

# NEW BEDFORD'S Senior Scope

**FREE**

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November 2015

## Inside



Nutrition Presentation, p. 9

- Editor's Notes .....2
- Donations .....2
- SHINE Counselors .....3
- Medicare Open Enrollment.3
- New Bedford Scams .....3
- Menu for Menu for  
November .....4
- Recipe Roundup .....4
- Shopping Guide .....4, 5
- Update .....6
- Trivia Quiz .....7
- Senior Travel.....7
- At the Senior Centers.....8
- Older Adults and Falls .....9
- Trim the Feast.....9
- Lower Colon Cancer Risk .10
- Flu Vaccine.....10
- Feeling Stretched .....11
- Trouble Sleeping .....11
- Remember When.....12

- Los Artículos en Español ..... Página 9
- Os Artigos em Português ..... Página 9



## New Bedford Accepted into Age Friendly Community Network

New Bedford has been accepted into the Age Friendly Community network, one of only four cities in the state to achieve this status. An Age Friendly city is an inclusive and accessible urban environment that promotes active ageing and encompasses the needs of all.

The Age Friendly Communities network is an initiative of the World Health Organization (WHO) which developed an assessment framework covering eight aspects of city life that might influence the health and quality of life of older people. They are outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication, and community support and health services.

AARP is partnering with WHO in this program, which was established in 2012 to support cities and communities across the U.S. to better meet the needs of all residents as they age. Communities in the AARP network commit to a process of continual improvement and engagement to enhance active aging and quality of life for residents of all ages.

Michael Festa, AARP Mass. State Director, presented the Age Friendly Network certificate to Mayor Jon Mitchell at the Coastline annual meeting at the Hawthorn Country Club on October 16.

In making the presentation, Festa called Mayor Mitchell "an innovator who focuses on excellence." The Mayor noted that this achievement is the result of a team effort and recognized the contributions of Dept. of Social Services Director Cynthia Wallquist, Council on Aging Director Debra Lee, Administrative Specialist Pamela Amaral-Lema, and Coastline CEO Paula Shiner.

Mayor Mitchell said his administration is working to make the city hospitable to elders. His goal is a well lighted, walkable city, with a vibrant arts and entertainment center, and jobs. "Planting trees, expanding bus

service, repairing sidewalks are in the City's strategic long-term interests," he added.



Mayor Jon Mitchell receives Age Friendly City Network membership certificate from AARP Mass. State Director Michael Festa.

The next step in the Age Friendly City process is to convene a group of interested individuals to develop a plan of action related to the priorities that are specific to New Bedford. Coastline is working with the Council on Aging in this initiative. "Coastline is pleased to partner with the City in their efforts to create a more livable community for individuals of all ages," said Ms. Shiner.

## No Social Security COLA in 2016 and Higher Medicare Premiums for Some

On October 15, the Social Security Administration announced that there will be no cost-of-living adjustment for Social Security beneficiaries in 2016. This is the third time since the enactment of the program in 1972, that seniors and disabled beneficiaries will not receive a COLA.

When seniors don't receive a COLA, a provision known as "hold harmless" protects 70 percent of beneficiaries from higher Medicare Part B premiums, which are deducted from Social Security payments. This was passed to ensure that seniors' Social Security checks do not go down from one year to the next. Those beneficiaries will continue to pay \$104.90 for their monthly premiums. Unfortunately, 30 percent of seniors and persons with disabilities are not protected.

### Who will be affected?

More than 16 million beneficiaries will not be protected and will have to pay higher Medicare premiums, including 2.8 million new beneficiaries; 1.6 million public sector retirees not receiving Social Security (teachers, firefighters, police and federal retirees who worked under the old federal retirement system known as, Civil Service Retirement System); 3.1 million higher income beneficiaries (individuals with incomes above \$85,000 and couples with incomes above \$170,000); 9 million low-income beneficiaries who have both Medicare and Medicaid, but will not be directly affected because State programs pay for their premiums and deductibles.

### What will the premiums be?

If there had been a COLA, all seniors would have paid \$120.70, a 25 percent increase in their premiums. Since 70 percent of seniors will be held harmless in 2016, the Medicare trustees have projected that the other 30 percent will have to pay \$159.30.

### What about the deductible?

While 70 percent of seniors and persons with disabilities will be protected from higher Part B premiums, all beneficiaries will be required to pay a higher Part B deductible. The Medicare trustees also projected that the Part B deductible will increase from \$147 this year to \$223 in 2016. The Part B deductible is tied to the calculation of the Part B premiums.

### What is the solution?

Two complementary bills pending in Congress – S. 2148 introduced by Senator Ron Wyden (D-OR) and H.R. 3696 introduced by Representative Dina Titus (D-NV) -- would extend the "hold harmless" provision to all Medicare beneficiaries, protecting them against higher Part B premiums and deductibles. But the bills did not propose a way to pay for this and had no Republican support.

A partial fix is included in a sprawling two-year budget deal expected to be passed by Congress by November 3 in order to avoid a government shutdown.

*No Social Security COLA ... continued on page 12*

# Editor's Notes

## In Flanders Fields

Do you remember reading "In Flanders Fields" when you were in school? I certainly do. I was in elementary school in the years right after World War II. The image of young Americans lying in graves in foreign lands was very much in the news and on people's minds.

Not only do I recall Flanders Fields from my school days, I vividly remember my husband reciting it at the Veterans Day observances in Dartmouth several times. A career military man, in his later years he served on the Veterans Advisory Council in Dartmouth.

So that poem is something that has stuck with me throughout my life. Because of Veterans Day, Flanders Fields always comes to mind when November rolls around, and for many reasons it brings a rush of nostalgia. It's solemn but stirring, like a well loved hymn.

"In Flanders Fields" actually was written during the First World War by Canadian physician Major John McCrae. He was inspired to write it after presiding over the funeral of a friend and fellow soldier.

The poem was published in a London magazine. It struck a chord with many and became very popular in Europe and the United States.

At the time, the First World War was called the War to End All Wars, but we all know that was a short-lived dream. Within 20 years the drums of war were heard again in Europe and eventually America was drawn into the conflict.

We had several members of our extended family who served during World War II. Two were wounded and one was a prisoner of war, but thankfully they all came home. I was a young child but remember them in their uniforms.

Cousin Raymond, who had been the best man at my parents'

wedding, brought my mother lace handkerchiefs from France. I can still remember him in his uniform, sitting on the green velvet settee in our living room with his gift.

America emerged from World War II as a super power and patriotism was very high. We sang the national anthem and saluted the flag in school every morning, and no one ever objected.

Coming right on the heels of World War II, the Korean War did not have the popular support of the two world wars. Still, many of our servicemen paid a terrible price in that "police action."

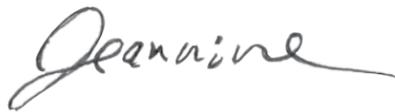
Even more tragic was the protracted struggle in Southeast Asia. The disillusionment of the Vietnam War split the country and contributed to the turbulent atmosphere of the Sixties.

Now it's the wars in the Middle East that dominate the news. It seems that we have been at war during most of my lifetime, so I guess we will continue reading "In Flanders Fields" on Veterans Day.

I've never been to Flanders Fields in Belgium but during a trip to France last year, I visited Omaha Beach in Normandy and the American Cemetery nearby where crosses stand "row on row," just as described in the poem. It's a very emotional sight.

So once again on November 11 we will celebrate Veterans Day. We will honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

And let's pray that one day soon we really do see an end to war.



*Ah! on Thanksgiving day, when from East and from West,  
From North and South, come the pilgrim and guest,  
When the gray-haired New Englander sees round his board  
The old broken links of affection restored,  
When the care-wearied man seeks his mother once more,  
And the worn matron smiles where the girl smiled before.  
What moistens the lips and what brightens the eye?  
What calls back the past, like the rich pumpkin pie?*

John Greenleaf Whittier

# Letters to the Editor

## The Mindset of the Addicted

Alcoholism is and has been a world-wide problem that has even the professionals trying to study how to stop so many people dying from this disease. I know the pain of living through the struggles, hopes and loss after losing my husband, Richard Lopes, and my daughter, Lori (Lopes) Cahill of North Dighton.

I became a motivational speaker and a four-time award winning author on alcohol and drug abuse talking about how I became a great enabler, only bringing Richard deeper into his addiction. I published our life behind closed doors in Someone Stop This Merry-Go-Round: An Alcoholic Family in Crisis.

Sadly, a year later, I wrote the sequel Please, God, Not Two: This Killer Called Alcoholism, which followed Lori's life in and out of substance abuse rehabilitation centers, only to lose her in 2006 at 39 years of age from the same demon.

After their deaths, I wanted to know how other alcoholic and drug users recover and put their lives together while many are dying. What gives them the physical and mental strength to fight this battle and come out winning? I published my narrative non-fiction What Is and Isn't Working for the Alcoholic and Addict: In their Own Words. Addicts sharing their experiences, strength and hope with others is something that only a recovering addict or alcoholic can do. It's a unique gift.

We have seniors who have suffered in their own ways who started toward

substance abuse. It could be from the loss of a mate, loss of a child, a close friend, boredom, health issues that keep them locked in their home alone day after day, or the feeling of no hope with financial problems that keep them buried.

Veterans struggle with what they saw in wars that we can't even fathom. They lived through losing buddies, saw them die in front of them or in their arms. Many come home mentally and physically disabled, fight depression, can't find a job, or marriages end in divorce.

Our world has doctors and professionals prescribing pills to people with every mental or physical problem to relieve their pain. Individuals get hooked and live a life of refilling prescriptions to take away, not just the physical pain, but past destructive memoirs. People are not looking beyond pills to heal. They need to talk about their past to get beyond staying in a numb state so they can move towards learning how to deal with the problem, without alcohol, drugs or pills.

We need early education starting at the grammar school level. It should be a demanded curriculum that is in place with other courses in schools. I would think What Is and isn't Working for the Alcoholic or Addict would be a great addition to the literature on the subject of addiction and recovery.

Alberta Sequeira

Rochester

Email: alberta.sequeira@gmail.com

## Donations for November 2015

### In Honor and In Memory

In memory of Thomas and Louise Linney \$20.00  
- *Anonymous*

In memory of Mr. and Mrs. Wilfred H. Fauteux \$25.00  
November 23...75th Wedding Anniversary  
- *Daughters, Janice and Nancy*

In remembrance of my parents, George "Jack" and Marion L. Henderson  
And all of those Thanksgiving Days you made special \$10.00  
- *Joan Henderson Beaubian*

### In Thanksgiving

In thanksgiving to St. Jude, St. Joseph and Virgin Mary \$10.00  
- *H.F.*

Donations this month \$65.00  
Donations last issue \$168.00  
Donations Year to date FY'16 \$408.00

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 \_\_\_\_\_

## Senior Scope

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181 Hillman, New Bedford, Massachusetts 02740

# You and Your Money

## New Bedford Residents Target of Phone Scams

For the past few weeks, New Bedford residents have been inundated by phone calls from scammers pretending to be from the IRS. Others pretend to be friends robbed and stranded overseas, or to have news of family members hurt in a serious accident, or even worse, kidnapped for ransom.

According to data released by Consumer Reports, seniors and their families lose \$3 billion each year to con artists, and unfortunately, it's not always possible to get all the lost money back for victims. Please be alert, if anyone calls you asking you to send money immediately, even if the call is supposedly coming from someone you know. If the caller claims to be a friend or loved one, hang up and call your friend or loved

one directly. Chances are, they're fine and aren't even aware of the scam call.

If a stranger calls and insists you pay by wiring money, it's a scam. Don't do it. Instead, report it to the Federal Trade Commission at [ftc.gov/complaint](http://ftc.gov/complaint) or 1-877-FTC-HELP. If it's a caller claiming to be an IRS official threatening to jail you for non-payment of taxes, hang up and call a special IRS hotline for reporting these scammers at 1-800-366-4484.

If you've lost money as a result of a scam call, please contact the Federal Trade Commission at the information above, or contact the Office of the Attorney General's Public Information and Inquiry Center at 617-727-8400.

## Volunteers Needed for AARP Foundation Tax-Aide Program

AARP Foundation is looking to build its team of tax-loving volunteers. Tax-Aide is a free tax assistance and preparation program for taxpayers with low to moderate income through the AARP Foundation.

AARP Foundation Tax-Aide has volunteer opportunities for people at every level of experience who want to stay sharp while giving back. Tax volunteers will complete a tax preparation workshop from the Internal Revenue Service prior to working with taxpayers. There is also a need for grass-roots leadership, on-site greeters, those who are skilled in technology, and dedicated translators who can provide language assistance in Spanish or Portuguese.

AARP Foundation Tax-Aide has grown remarkably since its inaugural team of just four volunteers in 1968. The program now involves more than 35,000 volunteers and serves 2.6 million taxpayers annually at more than 5,000 sites nationwide with free tax help. Taxpayers who used AARP Foundation Tax-Aide received \$1.3 billion in income tax refunds and more than \$250 million in Earned Income Tax Credits (EITCs). You do not need to be a member of AARP or a retiree to use this service.

For more information, visit [www.aarp.org/taxaide](http://www.aarp.org/taxaide) or call 1-888-OURAARP (1-888-687-2277).

## Medicare Open Enrollment Ends December 7

The open enrollment period for Medicare is now underway and ends December 7. "Don't wait until it's too late," warns SHINE Regional Director Mary Bessey. "Medicare plans change every year. This is the time to decide on your coverage for 2016," she adds.

SHINE counselors provide free Medicare counseling. See below for a list of local SHINE counselors. Call now and make an appointment.

For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. For SHINE related matters (other than an appointment), 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 return your call within two days.

## Are You Commenting on Social Security During Blog Posting Month?

By Delia De Mello  
Social Security

November is National Blog Posting Month, which means there's never been a better time to join the conversation with Social Security. We recently launched our new blog, Social Security Matters. The blog is our interactive center for engaging with you by answering questions and concerns in a way that benefits all readers and contributors. Social Security Matters also lets you provide meaningful feedback that can help us serve you more effectively.

The blog's comment section allows you to voice your thoughts and ask questions. The conversation is growing every day. We're doing our best to serve you, and a big part of that is listening to what you have to say.

Think of Social Security Matters as a dashboard for the latest news and updates that affect our beneficiaries. These beneficiaries include those of our retirement, survivors, and

disability programs. Veterans, the chronically ill, and anyone entitled to our broad range of services can also benefit from the news and updates. Social Security Matters is easy-to-navigate and user-friendly — tags categorize the topics you care about into organized sections. Our blog joins our presence on Facebook and Twitter to ensure that you'll always find the information and online resources you're looking for.

Blog posts aren't a one-way conversation. We'd like you to share the items that interest you. Using your preferred social media, Social Security Matters lets you share our posts with a click of a button. In addition, you can subscribe to our blog and get Social Security news as it happens. Simply select the blue button titled "Get blog updates."

We're updating our blog every week, and not just during National Blog Posting Month. Come see what we, and our satisfied customers, have to say. Visit Social Security Matters today at [blog.socialsecurity.gov](http://blog.socialsecurity.gov).

## How Much Is That Eye Exam?

By Martha Bebinger, WBUR

Let's say you're having trouble reading this. The words are a little fuzzy. You might need glasses or a new prescription. So you call to make an appointment for an eye exam and ask how much the visit will cost. You're going to pay for the appointment because your insurance plan has a deductible that you haven't met.

Seems like a simple question, but be prepared: There's a good chance you won't get a simple answer. A new study shows this is true even in Massachusetts where a 2012 health care cost control law requires that hospitals and doctors provide patients with the price of a test, exam or treat-

ment within two business days of the request.

The Pioneer Institute, a Boston-based public policy research group, called the offices of 96 dentists, ophthalmologists, dermatologists and gastroenterologists across the state recently, asking for the price of five basic services.

"Sometimes people were downright rude," says Barbara Anthony, a senior fellow in health care at the Pioneer Institute. "Other times, staff said they weren't allowed to give price information over the phone."

The results show that prices vary widely. But getting the information wasn't easy.



### 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 Rchtr	508-763-8723	Gordon Helme
Massachusetts Fishermen's Partnership 114 MacArthur Drive (2nd floor) New Bedford	508-991-3043	Verna Kendall





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

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

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

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# Menu for November 2015

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				
<b>2</b> Spanish Omelet Broccoli Hash Browns Fruit Muffin Mixed Fruit Yogurt Cup					<b>3</b> Unsalted Saltines Beef Barley Soup Honey Mustard Chicken Chuckwagon Blend Veg Whole Wheat Roll Strawberry Cup					<b>4</b> Meatloaf w/ Rosemary Gravy Whipped Potato Peas Whole Wheat Bread Brownie Diet: Graham Wafers					<b>5</b> Chicken Stew Fluffy White Rice Snowflake Roll Fresh Orange					<b>6 High Sodium</b> LS Hot Dog Hot Dog Roll Mustard & Ketchup Packet Veggie Beans Hot German Slaw Pears				
Kcal	Na+	CHO	%fat		Kcal	Na+	CHO	%fat		Kcal	Na+	CHO	%fat		Kcal	Na+	CHO	%fat		Kcal	Na+	CHO	%fat	
318	5331	33	39		390	645	42	29		547	362	65	33		342	294	29	38		428	763	34	51	
<b>9</b> Swedish Meatballs Egg Noodles Asparagus Honey Wheat Roll Pineapple					<b>10</b> Tossed Salad w/ Dressing Mac n' Cheese Escaloped Tomatoes Multigrain Roll Mandarin Oranges					<b>11</b> 					<b>12</b> Grilled Teriyaki Chicken Oriental Vegetables Asian Rice Oatmeal Bread Butterscotch Pudding Diet: Diet Pudding					<b>13</b> Salmon with Lemon Dill Sauce Red Bliss Potato Fall Blend Whole Wheat Bread Mixed Fruit				
Kcal	Na+	CHO	%fat		Kcal	Na+	CHO	%fat							Kcal	Na+	CHO	%fat		Kcal	Na+	CHO	%fat	
402	519	38	42		444	546	47	40							262	597	26	19		555	522	71	23	
<b>16</b> Chicken La'Orange Hawaiian Rice Tahitian Vegetables Multigrain Bread Pears					<b>17</b> American Chop Suey Green & Wax Beans Roman Blend Veggies Scali Bread Strawberry Cup					<b>18</b> Tossed Salad w/ Dressing BBQ Pork Rib Whipped Potato Carrots Whole Wheat Roll Applesauce					<b>19</b> Roast Turkey w/ Gravy Whipped Potato Winter Squash Cranberry Sauce Oatmeal Roll Holiday Pie					<b>20</b> Beef & Cabbage Casserole Spring Blend Fruit Muffin Banana				
Kcal	Na+	CHO	%fat		Kcal	Na+	CHO	%fat		Kcal	Na+	CHO	%fat		Kcal	Na+	CHO	%fat		Kcal	Na+	CHO	%fat	
288	464	26	27		295	214	33	26		340	538	41	30		293	492	35	29		408	480	49	27	
<b>23</b> Sloppy Joes Seasoned Wedges Mixed Vegetables Hamburger Bun Mandarin Oranges Granola Bar					<b>24</b> Chicken Tetrizzini Winter Blend Multigrain Roll Fresh Apple					<b>25</b> Sweet n' Sour Meatballs Whipped Sweet Potato Cut Green Beans Whole Wheat Bread Mini Lemon Cake Diet: Low Sugar Cake					<b>26</b> 					<b>27 High Sodium</b> Fish Sticks Tartar Sauce Au Gratin Potato Zucchini & Tomatoes Snowflake Roll Graham Cracker				
Kcal	Na+	CHO	%fat		Kcal	Na+	CHO	%fat		Kcal	Na+	CHO	%fat							Kcal	Na+	CHO	%fat	
373	269	40	34		383	237	37	22		380	260	48	29							452	703	41	45	
<b>30</b> Penne Pasta w/ Meat Sauce Parmesan Cheese Italian Blend Veggies Scali Bread Strawberry Cup										Home Delivered Meal Diabetic clients may consider reserving some meal items for a snack.  Congregate participants can reserve packaged dessert, bread, and milk only.					Menu subject to change without notice.  Visit our website: coastlinenb.org  Please make a regular affordable donation. Donations can be given to your MOW Driver.					Nutrient Analysis Includes bread, margarine, milk, and dessert.  Key: Kcal = Kilocalories Na+= Sodium mg CHO = Grams of Carbohydrate % Fat = % Kcals from Fat				
Kcal	Na+	CHO	%fat																					
318	150	37	24																					

## Recipe Roundup

### Baked Chicken with Artichoke Hearts

**Ingredients:**

- cooking spray
- 2 Tbsp fresh lemon juice
- 4 (4 oz) boneless, skinless chicken breasts
- 1/2 tsp garlic powder
- 1/4 tsp ground black pepper
- 1 Tbsp olive oil
- 1 clove garlic, minced
- 1 (15 oz) can artichoke hearts, drained and chopped
- 1/3 cup reduced-sodium, fat-free chicken broth
- 3 Tbsp grated parmesan cheese

**Instructions:**

Preheat the oven to 350 degrees F. Spray a baking sheet with cooking spray. Place the chicken breasts in a plastic freezer bag or between plastic wrap. Use a mallet or rolling pin and pound the chicken breasts until it is 1/2 inch thick. Squeeze the lemon juice over the chicken breasts and season with the garlic powder and black pepper. Bake the chicken 25 minutes. While the chicken is baking; warm the olive oil in a skillet over medium-high heat. Add the garlic and cook for 1 minute. Add the artichoke hearts and cook about 3 minutes. Add the chicken broth and simmer for 5 minutes. Stir in the parmesan cheese. Remove the chicken from the oven. Spread the artichoke mixture evenly over the chicken breasts. Bake for 10 more minutes or until the chicken is done.

Serves 4  
Source: diabetes.org/recipes

### Pumpkin Soup

**Ingredients:**

- 2 teaspoons canola oil
- 1 onion, diced
- 1 carrot, diced
- 2 celery stalks, diced
- 32 ounces reduced-sodium, fat-free chicken broth
- 1 (15-ounce) can pumpkin puree
- 1/4 teaspoon cinnamon
- 1/4 teaspoon chili powder
- 1/2 teaspoon ground black pepper

**Instructions:**

Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, and celery, and sauté for 5 minutes or until clear. Add the remaining ingredients. Bring to a boil; reduce the heat and simmer for 15 minutes. After the soup has cooled, transfer it to a blender and blend until smooth or use an immersion blender in the pot and blend until smooth.

Serves 5  
Source: diabetes.org/recipes

*My mom makes something called green pie, which I thought was a delicacy that many people only had at Thanksgiving, but it turns out it was just Jell-O with whipped cream on it. And it's delicious.*

Bobby Moynihan

## Special Shopping and Services Guide

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.

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

Need a friend to visit?  
  
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!

# Special Shopping and Services Guide

## GUN ORPHANAGE

A DIVISION OF BACHANT'S GUN SHOP

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

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

## ADULT DAY HEALTH CARE CENTER

### PROJECT INDEPENDENCE

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

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

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

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## Carriage House at Acushnet Heights

Now Accepting Applications for Studios & 1 Bedroom



### Offering Many Amenities:

- ❖ Affordable Rent 30% of Adjusted Income
- ❖ Applicant or Member of Household Must be 62 or Older
- ❖ All Utilities and Air Conditioning Included
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Choose Carriage House at Acushnet Heights as Your New Home  
Call 508-993-0433 for an Application

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Healthy meals customized for your dietary needs: Low Sodium, Low Carbohydrate, Lactose Free, Gluten Free

Rotating weekly menus.

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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.



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Call for Seasonal Rent Specials & Independent Rates Today!

- Studio, One and Two Bedroom Units
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Now Accepting Applications



## Fairhaven Village

Contact Eunice or Mary Lyn today to schedule a tour!

330 Main St., Fairhaven, MA

**508-994-1908**

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

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- On-site Professional Mgmt.
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- Resident Services Programs



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

Now Accepting Applications  
1 & 2 BRs

## Melville Towers

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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
- On-site professional mgmt.
- On-site laundry facilities
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Housing for 62 yrs+ & handicapped & disabled person. Rent based on 30% of adjusted gross income.



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

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## The Car Barn

Designed for the Elderly

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

ACCEPTING APPLICATIONS FOR 1 AND 2 BEDROOM UNITS

### The Car Barn offers many amenities:

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



Please call for more information  
**508-997-5484**



# Update

## Humane Society Giving Shelter Gala

The Humane Society & Shelter- SouthCoast is hosting its 13th Annual Giving Shelter Gala on Saturday, November 7, at 31 Ventura Drive in Dartmouth. The event will include music for dancing by the Chris Richards Trio, food and beverages, and auctions.

Please contact the Humane Society at 508-995-6661 for more information.

## Grace Church Bittersweet Bazaar

Grace Episcopal Church, corner of County and School Streets, will hold its 36th annual Bittersweet Bazaar on Saturday, November 7, from 10 a.m. to 4 p.m. The event will feature a Bake Table and Country Store, Silent Auction, Chinese Auction, Holiday Items, Kindle and Thanksgiving Basket, Raffles, Grandma's Attic and International Gifts. A luncheon with lobster rolls, chowder and more will be served from 11 a.m. to 2 p.m.

The Bittersweet Bazaar proceeds benefit Grace Episcopal Church's Community Outreach and Missions. Grace Episcopal Church is handicap accessible. For more information, call 508-993-0547 or visit [www.grace-churchnb.org](http://www.grace-churchnb.org).

## St. Mary's Holiday Fair

St. Mary's Parish in New Bedford is holding a Holiday Fair on Saturday, November 7, from 9:30 a.m. to 5:30 p.m., and Sunday, November 8, from 9 a.m. to 3 p.m., in the church hall, 106 Illinois Street. The event will feature a full kitchen, crafts, a bake table, white elephant table, Chinese auction and much more.

## Your Theatre Presents Dracula

Your Theatre, Inc., director Stephen R. Kay has announced the group's November production of *Dracula*, by Bram Stoker, adapted by John L. Balderston. Performance dates are November 12 through 14 and 19 through 21 at 8 p.m. and November 15 and 22 at 2:30 p.m. Performances are held at the wheelchair accessible Your Theatre, Inc. Playhouse located at 136 Rivet St. corner of County St., at St. Martin's Episcopal Church complex. Free off-street parking entrance is on County Street.

Tickets are \$15 general admission, \$12 for season subscribers (three show minimum), and \$13 for senior citizens, students, and military personnel. For further information call Your Theatre, Inc. at 508-993-0772, or send an email to [info@yourtheatre.org](mailto:info@yourtheatre.org). The theatre's web site is [www.yourtheatre.org](http://www.yourtheatre.org)

## Holiday Arts and Crafts Sale

Mark your calendar for a festive Holiday Arts and Crafts Sale, Saturday, November 14, from 9:30 a.m. to 3 p.m., at the Congregational Church, 17 Middle St., South Dartmouth. Featured local vendors are Barrington Bangles, hand-made cards by Erika Salvo, Silverbrook Farm, Lee Murray designs, Island Pottery of Falmouth, Pretty by Chelsea handbags for every occasion, Apponagansett Maple Syrup, original paintings by Frances Kut, Pine Tree Glass Works stained glass, Linda Dahlberg Creations, wired jewelry by Christine Cummings, Ava Anderson naturally non-toxic products, and more.

Jump-start your shopping with our huge Christmas Gift raffle and a visit to Santa's Attic! For hungry shoppers, the kitchen opens at 9:30 for coffee and baked goods. Other homemade foods available for eat-in or take-out include traditional French meat pies, pulled pork sandwiches, chowder, and apple crisp.

## Fall Soup Tasting Event

Join The Residence at Cedar Dell for a Soup Tasting Event on Friday, November 20, from 2 p.m. to 4 p.m. The fall themed afternoon will feature four different soups for sampling, including Baked Potato, Apple Butternut Squash, Zuppa Toscana and Beefy Chili. Corn bread, assorted crackers and apple cider will also be served. Tasters will be able to vote on their favorite soup and take our recipe cards to go.

This is a free event and open to the public, however space is limited. Please call Eva Fey at 508-636-0590 to reserve your spot.

## 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

November 15 Rick Medeiros Combo

November 22 Meadow-Larks Combo

December 6 TBA

**FREE Admission**

Events are sponsored by:

CITY OF NEW BEDFORD

Jon Mitchell, MAYOR

John R. Lopes, Music Director

## Dinner and Movie at St. Anthony

The Music at St. Anthony's Organ Recital and Concert Series is planning a special event on Sunday, November 15, at St. Anthony of Padua. 1359 Acushnet Avenue. A spaghetti and meatball dinner will be served at 3 p.m. followed by a showing of Cecil B. DeMille's classic film *King of Kings*. Talented performing artist Peter Edwin Krasinski will be featured at this special event.

For tickets or information call 508-717-2824 or 508-264-8010, or visit [www.musicatstanthonys.org](http://www.musicatstanthonys.org)

## Project Independence Fair of the Year

Project Independence Adult Day Health Care is having their Fair of the Year on Saturday, November 21, from 9 a.m. to 2 p.m. complete with crafts, food, bake sale and Chinese Auction. Project Independence is located at 250 Elm St. across from Carney Academy.

## Brandon Woods Home Care Open House



Brandon Woods Home Care held an open house at their facility on Rogers Street in Dartmouth. Part of the family-owned Essex Group, Brandon Woods offers continuing care for elders and disabled individuals. Pictured, left to right, are Jim Larson, Regional Director of Home Care Theresa Larson, Maria Connor of the Dartmouth Friends of the Elderly, and Frank Romano of the Essex Group.

## Rochester Vendor Fair

Friends of the Rochester Senior Center are sponsoring a Vendor Fair Fundraiser on Saturday, November 21, from 9 a.m. to 3 p.m. at the Rochester Senior Center, Dexter Lane. Many different vendors will be offering a variety of new merchandise. Get an early start on your holiday shopping.

## Dartmouth Fashion Show and Dinner

The 11th annual Fashion Show and Dinner sponsored by the Dartmouth Friends of the Elderly will be held Friday, December 11, from 6 p.m. to 9 p.m., at the Dartmouth Senior Center on Dartmouth Street. The event will benefit the Dartmouth Adult Social Day Program.

The ticket price is \$20. Call the Dartmouth Senior Center for tickets or more information at 509-999-4717.

## Holiday House Tour

To herald the season, residents of New Bedford's historic neighborhoods will once again open their beautifully restored homes for the New Bedford Preservation Society's signature fundraising event, the 24th Annual Holiday House Tour.

This year's candlelight tour will be held from 4 to 8 p.m. on Saturday, December 12, with the Sunday, December 13 afternoon tour held from 1 to 5 p.m. Both tours start at the Wamsutta Club, 427 County Street, where an elegant pre-tour brunch will be held on Sunday from 11 a.m. to 1 p.m., along with a holiday raffle and silent auction of beautiful gifts, art, antiques and handcrafted items.

Pre-tour brunch reservations (\$17) can be made (but are not required) by calling the club at 508-997-7431. Advance, discounted tour tickets are available now online.

For further information, please call the New Bedford Preservation Society office, 388 County Street, at 508-997-6425. Visit NBPS on Facebook or at [www.nbpsociety.org](http://www.nbpsociety.org) for a look at homes featured on previous tours. All proceeds will benefit the work of the society.

## Santa Paws Is Coming to Town

The Humane Society & Shelter SouthCoast is once again providing an opportunity for holiday pictures of Santa with your pets. The annual event will be held Saturday, December 12, from 11 a.m. to 2 p.m. at the Humane Society, 31 Ventura Drive in Dartmouth. Please remember to be safe and bring your pet in a carrier or on a leash.

A donation of \$15 will support the Humane Society. For more information call 508-995-6661.

## Mass. Senior Action Meets

The Bristol Country 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.

## Community Health Worker Provides Services to Jewish Community

Coastline and the Jewish Federation of Greater New Bedford have joined forces to provide a Community Health Worker to offer direct outreach to the Jewish elderly and disabled population residing in Coastline's service area, which includes Acushnet, Dartmouth, Fairhaven, Gosnold, Marion, Mattapoisett, New Bedford and Rochester.

Supported by the Jewish Federation of Greater New Bedford, the program provides assistance to individuals living in their own homes as well as those in assisted living facilities and nursing homes, regardless of income.

Community Health Care Worker Kristy Verissimo "acts as a navigator, identifying what the individual needs and finding ways to meet those needs," says Karyn Wylie, Coastline Care Options Department Manager. Kristy works in collaboration with local rabbis, as well as the Jewish Federation of Greater New Bedford and the Jewish Convalescent Home.

"This collaboration is a program we are very proud of. It has been a pleasure to work with Karyn and Kristy and previously with Ana. Our community is fortunate we can provide this assistance and the Feder-



Coastline's Community Health Worker Kristy Verissimo is working collaboratively with the Jewish clergy, the staff of the New Bedford Jewish Convalescent Home, the Jewish Federation, and other organizations to ensure the continuity of care for the Jewish elderly and disabled.

ation is committed to maintaining it in the future," added Amir Cohen, Executive Director of the Jewish Federation of Greater New Bedford.

Kristy can help with housing, socialization and many other issues, whether it's a ride to the synagogue or a friendly visit for someone who is homebound. For more information contact Kristy Verissimo by email: kverissimo@coastlinenb.org or call her at 508-742-9171.

## Fresh Start Program Needs Furniture and More

Looking to downsize? The City of New Bedford's Fresh Start Program is looking for new or gently used furniture you no longer need. The group needs items that could help furnish an apartment, including

couches, dining room tables, reclining or lift chairs, bookshelves, end tables, lamps and more.

Anyone interested in donating can call at 508-961-3100.

## Medical Transportation Available

The M.O. L.I.F.E., Inc. Family Caregiver Support Program provides free medical transportation for caregivers and their elders. The caregiver must be at least 18 years old and elders must be at least 60 years old.

M.O. L.I.F.E. provides local and

out of town transportation including Providence and Boston. For more information, contact M.O. L.I.F.E., Inc. at 508-992-5978. This service is provided by M.O. L.I.F.E., Inc. under a grant funded by Title III-E of the Older Americans Act and Coastline.

*Over and over I marvel at the blessings of my life: Each year has grown better than the last.*  
Lawrence Welk

## Trivia Quiz

by JRA

- When you pump fuel into your car, what percent of it is Ethanol?  
a) 5%    b) 10%    c) 12%    d) 15%
- After the three largest city populations in Massachusetts, which are Boston, Worcester, and Springfield, what is the 4th largest city?  
a) Lowell    b) Cambridge    c) New Bedford    d) Fall River
- This actress' birth name was Natalie Nikolaevna Zacharenko.  
a) Natalie Portman    b) Natalie Wood    c) Greta Garbo    d) Kim Novak
- The 'Dead Sea Scrolls' were discovered in Qumran, Israel's Judean desert, in what year?  
a) 1647    b) 1747    c) 1847    d) 1947
- What was Jackie Robinson's uniform number which is displayed at all major league stadiums?  
a) 12    b) 22    c) 33    d) 42
- Who was our tallest President?  
a) Lyndon Johnson    b) George Washington    c) Abraham Lincoln    d) Bill Clinton
- How many elected members compose New Bedford's City Council?  
a) 9    b) 10    c) 11    d) 12
- Which of the singing 'brother' quartets had two members who were no relation?  
a) Mills Brothers    b) Statler Brothers    c) Ames Brothers    d) Blackwood Brothers
- Which of these politicians was the only one born within the continental 48 states of the U.S.?  
a) Sarah Palin    b) John McCain    c) Ted Cruz    d) Barack Obama
- What is the numerical value of Roman numeral 'C' ?  
a) 100    b) 50    c) 500    d) 1000

(answers on page 12)

## Senior Travel

### Day Trips

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

**Mon. Nov. 16 – Wrentham Village Christmas Shopping**

**Wed. Nov. 18 – George's of Galilee Lobster Dinner – Mohegan Sun**

**Wed. Dec. 2 – Berkshire Museum Festival of Trees –includes lunch**

**Wed. Dec. 9 – Brightnights at Forest Park –lunch at Salem Crofts Inn**

**Mon. Dec. 14 – Foxwoods Casino**

**Mon. Jan. 11 – Twin Rivers Casino**

**Mon. Feb. 22 – Foxwoods Casino**

**Wed. March 16 – St. Patrick's Day Celebration – Aqua Turf Restaurant, CT**

**Mon. March 21 – Dolly Parton & Kenny Rogers Tribute – Foxwoods Casino**

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

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

**Mon. Nov. 9 – Museum of fine Arts, Boston "Dutch Painting in the Age of Rembrandt & Vermeer"**

**Sat. Nov. 14 – International Antiquarian Book Fair, Hines Auditorium, Boston**

**Mon. Nov. 16 – Hyannis Mall & Christmas Tree Shoppe**

**Sun. Nov. 29 – Original Castleberry Faire, Shriners Auditorium, Wilmington**

### Multi Day Tours

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, river cruise and more.**

### Scholarships Available for Self-Improvement Classes

Lisa Yauch-Cadden, MS CCC-SLP, of Buzzards Bay Speech Therapy has announced the availability of 50 scholarships for seniors to attend the organization's self-improvement courses.

The scholarships are funded through a grant from Coastline will be available through September 2016 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.

Our 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.

Classes cover such topics as memory improvement, speaking clearly, using high and low tech devices to communicate, and tips for independent living. For more information call Lisa Yauch-Cadden at 508-326-0353.

### Computer Classes at Hillman Street Social Support Center

Computer classes are offered twice a week at the Hillman Street Social Support Center, 181 Hillman Street. Classes are held on Tuesday from 10 a.m. to 11 a.m. and a second

group meets on Thursday from 1 p.m. to 2 p.m.

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



**Beacon**  
Adult Foster Care, Inc.

#### Are you caring for a disabled adult in your home?

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

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

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

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

**For more information call 774-202-1837  
or visit our website [www.beaconafc.com](http://www.beaconafc.com)**

# At the Senior Centers

## Acushnet Senior Center

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

**Belly Dance for Fun & Fitness**, a proven method to improve posture, balance and brain fitness. Beginners welcome.

**Calling All Cribbage Players.** Commit to our 10-week league, sign on as a sub or just play when you want at the drop in games. League plays on Mondays at 12 p.m., drop in games are on Friday at 12 p.m. Call for more information.

Socialize over the **Crossword Puzzle** on Tuesdays from 10:15 a.m. to 11:15 a.m. for an hour of challenging relaxation. Come every week or just when you feel like it.

**Stretch and Flex** with Larry Bigos meets Wednesday at 2:30 p.m. and Fridays at 10:30 a.m.

**Zumba with Pati** is offered every Wednesday at 8:30 a.m. and Fridays, 1:00 p.m.

**A new Zumba class** with Jenn meets every Monday at 4:45 p.m.

**Chair Yoga** with Karen, a new class, meets Tuesdays at 11:15 a.m.

**Strong Women/Strong Bones** with Karen Corcoran is back every Monday and Wednesday at 10 a.m. Perfect for those living with osteoarthritis or osteoporosis.

**Needle Arts group** meets on Thursday from 1 p.m. to 3 p.m. A fun social group, bring your own project.

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

**SHINE Counselor** Kathy Audette will be available on Wednesdays by appointment.

The New Bedford **St. Anthony's Senior Group** now meets at the Acushnet Council on Aging on Monday, 1 p.m.

**Groovercise** class on Thursday mornings at 9:30 is a mix of cardio, strength, flexibility and balance, set to upbeat music led by Certified Group Fitness Instructor Ellie Higgins.

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

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

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

## Ashley Park Center

The Ashley Park Center in New Bedford is open Monday through Friday from 10 a.m. to 4 pm. 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.

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

**Veterans' Day Luncheon** will be held Thurs. Nov. 12, at 1 p.m.

**Cookie Decorating Party** will be held Thurs., Dec. 3.

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

**Jewelry Making Class** meets every Wed. at 12:00 p.m. Please sign up in advance.

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.

**Matter of Balance** clinic meets Mon. from 11:30 a.m. to 1:30 p.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.

**Doctors' Express** presentation will be held Thurs., Nov. 5, at 11 a.m.

**Bingo Brunch** sponsored by The Oaks Thurs. Nov. 12, 10 a.m. to 2 p.m.

**Thanksgiving Gala** featuring DJ Jordan Paiva Thurs. Nov. 19, from 11 a.m. to 2 p.m.

**All activities canceled** Tuesday, October 6 and November 3 due to elections.

**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** is held on Thursday, from noon to 1 p.m.

**Breakfast** is available daily.

**New Bedford Veterans' Services Director Chris Gomes** is available to answer questions regarding benefits the second Thurs. of the month from 11 a.m. to 1 p.m.

**Game Show Mash-up** will be held Mon from 10 a.m. to 11 a.m.

**Card Making** with Debbie Russo on third Mon. of the month.

**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. No class Oct. 9.

## 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.

**Veterans Breakfast** for Dartmouth Veterans and their spouses will be held Fri. Nov. 6, at 8:30 a.m.

Please call the Center for a reservation.

**Powerful Tools for Caregivers** Workshop will run Fridays from Nov.6 to Dec. 18 from 1 p.m. to 4 p.m.

**Samaritans presentation** "Taking Care of Yourself and Others in your Life" will be held Tues., Nov. 17, from 10 a.m. to 11 a.m.

**South Coastal Counties Legal Services** will offer an educational presentation on public benefits, Social Security, insurance and other entitlement programs on Wed., Nov. 18, 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 a.m. and Gentle Yoga with Kat meets on Mondays at 9 a.m.

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

**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. 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:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## Hazelwood Senior Center

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

**Foster Grandparent** presentation by Christine Voss of Coastline will be offered Wed., Nov. 4, at 11:30 a.m.

**Harvest Delight event** catered by Carmen's Chef Service and entertainment by Dave Antunes will be held Wed., Nov. 18. Call for information.

**Manicures** will be provided by Home Instead second Tues. of every month from 9:30 to 11:00 a.m.

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

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

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

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

**The Garden Club** will resume in April.

**Name that Song** will be held the first Tues. of the month from 10 a.m. to 11 a.m.

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

**Zumba Gold** class 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.

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

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

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

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

# Senior Safety

## An Older Adult Dies from a Fall Every 20 Minutes

Too often, falls can cause older adults to lose their independence. Every 20 minutes, an older adult dies from a fall, and every 13 seconds an older adult is treated in an emergency department for a fall-related injury. Up to 30 percent of people who fall suffer moderate to severe injuries, making it harder for them to live independently.

"Falls prevention is about being healthy and proactive. There are simple steps that all of us can take to help older adults stay safe and on their feet," said Kathleen Cameron, Senior Director of the National Council on Aging's National Falls Prevention Resource Center. NCOA leads the National Falls Prevention Resource Center that increases public awareness and educates consumers and professionals about the risks of falls and how to prevent falls, and promotes evidence-based falls prevention

### Store Diabetes Supplies Safely

Safe storage of insulin and syringes can help maintain the integrity of medication and reduce the risk of injury.

The American Diabetes Association suggests:

Store insulin in an area that is protected against extreme heat and extreme cold. Avoid areas prone to temperature

programs.

Among these steps, experts recommend that older adults:

Participate in a physical activity program with balance, strength training, and flexibility components.

Consult a health professional about getting a falls risk assessment.

Have their medications reviewed by a doctor or pharmacist periodically.

Get their eyes and ears checked annually.

Make sure their home environment is safe and supportive.

Talk to their family members about falls prevention.

"Falls do not have to be a normal part of aging," said Cameron. "Small changes can have a big impact. Get educated early and take advantage of the support available in your community."

extremes, such as in your car, freezer or in direct sunlight.

Check the expiration date on your insulin before using, and inspect it to be sure the insulin looks normal. Discard insulin that is expired, crystallized or clumped.

Destroy or re-cap syringes when discarding them.

## Nutrition Presentation in Dartmouth



About 45 people attended a presentation by Stephanie Boulay, RD, Coastline Dietitian & Wellness Coordinator, on Nutrition and Osteoporosis Prevention at the Dartmouth Senior Center in September.

## Muitas Boas Razões Porque Inscrever-se para o SNAP

Os adultos idosos inscrevem-se para o SNAP por muitas razões; comerem melhor, saúde, família e segurança financeira. Usando o SNAP para pagar para a comida nutritiva pode ter um impacto enorme na habilidade de um adulto idoso para manejar uma condição crônica e manter-se independente. O National Council on Aging (NCOA) (Conselho Nacional do Envelhecimento) incita os adultos mais idosos e as pessoas que os cuidam para verem se o SNAP pode ajuda-los.

Três em cinco idosos elegíveis não participam no SNAP. Mesmo que vários factores contribuam para uma participação baixa, a falta de compreensão sobre o programa é uma barreira significativa. "Para muitos adultos idosos, a mobilidade, a tecnologia, e o estigma ligado com a inscrição para o SNAP criam obstáculos," disse a Lura Barber, Directora do NCOA Hunger Initiatives. "Falan-

do com os seus familiares e os idosos na sua comunidade sobre o SNAP pode inspira-los e colocar-nos bem no nosso caminho de erradicar a fome dos adultos."

Em 2013, o benefício medio do SNAP para as pessoas com mais de 60 anos foi \$134.00 por mês. Para os lares de uma pessoa idosa, o benefício médio foi \$113.00 por mês. "Trabalhando conjuntamente, podemos ajudar os adultos idosos averiguarem se eles são elegíveis para os benefícios para poderam pagar para as comidas nutritivas," disse Barber. "Encita-los a fazer isso, não só para a saúde deles mas para todas as maneiras como a melhor nutrição enriquecerá as suas vidas."

Para falarem com alguém sobre como inscreverem-se para SNAP, telefonem ao New Bedford Council on Aging no 508-991-6251 ou o Coastline Elderly Services no 508-742-9138.

*Thanksgiving is one of my favorite days of the year because it reminds us to give thanks and to count our blessings. Suddenly, so many things become so little when we realize how blessed and lucky we are.*

Joyce Giraud

# Nutrition News

## Tips for Trimming Thanksgiving Feast

By Stephanie Boulay, RD  
Coastline Elderly Services, Inc.

Did you know that the average American will consume 1600 calories this Thanksgiving meal? Here are some tips on how to keep trim this holiday:

**Eat Breakfast:** Experts say eating a small meal in the morning can give you more control over your appetite so you won't be starving when you arrive at the gathering.

**Don't Deprive:** Fill your plate with small portions of your favorites, that way you can enjoy those special treats without feeling the guilt.

**Eat Slowly:** Make sure that you savor those favorites. It takes your

stomach 20 minutes to tell your brain that you're full.

**Exercise:** Go for a walk after the meal to burn off the extra calories.

### More tips for a healthier Thanksgiving

Use low sodium chicken broth when making gravies and soups.

Try plain yogurt instead of sour cream.

Go easy on the butter and oil.

Eat turkey without the skin.

Add more herbs, onions and garlic to recipes as opposed to salt.

**Fun Fact:** The first Thanksgiving was in 1621 and lasted for three days.

The meal consisted of wild goose, deer, flint corn, fish, shellfish and eels.

## Limiting Saturated Fat Still Best for Heart Health

People who replace saturated fat (mainly found in meats and dairy foods) in their diets with refined carbohydrates do not lower their risk of heart disease, according to a new study led by researchers at Harvard T.H. Chan School of Public Health.

On the other hand, those who replace saturated fats with unsaturated fats (found in vegetable oils and nuts) or whole grains lower their heart disease risk.

Many people fall back on carbs, especially refined carbs like white bread, when they reduce saturated fat in their diets, said senior author Frank Hu, professor of nutrition and epidemiology. This may in part explain findings from a controversial 2014 paper that called into question recommendations for limiting saturated fat for heart health, and led to headlines promoting

the return of butter.

"Our research does not exonerate saturated fat," said Hu. "In terms of heart disease risk, saturated fat and refined carbohydrates appear to be similarly unhealthy." This is the first analysis to directly compare saturated fat with other types of fats and different types of carbohydrates in relation to heart disease risk.

"Our findings suggest that the low-fat, high-carb trends of the 1980s and 1990s are not effective in reducing risk of CHD," said Yanping Li. "It means that individuals should not replace saturated fat with refined carbs or vice versa. Dietary recommendations to reduce saturated fats should specify their replacement with unsaturated fats or with healthy carbohydrates, such as whole grains," said Li.

## Many Good Reasons to Apply for SNAP

Older adults apply for SNAP for many reasons: eating better, health, family, and financial security. Using SNAP to pay for nutritious food can make a huge impact on an older adult's ability to manage a chronic condition and stay independent. The National Council on Aging (NCOA) encourages older adults and their caregivers to see if SNAP could help them.

Three in five eligible seniors do not participate in SNAP. While several factors contribute to the low participation rate, lack of understanding about the program is a significant barrier. "For many older adults, mobility, technology, and the stigma attached to applying for SNAP create obstacles," said Lura Barber, Director of NCOA Hunger Initiatives. "Talking to your

loved ones and the older adults in your community about SNAP could inspire them and put us well on our way to eradicating senior hunger."

In 2013, the median SNAP benefit for people over 60 was \$134 per month. For one-person elderly households, the median benefit was \$113 per month.

"Working together, we can help the older adults we care about find if they are eligible for benefits to afford nutritious food," said Barber. "Encourage them to do it, not just for their health, but for all of the ways better nutrition will enrich their lives."

To speak with someone about applying for SNAP, call the New Bedford Council on Aging at 508-991-6251 or Coastline Elderly Services at 508-742-9138.

## Muchas Buenas Razones Porque Inscribirse para el SNAP

Los adultos idosos inscribense para el SNAP por muchas razones: comerem mejor, la salud, la familia y la seguridad financiera. Usando el SNAP para pagar por la comida nutritiva puede tener un impacto enorme en la habilidad de un anciano para manejar una condición crónica y mantenerse independiente. El National Council on Aging (NCOA) (Consejo Nacional del Envehecimento) incita los ancianos y las personas que les cuidan para verem si el SNAP les puede ayudar.

Tres de cinco ancianos elegibles no participan en el SNAP. Aunque varios factores contribuyen para una participación baja, la falta de comprensión sobre el programa es una barrera significativa. "Para muchos adultos idosos, la movilidad, la tecnología y el estigma ligado con la inscripción para el SNAP crea obstáculos," dijo la Lura Barber, Directora de NCOA Hunger Initiatives. "Hablando con sus familiares y con los

ancianos en su comunidad sobre el SNAP puede inspirarlos y colocarnos bien en nuestro camino de erradicar el hambre de los ancianos.

En 2013, el beneficio medio del SNAP para las personas con más de 60 años fué \$134.00 por mez. Para los hogares de una persona idosa, el beneficio medio fué \$113.00 por mez.

"Trabajando conjuntamente, podemos ayudar los adultos idosos averiguar si ellos son elegibles para los beneficios para poderen pagar para las comidas nutritivas," dijo Barber. "Incitalos a hacer eso, no solamente para la salud de ellos pero para todas las maneras como la nutrición mejor enriquecerá sus vidas." Para hablaren con alguien sobre como inscribirende para el SNAP, llamen al New Bedford Council on Aging en el 508-991-6251 o al Coastline Elderly Services en el 508-742-9138.

*My cooking is so bad my kids thought Thanksgiving was to commemorate Pearl Harbor.*

Phllis Diller

# Your Health

## Low-Dose Aspirin, Other Painkillers May Lower Colon Cancer Risk

Regularly taking low-dose aspirin or other common pain relievers may lower long-term risk of colon cancer, suggests new research reported in HealthDay News.

Men and women who took low-dose (75 to 150 milligrams) aspirin for five years or more saw their risk of colon cancer drop by 27 percent. And taking non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen for that long was linked to a 30 percent to 45 percent drop in colon cancer risk, the study found.

"The protective association is certainly amazing, and it's a good example of how everyday drugs can have unexpected benefits," said study co-author Dr. John Baron, of the University of North Carolina School of Medicine. "But there are also potential risks," said Baron, who urged the findings be viewed with care. "I don't think we should imply or recommend that these medications be taken for cancer prevention without working closely with a physician," he said.

In the United States, NSAIDs include over-the-counter Aleve (naproxen), Advil and Motrin (both ibuprofen), and prescription drugs such as Celebrex and high-strength Motrin.

## New Therapy May Reduce Bone Fracture Risk

Osteoporosis, a disease of progressive bone loss, affects 70 percent of the U.S. population older than age 50: one in two women and one in five men. These individuals are at risk for fragility fractures, a break that results from a fall, or occurs in the absence of obvious trauma, and most commonly seen in the wrist, the upper arm, the hip, and the spine.

People who sustain a fragility fracture are at a higher risk for future fractures and face increasing treatment costs. According to a new study, a treatment intended to increase bone mineral density and slow or stop the loss of bone tissue can decrease the risk of subsequent fractures by 40 percent.

"Fragility fractures have a major

Baron emphasized that the drugs were taken continuously for years before any cancer-preventive benefits were realized. "For aspirin, you would have to take it fairly consistently, meaning at least every other day, for at least five to 10 years for the protective effect to even begin to appear," he said. "That's a significant amount of time for side effects to accumulate, all without getting any benefit," he said.

Potential side effects include gastrointestinal bleeding with aspirin, and heightened risk for heart attack and stroke with long-term use, or high-dose use, of NSAIDs, according to the U.S. Food and Drug Administration.

Still, Baron said the findings are "hopeful, because it means that we're understanding cancer better and better." That sentiment was seconded by Dr. Andrew Chan, an associate professor of medicine at Harvard Medical School in Boston.

"The question now is really whether aspirin can also help prevent other cancers as well," Chan said. "We need more research, but there's already some evidence that that might be the case. And we now have a substantial and very consistent body of evidence showing that aspirin can prevent colon cancer."

impact on patients' pain, function, and quality of life. They also account for a tremendous health care cost," said Harpreet S. Bawa, MD, lead study author and an orthopedic surgeon at the University of Chicago Medical Center. "This study shows that initiation of anti-osteoporotic therapy following a fragility fracture can reduce subsequent fracture risk by 40 percent over three years and can prevent a subsequent fracture in one out of every 27 patients treated."

"The study highlights the public health benefits for improved prevention of secondary fragility fractures," said Dr. Bawa. "This knowledge can help patients make an informed decision about their treatment options after a first-time fragility fracture."

## Public Strongly Favors End-of-Life Conversations between Doctors and Patients

As the Centers for Medicare & Medicaid Services prepares to finalize a plan to pay physicians for discussing end-of-life treatment options with Medicare patients, the latest Kaiser Health Tracking Poll finds an overwhelming majority supports such coverage.

The poll finds 89 percent of the public says that doctors should discuss end of life care issues with their patients, though relatively few (17 percent) say that they have had such discussions with their doctors. Senior citizens (27 percent) and those who report having a debilitating disability or chronic condition (31 percent) are somewhat more likely to say they have had such discus-

sions. A third of the public (33 percent) also say they have participated in a conversation with a doctor about a relative's wishes about their care at the end of life.

A large majority of the public (81 percent), including a similar share of seniors, say that Medicare should pay physicians to discuss such issues with their patients. The Administration announced plans for such payments earlier this year and is expected to implement them with final regulations soon. A similar share (83 percent) supports private insurers paying for such discussions.

## Prostate Cancer and Men's Health Supplements

Do health supplements marketed using terms like men's formula and prostate health actually improve the medical outcome of prostate cancer patients?

Researchers examined this question looking at more than 2,200 men who underwent radiation therapy for localized prostate cancer between 2001 and 2012, reports Dr. Cindy Haines of HealthDay TV. About 10 percent of the participants took men's health supplements at the time of their treatment and during follow-up of about four years. They experienced no significant clinical benefits. The results showed that the supplements did not lower risk of cancer

spread, cancer-related death or prevent adverse effects of radiation therapy.

The researchers say the most common ingredient in the supplements was saw palmetto, which is often promoted for use in decreasing symptoms of enlarged prostate. The lead author says, although they did not see a change in adverse effects, "there have been thousands of cases in the U.S. where supplements have harmed patients," so he urges men to take caution when they walk down grocery store aisles and see bottles of pills labeled 'men's health' or 'prostate health.'

## FDA Approves Praxbind, First Reversal Agent for Anticoagulant Pradaxa

The U.S. Food and Drug Administration (FDA) in October granted accelerated approval to Praxbind (idarucizumab) for use in patients who are taking the anticoagulant Pradaxa (dabigatran) during emergency situations when there is a need to reverse Pradaxa's blood-thinning effects.

The FDA approved Pradaxa in 2010 to prevent stroke and systemic blood

clots in patients with atrial fibrillation, as well as for the treatment and prevention of deep venous thrombosis and pulmonary embolism. Praxbind is the first reversal agent approved specifically for Pradaxa and works by binding to the drug compound to neutralize its effect. Praxbind solution is for intravenous injection.

## Parkinson's Support Group

The next meeting of the Parkinson's Support Group will be held on Thursday, November 12, at 1 p.m. at the Dartmouth Senior Center on Dart-

mouth Street. Regional SHINE Director Mary Bessey will talk about what's new for Medicare beneficiaries in 2016 and discuss medical plans.

## Time to Get Your Flu Vaccine

Influenza (flu) is a serious health threat, especially for vulnerable populations like older adults and people living with long-term chronic medical conditions, like asthma, diabetes, heart disease, and kidney and liver disorders. So, it's especially important that all people living with or caring for those with chronic medical conditions and/or aging persons get vaccinated against the flu and other vaccine-preventable diseases.

Influenza ("the flu") is a contagious illness that can be severe and life-threatening, especially for older adults. One reason flu can be severe for older adults is that the immune system weakens with age, which makes it

harder to fight disease. The flu can also make existing health problems worse and is especially dangerous for people with chronic health conditions, like heart disease and diabetes, which commonly affect older adults.

The flu hits older adults the hardest, yet many seniors underestimate the seriousness of the flu and are largely unaware of their vaccine options. "Adults 65 and over typically account for roughly half of flu-related hospitalizations and almost all flu-related deaths, so the low awareness among seniors about the seriousness of the flu is concerning," said Kathleen Cameron, MPH, Senior Director, National Council on Aging.

## CARES Memory Impairment Program Now Meets at Buttonwood

CARES provides an opportunity for people with memory impairment and their care partners to participate in two separate support groups held simultaneously. One group provides information, guidance and respite to caregivers while the other group provides conversation and socialization for those with memory impairment. The program is free and confidential allowing for freedom of self-expression and open conversation. The program is led

by Alan Johnson, LICSW, Director of Community and Family Outreach, Hope Dementia & Alzheimer's Services. CARES programs are funded by the Tufts Health Plan Foundation.

The CARES program is held on the first and third Friday of each month from 1:00 p.m. to 2:30 p.m. at the Buttonwood Senior Center, One Oneida Street. For more information or to register, call 508-775-5656 or email Info@HopeDementia.org.



Do you have **concerns**  
about falling?

This award winning program emphasizes practical strategies to manage falls.

#### YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

#### WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility, and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns



Classes are **FREE** to all participants

Classes are conducted on Tuesdays and Thursdays

November 10 - December 15, 2015 from 10:00a.m. -12:00 noon.

No classes will be conducted the week of Thanksgiving

Location:

New Bedford Council on Aging  
181 Hillman Street, Building # 9  
New Bedford, MA 02740

Contact Catherine Bourassa at 508-999-3255 or [cbourassa@ywcasema.org](mailto:cbourassa@ywcasema.org) to register.

eliminating racism  
empowering women  
**ywca**  
southeastern massachusetts

*I love chicken. I would eat chicken fingers on Thanksgiving if it were socially acceptable.*  
Todd Barry

# Your Health

## Socialization Key to Overall Health in Older Adults

Research continues to tout the importance of socialization. As we age, our social circles become smaller. Whether due to physical limitations or caring for a spouse with an illness, many factors can contribute to increased isolation. A recent report by researchers from the Brigham and Women's Hospital and Harvard Medical School found loneliness can accelerate cognitive decline.

With socialization playing a vital role in healthy aging, it's important for seniors to remain socially active:

### Embrace Technology

Families/friends are living further apart than previous generations and technology offers the perfect tool to bridge the gap. Libraries offer computer classes to help older adults learn how to email loved ones. It's a great technique for keeping in touch with grandchildren and great-grands.

### Join a Senior Center

According to AARP, 1 million older adults across the nation take part in senior center services. This offers older adults a wealth of socialization opportunities. Located in most cities, senior

centers offer a wide range of programs and classes. Often, a senior center will provide transportation to/from the center.

### Consider Moving to a Retirement Community

Social isolation can lead to depression, impacting one's overall health. "A Review of Social Isolation" found that 43 percent of older adults living at home reported they "lack a sense of belonging socially, have limited engagement with others, and are deficient in fulfilling/quality relationships".

### Adopt a Pet

Pets have been proven to reduce stress and increase social interaction. When walking a dog, one often encounters other dog lovers and finds dog parks are wonderful ways to meet others. Pet rescue organizations can be a resource for older adults looking to adopt a pet.

The benefits of remaining socially integrated are tremendous. Socialization can contribute to one's psychological and physical wellness.

## FDA Allows Marketing of New Laser-Based Hearing Aid

The U.S. Food and Drug Administration recently allowed marketing of a new hearing aid that uses a laser diode and direct vibration of the eardrum to amplify sound. The combination of laser light pulses and a custom-fit device component that comes in direct contact with the eardrum is designed to use the patient's own eardrum as a speaker and enables amplification over a wider range of frequencies for some hearing impaired persons. The EarLens Contact Hearing Device (CHD) is indicated for use by adults with mild to severe sensori-neural hearing impairment.

According to statistics compiled by

the National Institute on Deafness and Other Communication Disorders, only 30 percent of adults aged 70 and older who could benefit from wearing hearing aids have ever used them. "For the millions of Americans with hearing impairment, hearing aids can significantly improve regular daily communications, as well as overall quality of life," said William Maisel, M.D., M.P.H., deputy director in the FDA's Center for Devices and Radiological Health. "People with hearing impairment now have a new option that may help improve their hearing by amplifying sounds over a broad spectrum of frequencies."

## Feeling Stretched as a Caregiver?

Coastline is offering a free six-week *Powerful Tools for Caregivers* workshop beginning Friday, November 6, through December 18, from 1:30 to 3:30p.m at the Dartmouth Council on Aging on Dartmouth Street. No class will be held on November 27.

*Powerful Tools for Caregivers* is an educational series designed to provide you with the tools you need to take care of yourself, as you provide care for a friend or family member. Coastline offers this evidence-based workshop free of charge to all participants. Class size is limited and pre-registration is required. Care may be available for your care recipient while you participate in the program.

Class participants report that following the program, they experience fewer

feelings of anger, guilt and depression and feel increased confidence in coping with the demand of caregiving. The Powerful Tools for Caregivers program is designed to help family caregivers develop new skills that will improve their lives and enable them to be happy, healthy caregivers for as long as possible.

Topics presented include: identifying and reducing stress, communicating your feeling, needs and concerns; communicating in challenging situations; learning from your emotions; and mastering caregiving decisions. This workshop is not intended for professionals. For more information or to register, contact Stephanie Gibson at 508-742-9186 or at sgibson@coastlinenb.org

## Trouble Sleeping Affects Millions

Chronic, long-term sleep disorders affect millions of Americans each year, according to the National Institutes of Health. These disorders and the sleep deprivation they cause can interfere with work, driving, social activities, and overall quality of life, and can have serious health implications.

People who have trouble sleeping often try various dietary supplements, relaxation therapies, or other complementary health approaches in an effort to fall asleep faster, stay asleep longer, and improve the overall quality of their sleep. Here are five things to know about what the science says about sleep disorders and complementary health approaches.

Relaxation techniques may be helpful for insomnia. Evidence indicates that using relaxation techniques before bedtime can be help to improve sleep habits. Other helpful strategies include maintaining a consistent sleep schedule; avoiding caffeine, alcohol, heavy meals, and strenuous exercise too close to bedtime; and sleeping in a quiet, cool, dark room.

Melatonin supplements may be helpful for some people with insom-

nia or sleep problems caused by shift work or jet lag. The long-term safety of melatonin has not been investigated.

Various herbs and dietary supplements sometimes used as sleep aids, including valerian, kava, chamomile, and L-tryptophan and 5-hydroxytryptophan (5-HTP) have not been shown to be effective for insomnia, and important safety concerns have been raised about a few. For example, the use of L-tryptophan supplements has been linked to EMS, a complex, potentially fatal disorder with multiple symptoms including severe muscle pain. Kava supplements have been linked to a risk of severe liver damage.

If you are considering a complementary health approach for sleep problems, talk to your health care providers. Trouble sleeping can be an indication of a more serious condition, and some prescription and over-the-counter drugs can contribute to sleep problems. So, it's important to discuss your sleep-related symptoms with your health care providers before trying any complementary health product or practice.

## Type 2 Diabetes and Wine

Here's some health news that may be worthy of a toast if you've got type 2 diabetes. Drinking a glass of red wine every day as part of a healthy diet may help reduce your risk of heart disease, reports Dr. Cindy Haines of HealthDay TV.

224 adults with well-controlled type 2 diabetes were randomly assigned to drink a glass of mineral water, white wine or red wine with dinner for two years. Participants were also encouraged to follow a Mediterranean diet without any calorie restrictions. The researchers tracked their cholesterol numbers, blood sugar level, liver biomarkers, medication use and qual-

ity of life.

After two years, the participants who drank wine had decreased cardiovascular risks compared to participants who drank mineral water. Those in the red wine group saw the most meaningful changes. Their levels of HDL or good cholesterol were significantly increased compared to the water group. The study concludes that moderate wine consumption — especially red — by people with well-controlled diabetes is apparently safe and moderately decreases cardiovascular risk. Still, the authors caution that the benefits should be weighed against potential risks.

## Bright Light Therapy Effective Treatment for Dementia Symptoms

Dementia is most often associated with memory loss, but seniors who suffer from the condition also experience depression and agitation. These symptoms are often treated with medication. But results of a new study indicate bright light therapy reduces depression and agitation in dementia sufferers.

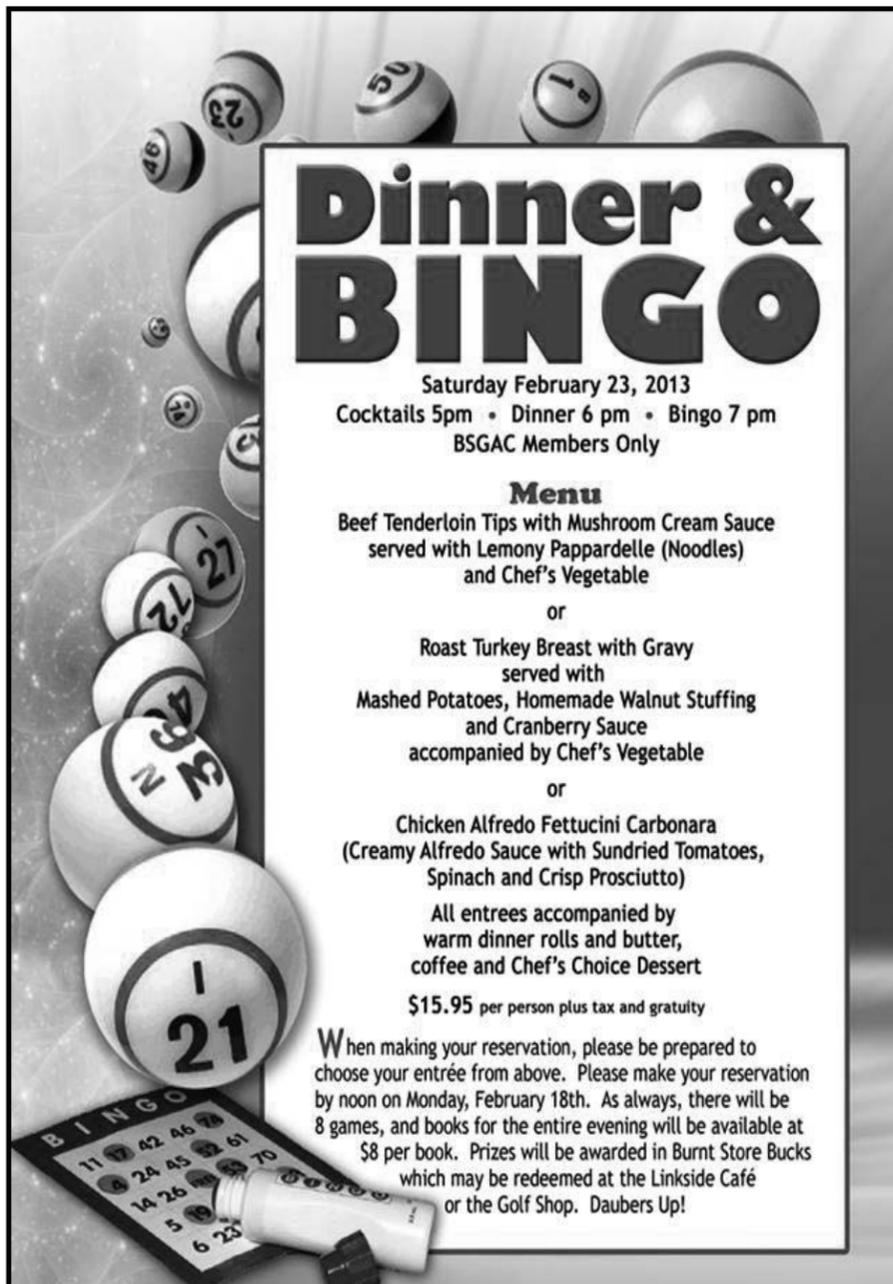
Sufferers of seasonal affective disorder (SAD) have known for years how beneficial bright lights can be. Bright, full spectrum lighting confers the benefits of sunlight when sunlight is scarce, and SAD sufferers regularly use bright light therapy to combat depression, anxiety, insomnia, and other symptoms.

Lora Epperly, a registered nurse, wondered if the same therapy could help her dementia patients. Epperly, Director of Business Development and Care Innovations with Commonwealth

Care of Roanoke (CCR), worked with Lisa L. Onega, PhD, RN, a professor at the Radford University School of Nursing, on the study. Very little field research existed, so Onega and Epperly were breaking new ground.

Onega conducted the eight-week study at four long-term care facilities. The results showed bright light therapy significantly reduced depression and agitation in the test group by more than half. Families noticed the difference, and CCR is exploring ways to implement bright light treatment at their facilities.

Onega hopes a grant from the National Institutes of Health will spur nationwide interest and more research. For now, the initial results provide a ray of hope for dementia sufferers and the people who care for them, while avoiding use of potentially dangerous or fatal medications.



**Dinner & BINGO**

Saturday February 23, 2013  
Cocktails 5pm • Dinner 6 pm • Bingo 7 pm  
BSGAC Members Only

**Menu**

Beef Tenderloin Tips with Mushroom Cream Sauce served with Lemony Pappardelle (Noodles) and Chef's Vegetable

or

Roast Turkey Breast with Gravy served with Mashed Potatoes, Homemade Walnut Stuffing and Cranberry Sauce accompanied by Chef's Vegetable

or

Chicken Alfredo Fettucini Carbonara (Creamy Alfredo Sauce with Sundried Tomatoes, Spinach and Crisp Prosciutto)

All entrees accompanied by warm dinner rolls and butter, coffee and Chef's Choice Dessert

\$15.95 per person plus tax and gratuity

When making your reservation, please be prepared to choose your entrée from above. Please make your reservation by noon on Monday, February 18th. As always, there will be 8 games, and books for the entire evening will be available at \$8 per book. Prizes will be awarded in Burnt Store Bucks which may be redeemed at the Linkside Café or the Golf Shop. Daubers Up!

# Remember When

## Mother of Servicemen, 1942



In the spring of 1942, a New Bedford mother gazes at the photos of her sons, all defending their country during World War II.

## Answers to Trivia Quiz

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

At the Senior Centers... continued from page 8

## 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.

A "Mini Senior Center" will be offered this month on Mondays at the Music Hall on Front Street. The schedule is:

**Blood Pressure Clinic**, 9:30 to 11:30 a.m.

**Chair Yoga** with Pamela Smith Paquette, 10 to 11 a.m.

**Social Hour and Lunch**, 11:15 a.m. to 12:15 p.m.

**Learning and Leisure Lecture**, Topics:

**Podiatry Care** available by appointment.

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

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

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

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

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

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

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

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

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

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

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

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

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

## Mattapoisett Social Center

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

**Belly Dancing** for all ages, shapes and sizes meets Thursdays at 11:30 a.m. Helps improve posture, balance and strength. Learn basic moves of this ancient art with easy and slow movements.

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

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

Play **Mah Jongg** every Wednesday at 1:15 p.m. and **Scrabble** every Monday at 1 p.m. Play **Beginner's or Duplicate Bridge** on Thursdays at 9 a.m. All levels of players are welcome. Refreshments will be served.

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

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

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

## Honor Flight New England Transports Vets to Washington Memorials

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](http://www.honorflightnewengland.org). Or you can call them toll free 877-992-8387

*No Social Security COLA ... continued from page 1*

"The Alliance for Retired Americans is relieved that this budget deal would protect millions of seniors from significant increases to their Medicare Part B deductibles while preventing a 20 percent cut to Social Security Disability Insurance (SSDI) benefits in 2016," said retiree leader Richard Fiesta.

"We would have preferred no increase to Medicare Part B premiums; however, limiting the increas-

es of those who are not 'held harmless' is a step in the right direction.

"While it appears a crisis has been averted, we have not improved retirement security for our nation's seniors by expanding their earned Social Security benefits. We will continue to fight to make that a reality by urging Congress to implement a more accurate way to calculate cost-of-living adjustments: the Consumer Price Index for the Elderly (CPI-E)."

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

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

## Rochester Senior Center

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

**Flu Clinic** will be held Thurs., Nov. 5, from 4 p.m. to 6 p.m. Call the center if you need a ride.

**Volunteers needed** for breakfast program.

**Comfort Touch for Caregivers** will be presented by community Nurse Home Care through a grant from Coastline on Mondays, Nov. 9 and 16, from 2:15 to 4:15 p.m. Space is limited and pre-registration is required.

Information and assistance with registering from the **Supplemental Nutrition Assistance Program (SNAP)** will be available on Thurs., Nov. 12, between 9 a.m. and 11 a.m.

Regional SHINE Director Mary Bessey will discuss **Medicare changes and Open Enrollment** Tues., Nov. 10, at 10:15 a.m.

Carolyn Lazaris will discuss Coastline's **Options Counseling Program** and resources provided on Tues., Nov. 24, at 10:15 a.m.

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. This month's book is "The Orphan Train."

**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.

Volunteers Mike and Ann Cambra will prepare and serve a delicious luncheon on Mon. Nov. 30, at 12 noon. Please remember to 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.

**Play Scrabble** Tues. mornings at 9.

**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.

*I have performed for 12 presidents but entertained only six.*

*Bob Hope*