceeds assist New Bedford Host Lions Club

April 10 Pat Cordeiro

April 17 Rick Medeiros Combo

**FREE Admission**

Events are sponsored by:

**CITY OF NEW BEDFORD**

**Jon Mitchell, MAYOR**

**John R. Lopes, Music Director**

## Pet Fest at Buttonwood

The Coalition for Animals of Greater New Bedford will be having its 17th Annual Pet Fest and Walk for Animals with the Future of Health Expo on Sunday, May 22, at Buttonwood Park in New Bedford from 11 a.m. to 3 p.m., rain or shine. It promises to be a fun filled day for people and their companion animals, including a two mile walk around beautiful Buttonwood Park as well as lots of entertainment. Animal lovers without dogs are also welcome. Coalition for Animals is partnering with Down to Earth's Future of Health Expo for People and Pets for the event which will include over 50 vendor and information booths, holistic practitioners, fitness demos, massage therapists, food and vitamin demos, free samplings, an outdoor rock climbing tower (weather permitting), face painting and other fun activities. Contests with great prizes along with music, refreshments, food and discounted merchandise will be offered.

Proceeds from the event will be used to support the Coalition for Animals many programs, including Pets Beside Vets Adoption Program which subsidizes the adoption fee for a local veteran who has served in a war and under a doctor's care to adopt an animal from a local participating shelter. For more information visit their website at [www.coalitionforanimals.com](http://www.coalitionforanimals.com)

## Widowed Persons Support Group

The Widowed Persons Support Group meets in Dartmouth the first and third Friday of the month and is open to residents of New Bedford and surrounding towns. The group meets at the Dartmouth Senior Center, 628 Dartmouth, Street, from 8:15 a.m. to 10 a.m. for newly widowed individuals and the regular meeting is held from 10 a.m. to noon.

For more information call the YWCA Widowed Persons Program at 508-990-2979.

## Mass. Senior Action Meets

The Bristol County chapter of Massachusetts Senior Action Council meets the fourth Thursday of every month from 1 p.m. to 3 p.m. at St. George Church Hall, 12 Highland Avenue, Westport, Mass. The organization is committed to empowering seniors and others to act collectively to promote the rights and wellbeing of all people, but particularly vulnerable seniors.

For more information call 508-993-2680.

## IAC Health Fair



The Immigrants' Assistance Center, Inc. (IAC) in collaboration with Casa da Saudade Library hosted its 15th annual health fair on Tuesday, March 1. Rosa Farizo (center) of the Seniors Law Project, and Helena DaSilva Hughes (right), IAC Director, assisted visitors at the event.



**Coastline & New Bedford Council on Aging**

Invite you to a

## Healthy Aging Fair

Friday, May 6, from 10 a.m. - 2p.m.

Andre McCoy Recreation Center, 181 Hillman Street, New Bedford

Southcoast Mobile Van will be on-site for free blood pressure check, blood sugar, cholesterol screenings, tetanus, and Pneumonia vaccine.

*See displays and gather information from over 70 community organizations*

**Free lunch, refreshments, and raffles throughout the day**

**SPONSORS:** Brandon Woods Caregiver Homes, Island Terrace Nursing Home, Office of the Bristol County District Attorney Thomas M. Quinn III, Royal Health Group, The Residences at Cedar Dell

## Drop-off Days Set to Dispose of Tires, Needles, Hazardous Waste, Medications, and Confidential Papers

The City of New Bedford, the Town of Dartmouth, and the Greater New Bedford Refuse District are hosting events this spring to help New Bedford and Dartmouth residents discard tires, needles, household hazardous waste, medications, and confidential papers.

**Tire Drop-off Day** will take place on Saturday, April 23, from 9 a.m. to noon at the Shawmut Avenue Transfer Station, 1103 Shawmut Avenue. Open to New Bedford and Dartmouth residents only, ID required. Fees are \$1 each for car tires, \$5 each for light duty truck tires, and \$15 each for heavy duty truck tires. Cash or check only. No commercial loads, no tires with a rim diameter greater than 24 inches, no off-road equipment tires. Tires 28-1/2 inches or taller are in the truck categories.

**Sharps Drop-off Day** will take place on Saturday, April 23 from 9 a.m. to noon at the Shawmut Avenue Transfer Station, 1103 Shawmut Avenue. Open to New Bedford and Dartmouth residents only, ID required. Sharps include needles, syringes, and lancets. Sharps must be in a red biohazard container prior to the drop-off day; sharps will not be accepted in any other type of container. New Bedford residents may pick up one free biohazard container at the New Bedford Health Department, 1213 Purchase Street. Biohazard containers may also be purchased from local pharmacies.

**Household Hazardous Waste Drop-off Day** will take place on Saturday, April 30 from 9 a.m. to noon at the Crapo Hill Landfill, 300 Samuel Barnet Boulevard.

Open to New Bedford and Dartmouth residents only, ID required.

Examples of accepted waste include oil-based paints, paint thinner, and waste fuels. No latex paints. Dry out and throw it away in the regular trash. The maximum amount you can bring is 25 gallons or 25 pounds. Collection is for households only. No businesses, schools, or contractors, unless prior arrangements have been made.

**National Drug Take-Back Day** will take place on Saturday, April 30 from 10 a.m. to 2 p.m. at the New Bedford Police Department Headquarters, 871 Rockdale Avenue. Open to residents of New Bedford and the surrounding communities. Safely dispose of unwanted prescription drugs. Pills only (no liquids, needles, or syringes). Free and anonymous. Organized by the New Bedford Police Department in conjunction with the Drug Enforcement Administration (DEA).

**Paper Shredding Day** will take place on Saturday, May 21 from 9 a.m. to noon in the parking lot across from City Hall, on the corner of William Street and North 6th Street, New Bedford. Held in conjunction with the City's Department of Community Services.

Open to businesses and residents of New Bedford and surrounding towns. Fee is \$5 per box (maximum 40 pounds each), cash or check only. Paper clips and staples do not need to be removed, but please remove paper from folders and binders. Fee is \$5 to destroy a hard drive.

For more information about the events, contact the Refuse District's recycling office by phone at 508-979-1493 or by email at recycling@newbedford-ma.gov.

## Conference to Focus on Elders in Crisis

Aging and Mental Wellness: Person Focused Community Responses to Elders in Crisis is the topic of a conference planned for Friday, May 13, at White's of Westport. The event is sponsored by the Massachusetts Association of Older Americans, Inc. (MAOA) and the

Massachusetts Department of Mental Health in partnership with Coastline Elderly Services, Bristol Elder Services and Southcoast Behavioral Health.

For more information call 617-426-0804 or visit the MAOA website at [www.maoamass.org](http://www.maoamass.org).

*The reason I talk to myself is because I'm the only one whose answers I accept.*

George Carlin

## Trivia Quiz

by JRA  
(answers on page 12)

- Under what U.S. President were the words 'Under God' inserted into the Pledge of Allegiance?  
a) Thomas Jefferson b) Woodrow Wilson c) FDR d) Dwight Eisenhower
- After English and Spanish what is the next most spoken language in American homes?  
a) Italian b) French c) Chinese d) Arabic
- These actresses were not so-loving sisters, Olivia DeHavilland and who?  
a) Gypsy Rose Lee b) Barbara Stanwyck c) Joan Fontaine d) Myrna Loy
- What percentage of our DNA comes from our (M) mother and (F) father?  
a) 50% F - 50% M b) 60% F - 40% M c) 70% F - 30% M d) 70% M - 30% F
- What former U.S. president, when out of college, did radio play-by-play broadcasts of the Chicago Cubs baseball games while translating received telegraph accounts of Cub games in progress.  
a) Harry Truman b) Richard Nixon c) Ronald Reagan d) Gerald Ford
- This musician/singer/songwriter is credited with being the creator of the Blue Grass genre?  
a) Roy Acuff b) Hank Williams c) Chet Atkins d) Bill Munroe
- Which 'King' in a deck of playing cards does not have a mustache?  
a) Spades b) Diamonds c) Hearts d) Clubs
- The largest ship model in the world resides at New Bedford's Whaling Museum. What is its name?  
a) Morgan b) Samanchi c) Eagle d) Lagoda
- What is the least populated state in the continental U.S.?  
a) Wyoming b) Rhode Island c) Vermont d) West Virginia
- How many people are elected to Congress by the voters of Washington DC?  
a) 3 b) 4 c) 5 d) 0

## Senior Travel

### Day Trips

Call the **Marion Council on Aging at 508-748-3570** for more information about the following trip:

**Tues. April 12 – Trader Joe's and Hanover Mall**

**Thurs. April 28 – Highfield Hall in Falmouth – lunch at Quarter Deck**

Contact the **City of New Bedford Senior Travel program at 508-991-6171** about the following trips open to anyone 50 or older. New summer tours brochure is now available. Sale date Tues. April 19.

**Wed. April 27 -- Dolly Parton & Kenny Rogers Tribute – Foxwoods Casino**

**Sat. April 30 – Jersey Boys – PPAC**

**Mon. May 9 – Twin Rivers Casino**

**Wed. June 8 – Cape Cod Luncheon Train – Hyannis**

**Mon. June 13 – Foxwoods Casino**

**Fri. June 17 – Hampton Beach Sand Sculpture Competition**

**Wed. June 22 – Lady Katherine Luncheon Cruise –Conn. River**

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

**Fri. April 15 – Shopping & Lunch – Merrimack Premium Outlets**

**Fri. April 22 – Lunch at Cape Cod Tech-- Shopping at Christmas Tree Shop, Sandwich**

**Sat. April 30 – Arts in Bloom – Museum of Fine Arts, Boston**

### Multi Day Tours

Contact the **Dartmouth Friends of the Elderly at 508-636-6453** about these trips:

**July 23-31 – Colorado Rockies** featuring national parks and historic trains.

**Sept. 18 – Oct. 1 – Central and Eastern Europe** featuring Berlin, Prague, Vienna, Budapest, Krakow and Warsaw.

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

**May 15-20 –Montreal and Niagara Falls – 6 days, includes 10 meals, tours, St. Lawrence River cruise, winery tour and more.**

### Senior Van Excursions

**Wed. June 1 --** Visit to the Bloomin Barn in Swansea, lunch on your own at Magoni's in Somerset; afternoon visit to Lizzie Borden House Museum \$25.00

**Wed. July 6 --** Warwick Mall. lunch on your own at Iggy's in Warwick ; afternoon visit to the Johnson & Wales Culinary Museum \$18.00

Van pick-ups are at the Council on Aging Office, 181 Hillman St. Tickets available at the Senior Travel Office on Brook Ave. Call: 508-991-6171  
Limited space sign up early (available April 12).

### ESL Volunteer Tutors Needed

The City of New Bedford's Department of Community Services is recruiting volunteers to teach English as a Second Language in conjunction with the Shining Lights program. Volunteers will work with the City of New Bedford team to teach English and to connect immigrants and refugees with community resources.

A tutor's main duties will include teaching beginning level ESL a

minimum of 2 hours per week and assisting the Department of Community Services with outreach, direct services, and dissemination of information to limited English speakers in the city.

Volunteers must undergo a CORI criminal record check. To apply for the position, or for more information, please contact Mali Lim at 508-961-3020.



**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](http://www.beaconafc.com)

# At the Senior Centers

## Acushnet Senior Center

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

**Strong Women/Strong Bones** meets Mon. and Wed. at 10 a.m. with Karen Corcoran.  
**Cardio Dance and Yo Chi** meets Thurs. at 9:30 a.m. and 11:00am with Ellie Higgins.  
**Stretch & Flex Exercise** with Larry Bigos meets Wed. at 2:30 p.m. and Fri. at 10:30 a.m.  
**Gentle Yoga** with Karen Corcoran meets Tues. at 11:15 a.m.  
**Zumba** with Patti Cautillo meets Wed. at 8:30 a.m. and Fri. at 1 p.m.  
**Line Dancing** class with Jeannie Gelinas meets Thurs. at 1 p.m.  
**Mahjong** meets Mon. at 11:30 a.m. Cribbage meets at 12 p.m. on Mon. and Fri.  
**French Club, Art, Crosswords, Scrabble, Hand & Foot and Pitch** meet on Tues. Call for times.

**Red Hats** meet the first Thurs. of every month at 11 a.m.  
**Greater New Bedford Garden Club** gathers the 4th Mon. of every month at 1 p.m.  
**Garment Workers** meet the 1st and 3rd Tues. of every month at 1 p.m.  
**St. Theresa's** meet the 2nd and 4th Tues. of every month at 1 p.m.  
**Toe Nail Care** is available every other Fri. Call to set up an appointment with Lisa Nuno.  
**Dental Hygienist** Holly Petruzzo, RDH is here one Thurs. a month. Call 774-766-7238.  
**Blood Pressure Clinic** is held every Wed. at 9 a.m.  
**Red Cross Blood Drive** is held every other month beginning in Jan. Call the center for dates.  
**Grocery Shopping**, Tues. and Thurs.  
**Medical Transportation**, please call to make appointment  
**Browse our Lending Library** or donate recently published books  
**Lovely Ladies Learning to Eat Healthy**, meets every Friday at 10 a.m.  
**Needle Arts group** meets on Thursday from 1 p.m. to 3 p.m.  
**SHINE Counselor** Kathy Audette will be available on Wednesdays by appointment.  
The New Bedford St. Anthony's Senior Group meets at the Acushnet Council on Aging on 2nd and 4th Monday, at 1 p.m. No meetings in Jan. and Feb.

## 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.

## Brooklawn Senior Center

The Brooklawn Senior Center is now open Monday, through Friday from 9 a.m. to 3 p.m. For more information on the following activities, call 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.  
**Veterans Agent Chris Gomes** will be available to provide veteran related information the 1st Tues. of the month from 9 a.m. to 10 a.m.  
**Lunch** is served daily at 11:15 a.m. Call 508-995-8055 for information.  
**Crochet and Knitting group** will meet on Mondays from 9:30 a.m. to 11:30 a.m. Beginners welcome.

**Adult Coloring Books**, try this new trend on Wed. from 12 noon to 1 p.m.  
**Weight Loss Accountability group** meets Mon. from noon to 1 p.m.  
**Play Hand & Foot** every Wed. at 1 p.m. Beginners welcome.  
**Play cards** with friends on Fri. from 9 a.m. to 11 a.m.  
**Chair Yoga** with Joey Machado meets on Tuesdays from 2:30 to 3:30. Cost of each class is \$3. Free weekly **Craft group** meets on Thursdays from 11:30 to 12:30.  
**Tai Chi class** meets every Monday, from 1:30 p.m. to 2:30 p.m. Please call to register.  
The **Discussion Group** on Tuesday afternoons at 1 is welcoming new members.  
Enjoy the ancient Chinese game **Mah Jongg** every Tuesday at 10 a.m. Experienced and new players are welcome.

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

**Strength and Conditioning** class with Larry Bigos that meets on Thursdays at 10:15 a.m.  
**New Horizons Choral Group** rehearses every Thursday from 12:30 p.m. to 2:30 p.m. starting Sept. 18, New members are welcome.

## 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.

**Lunch** is served daily from 11:30 a.m. to 12:00 p.m. Call the day before to reserve your spot.  
**Monthly Birthday Party** will be held on second Thursday, from noon to 1 p.m.  
**Breakfast** is available daily.  
**Community Energy Presentation** by New Bedford Energy Now Thurs. April 7 at 11:30 a.m. Bring your energy bill to be sure you are being billed fairly.  
**Twilight Bingo** begins Tues. April 12 at 5:30 p.m.  
**New Matter of Balance** eight week program begins Thurs. April 14 at 9 a.m.  
**Integrated Medical Services** presentation Thurs. April 14 at 11 a.m.  
**New Bedford Veterans' Services Director Chris Gomes** is available to answer questions regarding benefits the second Thurs. of the month from 11 a.m. to 1 p.m.  
**Game Show Mash-up** will be held Mon. and Thurs from 10 a.m. to 11 a.m.  
**Free and private legal consultations** with Surprenant & Beneski will be available Tues. April 19. Must register in advance.

**Blood Pressure Checks** provided by the Greater New Bedford Community Health Center the first Thursday of the month, from 11:30 a.m. to 12:30 p.m. and the third Tues. of the month with the Visiting Angels.

**Gentle Yoga** with Joan Davignon meets on Tuesday at 10 a.m. at Tifereth Israel Synagogue.  
**Chair Zumba** class with Pati Cautillo meets every Fri. 10 a.m. to 11 a.m.  
**Zumba Gold with Pati Cautillo** meets on Tues. from 8:30 to 9:30 a.m. and Wed. from 10 to 11 a.m.  
**Gentle Chair Yoga** class with Joey Machado meets on Monday, from 8:30 a.m. to 9:30 a.m.  
**Classic Painting** with Ryan Santos meets Wed. 9:30 a.m. to 11:00 a.m.  
**Knitting** group meets Wed. from 10:30 a.m. to 11:30 a.m.  
**Play Cribbage** at 10:00 a.m. on Wednesdays.  
**Painting with Friends** meets on Wednesdays at 12:30 p.m. with instructor Kathy Arruda.  
**Tai Chi** with Karen Corcoran meets every Wednesday at 2 p.m. Join this free class and improve your health and balance.

The **Swing Dancercise** class with Victor Fonseca meets from 1 p.m. to 2 p.m. on Fridays.  
**Strength and Conditioning** with Larry Bigos meets Fridays from 2 p.m. to 3 p.m.

## Caroline Street Senior Center

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

**Lunch** is served Monday through Friday at noon.  
**Exercise Class** meets every Monday at 11 a.m.  
**Ice Cream Social** is held every other Friday.

## Dartmouth Senior Center

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

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

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

**Boxing for Life** exercise program Mon. at 4 p.m.

**Interactive Poetry Workshop** will meet Wed. from 3 p.m. Walk-ins welcome.

**New Diabetes Support Group** will meet the last Wed. of the month at 8:30 a.m. All ages are welcome. Call Nancy for more information.

**Chair massage** is back first and third Wed. of the month at 9:00 a.m.

**Fall Prevention** Exercise Class meets Tues. at 12:30 and Thurs. at 2:00. This new exercise and balance program was tested and proven as an effective way to lessen fall risks. The cost is free.

**Family Caregiver Support Group** meets at the Center the first Friday of every month from 1 p.m. to 2 p.m. For more information call Carolyn Lazaris or Stephanie Gibson at Coastline 508-999-6400.

**Hand and Foot**, stop in and learn to play this fun card game Mondays at 1 p.m.

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

**Dance with Country Three** the first and third Wednesday of the month from 12:30 p.m. to 3:00 p.m.

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

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

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

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

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

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

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

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

**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.

**Flex and Strength** class meets on Wednesday and Friday at 9:00 a.m. Beginners are welcome.

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

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

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

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

**New Zumba Tone** class meets Tues. and Thurs. at 4 p.m.

**Walking Club** meets Mon. Wed. and Fri. at 8:30 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.

**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.

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

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

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

**Computer Classes** meet on Monday, and 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.

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

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

**Trips to the Mall** call for details.

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

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

## Hazelwood Senior Center

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

**Garden Club** will meet Thurs. April 7, at 1 p.m.

**Herb Presentation** by Coastline Tues. April 19 at 11 a.m.

**Grocery Bingo** sponsored by United Health Care Fri. April 22 from 9:30 to 10:30 a.m.

**Line Dancing** with Lyn Richards meets Mon. from 2 to 3:30 p.m.

**Social** sponsored by Residence at Cedar Dell Tues. April 5, from 10 to 11 a.m.

**Karaoke** every second and fourth Thurs. from 1 p.m. to 3 p.m.

**Manicures** will be provided by Home Instead second Tues. of every month from 10 a.m. to 11:00 a.m.

**W11 Games** players meet on Mon. from 2 p.m. to 3 p.m.

**Conversational Spanish** class meets Mon. 9:30 a.m. to 10:30 a.m.

**Hazelwood Walkers** meet every Mon. from 11 a.m. to noon.

**Project Day** from 10 a.m. to 11 a.m. fourth Tues. of the month only sponsored by Brandon Woods.

**Ballroom Dancing** class meets Mondays at 11 a.m.

**Zumba Goldclass** meets on Mondays from 1 p.m. to 2 p.m.

**Zumba Toning Class** will meet every Thurs. from 12 noon to 1 p.m.

**Movie and Popcorn** first and third Thurs. at 1:30.

**Birthday Cake** for all seniors who celebrated a birthday on the forth Wed. of each month.

**Blood Pressure and Wellness Clinic** is held the third Wed. of the month from 11:30 a.m. to 12:00 p.m.

**Dancercise with Big Band Music** led by Victor Fonseca meets every Tues. 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.

*At the Senior Centers...* continued on page 9

# Senior Safety

## FDA Warns about Potential Risks of Eye Drop Bottles with Loose Safety Seals

The U.S. Food and Drug Administration (FDA) is warning the public about eye drop bottles that have loose plastic safety seals or tamper evident rings below the bottle cap that may fall onto the eye when the product is used.

The plastic safety seal or tamper-evident ring, also known as a collar, or band, should stay connected to the bottle neck. However, some eye drop bottles are losing the safety seals or rings when consumers tilt or squeeze the bottle to place eye drops into their eyes. A loose safety seal or ring presents a safety risk as it may cause eye injuries.

Consumers and health care providers who have these products should not attempt to remove the ring or seal

because there is a potential to contaminate the tip of the dropper.

FDA is in the process of identifying all relevant products and will require a change in the packaging design. FDA strongly recommends when using tamper-evident rings, the bottle and cap design include a mechanism similar to those on disposable plastic beverage bottles to prevent the rings from coming off while using the product.

Six harmful incidents associated with loose safety seals on eye drop bottles have been reported. Patients and consumers who are using prescription or over the counter eye drops and experience this issue or have concerns should contact their health care provider.

## Elder Abuse Prevention Conference Planned

An elder abuse prevention conference is being planned for Wednesday, June 15, World Elder Abuse Awareness Day, at Bristol Community College in Fall River. The morning event will include a free breakfast, resource tables with information and giveaway, noted speakers on topics such as avoiding scams, fraud and identity theft.

This free event is sponsored by

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

ners 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 and Dominos** Wednesday and Fridays from 9 a.m. to noon.

## 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.

**Succulent Container Gardening** workshop with Steve Gonsalves of Eden Landscaping will be held Mon. May 2. Registration required.

**Tai Chi** class at the Music Hall on Tues. 6:00 to 7:30 p.m. for non-beginners and Thurs. from 11:00 a.m. to 12:30 p.m. Drop in anytime. \$10.00 per class.

**Groovercise** meets Mondays at 13 Atlantis Drive Tuesdays and Fridays at the Music Hall from 9:30-10:30. Only \$4.00 per class.

**The Mini Senior Center** at the Marion Music Hall on Mondays continues to offer a blood pressure clinic from 9:30 to 11:30, chair Yoga from 10 to 11. From 11 to 11:45 is a social hour followed by lunch, (free will donation). After lunch is a "learning & leisure lecture series." April 4, Pose for Success; April 11, America, an Artful Journey; and April 25, Dorothy Cox Chocolates.

**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.

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

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

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

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

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

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

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

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

## Mattapoisett Social Center

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

**Tai Chi** class meets Mon. at 8:30 a.m.

**Sport Yoga** meets Tues. and Fri. at 8:45 a.m.

**Legal Consulting** second Tues. of the month by appointment.

**Movie and Pizza** last Tues. of the month.

**Walking group** steps off Tues. at 11 a.m.

**Watercolor** open studio is held on Tues. at 1 p.m.

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.

**Men's Discussion Group** meets at the Library the second Wed. of the month at 10 a.m.

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.

# Nutrition News

## Drinking More Water May Have Numerous Dietary Benefits

For people who want to control their weight or reduce their intakes of sugar, sodium and saturated fat, tap water may be what the doctor ordered.

A new study that examined the dietary habits of more than 18,300 U.S. adults found the majority of people who increased their consumption of plain water – tap water or from a cooler, drinking fountain or bottle – by 1 percent reduced their total daily calorie intake as well as their consumption of saturated fat, sugar, sodium and cholesterol.

People who increased their consumption of water by one, two or three cups daily decreased their total calorie intake by 68 to 205 calories daily and their sodium intake by 78 to 235 milligrams, according to a paper by University of Illinois community health professor Ruopeng An. They also consumed 5 grams to nearly 18 grams less sugar and decreased their cholesterol consumption by 7 to 21 milligrams daily. The study was published in the Journal of Human Nutrition and Dietetics.

## St. Patrick's Day in Fairhaven



Fairhaven Social Day clients enjoyed their St. Patrick's Day with Irish Music from the Monogans (thanks to the generous donation from Gotta Have It). They also had corned beef and cabbage with all the fixings.

**Chair Yoga** class meets Fri. at 11:15 a.m.

**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.

**Meditation** group meets Wed. at 10:45 a.m.

**Computer Tutor** by appointment on Thurs.

**Country Line Dancing** class meets Fri. at 1 p.m.

## Rochester Senior Center

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

**Volunteers needed** for breakfast program.

**New Fitness Room** is now open Mon and Thurs Wed. from 8 a.m. to 11 a.m. and Fri. from 8:30 to 11:30 a.m. Membership is \$20 per month.

**Computer Classes** Fri. April 8 and 29 from 12:30 to 1:30 p.m. with Old Colony students.

**Zumba Gold** classes with Pati Cautillo will be offered on Mon. from 3 to 4 p.m.

**Special Luncheon** provided by Mike and Ann Cambra Mon. April 25 at noon.

**Book Club** meets the third Tues. of the month at 10:15 a.m. **Hand & Foot card games** are held on Monday nights from 5:30 to 8:30 in the Senior Center Conference Room. The event is free, and no experience is necessary. They will teach you

**Soup & Sandwich Lunches** are back **Mon. at 12 p.m.** Anyone is welcome. Please sign up in advance.

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

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

**Pampered Chef** returns first Monday of the month at 11:30 a.m. with cooking demo and lunch.

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

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

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

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

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

**New Chair Yoga Classes** meet on Monday afternoons from 1 to 2 with Susan Ashley, a certified fitness instructor and personal trainer.

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

**Line Dancing** class meets Tuesday afternoons from 2:30 and Friday mornings from 9:30 to 11:00 with instructor Nancy Cabral.

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

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

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

# Your Health

## Omega-3 Fatty Acids May Lower Breast Cancer Risk in Older Obese Women

Omega-3 fatty acids may lower the risk of breast cancer in postmenopausal obese women, according to researchers. The protection likely comes from the fatty acids' anti-inflammatory effects, said Dr. Andrea Manni, of Penn State College of Medicine.

Obesity is a major breast cancer risk factor in older women, and scientists believe increased inflammation is an important underlying cause in this population. "Omega-3 fatty acids have an anti-inflammatory effect, so that's one of the reasons why we suspected it may be particularly effective in obese women," Manni said.

Some data support the idea that omega-3s protect against breast cancer, but the findings have been inconsistent. Manni suspected that data from normal-weight women obscured the results. Normal-weight women have less inflammation than heavier women, and are therefore less likely to benefit from anti-inflammatory omega-3s, he said.

To tease apart the effects, Manni's

team, working alongside researchers from Emory University and Colorado State University, looked at the influence of prescription omega-3 supplements on breast density in different weight women. Breast density is a well-established biomarker for breast cancer risk, and may be an independent risk factor as well. "The higher the breast density, the more likely the woman will develop breast cancer," Manni said.

The study included 266 healthy postmenopausal women with high breast density detected by routine mammograms. The women either received no treatment, the antiestrogen drug Raloxifene, the prescription omega-3 drug Lovaza or a combination of the two drugs. At the conclusion of the two-year study, the researchers found that increasing levels of omega-3 in the blood were associated with reduced breast density—but only in women with a body mass index above 29, bordering on obesity.

## Computer Use May Help Deflect Seniors' Memory Problems

Seniors who use their computers as little as once a week may help ward off age-related declines in memory and thinking, suggests new research reported in HealthDay News.

The study found that those who did use a computer showed a 42 percent lower risk of developing mild cognitive impairment (MCI), a precursor to dementia. What isn't yet clear is exactly how computer use might help save memory and thinking abilities.

"We did not investigate mechanisms that might underlie the association between mentally stimulating activities such as computer use and the risk of incident MCI," said study author Janina Krell-Roesch, at the Mayo Clinic. "Therefore, we can only speculate why computer use might be of help."

Seniors who reach for their keyboards may simply be more likely to adhere to a generally healthier and more "disciplined" lifestyle, Krell-Roesch suggested. Or, it could be that computer use actually brings about

beneficial brain changes. It's also possible that computers may help seniors compensate and cope more effectively when mild memory and thinking problems do start to set in. Or, it could be a combination of all three, she said.

To explore how computer use and other forms of mental stimulation might affect dementia risk, the study included more than 1,900 seniors. None had signs of thinking or memory problems when the trial began. All were 70 or older.

All of the seniors completed an activity questionnaire about the year that had just passed. Stimulating activity options included reading, socializing, game-playing and craft-making, as well as computer use. The health of study volunteers was then followed for an average of four years. The result: engaging in any of the activities at least once a week was associated with a lower risk for developing mild cognitive impairment.

## Family Caregiver Support Group Meets

Coastline, in partnership with the Dartmouth Council on Aging, is sponsoring the only Family Caregiver Support Group in the surrounding area. Meetings take place the first Friday

of every month at 1 p.m. at the Dartmouth Council on Aging, 628 Dartmouth St. in South Dartmouth. For more information call 508-999-6400.

## Age Healthier, Breathe Easier

By Stephanie Boulay, R.D., Coastline

Air quality awareness week is April 25 to 29 this year. Emphysema, COPD, chronic bronchitis and asthma are common chronic conditions among older Americans. If you suffer from a chronic cough or shortness of breath, see your doctor. The following simple steps can reduce the frequency of your symptoms and help you breathe easier.

Avoid secondhand smoke from tobacco.

**Check** the air quality index on local weather station and reduce outdoor activity on poor air quality days.

**Check** for mold, dust and rodents in your home.

**Check** furnace and heating units annually.

**Tips for eating well with COPD**  
**Eat when you have the most ener-**

**gy.** To get the greatest benefit from a nutritional standpoint, try eating when you have the most energy, either when you wake up in the morning or after a nap.

**Eat small, frequent meals.** Eating smaller meals throughout the day may help avoid filling your stomach too much and give your lungs room to expand, making breathing easier.

**Watch your weight.** If you are underweight, it can make you feel weak or tired, but if you are overweight it can make your lungs and heart work harder. Call Coastline's Registered Dietitian to find out if you are the appropriate weight at 508-742-9194.

**Drink plenty of fluids.** Try to drink 6 to 8, eight ounce cups of non-caffeinated beverages daily. This helps to keep your mucus thin, making it easier for your body to cough.

## Envejecer Más Saludablemente, Respirar Más Facilmente

Por Stephanie Boulay, R.D., Coastline

La semana del conocimiento de la calidad del aire es el 25 a 29 de abril de este año. El enfisema, COPD, bronquitis crónica y el asma son condiciones crónicas entre los americanos más edosos. Si usted sofre de una tos crónica o falta de respiración, consulte su médico. Los siguientes pasos fáciles pueden reducir la frecuencia de sus síntomas y ayudarle a respirar más fácilmente.

**Evitar** el humo del tabaco en segunda mano.

**Verifique** el índice de la calidad del aire en las estaciones meteorológicas locales y reduce las actividades fuera de la casa en los días de mala calidad del aire.

**Verifique** para el mojado, polvo, y roedores en su casa.

**Verifique** el horno y las unidades de calefacción anualmente.

**Sugestiones para comer bien con el COPD**

**Come cuando tiene la máxima**

**energía.** Para conseguir el mayor beneficio del punto de vista nutritivo, tente comer cuando tiene la máxima energía, sea cuando despertarse por la mañana o después de una siesta.

**Come pequeñas y frecuentes comidas ligeras.** Comiendo comidas ligeras durante el día puede ayudar a evitar el llenar de su estomago demasiado y dá a sus pulmones el espacio para expandir, así facilitando la respiración.

**Cuidado con su peso.** Si usted es de bajo peso, eso puede hacerle sentirse debil o cansado, pero si tiene peso demasiado eso puede obligar sus pulmones y el corazon a trabajar más duramente. Llame por telefono al Alimentista Registrado en el 508-742-9194 para averiguar si usted tiene el peso apropiado.

**Bebe fluidos suficientes.** Tente beber 6 a 8 vasos de bebidas sin cafeína diariamente. Esto ayuda a mantener su moco leve, facilitando su cuerpo a toser.

## Envelhece Mais Saudavelmente, Respire Mais Facilmente

Por Stephanie Boulay, R.D., Coastline

A semana de conhecimento da qualidade do ar é 25 a 29 de abril deste ano. A enfisema, COPD, bronquite crónica e a asma são condições crónicas entre os americanos mais idosos. Se você sofre de um tosse crónica ou falta de respiração, consulte o seu médico. Os seguintes passos fáceis podem reduzir a frequência dos seus sintomas e ajudar-lhe a respirar mais facilmente.

**Evitar** o fumo do tabaco em segunda mão.

**Verifique** o índice da qualidade do ar nas estações meteorológicas locais e reduza as actividades fora de casa nos dias de má qualidade do ar.

**Verifique** para o bolor, pó, e roedores na sua casa.

**Verifique** a fornalha e unidades de aquecimento anualmente.

**Palpitas para comer bem com o COPD**

**Come quando tiver a máxima energia.** Para conseguir o maior bene-

fício do ponto de vista nutritivo, tente comer quando tiver a máxima energia, seja quando despertar-se pela manhã ou depois de uma soneca.

**Come pequenas e frequentes refeições.** Comendo refeições ligeiras durante o dia pode ajudar a evitar de encher o seu estomago demasiado e dá aos seus pulmões o espaço para expandir, assim facilitando a respiração.

**Cuidado com o seu peso.** Se você fôr de baixo peso, isso pode fazer-lhe sentir debil ou cansado, mas se tiver peso a mais isso pode obrigar os seus pulmões e o coração a trabalhar mais duramente. Telefone ao alimentista registado no 508-742-9194 para averiguar se você tem o peso apropriado.

**Beba fluidos suficientes.** Tente beber 6 a 8 copos de bebidas descafeinadas diariamente. Isto ajuda manter o seu muco leve, facilitando o seu corpo a tossir.

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at Brandon Woods of Dartmouth for

**FREE**  
**Breakfast**  
**Bingo**

from 8:30 AM to 10 AM  
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- Thursday, December 8, 2016

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*A joyful heart is the health of the body,  
But a depressed spirit dries up the bones.*  
Proverbs

# Your Health

## 1 in 6 Seniors Takes Dangerous Combos of Meds and Supplements

More seniors than ever are taking supplements alongside their medications, a practice that puts them at risk for dangerous drug interactions, researchers report.

More than 15 percent of older Americans took potentially life-threatening combinations of prescription medications, over-the-counter drugs and dietary supplements in 2011, the study showed. That was almost a twofold increase from 2005, when 8.4 percent of seniors did so.

"Alongside the growing use of multiple medications, there is also a hidden, and increasing, risk of potentially deadly drug interactions in older adults," said lead researcher Dr. Dima Qato, of the University of Illinois at Chicago. Many of these interactions involved heart drugs and supplements, such as omega-3 fish oil supplements, which are more commonly used now than they were five years ago, Qato said.

To be on the safe side, patients should always tell their doctors and pharmacists about all of the drugs and supplements they are taking, or plan to take, including over-the-counter medications, she said. "A medication or supplement may be safe and beneficial when you use it alone, but when you mix it with other medications or supplements, it can be very dangerous," Qato explained.

The investigators found that the number of people taking at least five prescription drugs rose from over 30 percent to almost 36 percent during the study period. In addition, the number of seniors taking five or more medications or supplements increased from over 53 percent to slightly over 67 percent.

## Cancer Death Rates Continue to Decline

The Report to the Nation on the Status of Cancer (1975-2012) shows that death rates continued to decline for all cancers combined, as well as for most cancer sites for men and women of all major racial and ethnic populations. The overall cancer death rates for both sexes combined decreased by 1.5 percent per year from 2003 to 2012. The rate of new cancer cases decreased among men and remained stable for women between 2003 and 2012.

The ongoing drop in cancer rates in most racial and ethnic groups is due, in large part, to progress in prevention and early detection. Fewer deaths from cancer may also reflect better treatments. Tobacco control efforts have contributed to lower rates of lung cancer, the leading cause of cancer death in both men and women, as well as many other types of cancer.

The report also examines trends in liver cancer. In contrast to the trends for most other cancers among both men and women, death rates due to liver cancer have increased the most compared with all cancer sites, and liver cancer incidence rates have also increased sharply.

"The latest data show many cancer prevention programs are working and saving lives," said CDC Director Tom

## Healthy Aging Fair Set

Coastline and the New Bedford Council on Aging are planning a Healthy Aging Fair on Friday, May 6, from 10 a.m. to 2 p.m. at the Andre McCoy Recreation Center, 181 Hillman Street.

The Southcoast Mobile Van will be on site to provide free blood pressure checks, blood sugar and cholesterol screenings, as well as tetanus and

Over the same period, the use of over-the-counter medications dropped from slightly over 44 percent to almost 38 percent, while the use of dietary supplements rose from close to 52 percent to almost 64 percent, the researchers found. The most common supplements used were multivitamins or mineral supplements and calcium, the study authors noted.

It's not enough to know the number of medications and supplements patients are taking, because it doesn't tell which are helping and which are hurting, said Dr. Michael Steinman, at the University of California, San Francisco. "We need to identify what the problems are and devise ways to help people avoid these problems," he said.

For example, St. John's wort, which is often taken for depression, can affect how other drugs work. These drugs include some HIV/AIDS drugs, the blood thinner warfarin, the heart drug digoxin and some tranquilizers (such as Xanax), according to the U.S. National Center for Complementary and Integrative Health. Many patients are often afraid to tell their doctor about the supplements they are taking, the researchers said.

"Not telling primary care providers about using complementary and alternative medicines can be dangerous, especially if the type being used creates adverse interactions with any medical treatments that a patient might be undergoing concurrently," the researchers said.

Examples of this include the use of herbs and supplements that interact negatively with prescription drugs or movement-based therapies, such as yoga, that counteract prescribed physical therapy, the researchers explained.

Frieden, M.D. "But the growing burden of liver cancer is troublesome. We need to do more work promoting hepatitis testing, treatment, and vaccination."

The authors noted that, in the United States, a major contributing factor to liver cancer is hepatitis C virus (HCV) infection. A little more than 20 percent of the most common liver cancers are attributed to HCV infection. Compared with other adults, people born between 1945 and 1965 have a six times greater risk of HCV infection. CDC recommends all people born during that period receive a one-time test for HCV. Diagnosis of HCV, followed by treatment, can greatly reduce the risk of liver cancer.

Obesity and type 2 diabetes can cause cirrhosis, or scarring of the liver, which can progress to liver cancer and is associated with excessive alcohol use. From 8 to 16 percent of liver cancer deaths are attributed to excessive alcohol use.

The Report to the Nation is released each year in a collaborative effort by the American Cancer Society, the Centers for Disease Control and Prevention, the National Cancer Institute, and the North American Association of Central Cancer Registries.

pneumonia vaccines. More than 70 community organizations will participate. A free lunch and refreshments will be available.

Sponsors of the event are Brandon Woods Caregiver Homes, Island Terrace Nursing Home, Office of the Bristol County District Attorney, Royal Health Group and the Residents at Cedar Dell.

## Study: Acetaminophen Won't Help Arthritis Pain

Acetaminophen -- commonly known as Tylenol -- isn't an effective choice for relieving osteoarthritis pain in the hip or knee, or for improving joint function, according to a new study reported in HealthDay News.

Although the drug rated slightly better than placebo in studies, nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Advil, Motrin) or diclofenac are better choices for short-term pain relief, the researchers said. "Regardless of dose, the prescription drug diclofenac is the most effective drug among painkillers in terms of improving pain and function in osteoarthritis," said lead researcher Dr. Sven Trelle of the University of Bern in Switzerland.

However, even diclofenac (trade names: Aclonac, Cataflam, Voltaren) comes with side effects. "If you are thinking of using a painkiller for osteoarthritis, you should consider diclofenac," Trelle said, but also keep in mind that like most NSAIDs the drug increases the risk for heart disease and death.

Osteoarthritis is the leading cause of pain in older people. It can impair physical activity, and that increases the risk of obesity, heart disease, diabetes and general poor health, the study authors said.

One expert said it's "not surprising"

that acetaminophen won't help arthritis pain. "Osteoarthritis is caused by inflammation of the joints, and acetaminophen is not meant for inflammation," explained Dr. Shaheda Quraishi, of Northwell Health Pain Center in Great Neck, N.Y.

The maximum daily dose of diclofenac -- a prescription pain reliever -- was the most effective treatment for pain and disability, the new study showed. The researchers also found diclofenac was better than the maximum doses of NSAIDs, including ibuprofen, naproxen (Aleve) and celecoxib (Celebrex).

In addition to not helping with pain, one expert pointed out that acetaminophen can also be dangerous. "Acetaminophen may not be as safe as most people would believe: it is known to be toxic to the liver, and acetaminophen overdose is a leading cause of liver transplantation," said Dr. Nicholas Moore of the University of Bordeaux in France.

New painkillers are needed, but "narcotics are not a good choice," Moore said. Prescription narcotic painkillers -- drugs such as Oxycontin, Vicodin and Percocet -- are not as effective as NSAIDs for inflammatory pain, he explained. And the risk of dependency or overdose with narcotics is considerable, he added.

## Parkinson's Support Group Meets

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

The meeting is open to the public. Participants are encouraged to share their hobbies at this meeting.

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*A good laugh is sunshine in the house.*  
William Makepeace Thackeray

# Remember When

## Hollywood Comes to New Bedford, 1956



Area residents were agog in 1956 when Hollywood stars came to New Bedford for the premiere of the epic film "Moby Dick." Here, leading man Gregory Peck reads a comic version of the classic novel to city school children.

### 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 Tuesday classes will begin May 10 from 10 a.m. to 11 a.m. Thursday classes

will begin May 12 from 1 p.m. to 2 p.m.

Classes run approximately 90 minutes and are offered free of charge. All levels are welcome. For more information call 508-991-6250.

### April 2016 Trivia Quiz Answers

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

## You've Worked Too Hard To Lose It All!

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# Reader Exchange

## April

By Evelyn M. Desrosiers, New Bedford born January 12, 1918

It's housecleaning time, everything is made bright and clean to reflect her appearance.

APRIL: Like giving birth to a child she takes away the pain and discomfort of winter when first she appears.

A walk in the afternoon sun is warm and reassuring and gives us

a new sense of being. How can we not have FAITH when we see what nature has done

Each day is an adventure. The grass turns green after the winter's keep.

The early flowers burst forth in an array of color after winter's freeze.

and still has in store for us? APRIL...

a time of new hope a time of appreciation a time to say:

A new beginning with so much promise. The birds enjoy their first spring bath and gardeners are turning the soil and preparing to plant.

Thank you Lord for bringing us out of the cold and showing us All Is Possible Through You

### Adult Day Health Focus of Project Independence Legislative Breakfast

A legislative breakfast hosted by Project Independence on March 1 was well attended by area legislators, who indicated their support for the work done by adult day health programs and their need for a rate increase.

Adult day health programs provide critical health care services to adults with disabilities, including nursing care, chronic disease management, medical and preventive care, family support and two meals a day. The current MassHealth reimbursement is \$58.83 per day and is based on 2009 costs.

Today's estimated cost for providing ADH services is \$79 per day, and the state adult day health organiza-



State Representative Tony Cabral talks with adult day health workers and advocates at the legislative breakfast hosted by Project Independence March 1.

tion is urging legislators to support their request for an increase with MassHealth's rate setting committee.

### Budget Proposal Would Threaten Estates of Nursing Home Residents

A provision in Governor Baker's budget proposal for FY2017 would threaten the estates of nursing home residents on MassHealth. The proposed change would allow MassHealth to make claims against all property in which a deceased nursing home resident on MassHealth had an interest. This would include the home where the nursing home resident's spouse lives.

Most married couples own their homes in joint names. Under the proposed provision, MassHealth would be able to file a claim against the home of a surviving spouse, making it difficult for the spouse to

sell or mortgage the property without paying the claim.

Spouses of nursing home residents are often women of modest means whose ability to support themselves may be seriously affected, according to the National Academy of Elder Law Attorneys which opposes this proposal.

"These provisions are fundamentally unfair to elders who signed deeds long ago based on one set of state recovery laws," NAELA said in a statement. "These (proposed) provisions attack the sanctity of the family homestead, which Massachusetts has traditionally protected."

### Follow These 3 Simple Steps to Recycle

1 Recycle all empty bottles, cans, jugs, jars, paper, & cardboard.

2 Keep food & liquids out of recycling.

3 Keep plastic bags & wrap out of recycling.



Recycle plastic bags & overwrap at the grocery store.

For more information, call (508) 979-1493.