

# NEW BEDFORD'S Senior Scope

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## New Bedford launches Social Day Program

Older adults now have more options to gather and have fun. On July 11, New Bedford launched its Adult Social Day Care Program, and the first month has been a hit with participants.

"I think we're reaching an entirely different segment of the senior population than we ever have before," said Debra Lee, the Director of New Bedford's Council on Aging. "We've always taken care of senior's social needs, with senior centers and the activities that are happening there. This takes into account not only their social needs but the entire person, made up of other specialized needs as well."

The program, which has been in the works for the past three years, is held at the former senior center in Brooklawn Park, located at 1997 Acushnet Ave. Programming varies by day and is still evolving with the clientele.

"When we meet with the families, we ask them about their hobbies, interests or what they did for a living. We get a sense of their identity," said Pamela Amaral-Lema, Administrative Specialist for New Bedford's Council on Aging. "We focus on their strengths, but we also try to help them to grow in areas that they believe they need help."

Because the program is needs based, the Council on Aging aims to bolster overall wellness for participants. In the first two weeks, a therapeutic plan is developed for each client. Their progress will be monitored closely, and the clients will have quarterly meetings to ensure their needs are being met.

"In the past month that [the program] has been open, we've already received a thank-you card from a participant's wife, stating that it's changed her husband's outlook," said Amaral-Lema.

One woman signed up for a couple days a week. But after her son realized her cognitive function was increasing, so, too, did the number of days the participant attended Social Day.

Throughout the week, seniors are visited by instructors, who lead them through activities such as Tai Chi, strength and conditioning



Participants in New Bedford's new Adult Social Day Care Program enjoy time together outside. The program launched on July 11 and aims to provide care and treatment for seniors through diverse programming.

exercises, and balancing exercises.

"We're also going to incorporate mental health into the picture. We're going to have a social worker providing therapy groups on a regular basis," said Lee.

In the near future, the program will expand to include day trips and other special events like pet therapy sessions.

"My hope is that it will be vibrant and busy and will fill to capacity. The more people who are admitted to the program, the more needs we're serving," she said, adding that, with more than 19,000 seniors in the City of New Bedford alone, there is a great deal of need out there.

Currently, the capacity for the program is at 30. The only requirement is that the client is 60 years of age or older. Clients can be from New Bedford or from the region. The Council on Aging does provide transportation in and out of the city.

Once the admission process has begun, the client's first day is free, and clients can come with a family member to check it out. If the client/family members decide to go through with the admission, they will need a physician's release for final admittance.

Financial assistance for the program is possible through

MassHealth/Senior Care Options via Coastline Elderly Services' intake process as well as private pay and other private funding entities.

The new Social Day program is funded through grants, private funding, city funding and insurance reimbursement.

For more information, or to sign up yourself or a loved one, contact the Directors of Admission at 508-991-6250.



New Bedford's Adult Social Day participants enjoy time together over a game of Bingo. The group meets at the senior center at Brooklawn Park.

# Whaler's Cove residents honor Miss Massachusetts

Weeks away from the annual Miss America Competition, the residents of Whaler's Cove Assisted Living congratulated Miss Massachusetts.

Alissa Musto, a Rehoboth native, was crowned Miss Massachusetts at the 77th annual Miss Massachusetts Scholarship Pageant earlier this summer.

On Aug. 9, Musto visited Whaler's Cove where residents shook her hand and wished her well. She was also presented with a bouquet of flowers in appreciation for her years of service at the assisted living facility.

"It was more than important that we give her a send off. She's given so much of herself here," said Maureen Costa, the executive director of Whaler's Cove.

The accomplished pianist and singer got her start performing for seniors with her father, Billy, when she was 12 years old. Musto said she would come to Whaler's Cove every other month to perform.

"I played the piano and sang. Eventually my little sister learned



Alissa Musto, this year's Miss Massachusetts winner, met with residents of Whaler's Cove Assisted Living on Aug. 9. Musto has performed at Whaler's Cove for years with her family. In September, she will be bringing her musical talents to the 2017 Miss America Competition.

how to play an instrument, so she would come in, too," said Musto. "It's something that helped me a lot because, as a little kid, I learned to overcome stage fright."

Those early performances at

Whaler's Cove and other senior centers laid the groundwork for her experiences as an entertainer, as well as a lengthy list of musical accolades.

"Looking back, it was great to

be able to do that for the residents and see them get into the music and sing along," she said.

Now she's directed that energy toward music education. Each Miss America Competition contestant must develop her own personal platform, and Musto is focusing her efforts on music education — an extension of the work she had started prior to entering the pageant.

"I work with different groups to advocate for music education, especially in at-risk, lower-income communities," said Musto.

As a Miss America contestant, she will also become a spokeswoman for The Children's Medical Network, a network of children's hospitals. In Massachusetts, that includes Boston Children's Hospital and Bay State Children's Hospital.

A recent graduate of Harvard, Musto intends to pursue a law degree next year.

In the meantime, the long-time fans at Whaler's Cove plan to gather together on Sept. 11 to watch the Miss America Competition.

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### SHINE Counselors In Greater New Bedford Area

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

## Senior Scope

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# Money

## ACA's Medicaid expansions may be improving care

Low-income adults in Arkansas and Kentucky experienced significant improvements in care after their states expanded Medicaid under the Affordable Care Act, a new study reveals.

The gains were not immediate. But after the second year of coverage, patients had better access to primary care, lower out-of-pocket spending and less reliance on hospital emergency departments for care, compared with low-income adults in Texas. Texas didn't expand Medicaid coverage.

Medicaid expansions under the Affordable Care Act, or Obamacare, have resulted in health coverage for millions of low-income Americans in 30 states, researchers said.

Kentucky and Arkansas differed in their approaches to extending health coverage to low-income residents. Kentucky opted for a traditional Medicaid expansion, while Arkansas pursued a hybrid approach using Medicaid funding to enroll low-income people in private health insurance plans.

Despite the differences, the study found that low-income residents in both of those states enjoyed similar health improvements.

It doesn't seem to matter how states expand coverage; what matters is "whether or not you expand coverage" at all, explained Dr. Benjamin Sommers, the study's lead author.

The findings may help inform

states that are still debating whether to expand Medicaid coverage as well as those weighing changes to their insurance expansions.

Newly elected Republican governors in Arkansas and Kentucky each have proposed restructuring their existing programs. But researchers say the study adds to evidence that supports "staying the course" in those states.

Joseph Benitez is an assistant professor of health management and systems sciences at the University of Louisville. He said it's not surprising that some of the big effects of expanding Medicaid took a little longer to see.

"A lot of the people in the expansion population, especially people that have never had insurance coverage before, they're just getting used to having coverage and what to do with it," explained Benitez, who wasn't involved in the study.

Researchers surveyed nearly 9,000 low-income adults in Arkansas, Kentucky and Texas. The surveys were conducted from November 2013 through December 2015.

The uninsured rates dropped in Arkansas, from 42 percent to 14 percent from 2013 to 2015. In Kentucky, those rates dropped from 40 percent to 9 percent. Texas saw only a modest decline, from 38.5 percent to 32 percent.



Friends gathered at the Acushnet Senior Center on Aug. 4 for a summer lunch. After the meal, the group broke off into teams for a trivia game. Acushnet Council On Aging Director Paula Rossi-Clapp and Representative Robert Koczera were with the winners: Anne Gardella, Madeliene Lavalley and Stefanie Pilot (sitting).

## Update on the O'Connor-Sisson House for Veterans

The O'Connor-Sisson House, a three-story building on 262 State Road in Dartmouth that will be used for low-income veterans' housing, is entering its final stretch.

The Dartmouth Housing Authority, the non-profit overseeing the project, broke ground on the project last September, and construction has been ongoing.

This month, the Housing Authority reported that the house is nearing completion and work is now being directed toward finer details, such as painting, woodworking and landscaping. Completion is scheduled for September, and occupancy is slated for October.

The project has been in the works for years. Formerly a police barracks, the Dartmouth Housing Authority acquired the property in 2011 and worked to secure funding thereafter.

The \$2.6 million project is funded largely through grants from the state.

With money secured to fund reconstruction, the Housing Authority then worked to raise additional funds to furnish the nine apartments within the building. Each unit will have a bedroom, a dinette and a sitting area. Connie Desbiens, the executive director of the Housing Authority, reported that each unit has been furnished.

Each unit in the apartment cost about \$5,000 to furnish. The Dartmouth Friends of the Elderly were the first to fully furnish a room back in January. At the time, the group hoped its donation would inspire others to come forward and furnish a room.

"We continue to seek funds for additional items such as office furniture, kitchenware and appliances," Desbiens wrote in a statement.

Donations can be sent to Partners in Housing, Inc. c/o Dartmouth Housing Authority, 2 Anderson Way, N. Dartmouth, MA 02747. All donations are tax deductible and a letter of acknowledgement will be sent to the donor.

Desbiens is currently taking applications for the units. A waiting list will be developed from the applications.

"Our priorities and preferences for the house remain homeless veteran households, with about half dedicated to residents of the Town of Dartmouth. Income limits for a single occupant is \$13,000 and \$15,930 for a couple," wrote Desbiens.

Tenants will pay about 30 percent of their income and will be considered a Massachusetts Rental Voucher holder. Applications are available at the administrative office as well as the library in North Dartmouth. You may request an application through mail by calling the office at 508-994-1424 or by sending an e-mail to darthouse@comcast.net.

"Again, many, many thanks to all the team players associated with this project: from the financiers to the town departments, consultant/construction/architect crew, neighbors and support systems," she wrote.

"Without all the hard work and dedication, this project would never have come this far."



### Powerful Tools for Caregivers

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**Powerful Tools for Caregivers** is a six week educational program designed to help take care of you while you are caring for a relative, friend, or loved one. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

The educational program meets once a week for six weeks and covers the following topics:

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- Week 2: Identifying and Reducing Stress
- Week 3: Communicating Feelings, Needs, and Concern
- Week 4: Communicating in Challenging Situations
- Week 5: Learning from our Emotion
- Week 6: Mastering Caregiving Decisions

**Cost:** The Program is provided at **no cost** by Coastline.

Care for your care recipient may be available during your participation in the program. For more information or to register for classes, please call Stephanie Gibson at 774-510-5209 or email her at [sgibson@coastlinenb.org](mailto:sgibson@coastlinenb.org).

**Note:** This program does not focus on specific diseases or hands-on caregiving for the care recipient. **THESE WORKSHOPS ARE NOT INTENDED FOR PROFESSIONALS**

Location	Date	Time
The Music Hall 164 Front St. Marion, Ma.	October 4, 2016 - November 8, 2016 Tuesdays	1:00 PM-3:00 PM

# Update

## Grandparents Raising Grandchildren to host fundraiser

The Grandparents Raising Grandchildren, Inc. Support Group is hosting a fundraising brunch on Sunday, Sept. 11.

The brunch will be held from noon to 4 p.m. at the Wamsutta Club, located on 427 County St. in New Bedford. Jamie Rose Barbosa will be the guest speaker. The cost

is \$20 per person. Kids under age 10 will be admitted for free.

Checks can be made available to: Grandparents Raising Grandkids, 119 Parker St., New Bedford, MA 02740. Contact Brenda Grace at 508-996-0168 or Renay Ribeiro at 508-997-5291 for more information.

## Diabetes management courses

Coastline Elderly Services is hosting a Diabetes Self Management series.

The free, six-week workshop is offered to adults and caretakers living with the challenges of one or more persistent health conditions associated with diabetes.

The class meets once a week for six weeks starting on Sept. 2 from

9:30 a.m. to noon.

The classes, which will be presented by Rachel Fouts and Anne Messier, will be held at the Buttonwood Senior Center located at 1 Oneida St., New Bedford.

For more information, or to register, contact Diana Raposo at Coastline 774-510-5201.

## Your Theatre rolls out new shows

Your Theatre, Inc.'s upcoming 2016-2017 Celebratory 70th season will feature five major plays.

Your Theatre, Inc.'s shows will run Thursdays through Saturdays at 8 p.m. Sunday matinees are at 2:30 p.m. Season Subscriptions are now available online. A full season, five-

show subscription, is \$60. There is a three show minimum to subscribe.

Subscriber, ticket and other information about the productions are available by calling 508-993-0772, or by sending an e-mail to [info@yourtheatre.org](mailto:info@yourtheatre.org). The theatre's web site is [yourtheatre.org](http://yourtheatre.org).

## Self-improvement classes

Lisa Yauch-Cadden and Kari Star of Buzzards Bay Speech Therapy will be hosting self-improvement classes at Super Stop & Shop in North Dartmouth. The classes will be held on Sept. 12, 19 and 26 from 9:30 to 11:30 a.m.

Funding provided in part by

a grant from Coastline Elderly Services, Inc. and the Massachusetts Executive Office of Elder Affairs.

Classes are for education and socialization purposes only. Classes are not intended to diagnose/treat any problem or condition and are not covered by insurance.

## Drop Off Days

New Bedford and Dartmouth residents can discard confidential papers, tires, needles, household hazardous waste and medications at drop-off events sponsored by the City of New Bedford, the Town of Dartmouth and the Greater New Bedford Refuse District.

**Paper Shredding Day** will take place on Sept. 17 from 9 a.m. to noon in the parking lot across from City Hall, on the corner of William Street and North 6th Street, New Bedford. Open to businesses and residents of New Bedford and the surrounding communities. Fee is \$5 per box (not more than 40 pounds each). Paper clips and staples do not need to be removed, but please remove paper from folders and binders. Fee is \$5 to destroy a hard drive. Cash or check only.

**Tire Drop-off Day** will take place on Sept. 24 from 9 a.m. to noon at the Shawmut Avenue

Transfer Station, 1103 Shawmut Avenue, New Bedford. Open to New Bedford and Dartmouth residents only, ID required. Fees are \$1 for each car tire, \$5 for each light duty truck tire, and \$15 for each heavy duty truck tire. Tires 28 and ½ inches or taller are in the truck categories. Rims are okay. Cash or check only. No commercial loads, no tires with a rim diameter greater than 24 inches, no off-road equipment tires.

**Sharps Drop-off Day** will take place on Sept. 24th from 9 a.m. to noon at the Shawmut Avenue Transfer Station, 1103 Shawmut Avenue, New Bedford. Open to New Bedford and Dartmouth residents only, ID required. Sharps include needles, syringes, and lancets. Sharps must be in a red biohazard container prior to the drop-off day; sharps will not be accepted in any other type of container.

## Document shredding at the COA

On Friday, September 23 from 9 a.m. to 12 p.m., the New Bedford Council on Aging is hosting a document shredding event at 181 Hillman St. in New Bedford.

Bring your unwanted personal documents and files to be shredded. This event is free and open to the public. For more info, call 1-866-448-3621 or visit [www.aarp.org/ma](http://www.aarp.org/ma)

## William St. Neighborhood Festival

The Upper William Street Neighborhood Festival will be held Saturday, Sept. 24 from noon to 4

p.m. Crafters may call 508-933-0257 or email [jbregoli@gmail.com](mailto:jbregoli@gmail.com).

## Calling all crafters

Crafters wanted for a holiday fair at St. Mary's Parish, 106 Illinois St., New Bedford. The fair will be held on Saturday Nov. 5 from 9:30

a.m. to 5:30 p.m. and Sunday Nov. 6 from 9 a.m. to 3 p.m.

Contact Linda at 508-995-4166 for more information.

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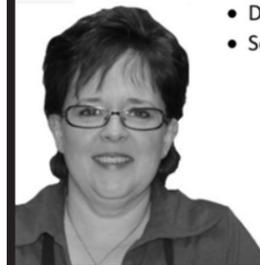
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# Your Health

## High doses of fish oil may heal after a heart attack

Heart attack patients who took high doses of fish oil supplements for six months showed improved heart function and less scarring, researchers report.

It is not yet precisely known how the large amounts of omega-3 fatty acids in these supplements might have helped the healing process, but the results are encouraging, said study senior author Dr. Raymond Kwong. He is director of cardiac magnetic resonance imaging at Brigham and Women's Hospital in Boston.

In his study, 360 heart attack survivors were followed for six months. Half of them were given 4 grams of omega-3 fatty acid supplements daily for six months, while the other half were given placebo pills.

A doctor might typically prescribe 1 to 2 grams of omega-3 fatty acid supplements a day if a patient has high triglyceride levels (a type of blood fat), Kwong added.

Using MRIs of the heart, the researchers found there was a 6 percent improvement in both heart function and scarring in undamaged parts of the organ among patients who took 4 grams of omega-3 fatty acids daily.

"What we need to study going forward is whether higher doses of omega-3 can reduce mortality rates. Can we do better than produce 6 percent heart improvement and 6 percent less scarring?" Kwong asked.

Dr. Gregg Fonarow, a professor of cardiology at the University of California, Los Angeles, said prior studies where lower doses of omega-3 fatty acids were given after heart attacks had yielded "mixed results." And how omega-3 fatty acids might

improve a patient's heart health "has been the subject of much debate," he added.

"The value of the study suggests that fish oil supplementation at the 4-gram daily dose may help with the heart healing process after a heart attack, and suggests that further studies are warranted," Fonarow said.

Kwong hopes more studies of omega-3 fatty acids and heart attack recovery can discover why the higher doses produced more positive results.

He said he was prompted to conduct the study after improved MRI technology made it possible to take a closer look at heart function and scarring of undamaged parts of the muscle.

Omega-3 fatty acids may permit the heart to contract more easily and reduce swelling in undamaged regions, Kwong noted.

Fish oil has been popular for decades among people looking to lower blood pressure, decrease inflammation, slow the progression of artery-clogging plaque, decrease clotting tendencies and lower the chance of irregular heartbeats.

Good sources of omega-3 are salmon, halibut, tuna, sardines, mackerel, herring and trout, according to the American Medical Association. Omega-3 fish oils contain fatty acids that the body needs but cannot produce itself.

The study's suggestion that high doses of omega-3 can help improve recovery after a heart attack is a provocative finding, Kwong said, although the research was not designed to prove that high doses of the supplement could actually lower the risk of death after heart attack.

## Underweight seniors may have added Alzheimer's risk

Having a lower weight may increase older adults' risk of the memory-robbing disorder Alzheimer's disease, new research suggests. The study included 280 healthy people aged 62 to 90 with normal mental function. The participants underwent physical exams, genetic testing and brain scans.

According to the researchers from Brigham and Women's Hospital and Massachusetts General Hospital, there was a link between lower body weight and more extensive deposits of Alzheimer's-related beta-amyloid protein in the brain.

This link was particularly strong in people with the APOE4 gene variant, which is known to increase the risk of Alzheimer's, the study authors reported.

"Elevated cortical amyloid is believed to be the first stage of the preclinical form of Alzheimer's

disease, so our findings suggest that individuals who are underweight late in life may be at greater risk for this disease," senior study author Dr. Gad Marshall said in a joint hospital news release. Marshall is a neurologist at Brigham and Women's and Mass General, and is also an assistant professor of neurology at Harvard Medical School.

"Finding this association with a strong marker of Alzheimer's disease risk reinforces the idea that being underweight as you get older may not be a good thing when it comes to your brain health," he added.

The association seen in the study doesn't prove a cause-and-effect relationship. Further research is needed to learn more about the connection between lower body weight and increased amyloid levels, the investigators noted.

## For aging African Americans, 'Golden Years' marred by disability

While Americans are living longer than ever, a new study finds there's still an important racial gap in health: Older African Americans are more likely than older white people to live their final years with disabilities.

"In 2011, at age 65, whites could expect to be free of disability for 15 out of their nearly 20 remaining years of life — about three-fourths of the time," said study lead author Vicki Freedman.

In contrast, African Americans "could expect to live 12 out of 18 years, or about two-thirds of remaining years of life, without disability. The gap was a similar size in 1982," she said.

The study included information from national surveys and studies from three points in time. The 1982 information included about 18,000 whites and more than 1,500 African Americans. In 2004, the researchers had information from around 14,000 whites and more than 1,000 African Americans. In 2011, the study included nearly 6,000 whites and 2,000 African Americans.

All of the participants were 65 or older. They answered questions about whether a disability or health problem kept them from doing things without assistance, such as eating, getting in or out of bed, getting in or out of chairs, dressing, bathing, using the toilet, preparing meals and managing money.

Life span, the expected number of years that people would live beyond the age of 65, rose from 1982 to 2011, the researchers said.

But a large gap persisted between the years that whites and African Americans could expect to live without a disability and the number of years they could expect to live. In 1982, the gap was 74 percent for whites and 65 percent for African Americans. That means that 74 percent of the remaining years for whites could be expected to be disability-free, while just 65 percent of remaining years would be disability-free for African Americans, the study showed.

By 2011, the gap was 76 percent for whites and 67 percent for African Americans, the researchers reported.

The researchers found that 22 percent of whites over 65 had a disability in 2011, compared to 32 percent of African Americans. For instance, 18 percent of African Americans in 2011 had trouble shopping for groceries compared to 11 percent of whites.

Dr. Marshall Chin, a professor of Healthcare Ethics at the University of Chicago, is familiar with the study findings and had some theories as to why this disability disadvantage exists.

"These disparities reflect a lifetime of disadvantage," Chin said. "Compared to whites, African-Americans have worse education, lower income and fewer social ties, all leading to worse health."

"African-Americans are more likely to lack health insurance. Finally, for older people, the U.S. health system puts its money into treating diseases rather than keeping people healthy and strong," he said.



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# Your Health

## Few seniors go online for health-care needs

Hopes have been high that digital technology would improve seniors' health care, but a new study suggests that few older Americans are on board.

The study, which surveyed thousands of Medicare patients, found that only 5 percent to 8 percent were going online to fill prescriptions, deal with health insurance or communicate with their doctors. And only 16 percent were searching for health information online.

Researchers acknowledged that some seniors can be tech-wary or unable to afford computers and internet service. But they were still surprised by the findings.

"There's been this general belief that digital health technology will 'rescue' seniors, and improve their health care quality," said Dr. David Levine, lead researcher on the study and an internist at Brigham and Women's Hospital in Boston.

It's true, he said, that many older adults do use cellphones and go online for some things. But health care, apparently, is not one of them. "When it comes to more-advanced technology, they're just not using it," Levine said.

The hope has been that digital technology would make health care more convenient, efficient and safe. When primary care offices have patient "portals" (secure

websites), patients and doctors can keep track of vital information like prescriptions, lab results and immunizations.

Providers can, for example, send patients email reminders about prescription refills or flu shots, Patel said.

That kind of communication could be especially helpful for Americans 65 and older -- the population group with the most illness and highest health care costs.

The findings, published in the Aug. 2 issue of the Journal of the American Medical Association, come from an annual, nationally representative survey of Medicare patients.

In 2011, just over 7,600 patients responded. They were 75 years old, on average, and 76 percent said they had cellphones. Sixty-four percent said they used computers, though only 43 percent used the internet. The patients were followed yearly until 2014.

To Levine, the findings raise questions about the nation's priorities when it comes to improving older adults' health care. He questioned whether there has been too much emphasis on digital technology at the expense of efforts that might reach more seniors, such as wider use of community health workers.

## Inactive diabetics at risk for vision problems

People with diabetes who remain inactive may have higher odds for a vision-robbing eye condition, new research suggests.

While the study couldn't prove a cause-and-effect relationship, researchers say an inactive lifestyle seems to raise the risk for diabetic retinopathy.

According to the U.S. National Eye Institute, the condition "involves changes to retinal blood vessels that can cause them to bleed or leak fluid, distorting vision." Diabetic retinopathy is the most common cause of vision loss for people with diabetes.

A team led by Paul Loprinzi at the University of Mississippi tracked

outcomes for 282 U.S. diabetes patients with an average age of 62. Nearly one-third had mild or more severe diabetic retinopathy.

The study found that participants were physically inactive an average of 8.7 hours of the time they were awake each day. For each 60-minute daily increase in physical inactivity, the risk for mild or more severe diabetic retinopathy rose by 16 percent, said Loprinzi, an assistant professor at the university.

Loprinzi believes the link between a sedentary lifestyle and retinopathy may be due to heightened odds for heart disease, "which in turn may increase the risk of diabetic retinopathy."

## Diabéticos Inactivos en Riesgo de Problemas de los Ojos

Las personas con diabetes que permanecen inactivos pueden tener más posibilidades de contraer una condición de los ojos que roba la visión, sugiere una nueva pesquisa.

No obstante, el estudio no confirmó una relación causa-y-efecto, los investigadores dicen que un estilo de vida inactivo parece elevar el riesgo para la retinopatía diabética. De acuerdo con el Instituto Nacional del Ojo de los Estados Unidos, (U.S. National Eye Institute), la condición "implica alteraciones de los vasos sanguíneos retinales que pueden hacerlos sangrar o verter fluido de este modo deformando la visión. "La retinopatía diabética es la causa más común de la pérdida de la visión para las personas con diabetes.

Un equipo liderado por Paul Loprinzi en la Universidad de

Mississippi acompañó los resultados de 282 pacientes de diabetes americanos con un promedio de 62 años de edad. Casi una tercera parte tenía la retinopatía suave o más severa

El estudio observó que los participantes eran físicamente inactivos durante un promedio de 8.7 horas del tiempo que estuvieron despiertos en cada día. Para 60 minutos diarios de aumento de inactividad física, el riesgo de la retinopatía suave o más severa aumentó 16 por ciento, dijo el Loprinzi, un profesor en la universidad.

El Loprinzi cree que el estabón entre un estilo de vida sedentario y la retinopatía puede ser derivado de la posibilidad de la enfermedad cardíaca, "que a su vez puede aumentar el riesgo de la retinopatía deabética."

## Diabéticos Inactivos em Risco de Problemas dos Olhos

As pessoas com diabetes que permanecem inativas podem ter mais possibilidades de contraírem uma condição dos olhos que rouba a visão, sugere uma nova pesquisa. Embora o estudo não comprovou uma relação causa-e-efeito, os pesquisadores dizem que um estilo de vida inactivo parece elevar o risco para a retinopatía diabética.

De acordo com o Instituto Nacional do Olho dos Estados Unidos (U.S. National Eye Institute), a condição "implica alterações dos vasos sanguíneos retinais, que pode faze-los sangrar ou derramar fluido, assim deformando a visão.

"A retinopatía diabética é a causa mais comum da perda da visão para as pessoas com diabetes. Uma equipaliderada por Paul Loprinzi na Universidade de Mississipi acompanhou os resultados de 282 pacientes de diabetes america-

nos com uma média de 62 anos de idade. Quase uma terça parte tinha a retinopatía leve ou mais severa.

O estudo observou que os participantes eram físicamente inactivos durante uma média de 8.7 horas do tempo que estavam despertos em cada dia. Para cada 60 minutos diários de aumento de inactividade física, o risco da retinopatía leve ou mais severa aumentou 16 por cento, disse o Loprinzi, um professor na universidade.

O Loprinzi crê que o elo entre um estilo de vida sedentário e a retinopatía pode ser derivado da possibilidade da doença cardíaca, "que a su vez pode aumentar o risco da retinopatía diabética."

Estudos adicionais são necessários para determinar a que ponto o estilo de vida joga no desenvolvimento da doença diabética dos olhos.

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# Nutrition

## Average American 15 pounds heavier than 20 years ago

There's no doubt about it: Americans are getting heavier and heavier. But new U.S. estimates may still come as a shock -- since the late 1980s and early 1990s, the average American has put on 15 or more additional pounds without getting any taller.

"We are not doing nearly enough to control and reverse the obesity epidemic and doing far too much to propagate it. This is another notice of that sad fact," said Dr. David Katz. He directs the Yale University Prevention Research Center and is president of the American College of Lifestyle Medicine.

The new statistics were released Aug. 3 in a report from the U.S. Centers for Disease Control and Prevention's National Center for Health Statistics. The statistics for 2011-2014 are based on an analysis of a sample of 19,151 people who

underwent medical examinations and were interviewed at home.

According to the report, the average weight of men in the United States rose from 181 pounds to 196 pounds between 1988-1994 and 2011-2014. Their average height remained the same at about 5 feet, 9 inches.

The average woman, meanwhile, expanded from 152 pounds to 169 pounds while her height remained steady at just under 5 feet, 4 inches.

How big of a deal are these weight gains?

"A 15- to 16-pound weight gain is fairly significant and typically would be consistent with a couple of points increase in body mass index," said Anthony Comuzzie. He's an obesity researcher and scientist with the department of genetics at the Texas Biomedical Research Institute in San Antonio.

Body mass index, or BMI, is

a rough estimate of a person's body fat using height and weight measurements. The BMI classifies people into several categories, such as normal, overweight and obese.

"We know that increasing BMI is a good indicator of overall risk for a variety of diseases, including heart disease and diabetes," Comuzzie said.

The reasons behind the increase in weight are complex, according to Comuzzie. In part, he suggested, it's related to trends toward less exercise and more access to food that's rich in calories.

"It is still fairly basic physics: If energy consumed is greater than energy expended, then there will be a gain in weight," he said.

Could the U.S. population be getting fatter because it's getting older overall, and developing lower metabolisms?

Both Comuzzie and Katz

discounted this explanation since the new report matches age groups for the two time periods.

Comuzzie said the findings reveal that the U.S. population is still gaining weight at "a fairly rapid rate, and such an increase does not bode well for the overall health of the nation. The findings suggest there will likely be an associated increase in chronic diseases like type 2 diabetes and heart disease in the coming years," he noted.

As for next steps, Katz said there's much to be done.

"There are many active efforts to combat obesity, but our culture at large is in the business of propagating it for profit, from big food to big media to big pharma. It's that simple. We do much more, across the expanse of our culture, to foster obesity than to defend against it," Katz said.

## Alcohol, Obesity Could Raise Esophageal Cancer Risk

Drinking plus being overweight may be a bad combo when it comes to risks for the two most common types of esophageal cancer, a new report warns.

The findings suggest that in the United States, a third of esophageal cancer cases (about 5,600 per year) could be prevented if people maintained a healthy weight and didn't drink.

"These findings add to the evidence that lifestyle plays a powerful role in cancer risk," said Alice Bender, head of nutrition at the American Institute for Cancer Research (AICR).

The researchers found that the risk of esophageal squamous cell carcinoma increases 25 percent for every 10 grams of alcohol consumed a day -- about equivalent to a glass of beer or wine.

Squamous cell esophageal cancer, which develops from the cells that line the esophagus, accounts for one-third of esophageal cancers in the United States, but is the most common type

of esophageal worldwide.

"Alcohol could have a direct carcinogenic effect, or it could be that reflux being worsened by alcohol leads to more damage to the lining or inner wall of the esophagus," speculated Starpoli. Chronic acid reflux is a risk factor for esophageal cancer.

"And of course, the empty calories from alcohol contribute to obesity," Starpoli added.

Bender said these risks can be reduced.

"Making smart choices like limiting alcoholic drinks, eating more vegetables, beans and other plant foods, and boosting your activity with walking breaks are all ways to get on a path to lower cancer risk," Bender said.

Esophageal cancer is the sixth most common cause of cancer death worldwide, and the seventh leading cause of cancer death among U.S. men, the AICR said. Survival rates for this cancer are poor, because it's often diagnosed at a late stage.

## Sugary, High-Fat Western Diet Tied to Denser Breast Tissue

Overweight and obese women who eat a Western-style diet may develop more dense breast tissue, possibly increasing their risk for breast cancer, Spanish researchers report.

The women were about 41 percent more likely to have denser breast tissue than women who ate a Mediterranean-type diet.

"Generally, it is important to maintain an adequate weight through life by controlling caloric intake, reducing consumption of energy-dense foods," said study co-author Dr. Marina Pollan, a cancer epidemiologist at the National Center of Epidemiology in Madrid.

These include foods found in a Western-style diet, especially high-fat dairy products (whole milk, high-fat cheeses and ice cream), processed meats (bacon, ham and salami) and refined grains (white bread, pasta and white rice). Other examples include sweets and sweetened drinks, convenience foods (pizza, French fries and chips) and sauces (mayonnaise and ketchup), she said.

Women who ate such a diet had a 46 percent higher risk of developing breast cancer. Potentially, these women are less likely to exercise, and that could also contribute to the increased density.

## Lots of red meat poses health risks

If you turn to red meat as your main source of protein, you could be shortening your life, a new study suggests.

People who get more of their protein from plant sources have an overall lower risk of dying early than those who consume a lot of animal protein, the researchers said.

However, not all animal proteins carry the same level of risk, said lead researcher Dr. Mingyang Song. He is a nutrition research fellow with the Harvard T.H. Chan School of Public Health in Boston.

"We found protein from red meat, particularly processed red meat, is strongly associated with mortality," he said. "The protein from fish or chicken is not really associated with mortality."

The study findings make a case for including more plant protein in your daily diet:

For every 3 percent increase in plant protein in their daily diet, participants experienced a 10 percent lower risk of death from all causes and a 12 percent lower risk of heart-related death, the investigators found.

Participants experienced a 2 percent increased risk of death from all causes and an 8 percent increased risk of heart-related death for every 10 percent increase of animal protein in their total daily calories.

Risk of early death dropped 34 percent if people ate less processed red meat, 12 percent for less unprocessed red meat, and 19 percent for fewer eggs, the findings showed. Processed red meats include items like bacon, sausage and deli meats, Song said.

Registered dietitian and health fitness instructor Jim White said the findings aren't surprising.

Processed meats contain loads of sodium and nitrates, which have been linked to heart disease and cancer. Fatty cuts of meat, particularly red

meat, also contain loads of saturated fat, cholesterol and extra calories, said White, a spokesman for the Academy of Nutrition and Dietetics.

Plant proteins tend to be healthier, containing lots of fiber, antioxidants, B-vitamins, omega-3 fatty acids and other good nutrients, but few calories and little to no saturated fat, White said.

"I'm not one to say stop eating red meat," White said. "But if someone is eating three servings of red meat a week, I would recommend switching to fish or chicken, or some form of plant-based protein."

For this study, Song and his colleagues analyzed data from two large U.S. studies that regularly tracked participants' diets during as much as three decades of follow-up. The studies involved more than 131,000 whose daily calorie intake averaged 14 percent animal protein and 4 percent plant protein.

Study participants tended to get plant proteins from sources like beans and legumes, cereals, breads, pasta and nuts, Song said.

Interestingly, the increased risk of death linked to animal protein only occurred in people with other unhealthy lifestyle traits, such as obesity, heavy drinking, smoking or lack of exercise, the study authors noted. The association disappeared in participants with a healthy lifestyle.

Song said this is because health-conscious people tend to choose healthier sources of animal protein.

"The dietary patterns between the healthy and the unhealthy groups are very different, especially in protein sources and amount of intake," he said. "People in the unhealthy group tend to consume protein from red meat and dairy, especially high-fat dairy. People in the healthy lifestyle group primarily consumed animal protein from fish or chicken."



# Menu for September 2016

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>For Reservations/Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.</b></p> <p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p>	<p><b>Come join us on Tuesdays for our new ethnic meal series!</b></p>	<p>Home Delivered Meal Diabetic clients may consider reserving some meal items for a snack.</p> <p>Congregate participants may take home packaged dessert, bread and milk only.</p>	<p><b>1 A Na+</b></p> <p>Hot Dog *590 Mustard &amp; Relish 137 Baked Beans 36 Cabbage &amp; Carrots 47 Hot Dog Roll 210 Mixed Fruit 10</p>	<p><b>2 A Na+</b></p> <p>Potato Pollock 270 Tartar Sauce 261 O'Brien Potatoes 117 California Blend 27 WW Bread 160 Applesauce 20</p>
<p><b>5 Holiday</b></p> <p><b>All Meals include:</b></p> <p><b>Milk:</b> 100 Calories 107mg Sodium 12g Carbs</p> <p><b>Margarine:</b> 36 Calories 47mg Sodium</p>		<p><b>6 B Na+</b></p> <p>American Chop Suey 254 Roman Blend 26 Dinner Roll 160 Chocolate Pudding 191 Diet: LS Pudding 110</p>	<p><b>7 B Na+</b></p> <p>Gypsy Soup 169 Roast Pork 71 Apple Gravy 111 Cheesy Mash. Potato 62 Tuscan Blend 56 Multigrain Bread 190 Applesauce 20</p>	<p><b>8 B Na+</b></p> <p>Meatloaf w/ 172 Mushroom Gravy 148 Whipped Sweet Potato 33 Peas &amp; Pearl Onions 3 Oatmeal Bread 121 Mandarin Oranges 6</p>
<p><b>12 A Na+</b></p> <p>Sweet n' Sour 194 Meatballs Egg Noodles 35 Italian Blend 26 Wheat Bread 115 Tropical Fruit 10</p>	<p><b>13 A Na+</b></p> <p>Beef Bordelaise 247 Mashed Potatoes 62 Riviera Blend 16 Multigrain Roll 190 Peaches 5</p>	<p><b>14 A Na+</b></p> <p>Tossed Salad 5 w/ Dressing 119 Penne w/ Meat Sauce 124 Broccoli 12 Snowflake Roll 160 Fresh Apple 2</p>	<p><b>15 A Na+</b></p> <p>Chicken Bruschetta 394 Rice Florentine 112 Roman Vegetables 26 Oatmeal Bread 121 Brownie 132 Diet: Graham Wafers 85</p>	<p><b>16 A Na+</b></p> <p>Rainbow Trout 40 Lemon Vinaigrette 12 Sour Cream &amp; Chive 94 Mashed Potatoes Peas &amp; Carrots 40 WW Bread 160 Pears 4</p>
<p>Total Sodium: 381mg Calories: 510 Carbs: 67</p>	<p>Total Sodium: 521mg Calories: 619 Carbs: 78</p>	<p>Total Sodium: 422mg Calories: 518 Carbs: 77</p>	<p>Total Sodium: 784mg Calories: 486 Carbs: 58</p>	<p>Total Sodium: 350mg Calories: 645 Carbs: 66</p>
<p><b>19 B Na+</b></p> <p>Sausage w/ *517 Pepper &amp; Onions Italian Style Pasta 1 Peas &amp; Mushrooms 82 6" Sub Roll 162 Applesauce 20</p>	<p><b>20 B Na+</b></p> <p>Honey Ginger Chicken 393 Asian Rice 92 Oriental Blend 27 Fruit Loaf 190 Fresh Pineapple 1</p>	<p><b>21 B Na+</b></p> <p>Tossed Salad 5 w/ Dressing 119 Butternut Mac n' Cheese 345 Escalloped Tomatoes 143 Oatmeal Roll 121 Fresh Orange 0</p>	<p><b>22 B Na+</b></p> <p>Roast Turkey w/ Gravy 430 Mashed Potatoes 62 Cranberry Sauce 16 Winter Squash 13 Multigrain Bread 190 Apple Crisp 22 Diet: Fresh Fruit</p>	<p><b>23 B Na+</b></p> <p>Hamburger 200 Ketchup 82 Potato Wedges 27 Genoa Blend Veg. 31 WW Hamburger Bun 230 Mandarin Oranges 6</p>
<p>Total Sodium: 783mg Calories: 508 Carbs: 71</p>	<p>Total Sodium: 634mg Calories: 460 Carbs: 64</p>	<p>Total Sodium: 801mg Calories: 722 Carbs: 96</p>	<p>Total Sodium: 733mg Calories: 658 Carbs: 115</p>	<p>Total Sodium: 575mg Calories: 565 Carbs: 68</p>
<p><b>26 A Na+</b></p> <p>Chicken Stir Fry 207 Fluffy White Rice 36 Whole Wheat Roll 1160 Tropical Fruit 10 w/ Shredded Coconut</p>	<p><b>27 A Na+</b></p> <p>Spanish Omelet 382 Hash Browns 136 Broccoli 12 Honey Wheat Bread 135 Fresh Orange 0 Yogurt Cup</p>	<p><b>28 A Na+</b></p> <p>Beef Stew 261 Mashed Potatoes 62 Oatmeal Roll 121 Mini Hot Fudge Cake 209 Diet: Low Sugar Cake 210</p>	<p><b>29 A Na+</b></p> <p>Unsalted Saltines 12 Autumn Harvest Soup 230 Chicken Drumstick 320 w/ Herb Sauce 76 Tri-Color Rotini 1 Multigrain Roll 190 Mandarin Oranges 6</p>	<p><b>30 A Na+</b></p> <p>Salmon &amp; 67 Lemon Dill Sauce 111 Chive Mash. Potato 94 Beets 162 Wheat Bread 115 Butterscotch Pudding 251 Diet: LS Pudding 110</p>
<p>Total Sodium: 413mg Calories: 425 Carbs: 55</p>	<p>Total Sodium: 666mg Calories: 479 Carbs: 68</p>	<p>Total Sodium: 652mg Calories: 706 Carbs: 94</p>	<p>Total Sodium: 838mg Calories: 483 Carbs: 70</p>	<p>Total Sodium: 800mg Calories: 576 Carbs: 71</p>

## Recipe Roundup

### Miso Glazed Cod

**Ingredients:**

- Nonstick cooking spray
- 1 lb white fish such as cod, sea bass or orange roughy
- 1 Tbsp toasted sesame oil, divided
- 1 Tbsp powdered instant miso soup mix, powder only
- 1/4 tsp ground black pepper
- 4 cups shredded napa cabbage
- 2 cloves garlic, grated or minced
- 2 cups sliced snow peas
- 1 tablespoon Asian style hot sauce (sambal oelek)

**Instructions:**

Preheat oven to broil. Place a rack in the middle of the oven. Coat a baking sheet with cooking spray. Cut the fish into 4 4-oz portions

and arrange on the prepared baking sheet.

In a small bowl, mix together 1 1/2 tsp of sesame oil and the miso soup mix powder to form a paste. Brush the tops of each of the fish fillets with the glaze (coating will be very thin). Spray each fillet with cooking spray and place baking sheet on middle rack of the oven. Broil for 6 minutes.

While the fish is broiling, add the remaining 1 1/2 tsp of sesame oil and more cooking spray to a wok or large saute pan over high heat. Stir fry the cabbage, garlic, snow peas and hot sauce for 4 minutes, until just wilted but still slightly crunchy.

Remove fish from baking sheet and serve on top of 3/4 cup of the stir-fried vegetables.

### Hearty Cauliflower Salad

**Ingredients:**

- 1 medium head of cauliflower, cut into florets (or 3 cups of cauliflower florets)
- 1 (15-ounce) can garbanzo beans, drained and rinsed
- 4 celery stalks, thinly sliced
- 1 Tablespoon chopped fresh parsley
- 1/4 cup finely chopped red onion
- 1/3 cup crumbled reduced-fat feta cheese
- 1/4 cup pitted Kalamata olives, minced

**For dressing:**

- 1 lemon, zested and juiced (1 Tablespoon zest, 1/4 cup juice)
- 2 Tablespoons olive oil
- 1 Tablespoon honey
- 1/4 teaspoon black pepper

**Instructions:**

In a large bowl, toss together the cauliflower, garbanzo beans, celery, parsley, red onion, feta cheese and Kalamata olives.

In a small bowl, whisk together the lemon zest, lemon juice, olive oil, honey and ground black pepper. Pour the dressing over the salad and toss to coat.

**Chef tip:** This is a great make-ahead salad as the longer it marinates in the dressing, the better it tastes.

**Choices/Exchanges:** 1 Starch, 1/2 Carbohydrate, 1 Nonstarchy Vegetable, 1 Lean Protein, 1 Fat

See more recipes at: <http://www.diabetes.org>

# Safety

## FDA: Some skin products may contain mercury

Some skin products contain mercury and pose a threat to your health, the U.S. Food and Drug Administration warns.

It's important to check labels of skin creams, soaps and lotions. If "mercurous chloride," "calomel," "mercuric," "mercurio" or "mercury" is listed on the label, stop using the product immediately. Do not use products if ingredients are not listed, the agency says.

Mercury is often found in cosmetics marketed as "anti-aging" or "skin lightening" that claim to remove age spots, freckles, blemishes and wrinkles. Some teens also use the products to treat acne, according to the FDA.

Mercury-containing skin products are made in other countries and sold illegally in the United States, often in shops that cater to Hispanic, Asian, African and Middle Eastern communities. These products are also sold online, while some consumers buy them

abroad and bring them back to the United States for personal use.

Mercury exposure can cause serious health problems.

Pregnant women, nursing babies and young children are especially vulnerable. Mercury can damage a baby's developing brain and nervous system, and nursing mothers can pass mercury to their newborns.

"Your family might breathe mercury vapors released from these products. Your children might touch washcloths or towels that are contaminated with mercury. It could be as simple as touching someone's cheek or face," Dr. Arthur Simone, a senior medical adviser at the FDA, said in an agency news release.

Before throwing out a product that may contain mercury, seal it in a plastic bag or leak-proof container and check with your local environmental, health or solid waste agency for disposal instructions, the FDA said.

## Heat Waves Hit Seniors Hardest

As much of the Northeast struggles with a heat waves, here are some expert tips on how to spot heat stroke. Older people are at added risk for heat stroke and other heat-related illnesses, according to the U.S. National Institute on Aging.

This is particularly true for those with chronic health issues, the agency cautions.

Heat fatigue, heat-related dizziness, heat cramps, heat exhaustion and heat stroke are all forms of hyperthermia. The condition occurs when the body is overwhelmed by heat and is unable to control its temperature, the NIA explains.

Those who lack access to air conditioning or transportation, who

can't move around, wear too much clothing or visit crowded places may be more vulnerable, the agency notes.

Heat-related illnesses require immediate medical attention. The NIA says it's essential to recognize the warning signs, including: fever, confusion or combativeness, rapid pulse, flushed skin, lack of sweating, feeling faint, or staggering.

Anyone who may be suffering from a heat-related illness should be taken to a shady or air-conditioned spot and told to lie down. A cold, wet cloth should be applied to the wrists, neck, armpits and groin to help cool the blood. If the person can swallow, he or she should be given nonalcoholic fluids, like water or apple juice.



Graduates from the Dartmouth High School Class of '61 celebrated their 55th reunion on Aug. 6 at the Dartmouth YMCA. While about 20 graduates meet monthly for breakfast, some had to travel to enjoy the night of food, drinks, dancing and memories.

# Trivia

FOR YOUR ENTERTAINMENT - JRA

- In 1896, the first modern Olympics took place, in what city?**  
a) Paris b) Rome c) Athens d) Madrid
- The British surrendered at this location to General George Washington ending the Revolutionary War leading to America's independence from England.**  
a) Bunker Hill, MA b) Yorktown VA c) Valley Forge, PA d) Appomattox VA
- In Irish lore, what is said kissing the Blarney Stone brings you?**  
a) Good health b) True love c) The gift of gab d) Amends sins
- He is referred to as the Patriarch of three major religions, Judaism, Christianity and Islam:**  
a) Moses b) David c) Noah d) Abraham
- He is credited with writing the first rockabilly song in Country Rock and Roll called "Don't Step on My Blue Suede Shoes."**  
a) Elvis Presley b) Bill Haley c) Jerry Lee Lewis d) Carl Perkins
- What is the smallest country in the world by area size and population?**  
a) Antigua b) Monaco c) Vatican City d) Aruba
- This actress has won the most Academy Award (4) Oscars:**  
a) Betty Davis b) Katherine Hepburn c) Meryl Streep d) Claudette Colbert
- Which of the following towns has the largest population?**  
a) Dartmouth b) Westport c) Wareham d) Fairhaven
- What other identification can be given to the musical note 'Do'?**  
a) 'E' b) 'G' c) 'C' d) 'D'
- Before 1931, batted baseballs that bounded in the outfield and then over the wall were called Home Runs. Babe Ruth hit 60 Home Runs in 1927. How many of these bounded over the wall?**  
a) Six b) Four c) Two d) None

[Answers on Page 12]

Please Join Us  
at Brandon Woods of Dartmouth for

# FREE Breakfast Bingo

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

**Upcoming Dates:**

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

567 DARTMOUTH STREET  
SO. DARTMOUTH, MA

RSVP to Crystal Macedo  
at 508.958.5920 or  
cmacedo@elderservices.com

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# At the Senior Centers

## Acushnet Senior Center

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

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

## Ashley Park Center

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

## Buttonwood Senior Center

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

**Lunch** is served daily from 11:30 a.m. to noon. Call the day before to reserve your spot.

**Monthly Birthday Party** will be held on second Thursday, from noon to 1 p.m.  
**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 Tuesday of the month with the Visiting Angels.  
**The Knutty Knitters** will be at Buttonwood on Mondays from 9:30 to 11:30. Beginners welcome  
**Gentle Yoga** with Joan Davignon meets on Tuesday at 10 a.m. at Tifereth Israel Synagogue.  
**Chair Zumba** class with Pati Cautillo meets every Friday 10 a.m. to 11 a.m.  
**Zumba Gold with Pati Cautillo** meets on Tues. from 8:30 to 9:30 a.m. and Wed. from 10 to 11 a.m.  
**Gentle Chair Yoga** class with Joey Machado meets on Monday, from 8:30 a.m. to 9:30 a.m.  
**Classic Painting** with Ryan Santos meets Wed. 9:30 a.m. to 11:00 a.m.  
**Knitting** group meets Wed. from 10:30 a.m. to 11:30 a.m.  
**Play Cribbage** at 10 a.m. on Wednesdays.  
**Painting with Friends** meets on Wednesdays at 12:30 p.m. with instructor Kathy Arruda.  
**The Swing Dancercise** class with Victor Fonseca meets from 1 p.m. to 2 p.m. on Fridays.  
**Strength and Conditioning** with Larry Bigos meets Fridays from 2 p.m. to 3 p.m.

## Caroline Street Senior Center

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

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

## Dartmouth Senior Center

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

**Fall Prevention Presentation** – Wednesday, September 7 at 10 a.m.  
**Prescription Brown Bag Event** – Tuesday, Sept. 20 at 10 a.m. Bring all of your current, prescriptions and over the counter medications, in a “brown bag” and a Walgreens pharmacist will inform you of the common uses, side effects and interaction with other meds. Please call the Center to reserve a time for your consultation.  
**Bristol County Sheriff's Office K-9 demonstration** - Wednesday, Sept. 21 at 10 a.m.  
**Free Hearing Tests with Mass Audiology** - Tuesday, Sept. 27, 9:30-11:30 a.m. Please call Center for an appointment.  
**Senior ID Cards** are available on Mondays 10 a.m.-1 p.m.  
**Coffee Hour** every day from 8:30-11 a.m. (donation)  
**Breakfast Bingo** is held on first Tuesday of the month  
**Meal Site** every day Lunch served at 11:30 a.m. (donation)

**Walking Club** meets Mon., Wed., and Fri. at 8:30 a.m.  
**Billiards** available every day from 9:30 a.m.  
**Free Weight Loss Support Group** Mondays at 10 a.m. Walk-ins are welcome  
**Hand Quilting Class** meets on Mondays 9 a.m.-11 a.m.  
**Osteo Exercise** Mon., Wed., Thurs. 10:15 a.m.  
**Play Bridge** Mondays from 12 p.m. to 2:30 p.m.  
**Book Club** 2<sup>nd</sup> Monday of every month. Take turns hosting or choosing a book. Browse our free book Lending Library. We welcome donations of recently published books.  
**Gentle Yoga** Mon. at 9 a.m., Thurs. at 10 a.m.  
**TaiChi** meets on Tuesdays 9 a.m.  
**Art Class** meets Tuesday from 9 a.m. to noon (all mediums)  
**Computer Class** meets on Tues. from 10:15 a.m.-12:15 p.m. and Wed. from 11:30 a.m.-1:30 p.m. Learn the basics for a strong foundation.  
**Zumba** meets Tues 11 a.m. and Thurs 11:30 a.m.  
**Zumba Gold Tone** Tuesday at 4 p.m. and Thurs. at 4 p.m.  
**Strong and Steady Exercise Class** Tues. at 12:30 p.m. and Thurs. at 2 p.m.  
**Cribbage** meets Tuesday at 9:30 a.m.  
**Dance with the Country Three** the first and third Wednesday of the month from 12:30 p.m.-3 p.m.  
**Knitters and Handcrafters** meet Wednesdays from 1 p.m. -3 p.m.  
**Needle Workers** meet on Thursdays 9-11 a.m.  
**Music and Mandalas** on Tuesdays 1 p.m.  
**Chair Massage** first and third Wednesday of the month 9 a.m. -10:30 a.m.  
**Strength and Flex Class** Wednesday and Friday 9 a.m.-10 a.m.  
**Cards/Pitch** Thursday 10 a.m.-noon  
**Hand and Foot** Stop by and learn to play this fun card game on Thursdays at 10 a.m.  
**Dartmouth Bliss Corner Seniors** meet Thursday 1 p.m.-4 p.m.  
**MahJongg** meets Friday 11:30 p.m.-3 p.m.  
**Basic Sewing Classes** every Thursday at 11 a.m. We provide a sewing machine or you may bring your own.  
**Line Dancing** every Friday from 12:30-3 p.m.  
**Foot care with Podiatrist** by appt. first Thursday and last Tuesday  
**Caregiver Support Group** first Friday at 1 p.m.  
**Widows Support Group** first and third Friday 8:15 a.m. and 10:30 a.m.  
**Parkinson's Support Group** last Wednesday at 8:30 a.m.  
**Alzheimers' Support Group** Tuesday, August 9 and Tuesday, Aug. 23 at 3 p.m.  
**Blood Pressure Clinic** second Friday at 9 a.m.  
**Van to Market Basket** third Wednesday, Dartmouth residents  
**Diabetes Support Group** last Wednesday of the month 8:30 a.m.-9:30 a.m.

## Fairhaven Senior Center

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

If you are a Fairhaven resident 60 or older you may qualify to receive **FREE groceries** from the Greater Boston Food Program Commodity Supplemental Food Program. Call The Fairhaven Senior Center to find out if you qualify.

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

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

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

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

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

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

A **Wellness Clinic** is held on Tuesday mornings from Barbara /Nutrition is available 1st Tues. of the month. Call for an appointment. Lisa/Nurse is available 2nd 3rd and 4th Thurs. from 9 a.m. to 10 a.m. Drop in and have your blood pressure taken.

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

**Pitch** on Wednesday and Thursday from 12:30 p.m. to 3:30 p.m.

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

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

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

**Mah Jongg Lessons for Beginners:** This six-week program is for those interested in learning the basics of Mahjong. Classes start on Monday, September 12<sup>th</sup> from 1:00 to 2:30 p.m. and will be held at the Fairhaven Senior Center. Join us for the fun and gain a basic understanding of the game's fundamental components, including tiles, rules and playing strategy. Our teacher, Barbara Bishop, has been playing “Mahj” for 4 years. Cost: \$35 includes the playing card. Please call the Fairhaven Senior Center to sign up at 508-979-4029. Classes are limited to 6 people.

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

## Hazelwood Senior Center

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

**Mondays:**  
 Conversational Spanish 9:30-10:30  
 Hazelwood Walk 11-12  
 Zumba Gold 1-2

*At the Senior Centers continued on Page 12*

*At the Senior Centers continued...***Tuesdays:**

Creative Art Coloring 9:00-11:30 2nd Tues of the month  
 Hazelwood Manicures 10:00-11:30-2nd Tues of the month  
 Strength & Condition 11:30-12:30  
 Vision Impaired Meeting every third Tues of the month 9:00-11:00  
 Dancercise 1-2  
 Project Day with Brandon Woods every 4th Tues of the month 10:00-11:00

**Wednesdays:**

Card & Dominoes Players 9-12  
 Yoga 10-11  
 Blood Pressure 11-12  
 Birthday Cake celebration every last Wed of the month  
 Coastline Lunches 11:30-12:00  
 Bingo 1-3:30

**Thursdays:**

Knit & Crochet 9:30-11:30  
 Zumba Toning 12:00-1:00  
 Garden Club 1:00-2:00  
 Coastline presentation on Calcium, Vitamin D, and Bone Health 2:00-3:00

**Fridays:**

Yoga 9:30-10:30  
 Card and Dominoes 9-12  
 Coastline lunches 11:30-12:00  
 Bingo 1:00-3:30

**Events:**

Sept. 1: Thursday, 4th Session "My Life My Health"  
 Sept. 6: Cedar Dell Social rescheduled to 9/13  
 Sept. 8: 5th session will be held at Hillman due to Voting  
 Sept. 8: Thurs Primary Voting no regular activities  
 Sept. 14: Special Bingo with Sacred Heart gifts winnings  
 Sept.: 15 My Life My Health 6th-last session with Community Nurse  
 Sept.: 22 Choral Group New Horizon begins looking for new singers welcome.  
 Sept. 27: Cooking Demo with Coastline-Antioxidants what they are and how they fight disease?  
 Sept. 28: Rite Aide-providing services for Flu  
 Sept. 30: "Raking in Fun." For more info, call Hazelwood Senior Center.

**Marion Senior Center**

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

**Free Dance Fit Classes:** Starting Sept. 12, the one-hour Dance Fit exercise class on Mondays at the Atlantis Drive Recreation Center in Marion, 9:30 to 10:30 a.m. with instructor Ellie Higgins will be free through the end of November.

**Happy Birthday!** Is your special day in September? Join us for cake! Monday, Sept. 12, noon, Marion Music Hall, Front Street. There is no charge for this event but we do ask that you kindly call the COA office, 508-748-3570, if you plan to attend.

**Waterfront Memory Café** meets every Wednesday (beginning Sept. 7) from 11:45 a.m. to 2:15 p.m. The Café allows individuals with memory disorders, accompanied by a care provider, friend or family member, time to relax while enjoying social activities in a non-judgmental atmosphere. Participants do not have to be a resident of Marion, all are welcome! There is no charge for this event but we do ask that you kindly call the COA office, 508-748-3570, if you plan to attend.

**Emily Dickinson**, a free lecture open to the community, Monday, Sept. 12, 12:45 p.m. Marion Music Hall.

**The Basics of Genealogy Research**, a free lecture open to the community. Monday, September 19th, 12:45 p.m., Marion Music Hall. The most common question asked about tracing a family line is, "where do I start?" With today's electronic resources, the answers are even more complicated than ever, but fortunately, we still have the option of doing things the old-fashioned way or online. The presenter will be Lynda Ames, retired genealogist and historian of the Wareham Free Library. Ames has conducted genealogy classes and lectured to many local civic groups, libraries and historical societies.

**The History of Aviation**, Monday, Sept. 26, free lecture open to the community at the Marion Music Hall, 12:45 p.m. John Galluzzo will be leading a presentation on the history of aviation in Massachusetts. John is co-creator of South Shore Military History Roundtable and author of more than 35 books, mostly on the local history of the towns south of Boston.

**Coastline presents: Powerful Tool for Caregivers**, enabling caregivers to develop their own box of self-care tools. Powerful Tools for Caregivers is a six week educational program designed to help take care of YOU while you are caring for a relative, friend or loved one. The program is provided at no cost by Coastline and will be hosted at the Marion Music Hall, Front Street, Oct. 4th to Nov. 8 from 1 to 3 p.m.

Care for your care recipient may be available during your participation in the program. For more information or to register for classes, please call Stephanie Gibson at 774-510-5209 or email her at [sgibson@coastlinenb.org](mailto:sgibson@coastlinenb.org).

**Mattapoisett Social Center**

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

**Regular activities are as follows:**

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

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

a.m.

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

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

**Scrabble:** Mondays at 1 p.m.

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

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

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

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

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

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

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

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

**Bingo:** Wednesdays at 1 p.m.

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

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

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

**Rochester Senior Center**

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

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

**August COA Day Trip(s)**

- **Sunday, September 4** – Bass River Arts & Crafts Festival; Yarmouth, MA, Free – Lunch Stop - Leave 8:30, Return 4:00.
- **Saturday, September 10** – 39th Annual Rhode Island Heritage Day Festival; Providence, RI – Free – Lunch Stop – Leave 8:30, Return 4:00.
- **Tuesday, September 13** – Shopping – Hyannis Mall, Christmas Tree Shop & Lunch Stop – Leave 8:30, Return - 4:00.
- **Tuesday, September 20** – Eastern States Exhibition (The Big E); Springfield, MA; Admission \$12, Lunch on site: Leave 7:3, Return 6:00.
- **Sunday, September 25** – North Quabbin Garlic & Arts Festival; Orange, MA; Admission \$5; Lunch on site; Leave 8:00, Return 5:00.

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

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

**Zumba Gold** – Mondays, 3-4 p.m.

**Scrabble** – Tuesdays, 9 a.m.; Free

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

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

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

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

**Ballroom Dancing** – Wednesdays @ 10

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

**Ye Olde Breakfast Shoppe** – Open for Business Mondays-Fridays, 7:00-9:00 a.m. Order & pay from Breakfast Menu. Anyone of any age & any town is welcome.

# Travel

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

**Openings are still available on the following tours:**

- Aqua Turf, Beatles tribute – Tuesday, Sept. 13
- Springfield Fair (The Big E) - Wednesday, Sept. 21

**New fall tours:****October**

- Mystery Tour - Wednesday, Oct. 5
- Providence RI Jack-O-Lantern Spectacular at Roger Williams Park/ Early Dinner @ Gregg's on your own – Wednesday, Oct. 12
- Foxwoods Casino - Monday, Oct. 17
- Winnepesaukee Turkey Train & Tilton Outlets Meredith, NH – Thursday, Oct. 20

- Sturbridge Village Theater, Cabaret Lulu, Sturbridge, MA – Wednesday, Oct. 26

**November**

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

**December**

- Holiday Christmas Concert with a Tribute to Frank Sinatra & Barbara Streisand Foxwoods or Show & Casino - Thursday, Dec. 8
- The Hu Ke Lau Hawaiian Christmas Show, Holyoke, MA – Wednesday, Dec. 14

**March**

- Providence Performing Arts Center – Thursday, March 16, "The Lion King"
- March 26-28 – The Sands Casino in Bethlehem, PA

**September 2016 Trivia Quiz Answers**

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