

NEW BEDFORD'S Senior Scope

FREE

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Happy Valentine's Day



Local Veterans Guests of Honor Flight New England

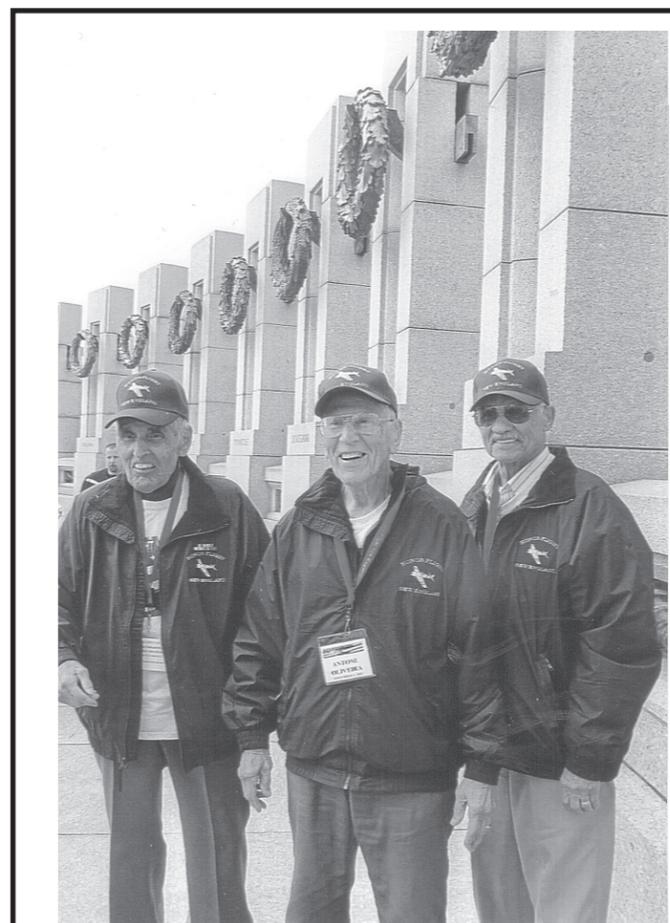
Three New Bedford veterans, Antero (Terry) Gonsalves, Antone (Tony) Oliveira and John Pires Jr., were among 60 World War II veterans who flew to Washington, D.C., in November as guest of Honor Flight New England. The group of veterans and volunteer hosts boarded three buses at Baltimore-Washington Airport and were escorted by motorcycle police officers into the nation's capital. They toured the World War II memorial and the Korean War memorial and viewed the Changing of the Guard at the Tomb of the Unknown Soldier.

"Kudos to Joseph Byron, the founder of Honor Flight, and his valued assistant Sheila, the 60 volunteer hosts and the police escort for the daylong service," said Tony Oliveira.

The Honor Flight network began in 2004 after the completion of the World War II Memorial in Washington, D.C. The goal of the organization is to transport World War II veterans to visit the memorial at no cost to them. Private pilots offer their services free of charge and escort the veterans around Washington.

Honor Flight New England joined the national organization in 2009. It is a non-profit organization created solely to honor America's veterans for all of their sacrifices. Through generous donations they transport veterans to Washington, D.C., to visit and reflect at their memorials at no cost to the veterans. Top priority is given to senior veterans- World War II survivors, Korean War veterans, along with those veterans who may be terminally ill.

Honor Flight New England is seeking local veterans who may be interested in making the trip to Washington in 2016. You can download the application from their website www.honorflightnewengland.org. Or you can call them toll free 877-992-8387.



New Bedford World War II veterans Antero (Terry) Gonsalves, Antone (Tony) Oliveira and John Pires Jr. were guests of Honor Flight New England in November.
Photo courtesy of Lynne LaGasse, daughter of Veteran Antero Gonsalves.

Older Adult Suicide Rate Rising in Bristol County

Troubling statistics on the number of suicides among older adults were released recently by the office of Bristol County District Attorney Thomas M. Quinn III. "A large number of the suicides that occurred in Bristol County in 2015 took place among individuals that were 50 or older," said Quinn in his monthly letter to senior advocates, referring to the grim statistics as a "very real issue happening here in Bristol County."

In the United States, suicide is the 10th leading cause of death across all age groups, but it is the leading cause of death in men 85 and older. These are shocking statistics.

"The data that I have available so far for the year 2015 shows 66 suicides in Bristol County with 28 of those among individuals aged 50 or older," said Eric M. Poulin, a program manager in Quinn's office. Of the 28 deaths, 21 were men and 7 were women. As to their ages, 16 were in their 50s, 8 in their 60s, 2 in their 70s and 2 in their 80s.

In 2014 there were 23 suicides in Bristol County where the individual was 50 or over; 21 were men and 2 were women. As of January 21 of this year, one man over 50 committed suicide.

These are "preliminary" numbers, Poulin cautions, because the state doesn't release official numbers until two years later after the medical records have been reviewed.

Quinn's office works closely with the Bristol Coun-

ty Regional Coalition for Suicide Prevention. They are coordinating presentations at local Councils on Aging and other agencies to bring attention to and offer solutions to this growing problem.

"While this can be a sensitive topic, it is nonetheless a very important issue and one that we can't ignore or fail to discuss," Quinn said. "We all have a purpose in this world. Each and every one of us has value. Unfortunately, one can lose sight of this and feel hopeless," Quinn added.

"We have to endure a certain number of marked losses in life, and as we age these losses tend to accelerate," said New Bedford Council on Aging Director Debra Lee. "Often times when faced with crises, people have difficulty seeing through the immediate issues to the possibilities that often lie just ahead. The good news is that there is hope, and there is help."

Ms. Lee added, "My hope is that if you are reading this and struggling, you will reach out as there are people who care and are eager to lend support and a listening ear to those who are hurting."

For more information visit the Bristol County Regional Coalition for Suicide Prevention at www.bcrsp.org or the Greater New Bedford Suicide Prevention Coalition at www.gnbcares.org.

Anyone contemplating suicide can call The Samaritans at 877-870-4673. Veterans can also call the Veterans Crisis Line at 800-273-8255 and press "1."

Editor's Notes

Put Old on Hold

A couple of weeks ago three friends and I were trying to make plans to get together for breakfast. It took four or five attempts to find a date that everyone could make it.

After the third or fourth try, one of my friends joked, "Ladies, we're old. We can't be that busy."

I immediately replied, "We're not old, just older." That light-hearted response was well received and elicited a few chuckles when we finally met.

But the distinction between being "old" and being "older" is more than a funny line. It's a matter of attitude. Of course no one is getting younger but we don't have to be old either.

Old has nothing to do with the number of years you've been on this planet. It's not about gray hair and wrinkles. Old is a state of mind – the way you view yourself, and thinking old can dampen your enthusiasm for living.

I may be older but I refuse to be old. There's still too much in this world I want to see and do and learn.

It's a fact that people are living longer these days. The "100-plus" club is a growing demographic in the United States. More than 72,000 Americans have celebrated 100 birthdays, a new federal report shows.

This longer life expectancy means that many people are living 30 or more years after retirement. Social scientists and others are referring to this stage as the Third Age of life.

The Third Age concept refers to that expanding period in the human life cycle after middle age and before old age, according to an article by Nell Porter Brown in *Harvard Magazine*.

But 20 or 30 years of play may not be the most rewarding lifestyle, and many older adults are exploring other options for this phase. Endless

hours in front of the TV set or rocking on the porch are not that appealing after all.

Margaret Newhouse, founder of the Life Planning Network, describes the Third Age as a time that offers more flexibility for people to explore what else life has to offer, and what else they can offer of themselves.

"You have more freedom in an actual sense," Newhouse adds. "But more importantly, I think, is a psychological freedom that comes with age--having a greater perspective on what's important in life and a willingness to just be that person--without regard to what other people think."

The key to enjoying your older--not old--years is to remain optimistic and engaged with the world. Some Third Agers explore second careers, others develop new interests or become involved in community activities.

One way to remain optimistic as you age is to build a support system outside of, or in addition to, family. Having an active social circle can boost your mood, build your health, and ensure that you have someone you can count on for support, no matter what, says Brittany Nims of Mysilverage.com.

In the final analysis, you can make what you want of your Third Age. It's all up to you.

Whatever you decide to do with these bonus years, don't settle for "old." Keep your mind active and your hands busy. If you want to put old on hold, get out of that recliner and start exploring the possibilities.

Jeannine

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, a story, or a memory you would like to share. Whatever it is, we want to hear from you.

Please write to SeniorScope, 181 Hillman Street, New Bedford, MA 02740. You can also email your comments to jeannine.wilson@newbedford-ma.gov. Or you can call 508-979-1510 or 508-979-1544.

You Can Receive SeniorScope in the Mail

Would you like to receive *SeniorScope* in the mail for only \$12 a year?

Please call 508-979-1510 for more information.

NEW BEDFORD'S Senior Scope

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181 Hillman, New Bedford, Massachusetts 02740



THE
SHINE
PROGRAM

SHINE Counselors In Greater New Bedford Area

Fairhaven Council on Aging 229 Huttleston Ave	508-979-4029	Diane Perkins Joan Foster Lucille Dauteuil Carolyn D'Antoni
New Bedford Council on Aging 181 Hillman Street	508-991-6250 508-991-6250 508-991-6250	Jamara Natal Pamela Amaral-Lema Debra Lee
New Bedford Immigrants Asst 58 Crapo Street	508-996-8113	Lucy Oliveira Philomene Tavares
Greater NBComm. Health Center 874 Purchase Street	508-992-6553 x147	Derek Mendes
Marion Council on Aging 2 Spring Street Marion	508-748-3570	Asha Wallace
Mattapoisett Council on Aging 17 Barstow St Matt	508-758-4110	Connie Heacox Bob Walter
Rochester Council on Aging 57 Dexter Lane Rechr	508-763-8723	Gordon Helme
Massachusetts Fishermen's Partnership 114 MacArthur Drive (2nd floor) New Bedford	508-991-3043	Verna Kendall

Donations for February 2016

In Honor and In Memory

In memory of Alice Dries - From daughter, Barbara	\$5.00
In memory of the Nunes Family; gone but not forgotten -Pat Brennan	\$15.00
In memory of Frank "Chico" Monteiro -Eleanor Pontes	\$25.00
In memory of Joseph Gouveia -Anonymous	\$10.00
In memory of Jack Brennan -Anonymous	\$10.00
A birthday remembrance for Donald Marshall (February 2) Missing you every day! -Edith	\$25.00
In memory of Kenneth Pina: a good, kind gentleman we are all proud to have known. God take good care of him "Don't take over heaven" -Michael Levitre and everyone at Hillside Court	\$5.00

In Thanksgiving

Thank you Jesus, Our Lady of Fatima, St Anthony and St. Jude for your blessings -Anonymous	\$30.00
Thank you St. Jude and St. Anthony -Anonymous	\$10.00
Thank you St. Anthony for prayers answered -R.M.	\$20.00
Thank you St. Jude, St. Theresa and Blessed Mother -Anonymous	\$10.00
Thank you St. Jude, St. Joseph and the Virgin Mary -H.F.	\$20.00
Thank you St. Jude and Sacred Heart of Jesus for prayers answered -J.F.	\$10.00
Donations this month	\$195.00
Donations last issue	\$190.00
Donations Year to date FY'16	\$793.00

To: SeniorScope 181 Hillman Street, New Bedford MA 02740

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

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

Do not list my name; I am contributing anonymously.

Please list my donation as follows:

In Memory of: _____

Get Well Wishes for: _____

In Honor of: (Birthday or other celebration) _____

My Name is _____

Address _____

You and Your Money

Can I Still Change My Medicare Plan?

By Mary Bessey,
SHINE Regional Director

The annual Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2016.

Newly Available: Medicare's 5-Star Special Enrollment Period

You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2016. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically disenroll you from your previous plan.

Medicare Advantage Plan (HMO or PPO)

Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription

Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

Prescription Advantage or getting "Extra Help" paying for prescription drugs

You can change your Medicare Advantage plan or drug plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you. They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center, or see the list of SHINE counselors on page 2.

For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

That Time of Year Again

By Delia De Mello
Social Security

It's that time of year again: time to start preparing to file your taxes. If you receive Social Security benefits, one of the documents you will need when filing your federal income tax return is your Social Security Benefit Statement (Form SSA-1099).

Your Social Security benefits may be taxable. This includes monthly retirement, survivor, and disability benefits. About one-third of people receiving Social Security benefits must pay taxes on some of these benefits, depending on the amount of their taxable income. This usually happens only if you have other substantial income — such as wages, self-employment, interest, dividends, and other taxable income that must be reported on your tax return — in addition to your Social Security benefits. You will never have to pay taxes on more than 85 percent of your Social Security benefits, based on Internal Revenue Service (IRS) rules.

To find out if you must pay taxes on your benefits, you will need your Social Security Benefit Statement (Form SSA-1099). You should automatically receive your 1099 form each January. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. The 1099 form is

not available for people who receive Supplemental Security Income (SSI), as SSI payments are not taxable.

Whether you file your taxes early or wait until the deadline, Social Security makes it easy to obtain a replacement 1099 form if you didn't receive one or misplaced yours. You can get an instant replacement quickly and easily by using your secure online *my Social Security* account. If you don't already have an account, you can create one in minutes. Follow the link to the *my Social Security* page, and go to "Sign In" or "Create an Account." Once you are logged in, select the "Replacement Documents" tab to obtain your replacement 1099 form. If you create a *my Social Security* account, you can also use it to keep track of your earnings each year, manage your benefits, and more.

You can also obtain a replacement 1099 form by calling us at 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m., or by contacting your local Social Security office. If you live outside of the United States, please contact your nearest U.S. Embassy or Consulate.

With a *my Social Security* account, gathering your Social Security information for tax season has never been easier. Open your own personal *my Social Security* account today at www.socialsecurity.gov/myaccount.

Take Action to Make Prescription Drugs More Affordable

The Alliance for Retired Americans is urging voters to take action to make prescription drugs more affordable.

"Perhaps you heard about Martin Shkreli, the hedge fund manager who raised the price of a lifesaving medication from \$13 to \$750 because his company needed to "increase revenue." But Martin Shkreli isn't alone," states the group in a recent website posting. Too many pharmaceutical companies are drastically raising the prices of their prescription drugs and raking in billions in profit. Last year alone, 35 million people did not fill a prescription because they could not afford it.

"It is time to hold the pharmaceutical industry accountable," says the Alliance. "Big Pharma will do anything to protect its profits. In fact, Pfizer, the largest pharmaceutical company in the world, is merging with an overseas company and moving their headquarters overseas to avoid taxes on their \$148 billion in profits. The pharmaceutical industry has spent millions to influence Congress. We need your help to combat them. Please take action and tell Congress to put public interest ahead of corporate profits."

To sign the Alliance's petition go to their website www.retiredamericans.org.

Legal and Financial Planning for People with Alzheimer's Disease

Many people are unprepared to deal with the legal and financial consequences of a serious illness such as Alzheimer's disease. Legal and medical experts encourage people recently diagnosed with a serious illness—particularly one that is expected to cause declining mental and physical health—to examine and update their financial and health care arrangements as soon as possible. Basic legal and financial instruments, such as a will, a living trust, and advance directives, can ensure that the person's late-stage or end-of-life health care and financial decisions are carried out.

One complication of diseases such as Alzheimer's is that the person may lack or gradually lose the ability to think clearly. This change affects his or her ability to participate in meaningful decision making and makes early legal and financial planning even more important. Although difficult questions often arise, advance planning can help people with Alzheimer's and their families clarify their wishes and make well-informed decisions about health care and financial arrangements.

Individuals with early-stage disease are often capable of understanding many aspects and consequences of legal decision making. However, legal and medical experts say that planning can help the person and his or her family even if the

patient is diagnosed with later-stage Alzheimer's.

Elder Law Attorneys

There are good reasons to retain the services of a lawyer when preparing advance planning documents. Elder Law Attorneys help older people and families interpret state laws, plan how their wishes will be carried out, understand their financial options and learn how to preserve financial assets while caring for a loved one.

The National Academy of Elder Law Attorneys and the American Bar Association can help families find qualified ELAs.

Health Care Providers

Health care providers cannot act as legal or financial advisors, but they can encourage planning discussions between patients and their families. Qualified clinicians can also guide patients, families, the care team, attorneys, and judges regarding the patient's ability to make decisions.

Resources for Low-Income Families

Families who cannot afford a lawyer still can do advance planning. Samples of basic health planning documents can be downloaded from state government websites. Another source of legal assistance is the Seniors Law Project of South Coastal Counties Legal Services, Inc. For more information call the Seniors Law Project at 774-488-5962 or 774-742-0805.

Food Program for Low Income Seniors

Commodity Supplemental Food Program (CSFP), sponsored by the Greater Boston Food Bank, offers a monthly food distribution program for low income adults over the age of 60. Once a month, two free bags of shelf stable food such as peanut butter, pasta, canned fruit, and similar items can be picked up from the Dartmouth Council on Aging.

This is not a "first come, first served" program, once you are enrolled, a bag will be held for you every month. Participants who have limited mobility are allowed to autho-

rize an individual to pick up their bag for them.

Participants must reside in Dartmouth, Fairhaven or Marion, be over the age of 60 and have a monthly income less than 130 percent of the Federal Poverty line (\$1,276 per month for a single; \$1,726 per month for a couple). For more information please contact Ellen Hull, Dartmouth COA Outreach Worker, 508-999-4717 or Anne Silvia, Fairhaven COA Director, 508-979-4029.



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.

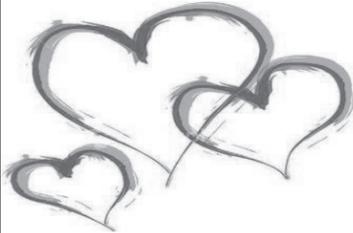
An AFC caregiver must be 18 years of age and may not be the spouse or legal guardian of an AFC member.

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



Menu for February 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
1 B Na+ Chicken Marsala 439 Fluffy White Rice 36 California Blend 27 WW Bread 160 Pears 4	2 B Na+ Oyster Crackers 133 Potato Leek Soup 131 Omelet w/ 312 Cheese Sauce 109 Broccoli 12 Oatmeal Roll 21 Banana 1	3 B Na+ Meatloaf w/ Pearl Onions 172 & Mushroom Gravy 148 Mashed Potatoes 62 Peas & Carrots 40 Honey Wh. Bread 135 Blonde Brownie 171 Diet: Fresh Fruit 1	4 B Na+ BBQ Pork Rib 399 Baked Beans 36 Cabbage & Carrots 47 Multigrain Bread 190 Fresh Apple 1	5 B Na+ Mac n' Cheese 403 Escalloped Tomatoes with Spinach 121 Broccoli 12 Fruit Muffin 78 Strawberry Cup 4
Total Sodium: 666mg Calories: 421 Carbs: 54	Total Sodium: 710mg Calories: 625 Carbs: 91	Total Sodium: 728mg Calories: 890 Carbs: 117	Total Sodium: 674mg Calories: 495 Carbs: 74	Total Sodium: 618mg Calories: 711 Carbs: 114
8 A Na+ Grilled Chicken w/ 320 Pineapple Ginger Sauce 103 Vegetable Lo Mein 25 Snowflake Roll 160 Fortune Cookie 2	9 A Na+ Tossed Salad 14 with Dressing 120 Lazy Stuffed Pepper 293 Tuscany Blend Veg. 56 WW Roll 160 Mandarin Oranges 6	10 A Na+ Cheese Lasagna 359 Roman Blend Veg. 26 Multigrain Roll 190 Mixed Fruit 10	11 A Na+ Swedish Meatballs 321 Buttered Noodles 35 Tarragon Carrots 77 Dinner Roll 160 Fresh Orange 0	12 A Na+ Rainbow Trout w/ Lemon & Pepper Sauce 151 Whipped Sweet Potato 33 Riviera Blend Veg 16 WW Bread 160 Red Velvet Cake 230 D:Low Sugar Cake 210
Total Sodium: 614mg Calories: 491 Carbs: 69	Total Sodium: 649mg Calories: 400 Carbs: 57	Total Sodium: 585 mg Calories: 350 Carbs: 57	Total Sodium: 594mg Calories: 570 Carbs: 74	Total Sodium: 590mg Calories: 670 Carbs: 76
15 No Meals Served President's Day 	16 B Na+ Ziti w/ Meat Sauce 124 Parmesan Cheese 108 Mixed Vegetables 22 WW Roll 160 Strawberry Cup 4	17 B Na+ Chicken Piccata 424 Rice Florentine 112 Roman Blend Veg. 26 Wheat Bread 115 Fresh Apple 2	18 B Na+ Tossed Salad 14 with Dressing 120 Beef Chili w/ Veg. 266 Rice & Beans 36 Corn Bread 280 Mandarin Oranges 6	19 B Na+ Salmon with Lemon Dill Sauce 178 Mashed Potatoes 62 Peas & Mushrooms 65 Multigrain Roll 190 Choc. Chip Cookie 171 Diet: Graham Wafer 85
	Total Sodium: 417mg Calories: 565 Carbs: 92	Total Sodium: 678mg Calories: 415 Carbs: 55	Total Sodium: 722mg Calories: 524 Carbs: 76	Total Sodium: 666mg Calories: 791 Carbs: 108
22 A Na+ Sausage with Onions & Peppers 538* Dirty Rice 137 6" Sub Roll 250 Fresh Orange 0	23 High Sodium Meal Unsalted Saltines 12 Mushroom & Barley Soup 252 Breaded Chicken 620* Tahitian Blend Veg. 38 Multigrain Roll 190 Strawberry Cup 4	24 A Na+ Tortellini with 187 Primavera Sauce 346 Oriental Blend Veg. 7 WW Roll 160 Mini Lemon Crème 130 D:Low Sugar Cake 210	25 A Na+ Turkey Divan 321 Tricolor Pasta 1 Peas & Mushrooms 65 Fruit Muffin 190 Peaches 5	26 A Na+ Fish Bites 270 Potato Wedges 147 Chickpea Blend 52 Wheat Bread 115 Mandarin Oranges 6
Total Sodium: 925mg Calories: 412 Carbs: 56	Total Sodium: 1116mg Calories: 679 Carbs: 97	Total Sodium: 690mg Calories: 644 Carbs: 89	Total Sodium: 581mg Calories: 692 Carbs: 88	Total Sodium: 470mg Calories: 454 Carbs: 65
29 B Na+ Chicken Stew with Vegetables 258 Cheesy Potatoes 90 WW Roll 160 Mixed Fruit 10 Blueberry Yogurt 75	All Meals include: Milk: 100 Calories 107mg Sodium 12g Carbs Margarine: 36 Calories 47mg Sodium	For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance. For weather emergencies and cancellations, please check 1420 AM WBSM radio.	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.	
Total Sodium: 592mg Calories: 639 Carbs: 96				

Recipe Roundup

Quick Chicken Chili

Ingredients:

1 teaspoon olive oil
1 tablespoon green chilies
4 ounces canned chicken
4 ounces low sodium chicken stock
½ cup black beans (rinsed)
1 teaspoon chili seasoning
2 tablespoons red and green bell peppers (chopped)

Directions:

Add all ingredients to a nonstick pan and bring to a boil. Reduce heat to low and simmer 20 minutes

Serves 2

Source: Stephanie Boulay, R.D.

Roasted Sweet Potatoes and Pecans

Ingredients:

4 sweet potatoes, scrubbed and cut into bite size pieces
2 tablespoons olive oil
¼ cup toasted pecans, coarsely chopped
Salt (optional) and pepper to taste

Directions:

Preheat oven to 350°F. Toss the sweet potato pieces with the olive oil, salt (optional) and pepper, and place in a baking dish.

Roast for 10 minutes, stir, then remove from oven and toss the sweet potatoes with a spatula or tongs so that they will brown evenly. Return the sweet potatoes to the oven and roast until they are fork tender, about another 10 minutes.

Remove sweet potatoes from the oven and toss with the pecans. Return to the oven and roast another 7 to 10 minutes.

Remove the sweet potato mixture to a warm platter and serve immediately.

Serves 4

Source: Harvard Univ. Dining Services

Banana-Apple Buckwheat Muffins

Ingredients:

½ cup buckwheat flour
2 teaspoons baking powder
1 teaspoon ground cinnamon
¼ teaspoon coarse salt
4 large eggs
1 banana, mashed
½ cup honey
1 sweet apple, peeled, cored, and finely diced
½ cup chopped walnuts

Directions:

Heat oven to 350 degrees Fahrenheit. Line a 12-cup muffin pan with paper liners. In a bowl whisk together flour, baking powder, cinnamon, and salt. In another bowl whisk together eggs, banana, and honey. Mix the wet ingredients into the dry, then fold in apple and walnuts.

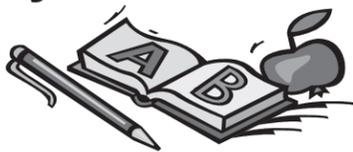
Pour batter to the tops of lined cups. Bake until deep golden brown and a toothpick comes out clean, about 30 minutes. Let cool on a wire rack.

Source: Martha Stewart

Do you know someone who would like to...

**Earn some extra spending money
while helping a child succeed?**

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



**Coastline Elderly
Services**

508-999-6400 x 198 for more information.

Special Shopping and Services Guide

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ADULT DAY HEALTH CARE CENTER

PROJECT INDEPENDENCE

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

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

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
www.GunOrphanage.com



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

Call the New Bedford Council on Aging

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
Serving the Community Since 1893

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- ❖ All Utilities and Air Conditioning Included
- ❖ On-Site Laundry Facilities
- ❖ Beautiful Living Environment with Plenty of Natural Light
- ❖ Community Patio and Courtyard for Outdoor Enjoyment
- ❖ Residents Library / Computer Room
- ❖ Community Room for Residents Parties and Events
- ❖ On-Site Covered Parking (Limited)
- ❖ 24 Hour Maintenance
- ❖ On-Site Professional Management

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Call 508-993-0433 for an Application

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Olympia Tower

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



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



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

217 Deane Street, New Bedford, MA 02746

(508) 996-3111

VOICE-TDD# 1-800-439-2370
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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
- On-site maintenance
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Housing for 62 yrs+ & handicapped & disabled person. Rent based on 30% of adjusted gross income.



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Senior Scope's

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or

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For More Information Call: **(508) 997-2880**

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Now Accepting Applications



Fairhaven Village

Contact Eunice or Mary Lyn today to schedule a tour!

330 Main St., Fairhaven, MA

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www.peabodyproperties.com

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



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

Update

Poetry Slammers Wanted for February Coffeehouse

No question, all poets are in love--in love with words! So this February the spotlight is on Poets of New Bedford! Your Theatre's first poetry coffeehouse will be held Saturday, February 6. Poets from New Bedford and surrounding towns will share compositions in a range of voices, styles and approaches. The coffeehouse will open at 7 p.m. The audience can enjoy dessert and coffee or tea. The poetry event will start at 7:30 p.m. moderated by New Bedford Poet Laureate Patricia Gomes. Local published poets who will read are New Bedford's first Poet Laureate Everett Hoagland, BJ Nooth, Susan Grace and Catherine McLaughlin.

Some will read from their published works and some will perform their creations in a poetry performance competition known as a Poetry Slam. Poets who would like to participate as slammers must register with Your Theatre Inc. Positions are limited. Call YTI at 508-993-0772 or email to poetry@yourtheatre.org for information. The presentation is being held at the wheelchair accessible Your Theatre, Inc. Playhouse located at 136 Rivet St. (corner of County St.), New Bedford, at the St. Martin's Episcopal Church complex. Free parking is available off County Street.

DHAS Announces Programs

The Dartmouth Historical and Arts Society has two lectures scheduled in February. The Sunday evening presentations by local historians, authors, and researchers are held at the schoolhouse in Russells Mills at 6:30 p.m. and are open to the public. On February 7, Westport nonagenarian raconteur Carleton "Cukie" Macomber will take us back to a major confrontation between a local company and the Soviet Union, a tale based on his personal experience when he presents The Rematch of David vs. Goliath on the South Coast.

On February 21, Richard Gifford, a Little Compton resident, lawyer, local history researcher, author and genealogist will bring us informative vignettes regarding residences built by descendants of William White, who married Elizabeth Cadman and lived in the well-known Cadman-White-Handy house of Westport. His talk is entitled Houses of Descendants of William White.

Refreshments will be served. Suggested donation is \$5.00.

Enhancing Brain Function Presentation

Enhancing our brain function is within our reach, says Bettina Zumdick, a leading holistic health and Yoga/Qi Gong teacher and author with 30 years of experience. She will discuss Healthy Memory and Laser Like Focus Through Foods on Friday, March 18, at 1 p.m. at the Dartmouth Senior Center on Dartmouth Street.

Bettina Zumdick is a native of the Baltic Sea area in Germany. She studied nutrition and food science at the University of Muenster in Germany and is currently teaching macrobiotics, meditation and Yoga/Qi Gong at the Kushi Institute in Becket, Mass.

The cost of the program is \$5 in advance. For information and to register please call Nancy at the Dartmouth Senior Center at 508-999-4717.

Hands Across the River Meets

Local environmental advocacy group Hands Across the River Coalition, Inc. meets the last Wednesday of the month from 6:00 p.m. to 7:45 p.m. at the Millicent Library in Fairhaven. Meetings are open to the public. Attendees are advised to use the Walnut Street entrance on the lower level.

Hands Across the River Coalition advocates for the safe cleanup of New Bedford Harbor and other contaminated sites in the Greater New Bedford area. The group provides information about the detrimental health effects

caused to our community from toxic chemicals. HARC's primary goal is to ensure the health-conscious clean up of the Acushnet River which runs through New Bedford Harbor into Buzzards Bay, to monitor and advocate for the total preservation of this body of water and shoreline, educate the community about the health effects of toxic chemicals in our environment, to obtain environmental justice for generations now and in the future and to ensure a quality environment.

Hands Across the River Coalition, Inc. appeals to everyone to join them in working to protect our air, soil and water, and especially, the public's health by removing PCBs safely to an offsite TSCA, (Toxic Substances Control Act), approved landfill. For more information, please contact Karen Vilandry at 508-951-1184 or Email: harcgnb@gmail.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. Senior Action will hold its biennial convention Friday, October 30, at the MSAC office, 150 Mount Vernon Street, Dorchester. 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.

Hat Day in Fairhaven



The Fairhaven Social Day clients celebrated National Hat Day January 15 by creating their own hats and decorating them.

New Bedford Council on Aging & Senior Centers

Love is in the Air



Friday, February 19

Noon – 2:30PM

Fort Taber Community Center
950 South Rodney French Blvd.

Doors Open at 11:15 AM
Lunch Served Noon-12:30 PM
Entertainment 1-2:30 PM

Enjoy a Delicious Luncheon Catered by
Carmen's Private Chef Service

Chicken, Shrimp & Beef Stir Fry with Oriental
Mixed Vegetables over White Rice
Steamed Pork & Vegetable Dumplings with
Teriyaki Dipping Sauce

Entertainment by "Jordan Paiva"
Music of Our Lives



Tickets \$10.00 per Person

Please sign up by February 5 at the Hazelwood Senior Center

Thanks to "Residence at Cedar Dell" for Sponsoring this Event

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
Proceed assist The New Bedford Host Lions
Club

March 6, 2016	Mike Moran Combo
March 13, 2016	Meadow-Larks Combo
March 20, 2016	NuSounds
April 3, 2016	Billy Couto and the After Hours
April 10, 2016	Pat Cordeiro
April 17, 2016	Rick Medeiros Combo

FREE Admission

Events are sponsored by:

CITY OF NEW BEDFORD

Jon Mitchell, MAYOR

John R. Lopes, Music Director

Garden Club Makes Flower Arrangements with Residents of The Oaks



Members of the New Bedford Garden Club helped residents of The Oaks make fall flower arrangements for their rooms in November. Shown here are Garden Club members (left to right) Sandra Casey, Marcia Hamel, Karen Fitzgerald, Frances Bielawa and Susan Guy.

IAC Poetry Group Publishes Book

The Immigrants' Assistance Center, Inc. (IAC) is very pleased to announce the IAC's Poetry Group, a subgroup of the Elders Social Group, has launched their poetry book entitled, "Embracing Aging." The goal of this project is to stimulate the intellectual capacities of the elders and to help them express emotions. It also serves as a motivator for other elders to reflect on their thoughts and

feelings and improve their quality of life.

The Portuguese Poetry book is available for sale at the IAC, 58 Crapo Street. The cost of the book is \$10 and all proceeds will go to support the Portuguese Elders Social Group. The IAC expressed a special thank you to United HealthCare for being the main supporter of the project.

Computer Classes at Hillman Street Center

Computer classes will be offered twice a week at the Hillman Street Social Support Center, 181 Hillman Street, in February. Tuesday classes will begin February 16 from 10 a.m. to 11 a.m. Thursday classes will

begin February 18 from 1 p.m. to 2 p.m.

Classes are free. All levels are welcome. For more information call 508-991-6250.

Valentine Spaghetti Supper

The Pilgrim Church's annual Valentine Spaghetti Supper and Raffle will be held Saturday, February 13, at 6 p.m. at the Church Home, corner of Purchase and School streets. The all you can eat meal will

include spaghetti, salad, garlic bread, dessert and beverage.

The event will raise funds for the church's holiday meals. For reservations call 508-996-1498 or 508-993-3407.

Trivia Quiz

TRIVIA QUIZ – February 2016

by JRA
(answers on page 12)

- What actor has the most nominations (12) for an Oscar plus three winners?
a) Spencer Tracy b) Jack Nicholson c) Humphrey Bogart d) Charlton Heston
- In what state is the Grand Canyon located?
a) Utah b) Colorado c) Arizona d) New Mexico
- If you were dancing to a song in $\frac{3}{4}$ time, what type of dance would this be?
a) Ballad b) Hully Gully c) Waltz d) Tango
- Where does New Bedford stand in total population compared to other cities in Massachusetts?
a) 7th b) 6th c) 5th d) 4th
- What CBS news host closed his radio show with the words: "Good night and Good luck"?
a) Walter Winchell b) Robert R. Morrow c) Walter Kronkite d) Dan Rather
- Which of the following Instruments was developed in the Western world?
a) Harp b) Clarinet c) Trumpet d) Piano
- They were the first inter-racial duo to dance in a movie. Shirley Temple and who?
a) Louie Armstrong b) Stepin Fetchit c) Nat King Cole d) Bill Bojangles Robinson
- How many U.S. presidents have won their election without winning the popular vote?
a) Four b) Three c) Two d) One
- Before the Zeitz brothers purchased the theatre known today as the "Z" (Zeiterion Theatre), what was it called?
a) New Bedford Theater b) Olympia Theater c) Colonial Theatre d) State Theater
- If the Boston Red Sox had won the A.L. playoff game in 1948 vs the Cleveland Indians, which team would they have met in the World Series?
a) Brooklyn Dodgers b) Pittsburgh Pirates c) Cincinnati Reds d) Boston Braves

Senior Travel

Day Trips

Call the Mattapoisett Council on Aging at 508 758-4110 for more information about the following trips:

- Tues. Feb. 11 – RI Antique Mall, lunch at Fountain Grille
- Tues. Feb. 25 – RISD Art Museum, lunch at Kartabar

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

- Mon. Feb. 22 – Foxwoods Casino
- Wed. March 16 – St. Patrick's Day Celebration – Aqua Turf Restaurant, CT
- Mon. March 21 – Mohegan Sun Casino
- 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
- Wed. June 22 – Lady Katherine Luncheon Cruise –Conn. River

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.

Picture History of New Bedford: Volume Two Available

A new book by Spinner Publications provides an engaging opportunity for readers to revisit old memories and learn about New Bedford in earlier times. In *A Picture History of New Bedford, Volume Two: 1925–1980*, the second installment of a three-volume set, hundreds of photographs and stories bring the city to life in an enthralling journey through the core of the 20th century.

Ride the last trolley, sip an ice cream float at a bygone soda fountain, take a turn on the ballroom dance floor. Celebrate New Bedford's music—from the big band sounds to folk, fado, jazz and rock and roll. Explore the evolution of the city's diverse mix of cultures and see New Bedford's fishing industry grow from a small fledgling fleet of draggers to what today is the country's number one fishing port. Experience the people, places, and events that have shaped New Bedford, one of New England's most historically significant cities.

Edited by Joseph D. Thomas, Alfred H. Saulniers, Natalie A. White, Marsha L. McCabe and Jay Avila, *A Picture History of New*

Bedford: Volume Two is an insightful exploration of the impact of Prohibition, the Textile Strike of 1928, the Great Depression, World War II and urban renewal on New Bedford and its people.

The 384-page history is designed in large format and is available in both hard and soft cover. It is available at gift shops and book stores, through Spinner's website, or by calling Spinner Publications direct. For information, contact Susan Grace, 508-994-4564 or visit www.spinnerpub.com.

Spinner Publications is a New Bedford-based, award-winning publisher of books, videos and calendars that focus on the history and culture of southeastern New England. Among its most popular titles are *Lincoln Park Remembered*, *A Picture History of Fairhaven*, *Portuguese Spinner*, *Cranberry Cooking for All Seasons*, *Brick by Brick*, *Branded on My Arm and in My Soul*, *the New England Fisherman Calendar and the Spinner anthology series*, *People and Culture in Southeastern Massachusetts*.

Learn to Live a More Independent Life

Buzzards Bay Speech Therapy is offering classes to help elders live a more independent life this winter. "Our classes are off to a great start this year with a fantastic response from Tripp Towers. Thank you to Marisol Jorge for introducing us to your wonderful residents. Those in attendance have really loved the classes and are wondering when we can come back," said Lisa Yauch-Cadden, MS CCC-SLP, of Buzzards Bay Speech Therapy.

"On February 22, 29 and March 7, we will be holding classes at Boa Vista and are looking forward to working with Diane Rocha and her residents," Ms. Yauch-Cadden said, adding that in March they plan to be at the New Bedford Hotel.

Scholarships to attend the organization's self-improvement courses

are available through a grant from Coastline for elders who have social or economic need. Individuals must be 60 years of age or older and live in New Bedford, Acushnet, Dartmouth, Fairhaven, Marion, Mattapoisett or Rochester.

"We are so pleased to have the opportunity to work with CESI through their grant and have many scholarships available to cover registration costs for eligible attendees," Ms. Yauch-Cadden said.

Classes typically run on a monthly basis, three classes per month, two hours each, for a total of six hours of instruction said Yauch-Cadden. The classes are currently offered in North Dartmouth at the Stop and Shop on Faunce Corner Road. For more information call 508-326-0353.

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 he 1st Tues. of the month from 9 a.m. to 10 a.m.
Enjoy a **meatloaf lunch** and learn about how to stay Heart Healthy Wed. Feb. 17. Free, please call Jordan for more information.

Gut Health will be the topic of a presentation by Stephanie Boulay, R.D., from Coastline on Thurs. Feb. 18.

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.

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.
Zumba Gold with instructor Pati meets on Wednesdays at 10 a.m.
Free weekly **Craft group** meets on Thursdays from 11:30 to 12:30.
Tai Chi class meets every 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.

My Life, My Health, six week workshop on living with chronic conditions, begins Wed., Nov. 18, at 9 a.m.

New Alzheimer's and Dementia Caregiver Support groups sponsored by Hope Health meet the first and third Friday of the month from 1 p.m. to 2:30 p.m.

Lunch is served daily from 11 a.m. to 12:00 p.m. Call the day before to reserve your spot.
Monthly Birthday Party will be held on Thursday, from noon to 1 p.m.

Breakfast is available daily.
Hope Health Dementia Caregiver Support group has ended.

Matter of Balance, an eight week workshop offered by Coastline, begins Thurs. Feb. 4, from 9 a.m. to 11 a.m.

Maturing Gracefully with Adult Foster Care will be presented Thurs. Feb. 4 from 11:30 a.m. to noon.

No activities March 1 due to presidential primary election.

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 Thurs from 10 a.m. to 11 a.m.
Free and private legal consultations with Surprenant & Beneski will be available Tues. Feb. 16. 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.
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.

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.

Annual Senior Sweetheart Dance, Tues. Feb. 9 from 2 p.m. to 4 p.m. Snow date is February 11. Sign up in advance.

Hand and Foot, stop in and learn to play this fun card game Mondays at 1 p.m.
Foster Grandparent Program presentation Wed., Feb. 17 at 9:30 a.m.

Nutrition and Hydration presentation on maintaining your health Thurs., Feb. 24 at 10 a.m.

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

Dance with 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

Pharmacy Deliveries presentation Wed. Feb. 3 from 11:30 a.m. to noon.
Options Counseling presentation Wed. Feb. 10 from 11:45 a.m. to noon.

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 9:30 to 11:00 a.m.

Wii 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. forth 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.

Senior Safety

Stay Safe in Winter

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Be prepared for weather-related emergencies, including power outages.

Stock food that needs no cooking or refrigeration and water stored in clean containers. Ensure that your cell phone is fully charged. Keep an up-to-date emergency kit, including:

Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps; extra batteries; first-aid kit and extra medicine; cat

litter or sand for icy walkways.

Prevent carbon monoxide (CO) emergencies. Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring. Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

If you spend time outdoors in the winter, wear appropriate outdoor clothing. Layers of light, warm clothing; mittens; hats; scarves; and waterproof boots are best. Be aware of the wind chill factor. Work slowly when doing outside chores. Carry a cell phone.

At the Senior Centers... continued from page 8

Yoga meets Wednesday at 10 a.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.

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.

Tai Chi class at Atlantis Dr. will now be held at the Music Hall on Tues. from 4:00 to 5:30 p.m. for beginners and 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.

Dance Aerobics Mondays at 13 Atlantis Drive 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."

Podiatry Care available by appointment.

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

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

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

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

Senior Stretch class meets Tuesdays, Thursdays and Fridays from 10:30 a.m. 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:

Dining the Healthy Way lunch and presentation with Coastline dietician Stephanie Boulay Tues. Feb. 16.

Tai Chi class meets Mon. at 8:45 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.

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.

Nutrition News

Good Nutrition Especially Important for Older Adults with Chronic Conditions

For people with certain chronic conditions, proper nutrition is more than just a good idea. It's an essential part of managing many health problems like diabetes, heart disease, high blood pressure, osteoporosis, and more.

Older adults with chronic illnesses are especially at risk for poor nutrition, which can happen because of bad eating habits, loss of appetite, and decreased access to healthy foods because of limited mobility, money, or time.

Poor nutrition increases your risk for serious health problems. For those living with chronic illnesses, it can result in the loss of muscle and other tissue, which can:

Make it harder to recover from surgery and disease,

Make it more difficult to heal wounds,

Increase risk for infection,

Increase risk for falls,

Decrease strength needed to take care of yourself.

When these things occur, it can lead to readmission back to the hospital or longer stays in the hospital or rehabilitation facility.

Warning signs of malnutrition in older adults

Alert your health care professional

Eating Out and Diabetes Risk

How many meals a week do you prepare at home? The answer may impact your risk of developing diabetes, according to a new study reported by Dr. Cindy Haines of HealthDay TV.

Researchers tracked the eating habits and health of nearly 58,000 women and 42,000 men from 1986 to 2012. All were free of diabetes, cardiovascular disease and cancer at the start. Nearly 9,000 developed Type 2 diabetes during the monitoring period. People who ate 11 to 14 homemade meals a week had more than a 10 percent lower risk of developing Type 2 diabetes compared to those who ate less than six. Those who ate home cooking more often had

if you have any of the warning signs of poor nutrition:

Eating poorly,

Chewing and swallowing difficulties,

Taking multiple medicines,

Unplanned weight loss.

Therapeutic nutrition can help you heal

When you're sick, your body needs extra nutrition as fuel. If you don't have enough fuel, your body might break down the protein in your muscles and use that as fuel. This can leave you feeling weak and less able to fight infection. Therapeutic nutrition provides fuel to help keep your muscles strong and help you recover more quickly.

Your doctor or registered dietitian may recommend using therapeutic nutrition by itself or with other medical care. Therapeutic nutrition works by making sure your body gets the right balance of nutrients needed to fight an ongoing health problem. It cannot prevent health problems, but it may reduce complications, hospital stays, and the need for more expensive medical care. In fact, good nutrition can lead to an up to 50 percent reduction in avoidable readmissions.

higher intake of whole grains, fruits, vegetables and low-fat dairy, and lower intake of sugar-sweetened beverages. However, they did consume more red meat. Preparing meals at home was also associated with less weight gain.

One author says, "The trend for eating commercially prepared meals in restaurants or as take-out in the United States has increased significantly over the last 50 years. At the same time, Type 2 diabetes rates have also increased." While the study did not suggest a specific number of homemade meals people should eat each week, he says, "more could be better."

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 from 8 a.m. to 11 a.m. and Wed. from 1 p.m. to 4 p.m. Membership is \$20 per month.

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 Mondays, 10:30 a.m. to 12 p.m.

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

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

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

Caregiver Burnout: What to Know, What to Do

Caregivers often turn to healthcare providers for advice on how to offer appropriate assistance. But they often overlook an equally important topic: their own well-being. Left unchecked, the stress associated with caregiving can lead to excessive physical or emotional fatigue, sometimes called “caregiver burnout.”

It’s important to be on the lookout for signs that you or someone you know may be having a hard time managing caregiving. The Health in Aging Foundation has a short caregiver self-assessment to help you identify tell-tale signs. You can access the survey from their website HealthinAging.org.

Tips and Tricks for Caregivers

Get Information. It’s helpful to accompany an older adult to his or her medical appointments to learn about health problems and how these are likely to change.

Help the Older Person Help Him/Herself. You can make it possible for an older person to remain independent by doing things as simple as putting a

no-slip seat in the shower, installing “grab bars” near the bed, etc.

Ask for Assistance. Ask family and friends for help, and accept help when it’s offered.

Don’t Take It Personally. If an older person has mental or emotional problems, they may get angry or say hurtful things. Remind yourself that this is because of the illness, and try not to take it to heart.

Talk About Caregiving. Talking about your experiences and feelings can make caregiving less stressful.

Get Help. Call Coastline at 508-999-6400 and ask for the Family Caregiver Support Program. Coastline is also starting a new Caregivers Support Group to cover general caregiving issues. Meetings will be held the first Friday of each month at the Dartmouth Council on Aging. This group is for “all caregivers and not just those who are caring for someone with dementia or Alzheimer’s,” said Stephanie Gibson, Family Caregiver Support Program Manager. For more information, see ad below.

Electrical Stimulation May Ease Low Back Pain

Electrical nerve stimulation may offer some relief for older adults with chronic back pain, suggests a new study reported in HealthDay News.

While wearing and activating the “transcutaneous electrical nerve stimulation” (TENS) device, people had significant improvement in pain when resting, according to the researchers. The study participants also had a reduction in pain while moving, along with improvement in physical functioning, the researchers said.

“TENS is not a new treatment. It’s been around 50 years or more,” said lead researcher Corey Simon, of the University of Florida’s Pain Research and Intervention Center. The TENS unit is a small battery-powered machine that delivers low-volt electrical current through electrodes placed on the skin.

TENS can be used to treat acute pain, including pain with childbirth, or chronic pain, such as osteoarthritis, according to Simon. TENS most likely works by activating the same receptors in the brain and spinal cord that are targeted by pain-relieving drugs, he added. TENS only works when the unit is turned on.

Pain relief can last for a little while after the device is turned off, but like medications, its benefit quickly wears off, he explained. The researchers found that older adults needed higher doses than young and middle-aged adults to relieve pain, Simon said. The need for increased doses may be because the response to both pain and pain relief wanes as one ages, he suggested.

The report, which was funded by the U.S. National Institutes of Health, was published online recently in *The Journal of Pain*.

“TENS is a fantastic adjunct to help decrease the use of medications that all have side effects,” said Dr. Houman Danesh, of Mount Sinai School of Medicine in New York City. Danesh said that TENS units cost around \$60 and patients can use them at home to help them manage their back pain.

Some insurance plans cover TENS devices, but these units are sold by medical supply stores and can cost \$800 or more. And, since most people have a copay with insurance, Danesh thinks it’s usually better to get a less expensive unit that works just as well.

Lifestyle and Heart Failure Risk

Making the right lifestyle choices can significantly cut your risk of heart failure, according to a new study, reports Dr. Cindy Haines of HealthDay TV.

Researchers followed nearly 4,500 men and women for about two decades tracking their diet, walking and exercise habits, alcohol use, smoking status, height and weight, waist circumference and heart health. During the monitoring period, nearly 1,400 cases of heart failure were documented. The findings showed that adults who walked at a faster pace had a lower risk. Enjoying leisure activities that burned 845 calories or more per week, not smok-

ing, modest alcohol consumption and avoiding obesity were also associated with reduced rates of heart failure.

Participants who scored four or more healthy behaviors were about half as likely to have heart failure as those with zero or one low-risk factor. The researchers found no relationship between dietary patterns and heart failure, and exercise intensity was not as important as walking pace. The lead author says it’s encouraging to learn that simple changes can help reduce risk of heart failure and emphasizes that eating a healthy diet is still critical for preventing other cardiovascular diseases and type 2 diabetes.

Dangers of Dated Drugs

Many of us are guilty of neglecting our medicine cabinet – specifically, our prescriptions. Sometimes we feel the need to hang onto them, perhaps because they were costly or “just in case.”

According to Kimberly Cimarelli of Penn State Milton S. Hershey Medical Center, keeping old prescription drugs may cause more harm than good. “Medications that are expired have passed their half-life, which leads to them being ineffective,” she said.

The Food and Drug Administration says taking expired medication can be dangerous. That’s because the chemical composition of expired medical products can change over time, making them potentially harmful or less potent. Also, removing expired and unused drugs from the home protects children from finding them and accidentally harming them-

selves or misusing the drugs.

According to the Drug Enforcement Administration, prescription drug abuse in the U.S. is growing, as is the number of accidental poisonings and overdoses due to the drugs. The DEA says many abused prescription drugs are obtained from family members and friends.

“Drug take-back events or drop boxes are a safe way to take medications that are no longer being used out of the public’s hands,” Cimarelli said. Disposing of the drugs can also prevent people from becoming crime targets. It is much easier to steal medications from a house or person rather than a pharmacy or hospital.

Expired or unwanted medications should be properly disposed of. Flushing them down the toilet or putting them in the trash contributes to pollution.

Los Peligros de las Drogas Pasadas del Plazo

Muchos de nosotros somos culpados de tratar nuestros armarios de medicamentos con negligencia-especialmente las nuestras recetas médicas. A veces sentimos la necesidad de guardarlas, quizá porque son costosas o “si por acaso.”

De acuerdo con la Kimberly Cimarelli del Penn State Milton S. Hershey Medical Center, (Centro Médico) guardar viejas drogas recetadas puede causar más mal que bien. “Los medicamentos pasados de plazo han pasado el periodo de media vida lo que les lleva a no ser eficaces,” ella dijo.

La Food and Drug Administration (Administración de Alimentos y Drogas) dice que tomar las drogas pasadas del plazo puede ser peligroso. Eso es porque la composición química de los productos medicos pasados del plazo pueden modificarse a través del tiempo tornandolos potencialmente nocivos y menos potentes. También, sacando las drogas no usadas o pasadas de plazo del hogar protege los niños de encontrarlas y acci-

dentalmente causando mal a ellos propios o abusar de las drogas.

De acuerdo con la Drug Enforcement Administration (Administración de Ejecutar la Ley de la Droga), el abuso de la droga recetada en los Estados Unidos se está aumentando, así como el número de envenenamientos accidentales y sobre dosis devidos a las drogas. La DEA dice que muchas drogas recetadas que son abusadas son obtenidas de los miembros y amigos de la familia.

“Eventos de la devolución de drogas o cajas adonde se puede depositar tales drogas son maneras seguras de retirar de las manos del público los medicamentos que no están en uso,” la Cimarelli dijo. “Disponerse de las drogas también puede evitar de las personas ser alvos del crimen. Es más fácil robar los medicamentos de una casa o persona que una farmacia o hospital.

Los medicamentos pasados del plazo o que no son necesarios deben ser alienadas deudamente. Hecharlas en el bater o en la basura contribuen a la poluición.

Os Perigos das Drogas Passadas de Prazo

Muitos de nós somos culpados de negligenciar o nosso armário de medicamentos-especificamente, as nossas receitas médicas. As vezes sentimos a necessidade de guarda-las, talvez porque são custosas ou “se por acaso.”

De acordo com a Kimberly Cimarelli do Penn State Milton S. Hershey Medical Center, (Centro Médico) guardar velhas drogas recetadas pode causar mais mal do que bem. “Os medicamentos passados de prazo têm passado o periodo de meia vida o que os leva a não serem eficazes,” ela disse.

A Food and Drug Administration (Administração de Alimentos e Drogas) diz que tomar drogas passadas de prazo pode ser perigoso. Isso é porque a composição química dos produtos medicos passados de prazo podem modificar através do tempo tornando-os potencialmente nocivos e menos potentes. Também, tirando drogas não usadas ou passadas de prazo do lar protege as crianças de encontra-las e acidentalmente causando mal a elas próprias ou abusar

das drogas.

De acordo com a Drug Enforcement Administration (Administração de Executar a Lei da Droga), o abuso da droga recetada nos Estados Unidos está aumentando, assim como o número de envenenamentos accidentais y sobre dosis devidos às drogas. A DEA diz que muitas drogas recetadas que são abusadas são obtidas dos membros e amigos da família.

“Eventos de devolução de drogas ou caixas onde se pode depositar tais drogas são maneiras seguras de retirar das mãos do público os medicamentos que não estão em uso,” Cimarelli disse. “Disponerse das drogas também pode evitar das pessoas serem alvos de crime. É mais fácil roubar os medicamentos de uma casa ou pessoa do que uma farmacia ou hospital.

Os medicamentos passados de prazo ou que não são necessários devem ser alienadas deudamente. Deita-los fora no sanitário ou no lixo contribuem á poluição.



Family Caregiver Support Group

Come join Coastline in partnership with Dartmouth Council on Aging for the **only** Family Caregiver Support Group in the surrounding area!

Meetings take place on the 1st Friday of every month at 1pm, starting Friday, February 5, 2016

at

Dartmouth Council on Aging

628 Dartmouth St.
South Dartmouth, MA 02748



For more information please call:

Carolyn Lazaris or
Stephanie Gibson at
508.999.6400

Acushnet | Dartmouth | Fairhaven | Gosnold | Marion | Mattapoisett | New Bedford | Rochester

Your Health

Chemicals Linked with Severe Respiratory Disease Found in Common E-Cigarette Flavors

Diacetyl, a flavoring chemical linked to cases of severe respiratory disease, was found in more than 75 percent of flavored electronic cigarettes and refill liquids tested by researchers at Harvard T.H. Chan School of Public Health. Two other potentially harmful related compounds were also found in many of the tested flavors, which included varieties such as Cotton Candy, Fruit Squirts, and Cupcake.

The Occupational Safety and Health Administration and the flavoring industry have warned workers about diacetyl because of the association between inhaling this chemical and the debilitating respiratory disease known as "Popcorn Lung" because it first appeared in workers who inhaled artificial butter flavor in microwave popcorn processing facilities.

"Recognition of the hazards associated with inhaling flavoring chemicals started with 'Popcorn Lung' over a decade ago. However, diacetyl and other related flavoring chemicals are used in many other flavors beyond butter-flavored popcorn, including

fruit flavors, alcohol flavors, and, we learned in our study, candy flavored e-cigarettes," said lead author Joseph Allen, assistant professor of exposure assessment science.

Although the popularity and use of e-cigarettes continues to increase, there is a lack of data on their potential health effects. E-cigarettes are not currently regulated, but the U.S. Food and Drug Administration (FDA) has issued a proposed rule to include e-cigarettes under its authority to regulate certain tobacco and nicotine-containing products.

"Since most of the health concerns about e-cigarettes have focused on nicotine, there is still much we do not know about e-cigarettes. In addition to containing varying levels of the addictive substance nicotine, they also contain other cancer-causing chemicals, such as formaldehyde, and as our study shows, flavoring chemicals that can cause lung damage," said study co-author David Christiani, Elkan Blout Professor of Environmental Genetics.

Cooling Cap Protects Against Hair Loss during Chemotherapy

The U.S. Food and Drug Administration has cleared for marketing in the United States the first cooling cap to reduce hair loss in female breast cancer patients undergoing chemotherapy.

Hair loss is a common side effect of certain types of chemotherapy, commonly used in the treatment of breast cancer. Hair may fall out entirely, gradually, in sections, or may become thin. Hair loss due to cancer treatment is usually temporary, but minimizing or relieving these kinds of side effects are considered important to overall treatment.

"We are pleased to see a product for breast cancer patients that can minimize chemotherapy-induced hair loss and contribute to the quality of life

of these individuals," said William Maisel, M.D., M.P.H., of the FDA's Center for Devices and Radiological Health. "Managing the side effects of chemotherapy is a critical component to overall health and recovery."

The Dignitana DigniCap Cooling System is used to reduce the frequency and severity of hair loss during chemotherapy. It is a computer-controlled system that circulates cooled liquid to a cooling cap during chemotherapy treatment. The cooling cap is covered by a second cap made from neoprene, which holds the cooling cap in place and acts as an insulation cover to prevent loss of cooling.

DigniCap may not work with some chemotherapy regimens. Interested patients should talk with their doctors.

Blood Thinner, Diabetic Drug Mix Increase Hospitalizations

A blood thinner known for serious drug interactions is linked to increased hospitalizations for falls, altered mental state and insulin shock for Medicare patients who also take some diabetes drugs, according to a new study.

Forty percent of the estimated 100,000 older Americans hospitalized each year for adverse drug events are attributed to common blood thinners such as warfarin (Coumadin) and to anti-diabetic drugs, including glipizide or glimepiride.

Clinical references warn doctors of a potential interaction between these drugs, but evidence of it has been thin, said the study's lead author John Romley, of the USC Schaeffer Center for Health Policy and Economics and USC Price School of Public Policy.

"Until now, no one had really studied the interactions between them," he said. When taken with one of those anti-diabetic drugs, warfarin can intensify their effects and send blood sugar

levels crashing. Patients experiencing hypoglycemia may seem drunk, light-headed and confused, and are at risk of falling.

Hospital admission or emergency-room visits are nearly 22 percent higher for Medicare patients taking warfarin with glipizide, or with glimepiride, the researchers found.

The researchers said evidence of the drug-to-drug interaction was clear. "The take-home message is simply that an interaction can occur that has clinical significance, so providers need to be aware in order to prevent a low blood sugar issue from occurring," said co-author Anne Peters, of the Keck School of Medicine of USC. "Sometimes this means having the patient monitor their blood sugar levels more often," said Peters.

Doctors aware of the drug interactions could save lives, reduce harm – and save the health care system millions of dollars.

Ten Questions to Ask Your Doctor about Heart Health

The National Heart, Lung and Blood Institute suggests you ask your doctor the following questions to learn more about your risk for heart disease and what to do about it. Be sure to ask what you can do if you are told you are at increased risk or already have a heart problem.

1. What is my risk for heart disease?
2. What is my blood pressure?
3. What are my cholesterol numbers?
4. What are my body mass index (BMI) and waist measurement? Do

they mean I need to lose weight for my health?

5. What is my blood sugar level?
6. Does it mean that I'm at risk for diabetes?
7. What can you do to help me quit smoking?
8. How much physical activity do I need to help protect my heart?
9. What's a heart-healthy eating plan for me?
10. How can I tell if I'm having a heart attack?

Depression a Treatable Medical Condition

By Stephanie Boulay, RD
Dietitian & Wellness Coordinator,
Coastline

Depression is a true and treatable medical condition, not a normal part of aging. However older adults are at an increased risk for experiencing depression. Depression is not just having "the blues" or the emotions we feel when grieving the loss of a loved one. It is a true medical condition that is treatable, like diabetes or hypertension.

How Do I Know If It's Depression?
Someone who is depressed has feelings of sadness or anxiety that last for weeks at a time. He or she may also experience:

- Feelings of hopelessness or pessimism,
- Feelings of guilt or helplessness,
- Loss of interest in activities once pleasurable,
- Irritability, restlessness,
- Fatigue and decreased energy,
- Insomnia or excessive sleeping,
- Overeating or appetite loss,
- Thoughts of suicide or attempts

Source: <http://www.cdc.gov/aging/mentalhealth/depression.htm>

Tips to Combat and Prevent Depression in Older Adults Get Enough Sleep. When

you don't get enough sleep, your depression symptoms can be worse. Aim for somewhere between 7 to 9 hours of sleep each night.

Volunteer Your Time. Helping others is one of the best ways to feel better about yourself and expand your social network.

Exercise. Physical activity has powerful mood-boosting effects. In fact, research suggests it may be just as effective as antidepressants in relieving depression.

Learn a New Skill. Pick something that you've always wanted to learn, or that sparks your imagination and creativity.

Maintain a Healthy diet. Avoid eating too much sugar and junk food. Choose healthy foods that provide nourishment and energy, and take a daily multivitamin.

Talk with Your Health Care Provider. If you are concerned about a loved one being depressed, offer to go with him or her to see a health care provider to be diagnosed and treated.

<http://www.theyucatantimes.com/2015/05/depression-in-older-adults-and-the-elderly-one-of-the-biggest-issues-of-todays-health/>

Secondhand Smoke and Stroke Risk

Secondhand smoke has claimed the lives of two and a half million nonsmokers since the Surgeon General warned of the health dangers of smoking in a 1964 report, according to the Centers for Disease Control and Prevention.

Not only has it been linked to an increased risk of heart disease and lung cancer, but according to a new study reported by Dr. Cindy Haines of HealthDay TV, secondhand smoke may also increase risk of stroke among those who do not smoke themselves. The researchers analyzed the medi-

cal records of nearly 22,000 adults, about a quarter of them reported being exposed to secondhand smoke during the past year.

From 2003 through 2012, 428 strokes were recorded, most due to blockage of blood flow to the brain. After adjusting for factors such as hypertension, diabetes, and heart disease, participants exposed to secondhand smoke were found to have a 30 percent increased risk of stroke. The lead author says these findings add to the body of evidence supporting stricter smoking regulations.

Want to Quit Smoking?

Want to quit smoking? Set a quit date and, the night before that date, make sure to get rid of all your cigarettes, tobacco, ashtrays, and matches. Doing this symbolizes your determina-

tion to quit. It will be easier for you if there are no reminders of smoking.

Call 1-800-QUIT-NOW or 1-800-784-8669 to talk to a quit coach and begin your journey as a non-smoker.

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Remember When

Arlan's Department Store



Before Walmart, K-Mart and Target there was Arlan's Department Store, a discount store chain founded here in New Bedford in 1945 by brothers William, Herbert, and Lester Palestine and named after William's son Arlan. The flagship store was located at 95 Brook Street in an old textile mill building that still stands. The first two floors were the department store and the top floors were for manufacturing men's outerwear called Ethan Ames. Arlan's Supermarket was located across the street.

The department store even had a pet section, selling everything from dogs, cats, turtles and reptiles to monkeys. The chain spread like wildfire from New Bedford and stores popped up all over the nation. There were 50 stores in 18 states by 1965 generating \$174 million in sales. At its peak expansion in 1970, it reached 119 stores. However, as the recession approached in the early 70s, revenue began to plummet. By 1973 the chain filed for Chapter 11 bankruptcy protection.

Photo and description courtesy of New Bedford Guide.

The Oaks Earns Medicare's Five-Star Rating

The Oaks recently earned a five-star rating from the Centers for Medicare and Medicaid Services. The CMS ratings system is designed to assist the public in choosing care for their loved ones. It calculates the ratings based on results of health inspections, staffing and quality measures, including pain management, pressure ulcers, weight loss and number of medications used.

"I am so proud and blessed to be a part of such an awesome team," said

Shawn Morales, executive director. "Without the collaborative efforts of every single associate, department and volunteer, we would have not been able to achieve this wonderful accomplishment." Morales shared that he credits the rating to his team's dedication to excellence.

The Oaks, located at 4525 Acushnet Ave., is one of 15 facilities in Massachusetts operated or managed by Life Care Centers of America.

Observe good faith and justice toward all nations. Cultivate peace and harmony with all.
George Washington

You've Worked Too Hard To Lose It All!

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Five Ways Congress Can Support Seniors in 2016

The National Council on Aging (NCOA), the nation's leading advocate for older adults, offers five ways Congress can further support seniors this year.

"Older Americans deserve the support of their families, their communities, and their government to age independently and with dignity," said Howard Bedlin, National Council on Aging (NCOA) Vice President of Public Policy & Advocacy. "We made important progress in 2015, but there is still work to be done on behalf of our nation's seniors, especially those who are struggling. We are ready to work with Congress to find bipartisan solutions."

In 2016, NCOA urges Congress to:

1. Renew the Older Americans Act (OAA) and Elder Justice Act (EJA)

Renewing the OAA and EJA—both overdue for reauthorization—will strengthen and modernize aging services to meet the diverse needs of the growing older population. The OAA funds critical, cost-effective programs, including job training and placement under the Senior Community Service Employment Program (SCSEP), health promotion and disease prevention, senior nutrition, senior centers, caregiver support, and more. The EJA provides for a nationally coordinated, multidisciplinary approach to the silent crisis of elder abuse, neglect, and exploitation.

"Last year, the Senate passed a strong bipartisan OAA reauthorization bill by unanimous consent. Now it's time for the House to act," Bedlin said. "Legislation to reauthorize the EJA was introduced last year with bipartisan support and awaits action."

2. Restore investments in aging services

Community services help older adults improve their health and economic security, allowing them to stay independent and avoid costly care. Yet, investments in these services have failed to keep up with costs and the rapid growth in the senior population. Despite recent relief from budget caps, FY16 non-defense discretionary funding remains 12 percent below its FY10 level, and FY17 funding will fall to an historic low as a share of the economy, resulting in service reductions and growing waiting lists for older adults and their families.

"Funding for critical programs like OAA supportive services, Medicare State Health Insurance Assistance Programs (SHIPs), falls prevention, and chronic disease management have been frozen for years," said Bedlin. "These services are overdue to receive additional investments."

3. Advance legislation to improve access to Medicaid home and community-based services and finance long-term care (LTC)

The number of Americans needing LTC will more than double as the baby boomers age. Medicare

does not cover it, and private LTC insurance is unaffordable for most. Seniors often have to spend-down their life savings into poverty before getting help from Medicaid, which has an institutional bias, with mandatory nursing home but optional home care coverage. Several Medicaid reforms to promote access to home care have or will expire, including Money Follows the Person, which expires this year, and the Balancing Incentives Programs, which expired last year.

"Congress must extend these programs to keep families together in the community and avoid expensive nursing home placement," said Bedlin. "It's also time for Congress to think seriously about solutions to the growing LTC financing crisis. This year, we need legislative proposals, hearings, and a national dialogue to reach consensus on fiscally responsible, bipartisan approaches that can be passed next year."

4. Improve chronic care under Medicare

The vast majority of older adults cope with multiple chronic conditions, which account for 95 percent of their health care costs. Last year, the Senate Finance Committee formed a bipartisan Chronic Care Work Group, co-chaired by Sens. Johnny Isakson (R-GA) and Mark Warner (D-VA) to improve chronic care for Medicare beneficiaries. "NCOA strongly supports this effort and is working with committee members to craft a strong proposal that can move through the Senate this year," said Bedlin. "We urge the committee to include improved access to chronic disease self-management education (CDSME) and evidence-based falls prevention interventions. These programs can save money and improve health outcomes."

5. Introduce legislation to address the Medicare low-income protection cliff

For Americans under age 65 receiving health insurance through the Marketplaces, eligibility for cost-sharing assistance is set at incomes below 138 percent of poverty, with no asset test. Yet for those on Medicare, eligibility for this assistance is set at 100 percent of poverty, with a stringent asset test that penalizes those who do the right thing by saving. At the same time, the average Medicare household spent 14 percent of total costs on health care in 2012, while non-Medicare households spent just 5 percent. Beneficiaries with incomes between 100 percent and 200 percent of the Federal Poverty Level feel the heaviest burden of out-of-pocket health care spending.

"More and more low income Americans are losing health cost-sharing protections when they turn 65, right when their out-of-pocket health costs start to rise," said Bedlin. "Congress should introduce legislation this year that can be passed next year to address this unfair, discriminatory treatment."

Parkinson's Support Group Meets

The next meeting of the Parkinson's Support Group will be held on Thursday, February 11, at 1 p.m. at the Dartmouth Council on Aging on Dartmouth Street.

Family Caregiver Support

Specialists Carolyn Lazaris and Stephanie Gibson from Coastline will discuss why respite is important to both parties. The meeting is open to the public.

Answers to Trivia Quiz

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