

NEW BEDFORD'S Senior Scope

FREE

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

Vol. 28, No. 2

Published by the City of New Bedford, Massachusetts • Scott W. Lang, Mayor

August 2011

Inside



Volunteers, p.7

- Editor's Notes2
- Donations2
- Women and Social Security.....3
- Retirement Expectations.....3
- Menu for August.....4
- Recipe Roundup4
- Shopping Guide5
- Update6
- Volunteers Recognized7
- Trivia Quiz7
- Senior Travel.....7
- At the Senior Centers.....8
- Relief from Heat9
- How Healthy Is your Eating9
- Free Eye Exam.....10
- Macular Degeneration10
- Cancer in Elderly11
- Chantix Risk11
- The Way We Were.....12
- Contact Your Legislators ...12

- Los Artículos en EspañolPágina 3, 12
- Os Artigos em Português.....Página 3

Seniors Have Lost Almost One-Third of Their Buying Power Since 2000

Seniors have lost almost one-third of their buying power since 2000, according to the Annual Survey of Senior Costs, released recently by The Senior Citizens League (TSCL). TSCL is one of the nation's largest nonpartisan seniors advocacy groups.

In most years, seniors receive a small increase in their Social Security checks, intended to help them keep up with the costs of inflation. But since 2000, the Social Security Cost of Living Adjustment (COLA) has increased just 31 percent, while typical senior expenses have jumped 73 percent, more than twice as fast.

In 2011, for the second consecutive year, seniors received no COLA. Prior to 2010, seniors had received a COLA every year since 1975, when the automatic COLA was introduced. Seniors are forecast to receive a very small COLA next year.

"For many years, seniors have watched helplessly as the value of their benefits has eroded. Those losses have added up, and millions of seniors – among our most vulnerable citizens – are barely able to scrape by today," said Larry Hyland, chairman of The Senior Citizens League. "To put it in perspective, for every \$100 worth of expenses seniors could afford in 2000, they can afford just \$68 today."

A senior with an average Social Security benefit in 2000 received \$816 per month, a figure that rose to \$1,072.30 by 2011. However, that senior would require a Social Security benefit of \$1,414.70 per month in 2011 just to maintain his or her 2000 lifestyle.

And a new report from the Heller School's Institute on Assets and Social Policy shows that falling into poverty is an increasingly common experience among today's senior citizens. The public policy research and advocacy organization Demos also contributed to the report, "From Bad to Worse: Senior Economic Insecurity on the Rise."

Researchers found that seniors have too few resources and too little time to plan for a fulfilling retirement, and they say the situation could deteriorate further if cuts in Social Security are made.

In only four years, the ranks of seniors at risk of outliving their resources increased by nearly 2 million households. Using the Senior Financial Stability Index, economic insecurity among senior households increased by one-third, rising from 27 percent to 36 percent from 2004 to 2008. This steady and dramatic increase was in progress even before the full force of the Great Recession hit.

While effects of the recession hit all demographic groups, the economic security of seniors has deteriorated more than the security of other groups. In addition to the one of every three seniors who is

economically insecure, 40 percent of senior households are financially vulnerable, neither secure nor insecure according to the Senior Financial Security Index. Three-quarters of all senior households have little or no buffer against financial ruin should they be faced with an unexpected illness or other traumatic life event.

In the hardest hit senior populations in America - households of color and senior single women - 50 percent fall into this economically insecure category, unsure of how to finance even the most basic necessities.

To stem the growing crisis, the report proposes: Strengthening Social Security for vulnerable groups, such as low-income earners and those with a sporadic work history due to caregiving and other responsibilities.

Supporting a strong Community Living Assistance Services and Supports program (CLASS Act) to enable working adults to plan for future long-term care needs, such as in-home services, adult day health or institutional care.

"It's simply a crime that in our wealthy and vibrant nation 36 percent of seniors live in a state of uncertainty, unsure of whether they can afford basic necessities," says Tatjana Meschede, research director at the Institute on Assets and Social Policy and co-author of the report.

"Instead of working to fix this crisis, the debate in Washington is dominated by those who argue that the only way to reduce the deficit is by dramatically altering Medicare and Social Security," she said. "These reckless proposals will only worsen current trends and further undermine the economic prospects of future seniors."

Coastline Volunteer Luncheon



Among those who attended the Volunteer Luncheon hosted by Coastline Elderly Services at the Hawthorne Country Club were Money Management program volunteers (left to right) Frances Lane, Jeannette Doyle and Bev Johansen.

Budget Cuts Force Reduced Public Hours at Social Security Office

Effective August 15, the New Bedford Social Security office will be open to the public Monday through Friday from 9:00 a.m. to 3:30 p.m., a reduction of 30 minutes each weekday, according to a news release from the local office.

While agency employees will continue to work their regular hours, this shorter public window will allow them to complete face-to-face service with the visiting public without incurring the cost of overtime.

"Congress provided Social Security with nearly \$1 billion less than the President requested for the budget this fiscal year, which makes it impossible for the agen-

cy to provide the amount of overtime needed to handle service to the public as we have in the past," stated the news release.

"Most Social Security services do not require a visit to an office. For example, anyone wishing to apply for benefits, sign up for direct deposit, replace a Medicare card, obtain a proof of income letter or inform us of a change of address or telephone number may do so at www.socialsecurity.gov or by dialing our toll-free number, 1-800-772-1213. People who are deaf or hard of hearing can call our TTY number, 1-800-325-0778," the statement concluded.



Editor's Notes

Volunteers Are Happy People

Volunteering makes me "happy," says. "But we need to start thinking about the assets they bring with them." "The Boomers are not going to be envelope lickers," he adds. "They are looking for something more rewarding than that. We need to think about meaningful ways to engage them as part of the volunteer labor force."

Now more than ever, with budget cuts affecting virtually every social program, our community and our country need that volunteer labor force. Being a volunteer does not require any special talent or ability. Everyone has something to give. Just a smiling face or friendly voice can go a long way in bringing a little joy to others. And there is a need for envelope lickers and stuffers too. So don't be shy about offering to help.

Every organization needs volunteers, from the city and town senior centers and Coastline Elderly Services to the New Bedford Whaling National Park and Southcoast Hospitals. We have an article on page 12 about volunteers needed to tutor homeless children in New Bedford.

Even if you are homebound, you can help. The Kennedy Donovan Center in New Bedford needs knitted hats, mittens, booties and sweaters for newborns, infants and toddlers for its At-Risk Moms & Families program. Our area is fortunate that we have so many good people who are willing to pitch in and help others. Many of them are seniors who are retired and now have the time and ability to contribute in countless ways. But more volunteers are needed.

Whatever your interests, you can find a volunteer spot that will make you happy. United Way of Greater New Bedford has a list of volunteer opportunities on its website unitedwayofgnb.org. So take a look and see how you can help.

Volunteering makes me "happy," says Kathy Chaples when she accepted a small token of appreciation at the New Bedford Senior Center Volunteer Luncheon last month. Kathy volunteered 575 hours at the Downtown Senior Center from July 2010 through June 2011, more than any other senior center volunteer. The volunteering that made Kathy happy meant a lot to others as well. "Kathy was very useful at the senior center and helped with Bingo and refreshments. She is very well liked by the staff and seniors," says COA Coordinator Felice Monteiro. Kathy is not alone in feeling that volunteering brings happiness. Many seniors say that volunteering gives them meaning and purpose in life, and that is their paycheck. Volunteering is not just good for the community. As Kathy Chaples noted in her remarks, it is good for the volunteers as well. Assistant Secretary for Aging Kathy Greenlee echoed the same sentiments at a recent White House event to recognize the significant impact that senior volunteers and programs have on their communities.

"The importance of being able to contribute cannot be overstated. We volunteer for ourselves as well as for others," Greenlee said "but no matter which program you are volunteering for, you all move the nation forward in a critical way."

Volunteering is known to provide health benefits to the person doing the volunteering, according to experts, and it makes older people feel more useful. When we feel useful, we are more likely to stay healthy.

"People who volunteer benefit from it," says Morris Okun, an Arizona State University professor of psychology. "On the other hand, our society is teeming with social problems that require the involvement of nonprofits and volunteers. This is a win-win situation. "From a policy point of view, some doomsayers are making catastrophic projections on what will happen as the Boomers age," Okun

says. "But we need to start thinking about the assets they bring with them."

Now more than ever, with budget cuts affecting virtually every social program, our community and our country need that volunteer labor force. Being a volunteer does not require any special talent or ability. Everyone has something to give. Just a smiling face or friendly voice can go a long way in bringing a little joy to others. And there is a need for envelope lickers and stuffers too. So don't be shy about offering to help.

Every organization needs volunteers, from the city and town senior centers and Coastline Elderly Services to the New Bedford Whaling National Park and Southcoast Hospitals. We have an article on page 12 about volunteers needed to tutor homeless children in New Bedford.

Even if you are homebound, you can help. The Kennedy Donovan Center in New Bedford needs knitted hats, mittens, booties and sweaters for newborns, infants and toddlers for its At-Risk Moms & Families program. Our area is fortunate that we have so many good people who are willing to pitch in and help others. Many of them are seniors who are retired and now have the time and ability to contribute in countless ways. But more volunteers are needed.

Whatever your interests, you can find a volunteer spot that will make you happy. United Way of Greater New Bedford has a list of volunteer opportunities on its website unitedwayofgnb.org. So take a look and see how you can help.

Volunteering makes me "happy," says Kathy Chaples when she accepted a small token of appreciation at the New Bedford Senior Center Volunteer Luncheon last month. Kathy volunteered 575 hours at the Downtown Senior Center from July 2010 through June 2011, more than any other senior center volunteer. The volunteering that made Kathy happy meant a lot to others as well. "Kathy was very useful at the senior center and helped with Bingo and refreshments. She is very well liked by the staff and seniors," says COA Coordinator Felice Monteiro. Kathy is not alone in feeling that volunteering brings happiness. Many seniors say that volunteering gives them meaning and purpose in life, and that is their paycheck. Volunteering is not just good for the community. As Kathy Chaples noted in her remarks, it is good for the volunteers as well. Assistant Secretary for Aging Kathy Greenlee echoed the same sentiments at a recent White House event to recognize the significant impact that senior volunteers and programs have on their communities.

"The importance of being able to contribute cannot be overstated. We volunteer for ourselves as well as for others," Greenlee said "but no matter which program you are volunteering for, you all move the nation forward in a critical way."

Volunteering is known to provide health benefits to the person doing the volunteering, according to experts, and it makes older people feel more useful. When we feel useful, we are more likely to stay healthy.

"People who volunteer benefit from it," says Morris Okun, an Arizona State University professor of psychology. "On the other hand, our society is teeming with social problems that require the involvement of nonprofits and volunteers. This is a win-win situation. "From a policy point of view, some doomsayers are making catastrophic projections on what will happen as the Boomers age," Okun

Jeannine

Volunteers don't contribute to our civilization. They are civilization...they are the only human beings on the face of the earth who reflect the nation's compassion, unselfishness, caring, patience, need and just plain loving one another. It frightens me, somehow, to imagine what the world would be without them.

Erma Bombeck

Correction

The answer to question #7 in last month's Trivia Quiz was the Penler Brothers (John, Jim and Bob). Our

thanks to the sharp-eyed readers who called to let us know the answer was missing.

Senior Scope

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

Scott W. Lang, Mayor
Jeannine Wilson, Editor
Joan Beaubian, Clerk

Distribution: Michael Graffeo
Franklin D. Hodson

SeniorScope will not accept political advertising.
For further information on advertising rates, please call:
(508) 979-1510 or (508) 979-1544
City of New Bedford, Council on Aging
181 Hillman, New Bedford, Massachusetts 02740

Focus on Seniors, not Swindlers

By Nora Dowd Eisenhower

In a June 23 opinion piece in the Wall Street Journal, James Bovard suggested there is rampant fraud and abuse in the Supplemental Nutrition Assistance Program (SNAP, formerly Food Stamps). The National Council On Aging's Nora Dowd Eisenhower, Vice President of Benefits Access, responds to Bovard's accusations by pointing to the real problem: seniors who need the benefit are not getting it.

SNAP out of it, James Bovard! Fraud isn't the biggest problem in the program formerly called Food Stamps. It's the woefully low number of eligible and needy seniors receiving the benefit.

Currently, only 35 percent of older adults who qualify for SNAP are enrolled in this critical program, discouraged by a variety of byzantine application processes and the stigma of public welfare. SNAP makes nutritious food more affordable for vulnerable seniors, many of whom care for grandchildren. It can also help them manage and even prevent chronic diseases such as diabetes and heart disease that can lead to institutionalization and increased Medicare and Medicaid costs.

Without SNAP and other federal benefits cushioning older adults in need against a historic economic downturn, they would be forced to make a grim choice between buying groceries and filling a prescription or paying utility bills.

In addition to keeping seniors in their homes, the economic benefit to communities is a well-established and efficient way to drive stimulus. In fact, \$1 of SNAP in an eligible recipient's pocket quickly lands at a local grocery store, farm stand, or even Wal-Mart and turns into a \$1.73 benefit to local communities.

Of course, there can be abuse in any federal program and it should be aggressively rooted out, but the fact is that there is no proof that increased enrollment of eligible seniors results in the type of fraud alleged.

Making sure that millions of hungry older Americans can afford nutritious food is hardly a "conspiracy against self-reliance," as Bovard argues, but rather a measure of respect we owe to those who have worked hard and paid taxes their entire lives, and are now, maybe for the first time, struggling to survive in retirement.

Donations to SeniorScope

IN APPRECIATION

To Senior Scope \$ 10.00
-Anonymous

IN MEMORY

In memory of Sylvester Luce \$10.00
Birthday remembrance, August 19
-Louis Luce and son, Steve, New Bedford

In memory of Earl Withee \$25.00
- Pat Withee, New Bedford

In memory of my husband Adrien Leclair, son, Jerry and daughter, Doris \$25.00
-Mrs. Rita Leclair, Acushnet

THANK YOU

Thank you St. Jude for prayers answered \$10.00
- G.M.B., New Bedford

Thank You Blessed Virgin Mary, Sacred Heart of Jesus, and Our Lady of Fatima for prayers answered. Thank You Lord \$5.00
-E.F. New Bedford

For favors received I want to thank St. Anthony, St.Jude, Infant of Prague, Sacred Heart, Holy Spirit, Divine mercy 2.00
-Anonymous

Donations this month 87.00
Donations previous month 237.00
Total for Fiscal Year 2012 \$324.00

To: SeniorScope 181 Hillman Street, New Bedford MA 02740

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

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

Do not list my name; I am contributing anonymously.

Please list my donation as follows:

In Memory of: _____

Get Well Wishes for: _____

In Honor of: (Birthday or other celebration) _____

My Name is _____

Address _____

You and Your Money

Women and Social Security

Many older women enter retirement with fewer economic resources than men. In 2009, half of older women relied on Social Security for 80 percent or more of their income.

This exclusive reliance on Social Security is partly due to the fact that only a small percentage of older women receive pension income. Additionally, most do not have significant personal savings due, in part, to the wage gap that persists between the sexes. In addition, many have spent time out of the workforce due to family caregiving responsibilities.

Further, while some women may enter their retirement years with additional sources of income, longer life expectancies than men put women at greater risk of exhausting these other sources of income.

Mujeres y Seguro Social

Muchas mujeres más mayores entran jubilación con menos recursos económicos que hombres. En 2009, la mitad de mujeres más mayores dependió de Seguro social para el 80 por ciento o para más de sus ingresos.

Esta dependencia exclusiva en el Seguro social es en parte debido al hecho que sólo un pequeño porcentaje de mujeres más mayores recibe los ingresos de pensión. Adicionalmente, más no tiene los ahorros personales significativos debidos, en parte, al vacío del sueldo que persiste entre los sexos.

Además, muchos han gastado el intermedio de la fuerza de trabajo debido a responsabilidades familiares de caregiving. Aún más, mientras algunas mujeres pueden entrar sus años de jubilación con fuentes de ingresos adicionales, esperanzas de vida más largas que hombres ponen a mujeres en riesgo más

Mulheres e Seguro Social

Muitas mulheres mais velhas entram aposentadoria com menos recursos econômicos que homens. Em 2009, metade de mulheres mais velhas contou com Seguro Social para 80 por cento ou mais de sua renda.

Esta confiança exclusiva em Seguro Social é parcialmente devido ao facto que só uma percentagem pequena de mulheres mais velhas recebe renda de pensão. Adicionalmente, mais não tenha direito de poupança pessoal significativo, em parte, à lacuna salarial que persiste entre os sexos. Além do mais, muitos gastou intervalo da mão-de-obra devido a responsabilidades de caregiving de família.

Mais adiante, enquanto algumas mulheres podem entrar seus anos de aposentadoria com fontes adicionais de renda, expectativas de vida mais longas que homens põem mulheres em risco maior de

For these reasons and more, Social Security is especially important to women and is the main retirement program for elderly women in the United States.

Women 65 and over make up nearly 10 percent of the adult population in the United States. Women who reached age 65 in 2008 were expected to live, on average, an additional 20 years compared with 17.7 for men.

In December 2010, the average monthly benefit paid to women as retired workers was \$1,023. Among women ages 65 to 74, one-third are lifted above the poverty line by

Social Security. Among widows, the importance of Social Security is alarming: 58 percent of widows would be living in poverty if not for Social Security.

grande de agotar éstos otras fuentes de ingresos. Para estas razones y más, el Seguro social es especialmente importante a mujeres y es el principal programa de jubilación para mujeres de edad avanzada en Estados Unidos.

Las mujeres 65 y sobre hace casi 10 por ciento de la población adulta en Estados Unidos. Las mujeres que alcanzaron la edad 65 en 2008 fueron esperadas vivir, en el promedio, un adicionales 20 años compararon con 17,7 para hombres.

En diciembre 2010, el promedio beneficio mensual pagado a mujeres como trabajadores jubilados fueron \$1.023. Entre mujeres se envejece 65 a 74, la tercera parte es levantada encima del umbral de pobreza por Seguro social. Entre viudas, la importancia de Seguro social alarma: El 58 por ciento de viudas estaría viviendo en la pobreza si no fuera por Seguro social.

esgotar estas outras fontes de renda. Para estas razões e mais, Seguro Social é especialmente importante a mulheres e é o programa principal de aposentadoria para mulheres idosas nos Estados Unidos.

As mulheres 65 e sobre compõem quase 10 por cento da população adulta nos Estados Unidos. As mulheres que alcançaram idade 65 em 2008 foram esperados viver, em média, uns adicionais 20 anos compararam com 17,7 para homens.

Em 2010 de Dezembro, o benefício mensal médio pago a mulheres como trabalhadores aposentados era \$1.023. Entre idades de mulheres 65 a 74, um-terceiro é levantado acima do limiar de pobreza por Seguro Social. Entre viúvas, a importância de Seguro Social alarma: 58 por cento de viúvas estariam vivendo em pobreza se não para Seguro Social.

MOLIFE Offers Medical Transport

The M.O., L.I.F.E., Inc. Family Caregiver Support Program provides the elderly and their caregivers with transportation to medical appointments. Elders must be 60 or older and caregivers must be

18 years or older.

The program is funded by a grant from Coastline Elderly Services, Inc. For more information call 508-992-5978.

Recession Forces Americans to Re-Set Retirement Expectations

Americans have emerged from the economic recession with a new set of expectations about the purpose, timing and funding of retirement, according to a new study sponsored by SunAmerica Financial Group in collaboration with Age Wave. The SunAmerica Retirement Re-Set Study is a national opinion telephone survey conducted in April among 1,001 Americans 55 and older. It reports on the emotional mindset, attitudes and expectations of pre-retirees and retirees nationwide.

“While the recession clearly had a financial and emotional impact, it was very encouraging to see that three out of five Americans 55 and older have remained hopeful for their future,” said SunAmerica Financial Group President and CEO Jay S. Wintrob. “Americans are emerging from the experience with new knowledge, new discipline and have re-set their vision of an ideal retirement.

“Americans have also proven themselves to be both resilient and resourceful,” added Wintrob, noting that 81 percent say they have learned important lessons regarding retirement preparation in the past several years. “They are course-correcting: intending to work longer, save more, spend less, be more disciplined and adjust their lifestyle expectations.”

The study found a significant shift in attitudes and actions since 2001, when SunAmerica conducted its initial landmark retirement study with Age Wave. Key findings about today’s pre-retirees and retirees include:

- A new outlook: Today, 54 percent view retirement as a new chapter in life, rather than a winding down—a significant increase over the 38 percent that held a similar view a decade ago.

- Retirement is being postponed: Pre-retirees say they now intend to delay retirement by five years—from 64 to 69—triggered in part by increasing longevity, as well as the recession and financial need.

- Retirement no longer means the end of work: Almost two-thirds say they would ideally like to remain productive and include some work in retirement to stay active and involved.

- Financial peace of mind is now six times more important than accumulating wealth: 82 percent name it their key financial goal.

- Unexpected multi-generational family assistance has become the new retirement wild card: Pre-retirees must balance their retirement plans with the possibility of having to support aging relatives, adult children, grandchildren and siblings. Nearly half of Americans 55 and older expect to provide this support and, in a new twist on childcare, 70 percent of those believe their adult children will need financial assistance.

“Emerging from the recession, Americans are beginning to define retirement differently than previous generations of retirees,” said Dr. Ken Dychtwald, gerontologist, founder and CEO of Age Wave. “Having been jolted by the last several years, Americans have adopted more realistic and pragmatic views of the possibilities before them. They now see retirement as a time for new priorities, new opportunities and new strategies for today’s challenges.”

Retirement Mindset Re-set

The study reports that many felt the negative impact of the recession, with one third saying their financial assets still have not recovered to pre-recession levels and almost half saying their home is worth less now than before the recession. While the majority of those 55 and older remained relatively hopeful throughout the recession, their level of security dropped dramatically and is now on the rebound. Similarly, they became more worried and angry during the recession but are now more optimistic.

“In summary, a lot has changed since SunAmerica first set out to understand Americans’ attitudes toward retirement in 2001,” said Wintrob. “Over the past decade, we have faced a number of challenges, including a worldwide recession and an economy that is still in recovery. And while the recession took an emotional and financial toll, people are starting an emotional and financial recovery and reporting that they feel wiser, more empowered and more realistic in their retirement outlook.”



Beacon
Adult Foster Care, Inc.

Are you caring for a disabled adult in your home? You could be eligible for compensation through Beacon Adult Foster Care, Inc.

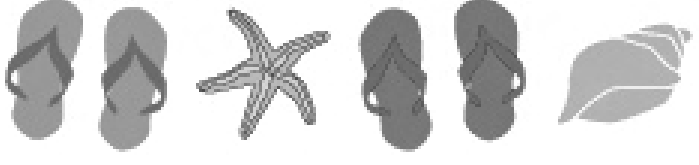
Adult Foster Care (AFC) is a MassHealth-funded program that provides 24-hour home care services for people with chronic health care needs. AFC lets people maintain their daily routines with ongoing supervision and assistance from a qualified live-in caregiver. Caregivers receive a stipend in return for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

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

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

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

Menu for August 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Pineapple Ginger Chicken Asian Rice Tahitian Blend Veg Whole Wheat Bread Pineapple</p> <p>Calories: 607 Fat: 20% Sodium: 403 mg</p>	<p>2 Sheppard's Pie Green Beans Multi Grain Roll Applesauce</p> <p>Calories: 586 Fat: 31% Sodium: 468 mg</p>	<p>3 Roast Turkey w/Gravy Cranberry Sauce Winter Squash Whipped Potato Dinner Roll Almond Cookie Diet: Graham Waffle</p> <p>Calories: 734 Fat: 28% Sodium: 1045 mg</p>	<p>4 Veal Parmesan Pasta w/Tomato Sauce Roman Blend Veg Sliced Bread Arctic Ice Diet: Fruited Jello</p> <p>Calories: 752 Fat: 36% Sodium: 817 mg</p>	<p>5 Turkey Stew w/ Vegetables Brown Rice Whole Wheat Roll Fresh Fruit</p> <p>Calories: 721 Fat: 24% Sodium: 787 mg</p>
<p>8 Penne w/ Tomato Meat Sauce California Blend Veg Dinner Roll Apple Crisp Diet: Applesauce</p> <p>Calories: 637 Fat: 26% Sodium: 797 mg</p>	<p>9 Beef Burgundy Whole Boiled Potatoes Beets Fruit Muffin Peaches</p> <p>Calories: 640 Fat: 35% Sodium: 591 mg</p>	<p>10 Pork Tetrazzini Italian Blend Veg Multi Grain Roll Pudding Diet: Pudding</p> <p>Calories: 720 Fat: 37% Sodium: 662 mg</p>	<p>11 Kale Soup Honey Lime Chicken Au Gratin Potatoes Whole Wheat Roll Fresh Fruit</p> <p>Calories: 743 Fat: 36% Sodium: 573 mg</p>	<p>12 Baked New Bedford Scallop Casserole Mashed Potatoes Summer Blend Veg Wheat Bread Arctic Ice Diet: Fruited Jello</p> <p>Calories: 899 Fat: 31% Sodium: 1054 mg</p>
<p>15 Beef & Cabbage Casserole Rice Pilaf Multi Grain Roll Mixed Fruit</p> <p>Calories: 551 Fat: 29% Sodium: 672 mg</p>	<p>16 *High Sodium* Breaded Chicken Filet Whip Sweet Potatoes Country Blend Veg Hamburger Roll Fresh Fruit</p> <p>Calories: 789 Fat: 26% Sodium: 1115 mg</p>	<p>17 Veggie Chili Dirty Rice Whole Wheat Roll Brownie Diet: Graham Waffle</p> <p>Calories: 646 Fat: 36% Sodium: 935 mg</p>	<p>18 Roast Pork w/ Applesauce Gravy Oven Roasted Potatoes Glazed Carrots Wheat Bread Applesauce</p> <p>Calories: 661 Fat: 38% Sodium: 555 mg</p>	<p>19 Swedish Meatballs Buttered Noodles Scandinavian Blend Veg Whole Wheat Bread Fresh Fruit</p> <p>Calories: 778 Fat: 38% Sodium: 670 mg</p>
<p>22 Chicken a la King Confetti Rice Peas Wheat Bread Mandarin Oranges</p> <p>Calories: 695 Fat: 30% Sodium: 595 mg</p>	<p>23 Lentil Soup Crumb Baked Chicken Cauliflower Supreme Dinner Roll Fresh Fruit</p> <p>Calories: 776 Fat: 38% Sodium: 987 mg</p>	<p>24 Meatloaf w/ Gravy Whipped Potato Rivera Blend Veg Whole Wheat Bread Mixed Fruit</p> <p>Calories: 734 Fat: 27% Sodium: 576 mg</p>	<p>25 Turkey Divan Hash brown Broccoli Multi Grain Roll Apple Crisp Diet: Applesauce</p> <p>Calories: 650 Fat: 28% Sodium: 804 mg</p>	<p>26 Salmon Boat w/ Lemon Dill Sauce Brown Rice Peas & Carrots Fruit Muffin Fresh Fruit</p> <p>Calories: 783 Fat: 29% Sodium: 656 mg</p>
<p>29 Lasagna w/ Tomato Vegetable Sauce Italian Blend Veg Whole Wheat Roll Peaches</p> <p>Calories: 511 Fat: 27% Sodium: 972 mg</p>	<p>30 Teriyaki Chicken Asian Rice Oriental Blend Veg Snowflake Roll Arctic Ice Diet: Pudding</p> <p>Calories: 700 Fat: 18% Sodium: 538 mg</p>	<p>31 *High Sodium* Reduced Sodium Hot Dog w/ Mustard Veggie Baked Beans Hot German Slaw Hot Dog Roll Birthday Cake Diet: Graham Waffle</p> <p>Calories: 1057 Fat: 45% Sodium: 1340 mg</p>		

Recipe Roundup

Spinach & Tomato Omelet

Ingredients:

1 teaspoon extra-virgin olive oil
5 cherry tomatoes, halved
1 scallion, sliced
1 cup baby spinach, washed, with water still clinging to leaves
1/2 cup liquid egg substitute
1/4 cup shredded reduced-fat Cheddar cheese
1/8 teaspoon salt
1/8 teaspoon freshly ground pepper
1 tablespoon water

Directions:

1. Spray a small nonstick skillet with cooking spray. Add oil and heat over medium-high heat. Add tomatoes and scallion and cook, stirring once or twice, until softened, 1 to 2 minutes. Place spinach on top, cover and let wilt, about 30 seconds. Stir to combine.

2. Pour in egg substitute, reduce heat to medium-low and continue cooking, stirring constantly with a heatproof rubber spatula, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.

3. Sprinkle cheese, salt and pepper over the omelet. Lift up an edge of the omelet and drizzle the remaining 1 tablespoon water under it. Cover, reduce heat to low and cook until the egg is completely set and the cheese is melted, about 2 minutes. Fold over using the spatula and serve

Serves 1

Source: eatingwell.com

Wild Blueberry Rhubarb Pork Chops

Ingredients:

4 pork chops (about 5 oz each)
cooking spray
2 cups chopped rhubarb
2 cups wild blueberries
2 tablespoons honey
2 tablespoons brown sugar
1/8 teaspoon cinnamon
1/4 cup flour
salt and pepper to taste

Directions:

Dredge chops in flour, salt and pepper to coat. Spray skillet with cooking spray, and brown chops. Mix rhubarb, berries, honey, brown sugar and cinnamon and add to chops in skillet. Cook at medium-low heat for 20 to 30 minutes.

Serves 4

Source: wildblueberries.com

Source: About.com

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

Tender Hearts Home Health Care

Companionship
Personal Care
Homemaking
Hospice Support
Alzheimer's Care



24 Hour On Call
Short & Long Term
Respite Care
RN Consultant
Licensed & Insured

www.TenderHeartsCare.com 508-748-1331

Dedicated to Keeping the "Heart" in Home Care

ADULT DAY HEALTH CARE CENTER

PROJECT INDEPENDENCE

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

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

Title III-E of O.A.A Sponsored by Coastline Elderly

SE Massachusetts Health & Rehabilitation Center

"Simply the Best Short Term Rehab & Long Term Care!"

Ortho Recovery
Stroke Recovery
Wound Care

Amputation Recovery
Infusion Therapy
Cardiac Recovery

4586 Acushnet Avenue New Bedford, MA

Exit 7 off 140N or Exit 8 off 140S 508-998-1188

Special Shopping and Services Guide

YOU SAVED MY LIFE!

Medical Alarms USA, Emergency Response System had someone here in 6 minutes!



MEDICAL ALARMS USA, LLC

Are you Concerned that a costly nursing home is the only option?

A Medical Alarm offers you the independence & security of staying comfortably in your own Home.

NEW - Fall Detector now available
The new technology will call for help for you if you fall and are unable to push your button.
Call for details today



1-800-432-7502

Our prices are affordable and well worth the confidence they provide.

KEEP MOVING

Fitness Equipment Repair

Repairs, Assembly & Maintenance
In-Home Service by a Factory-Certified Specialist with over 12 years of experience.

Treadmills • Ellipticals • Home Gyms
508-807-1432 • www.KEEPMOVINGfitnessrepair.com

Donaghy-Hathaway

508-992-5486

465 County St., New Bedford, MA

www.hathawayfunerals.com
Serving the Community Since 1893

HATHAWAY

FAMILY FUNERAL HOMES

THE OAKS

A Premier Nursing Center
short- and long-term care and rehabilitation

New Bedford | 508.998.7807 | www.LCCA.com

KING VILLAGE APARTMENTS

276 Cottage Street, New Bedford

Now Accepting Applications

For 1 bedroom federally subsidized apartments.
Must be 62 or older or disabled.

508-992-7762

TTY/TDD 1-800-439-2370



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

217 Deane Street, New Bedford, MA 02746



(508) 996-3111

VOICE-TDD# 1-800-439-2370



Olympia Tower

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



(508) 997-1205

TDD# 800-439-2370



Whaler's Cove Assisted Living
Provides Safe and Affordable
Housing and Services for Seniors!

Call for Seasonal Rent Specials &
Independent Rates Today!

- Studio, One and Two Bedroom Units
- Assistance with Personal Care
- 3 Daily Meals in our Newly Renovated Dining Room
- Activity and Exercise Programs
- Medication Management
- 24 Hour Staffing & Emergency Response System and much more!
- Open House Every Saturday from 10:00-2:00 pm

For More Information Call: (508) 997-2880

114 Riverside Avenue New Bedford, MA 02746
www.whalerscove-assistedliving.com



Carriage House

Carriage House at Acushnet Heights is a development consisting of 34 apartments made up of studio and one-bedroom units with some fully accessible units.

Rent is subsidized and based upon 30% of the resident's annual adjusted income. Applicant, or a member of the applicant household, must be 62 years of age or older.

Carriage House at Acushnet Heights offers many amenities:

- Affordable rent
- Beautiful living environment
- Plenty of natural light
- Community Patio/deck for outdoor enjoyment
- Examination Room
- Library
- Community Room
- Heat and hot water and electricity included with rent
- All units have air conditioning
- New appliances
- Covered parking (limited)
- On site coin-op laundry
- On site beauty salon
- 24 hour maintenance

Choose Carriage House at Acushnet Heights as your new home.

Call 508-993-0433 for an application today.

Equal Housing Opportunity
Handicap Accessible

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



Relax with us, it's Summer!

Pick your SouthCoast home near the Bay or Downtown...

NEW BEDFORD

Melville Towers

850 Pleasant St.
508-993-3077
melville@peabodyproperties.com

Bedford Towers

231 Middle St.
508-992-9603
bedford@peabodyproperties.com

FAIRHAVEN

Fairhaven Village

330 Main St.
508-994-1908
fairhaven@peabodyproperties.com

FALL RIVER

Borden East

111 Borden St.
508-673-8410
bordeneast@peabodyproperties.com

Borden West

181 South Main St.
508-673-3231
borden@peabodyproperties.com

*Call site for specific utility inclusion.
Communities featured are for those 62 yrs+ and handicapped & disabled person 18 yrs+. Rent based on 30% of adjusted gross income.



Our gathering of homes offer...

- 1 & 2 Bedrooms
- Some Utilities Included*
- On-site Professional Management
- On-site & 24-hr Maintenance
- Laundry Facilities
- Parking
- Community Room
- Wide Range of Resident Services Programs

Visit our website for more housing options!
www.peabodyproperties.com



Update

Trolley Tour of North End Mills

Local historian Bruce Barnes will lead a tour of the North End mills on Thursday, August 4. The tour will leave from Custom House Square at the fountain at 6 p.m. Barnes will provide interesting narrative about one of the most important centers of textile production in the world in its time. The industry began in 1846 and lasted through the 1980s.

For more information contact Catherine Potter at 508-997-6425 or Email her at nbps2000@yahoo.com.

Saturday Summer Walking Tours

Tour the city's various 19th century neighborhoods with local historian Bruce Barnes as tour guide providing information about the architecture and history of the city. Tours will leave from the William Rotch Rodman House, 388 County Street, at 1 p.m. on Saturdays, August 6, 13 and 20.

For more information contact Catherine Potter at 508-997-6425 or Email her at nbps2000@yahoo.com.

Raising Grandchildren Fair

Grandparents Raising Grandchildren, a support group for grandparents raising their grandchildren, will hold its annual fair on Saturday, August 27, from 1 p.m. to 4 p.m. at Buttonwood Park. Free hot dogs, hamburgers and drinks will be provided.

For information call Brenda Grace at 508-996-0168 or Earline Roberts at 774-202-0537.

New Bedford Chowder Festival

Come and enjoy "taste-testing" an array of freshly made chowders and kale soups from approximately 30 of the finest area restaurants on Sunday, August 28, from noon to 4 p.m., at Custom House Square in downtown New Bedford. Participants compete for top honors in each category as festival attendees vote for their favorite selections. Prizes are awarded. Locally produced beverages are available to compliment the great food. Children's activities, artistic creations and distinctive entertainment will also be featured.

For more information contact Diane Arsenault, Executive Director of Downtown New Bedford at 508-990-2777 or Email darsenault@down-townnb.org.

Portuguese Feast Senior Discounts

The annual Portuguese Feast of the Blessed Sacrament is once again welcoming area seniors with a special 50 percent discount on full meals. The Feast takes place at Madeira Field in the North End on August 4, 5, 6, and 7. The senior special is offered on Saturday afternoon, August 6, from 12 noon to 4 p.m.

Full meals including soup, bread and coffee with menu choices ranging from roast beef and chicken, cacouila, pork butt, rabbit and goat all cooked in traditional Portuguese recipes. Live entertainment including a concert by "Voices in Time" is scheduled. Contact Ed Camara at 508-992-6911 for information.

Free Summer Concerts

The Dartmouth Community Band performs at free concerts every Tuesday at 6:30 p.m. throughout the summer at the gazebo bandstand in Apponagansett Park, just over the Padanaram Bridge. The public is invited to bring blankets, chairs and picnic lunches.

The concerts always feature a sing-along and Name that Tune contest, as well as popular show tunes, marches and familiar light pieces. For information call 508-997-4571 or 508-993-8480.

Farmers' Markets Accept Coupons

Visit either of two farmers' markets and enjoy the freshest produce and finest goods our local farmers have to offer. On Monday the market is located at Brooklawn Park, at the former entrance off Ashley Blvd. east of Carlisle Street. On Thursday the market is at Wing's Court entrance off Union St. east of Purchase. Both markets operate from 2 p.m. to dusk.

WIC's Farmers Market coupons and Elderly coupons are accepted. The coupons are available from the city and town Councils on Aging, as well as elderly housing complexes.

Annual Buzzards Bay Regatta

The Buzzards Bay Regatta is the largest multi-class regatta in the United States with over 450 boats and 1200 sailors across fifteen different classes. It alternates yearly between the New Bedford Yacht Club and the Beverly Yacht Club. This year's regatta will be held the weekend of August 5 to 7. For more information visit their website www.buzzardsbayregatta.com.

Scrabble and Game Nights

A Scrabble and Game Night is held on the last Friday of each month at the Pilgrim United Church of Christ Home at the corner of Purchase and School streets downtown. The next game night will be July 29, from 7 p.m. to 9 p.m. Beginners and advanced players are welcome.

New Bedford Through the Lens

New Bedford Through the Lens: A Walk Through History presents the history of New Bedford through the lens of photographers. A special tribute to the city and a celebration of the city's history and its people from the 1950s through the present, the exhibit is located at the New Bedford Art Museum, 608 Pleasant Street, and will run through September 10. For more information contact Katheryn V. Dinneen at 508-961-3076.

Lincoln Park Remembered

The Acushnet Police Association and the Acushnet Council on Aging are presenting Lincoln Park Remembered on Labor Day weekend, September 3 and 4, at the Council on Aging, 59-1/2 South Main Street. The event will feature kiddie games, music and food, along with a classic car show on Saturday from 10 a.m. to 3 p.m. and dancing from 6 p.m. to 8 p.m. to the music of Solo Sound Entertainment.

For more information call Heather Sylvia at 508-998-0280 or email Acushnetcoa@comcast.net.

The City of New Bedford
Council on Aging & Senior Centers

are pleased to host

"AN OUNCE OF PREVENTION"

presented by Family Service Association

Participants will learn about

- the risk of falls
- medical conditions relating to fall risk
- environmental changes which affect the risk of falls
- exercise demonstrations on how to maintain or increase strength & endurance
- Flu Pandemic information
 - What it is
 - How to prevent it

Buttonwood Center

1 Oneida Street, N.B.

AUGUST 11th
11:30 a.m.

This program is funded, in part, by a grant from Coastline Elderly Services, Inc. through contracts with the Massachusetts Executive Office of Elder Affairs.

City of New Bedford
Council on Aging & Senior Centers
2011

The Fight!

WINNER!

OSTEOPOROSIS vs. STRENGTH EXERCISE

JOIN THE WINNING TEAM!

MUSCLE STRENGTHENING EXERCISE CLASSES

HAZELWOOD CENTER
553 Brock Ave.
508-991-6208

WEDNESDAYS
10:30 a.m.
\$3

Instructor:
Wendy Sperduti-Ray
Certified Trainer

"Motion is Lotion"

"Keep it Movin'!"

◆ Classes start May 11 ◆

Senior Center Volunteers Recognized



Volunteers who donated more than 100 hours to the New Bedford Senior Centers during the last year are shown following the luncheon (seated, left to right) Kathy Cunha, Kathy Chaples, Jan Whitlock and Lillian Donaghy; (standing, left to right) COA Board chair Jeanne Mathieu, Diane Smith Dickinson, Jeannette St. Don, Ray St. Don, Noreen Collins, Lorna Gifford, Hazel Souza, and COA Coordinator Felice Monteiro.

The eighth annual Volunteer Recognition Luncheon held on Thursday, July 14, at the Buttonwood Zoo was a festive occasion to honor the 26 volunteers who help out at senior centers across the city. These men and women assist with Bingo, classes and many other activities, as well as with office duties.

"Volunteers gave the City of New Bedford Council on Aging and Senior Centers 3,300 hours in fiscal

year 2011," said Felice Monteiro, COA Coordinator, "and saved the city approximately \$86,856."

The event featured a Chinese buffet and gifts were presented to all volunteers. Christine Voss, manager of the Foster Grandparent program at Coastline Elderly Services, spoke on the importance of volunteerism.

Members of the New Bedford Council on Aging Board were also recognized for their work on behalf of the city's seniors.

Stand Up and Walk for Hospice

Community Nurse & Hospice Care (CNHC) and the Royal Fairhaven Nursing & Rehabilitation Center have partnered again for the second annual Walk, Rock & Roll at The Royal for hospice on Saturday, September 10. The event will be held from 8 a.m. to 11 a.m. at the Royal Fairhaven, 184 Main Street, Fairhaven (wheelchair accessible). This is a rain or shine event.

The three-mile walk will start at the Royal Fairhaven and will weave through Poverty Point, steering the walkers to historic sites along the way. It will end back at the Royal Fairhaven, where every-

one will gather to enjoy music, food and activities including face painting, balloon animals, a magician, a bounce house and foot and chair massages. Pets on leashes are welcome.

For pledge forms or more information, please call or visit the following locations: Linda Quinn, CNHC, 62 Center St, Fairhaven, 508-992-6278, www.communitynurse.com or Lee Allaire, The Royal Fairhaven, 184 Main St., Fairhaven, 508-685-6425 or Delia Braz, CNHC, 84 Rogers St., Dartmouth, 508-999-0730.

Parkinson's Support Group Meets

The next meeting of the Parkinson's Support Group will be held on Thursday, August 11, at 1 p.m. at

the Dartmouth Council on Aging on Dartmouth Street. The speaker will be Neurologist Juan Cuebas, M.D.

Trivia Quiz

By Ed Camara

FILL IN THE BLANK

- 1) Johnny Cash sang "A Boy Named _____"
 - 2) _____ -A-Sketch (toy)
 - 3) Phil Silvers "_____ Bilko" TV show
 - 4) The Ten Commandments actress Yvonne _____
 - 5) Big-band leader _____ Calloway
 - 6) Songwriters worked in _____ Pan Alley
 - 7) Early TV newsman, John _____ Swayze
- Bonus: What company sponsored his newscasts?
- 8) Duke Ellington song: _____ Doll
 - 9) Legendary baseball player, Ty _____
 - 10) Depression song: Brother Can You Spare a _____
 - 11) 1940s Nat King Cole song, Sweet _____
 - 12) 1960s TV Batman, _____ West

Senior Travel

Day Trips

Contact the Fairhaven Council on Aging at 508-979-4029 about the following trips:

- Wed. Aug. 17 – Newport Playhouse
- Sun. Sept. 11 – Boston Duck Tour.

Contact the Mattapoissett Council on Aging at 508-758-4110 about the following trips:

- Thurs. Aug. 18 – Flying Bridge Restaurant, Falmouth
- Thurs. Aug. 25 – Black Pearl, Newport RI

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

Thurs. Aug. 11 – Amarante's Sea Cliff lunch and show-- New Haven Conn.

Mon. Aug. 15 – Foxwoods Casino

Thurs. Aug. 18 – Provincetown Carnival Parade

Wed. Aug. 24 – George's of Galilee and Mohegan Sun

Wed. Aug. 31 – Ogunquit Theatre "Legally Blonde"

Tues. Sept. 6 – Twin River Casino

Wed. Sept. 7 – Portland Harbor Cruise and lunch

Tues. Sept. 13 – "Road to the Scottish Highlands" and lunch at Common Man Inn

Mon. Sept. 19 – Foxwoods Casino

Wed. Sept. 21 – Foster's Lobster Bake – York ME

Wed. Sept. 28 – Stoneham Theatre "Steel Magnolias" and Hilltop Steakhouse

Tues. Oct. 4 – Twin River Casino

Mon. Oct. 17 – Foxwoods Casino

Tues. Nov. 1 – Twin River Casino

Mon. Nov. 21 – Foxwoods Casino

Tues. Dec. 6 – Twin River Casino

Mon. Dec. 19 – Foxwoods Casino

Multi-Day Tours

Contact the Fairhaven Council on Aging at 508-979-4029 about the following trip:

Sept. 19 – 22 -- Lancaster Show Trip & Pennsylvania Dutch Country

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

Sept. 18-22 – Wildwood NJ and Atlantic City – Visit the Jersey Shore, Cape May, and Tropicana Resort Casino.

The City of New Bedford
Council on Aging & Senior Centers

are pleased to offer

"HEALTH CHECK"

by SouthCoast Health Systems

FREE check of your.....

- Total cholesterol
- Blood sugar
- Blood pressure
- Body mass index screenings

A Dietetic Nurse will be available to answer questions.

Buttonwood Center

1 Oneida Street, N.B.

508-991-6170 ext. 5

AUGUST 25th
9 a.m. - 12 p.m.

At the Senior Centers

Acushnet Senior Center

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

It's Alzheimer's Disease, Now What?, a one-hour, free program on how Alzheimer's disease presents itself, the signs and symptoms, different stages, and risk factors will be presented by Maureen Bradley, LPN, DCP, on August 17, at 11:15 a.m. Please call ahead to reserve a seat.

Empower Hour, Self Defense Class for Seniors, will be presented on Thursday, August 25, at 9:30 a.m. This class is focused on providing older adults with the confidence that they could and would be able to defend themselves from an attacker. No martial arts or strenuous movements required. The cost is \$20 per person for this two hour session. Class size is limited. Call to reserve your spot.

Learn how to control, decrease and resolve issues with dizziness, disequilibrium, visual disturbances, vertigo and nausea. **Vestibular Rehabilitation** will be presented on Wednesday, August 31, at 11:15 a.m. The class is free, and light refreshments will be provided.

Enjoy a free, indoor concert Friday, September 2, from 6:30 p.m. to 8:30 p.m. **Jimmy Buffet Entertainment** will feature a Jimmy Buffet Impersonator.

Shuffle Board court is now available on a first come, first served basis, Monday through Friday, from 8:30 a.m. to 3:30 p.m.

Lovely Ladies Losing Lbs. (LLLL) meets every Friday at 10 a.m. This free, fun and supportive weight loss group program runs in 8-week sessions.

Join Linda Kearley on Thursday mornings at 10 for **Havin-A-Ball**. Learn new and exciting exercises using the exercise balls provided. Beginners are welcome. The cost is 5 dollars per class.

The **Red Hat Society** meets every other Thursday at 10:30 a.m. at the Acushnet COA. New members are always welcome.

Chair Yoga with Sue Ashley meets on Tuesday mornings from 9 to 10.

Cardio Fusion, a low-impact, high energy class, meets Fridays from 10 a.m. to 11 a.m.

Brooklawn Senior Center

For more information on the following activities, call the Brooklawn Senior Center at 508-961-3100. The following classes are all free, unless otherwise noted.

Art classes are welcoming new participants now. These classes are free and materials are provided. **Decorative Painting** meets on Monday at 10 a.m. and **Drawing What You See/Watercolor** meets on Friday at 10 a.m.

The **Discussion Group** that meets on Tuesday afternoons at 1 is welcoming new members. This is a great way to meet new people in an informal setting.

Enjoy the ancient Chinese game **Mah Jongg** every Tuesday at 10 a.m. with instructor Joan Blanchette. Experienced and new players are welcome.

Whist players enjoy great people and prizes every Wednesday at 1 p.m. Everyone is welcome.

Play **Cribbage** on Thursday mornings starting at 9:30. If you've never played and are interested, join in as the players teach you this longtime favorite.

The **Book Club** meets on the third Wednesday of each month at 10 a.m. The next meeting is August 17, and the book is "Mercy" by Toni Morrison.

Everyone of any physical ability is encouraged to participate in the **Strength Training** class with Larry Bigos that meets on Thursdays at 10 a.m.

Tai Chi, a proven health benefit for many of any ability, meets at 1 p.m. on Mondays. A nominal fee applies.

Like to sing? New Horizons, a **Choral Group**, will resume its weekly rehearsals in September. Led by Mary Platt Cunha, this group performs at various venues throughout the year.

Buttonwood Senior Center

For more information on the following activities, call the Buttonwood Senior Center at 508-991-6170, ext. 5:

On Thursday, August 11, at 11:30 a.m., the family Service Association will present **An Ounce of Prevention**. Participants will learn about preventing falls and the flu pandemic.

Southcoast Health Systems will conduct a free **Health Check** on Thursday, August 25, from 9 a.m. to noon. A diabetic nurse will be available to answer questions.

An **Aerobics** class meets on Mondays at 10 a.m.

Needlepoint class is still in the works. If you're interested, please call the Center. Once established, you'll make tissue boxes, coat hangers, and other items on Tuesdays at 10 a.m. Instructor Iris Shaw will supply all needles and yarn.

Painting with Friends meets on Wednesdays at 12:30 p.m.

Tai Chi with Karen Corcoran meets every Wednesday at 2 p.m. Join this free class and improve your health and balance.

Create a Painting with Jesse meets Fridays at 9:30 a.m. Accomplished painter Jesse Martin takes participants step-by-step in acrylics or oils.

The **Swing Dancercise** class with Victor Fonseca meets from 1 p.m. to 2 p.m. on Fridays.

Dartmouth Senior Center

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

The annual **Summer Cookout** will be held on Wednesday, August 17, at 11:30 a.m. with entertainment by singer Richie Burns. Signup is required.

Play **Nutrition Bingo** with the Diabetes Association on Wednesday, August 24, at 10 a.m. Prizes will be awarded.

A new **Cribbage Group** is meeting on Wednesday mornings from 9:30 to 11:30.

A new **Free Walking Group** meets Wednesdays and Fridays from 8:30 a.m. to 9:30 a.m.

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.

A **Computer Clinic** is available on Tuesdays from 10:15 a.m. to 12:15 p.m.

No sign up is required and all levels are welcome. Lap tops are provided.

Reiki classes meet the first and third Wednesday of each month at 11:15 a.m. Sign up to hold your spot. **Chair Massage** is available on Wednesday at 10 a.m.

Free **Osteo Exercise** classes are offered Mondays at 10:30 a.m., Wednesdays at 10:00 a.m. and Fridays at 10:30 a.m.

Personal trainer Larry Bigos teaches an **individualized Flex and Strength Class** on Wednesday at 8:30 a.m. and Friday at 9:00 a.m. Beginners are welcome.

The **T.O.P.S Weight Loss** support group meets on Mondays at 10 a.m. for weekly weigh-ins, information, and speakers.

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

Downtown Senior Center

For more information on the following activities, call the Downtown Senior Center at 508-991-6255:

Tai Chi Qigong class meets on Wednesdays at 4 p.m. with Dr. Boris Kremer. Learn calming exercises for the body and mind for all abilities.

Have something on your mind and can't find someone to understand. Join the **Support Group** led by Licensed Social Worker Jennifer Marszalek on Mondays at 10 a.m. Sessions are confidential and everyone is respected. Free, courtesy of a grant from Coastline Elderly Services.

Are you still a kid at heart? Come in and play games on the **Wii** video system available Monday through Friday from 9 a.m. to 3 p.m.

Fairhaven Senior Center

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

The **Tai Chi** class meets on Thursdays from 12 p.m. to 1 p.m. and **Zumba** meets on Wednesdays from 11:30 a.m. to 12:30 p.m.

An **Osteo Exercise** class meets on Monday and Wednesday from 8:45 a.m. to 10:15 a.m.

Computer classes are offered Monday, Thursday and Friday. Call for times and registration.

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.

Foot Care will be available on Wednesday, August 10, from 9 a.m. to noon.

Chair Massage is available every Monday from 9 a.m. to 12 noon; walk-ins are welcome or call the center for an appointment.

Hazelwood Senior Center

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

Bunco is one of the fastest growing games in the country. Play this easy dice game that is all luck – with some decisions to be made -- on Tuesdays at 10 a.m.

Dancercise with Big Band Music led by Victor Fonseca meets every Tuesday from 1 p.m. to 2 p.m.

Join the **Walking Group** at Hazelwood at 10:30 a.m. every Wednesday, weather permitting. A volunteer will lead walkers along the scenic south end park and water area as you get some exercise and socialization. Meet inside the center.

A **Knitting and Crocheting** class meets on Thursday mornings at 10. Beginners are welcome.

Move those feet at the **Line Dancing** class every Thursday from 1 p.m. to 3 p.m. Instructor Nancy Cabral will help you to learn the most fun and new dances.

Tai Chi QiGong class meets on Fridays at 10 a.m. with Dr. Boris Kremer. Learn calming exercises for the body and mind for all abilities.

Want more movement? Have fun with instructor Michelle Thimas, as she leads you in **Zumba Gold** every Friday at 11:00 a.m.

The **Low Vision Group**, which meets the third Monday of the month at 10 a.m., will resume in September.

Computers are available to anyone over 55 who would like to surf the internet, do e-mails, and just "play" on the computer. The computer room is open Tuesday through Friday from 10 a.m. to 3 p.m.

Self Defense Class for Seniors will be presented in 2-parts: Session 1 will be on Thursday, September 1 at 10 a.m.-11 a.m. and Session 2 will be on Thursday, September 8 at 10 a.m. This class is focused on providing older adults with the confidence that they could and would be able to defend themselves from an attacker. No martial arts or strenuous movements are required. The total cost is \$7 per person for both weeks. Class size is limited. Call to reserve your spot.

Have fun and get exercise! Join **Have a Ball: Balance & Strength**, a new class that will meet every Thursday at 10 a.m. starting September.

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.

The annual **Senior Citizens Chicken Bake** put on by the Marion Social Club will be held on Sunday, August 21, at 12 noon at the Social Club. Tickets are 50 cents and may be picked up at the Marion Council on Aging office during regular business hours. Each Marion resident may bring an out of town guest. Take-out meals are not allowed. Please call the office if you are homebound and would like a meal delivered. Transportation may be provided upon request.

The COA offers **transportation to the Y** in Wareham on Tuesdays and Thursdays. Pick up will begin at 10:30 a.m. The van will bring you to the Y in Wareham and pick you back up at 1:00 p.m.

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

At the Senior Centers... continued on page 9

Senior Safety

Senior Centers Offer Relief from Heat

The greater New Bedford area has experienced a prolonged period of excessive heat and dangerously hot temperatures. Local senior centers are air-conditioned and provide a cool place for anyone looking to escape the hot weather conditions.

The following centers are open from 9 a.m. to 3 p.m.: Brooklawn Senior Center, 1997 Acushnet Avenue; Buttonwood Senior Center, 1 Oneida Street; Downtown Senior Center, 560 Pleasant Street; and Hazelwood Senior Center, 553 Brock Avenue. Ashley Senior Center, 543 Rivet Street, is open from 10 a.m. to 4 p.m. The public is reminded to bring any medications and/or special food items with them.

City public safety and health officials and the Massachusetts Emergency Management Agency (MEMA) offer the following tips for everyone to follow during hot, humid weather:

- Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you do not feel thirsty. Attempt to stay hydrated.
- Never leave children or pets alone in a closed vehicle.
- Check on family, friends and neighbors.
- Limit intake of alcoholic beverages. They can actually dehydrate

At the Senior Centers... continued from page 8

Mattapoisett Social Center

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

The Friends of the Elderly **Summer Picnic** will be held on Thursday, August 11.

Play **Beginner's or Duplicate Bridge** on Thursdays at 9 a.m. All levels of players are welcome. Refreshments will be served. Duplicate Bridge players also meet on Tuesdays at 9 a.m.

The **Garden Club** meets on Monday mornings at 9, and the **Art Class** meets on Thursdays at 1 p.m. A **Knitters Group** is now meeting on Mondays at 10 a.m. Everyone is welcome.

On Wednesdays a **Fitness** class with Karen Corcoran, a Specialist in Fitness for Older Adults, meets at 12 noon. A **Yoga** class meets on Tuesday and Friday mornings at 8:30 a.m.

The **Cardio Dance Fit** class with certified instructor Ellie Higgins meets on Wednesdays at 10 a.m. and on Fridays at 12 noon.

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

Rochester Senior Center

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

Join us on Monday nights from 6:30 to 9:00 and Wednesday afternoons from 12:30 to 3:00 for **Senior Bingo**. Refreshments will be served.

The monthly **Veterans Social** is held on the third Wednesday of the month from 6 p.m. to 8 p.m. Any Rochester Veteran of any age is invited to attend.

Computer Classes meet on Fridays at 2 p.m. Volunteer Rick Amicucci will teach you anything you want to learn.

Join Ginny Cutler on Tuesdays at 9 a.m. for **Scrabble** games. Anyone is welcome. Just drop in or join a group.

Weekly grocery shopping trips are now being scheduled every other week on Wednesdays at Market Basket in Raynham. Any senior is welcome to ride the van, but must sign up in advance to reserve a seat.

The **Cardio Dance Fit** class with certified instructor Ellie Higgins meets on Tuesdays at 10 a.m.

On Mondays for the next several months, a delicious **BBQ Lunch** will be prepared on the outside grill. Choice of hotdogs, hamburgers, linguica, and other items will be available for all. Call in advance.

Cardio-Fit Groovercise, a new exercise class meets on Tuesday mornings, from 10 to 11. Led by certified instructor Ellie Higgins, the class features a mix of Zumba Fitness, African, Belly Dance, Jazz, and other easy to do dance styles and classic aerobic moves.

On Monday, August 22, Kimberly Ferreira, MS, RD, LDN, Dietitian from Coastline Elderly Services, will offer a **food preparation** and nutritional presentation.

your body.

- Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.

- Stay indoors as much as possible.

- If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.

- Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters and other community facilities that may offer refuge during the warmest times of the day.

- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%.

- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating.

In normal weather, the body's internal thermostat produces perspiration that evaporates and cools the body. However, in extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain normal temperature, which may lead to heat cramps, heat exhaustion and heat stroke.

If you believe you, or anyone you are with, is experiencing a heat-related medical emergency, promptly call 911, and if possible, move to a cooler place.

Nutrition News

How Healthy is Your Eating?

by Kimberly Ferreira, MS, RD, LDN, Coastline Elderly Services, Inc.

If you would like to know how healthy and nutritious your eating habits are, please do the following tests. Add your points and check your score!

When deciding what to eat, or when you eat, how often do you.....	Most of time (2 pts)	Sometimes (1 pt)	Rare/Never (0 pts)
Think about your health condition?			
Have 3 regular meals per day?			
Eat healthy snacks between meals?			
Eat a variety of foods?			
Try new foods or new preparations?			
Eat at least 6 servings of bread/cereal?			
Eat at least 3 servings of vegetables?			
Eat at least 2 servings of fruits?			
Eat at least 2 servings of milk or dairy?			
Avoid foods high in fat?			
Avoid foods high in sugar?			
Drink at least 6 glasses of water daily?			
Drink alcohol in moderation?			
Balance eating and your exercise?			
TOTAL (add the columns to get your total)			

Results

- 24 + points:** Very good! You are eating healthy, nutritious foods
- 23 - 16 points:** Good! You are eating well. You may want to try to improve in the areas where you responded "sometimes" or "rarely/never".
- 15 - 9 points:** You are eating well sometimes but not as frequently as it should be to have good nutrition and prevent some health problems.
- 9 - 0 points:** You should review your eating habits and try to incorporate some healthy, nutritious changes to your eating practices.

Sources: Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University

Meals on Wheels and Sodium

Our meals provide up to 1300 mg of sodium. The current recommendation for sodium is 1500-2300 mg of sodium each day. Let's see how our meals fit into the recommendations:

Breakfast	aim to consume	350 - 400 mg of sodium
Lunch: Meals on Wheels	provides	600 - 1300 mg of sodium
Dinner	aim to consume	550 - 650 mg of sodium
TOTAL:		1500 - 2350 mg of sodium

Good News for Meat Lovers

If given the choice between eating a hot dog or enjoying some rotisserie chicken, consider the hot dog.

That's because hot dogs, as well as pepperoni and deli meats, are relatively free of carcinogenic compounds, according to Kansas State University research. But it's a not-so-happy ending for bacon and rotisserie chicken -- especially chicken skin -- because both have higher levels of cancerous material.

J. Scott Smith, professor of food chemistry, and a K-State research team have been looking at such ready-to-eat meat products to determine their levels of heterocyclic amines, or HCAs. These are carcinogenic compounds found in meat that is fried, grilled or cooked at

high temperatures. Studies have shown that humans who consume large amounts of HCAs in meat products have increased risk of stomach, colon and breast cancers.

Ready-to-eat meat products are meat or poultry products that come in edible forms and don't need additional preparation or cooking. Smith has already researched HCA levels in cooked meat and found that adding certain spices and marinades before cooking can reduce HCA content in the meat.

The current study focuses on eight types of ready-to-eat meat products: beef hot dogs, beef-pork-turkey hot dogs, deli roast beef, deli ham, deli turkey, fully cooked bacon, pepperoni and rotisserie chicken.

Committee Planning Coastline Fundraiser



The second annual Coastline Elderly Services Fall Fling fundraiser is set for Friday, September 30, at the Hawthorne Country Club, 970 Tucker Road, Dartmouth. The evening will feature a buffet dinner, music and silent auctions

This year's Fall Fling will benefit the Charles N. Sisson Men's Fund at Coastline. Committee members working on the event at a recent meeting are (seated) Irene Sisson of Dartmouth, Cynthia Marland of Dartmouth, Inez Mello of New Bedford, and (standing) Mary Anne Mont of Freetown and Jeannine Wilson Aidala of Dartmouth.

For tickets or information, call Coastline Elderly Services at 508-999-6400.

Your Health

Over Half of Alzheimer's Cases May Be Preventable, Say Researchers

Over half of all Alzheimer's disease cases could potentially be prevented through lifestyle changes and treatment or prevention of chronic medical conditions, according to a study led by Deborah Barnes, PhD, a mental health researcher at the San Francisco VA Medical Center.

Barnes analyzed data from studies around the world involving hundreds of thousands of participants. In the United States, she found that the biggest modifiable risk factors are physical inactivity, depression, smoking, mid-life hypertension, mid-life obesity, low education and diabetes. Together, these risk factors are linked with up to 54 percent of Alzheimer's cases in the United States (2.9 million cases), according to Barnes.

"What's exciting is that this suggests that some very simple

lifestyle changes, such as increasing physical activity and quitting smoking, could have a tremendous impact on preventing Alzheimer's and other dementias in the United States and worldwide," said Barnes, who is also an associate professor of psychiatry at the University of California, San Francisco.

The study results were presented at the 2011 meeting of the Alzheimer's Association International Conference on Alzheimer's disease in Paris, France, in July. Barnes cautioned that her conclusions are based on the assumption that there is a causal association between each risk factor and Alzheimer's disease. "We are assuming that when you change the risk factor, then you change the risk," Barnes said. "What we need to do now is figure out whether that assumption is correct."

Falls May Be Early Sign of Alzheimer's

Falls and balance problems may be early indicators of Alzheimer's disease, researchers at Washington University School of Medicine in St. Louis reported July 17, at the Alzheimer's Association International Conference on Alzheimer's disease in Paris.

Scientists found that study participants with brain changes suggestive of early Alzheimer's disease were more likely to fall than those whose brains did not show the same changes. Until now, falls had only been associated with Alzheimer's in the late stages of dementia.

"If you meet these people on the street, they appear healthy and have no obvious cognitive problems," says lead author Susan Stark, PhD, assistant professor of occupational therapy and neurology. "But they have changes in their brain that look similar to Alzheimer's disease, and they have twice the typical annual rate of falls for their age group."

Stark and her colleagues recruited 119 volunteers from studies of aging and health at Washington University's Knight Alzheimer's Disease Research Center. All the

participants were 65 or older and cognitively normal. Brain scans showed that 18 participants had high levels of amyloid plaques, a hallmark of Alzheimer's. The other 101 volunteers had normal amyloid levels in the brain.

Participants were given a journal and asked to note any falls. When they did so, the researchers followed up with a questionnaire and a phone interview about the falls. This follow-up allowed researchers to gather information for future analyses that will compare and contrast the nature of the falls.

About one in three adults age 65 or older typically fall each year. But in the 18 participants with high amyloid levels in the brain, two-thirds fell within the first eight months of the study. High levels of amyloid in the brain were the best predictor of an increased risk of falls. "Falls are a serious health concern for older adults," Stark says. "Our study points to the notion that we may need to consider preclinical Alzheimer's disease as a potential cause."

Get Free Eye Exam During Cataract Awareness Month in August

Though cataracts are the leading cause of vision loss worldwide, myths persist about their cause and treatment. More than 20 million people in the US older than 40 have cataracts, and more than half of them will develop cataracts by age 80, according to the National Eye Institute.

"Cataracts are not preventable, but they are treatable," said Richard P. Mills, M.D., "and the best way to ensure vision stays healthy for a lifetime is to schedule a visit with an ophthalmologist. In fact, more than 90 percent of the people who have cataract surgery regain useful vision."

In honor of Cataract Awareness

Month in August, EyeCare America, a public service program of the Foundation of the American Academy of Ophthalmology, provides eye exams at no out-of-pocket cost to people age 65 and older. The eye exams are provided by a corps of nearly 7,000 volunteer ophthalmologists across the U.S. and Puerto Rico. Those interested in the program can visit www.eyecareamerica.org to see if they are eligible. The organization's online referral center also enables friends and family members to find out instantly if their loved ones are eligible to be matched with an EyeCare America volunteer ophthalmologist.

Smoking, Diet Can Significantly Influence Macular Degeneration

Eating a diet high in vitamin D, as well as other nutrients found in grains, spinach, poultry, fish and dairy foods, might help reduce the risk of macular degeneration, according to new research conducted by Tufts Medical Center scientists. Their study of identical twins from the US World War II Twin Registry also found that the more a person smoked, the higher their risk of developing macular degeneration.

Macular degeneration is one of the leading causes of vision loss in older Americans. It occurs when cells in the macula, the part of the eye responsible for clear central vision, gradually die. Macular degeneration can progress so slowly it takes years for serious vision loss to occur, but it can also develop rapidly, causing severe vision loss that can make it difficult to drive, read or conduct daily tasks.

Macular degeneration is often inherited, so the researchers exam-

ined identical twins with the same genes but whose disease was at different stages. They were able to identify environmental and behavioral factors that may contribute to severity of the disease.

The study found that twins whose macular degeneration was at the early stages tended to consume more vitamin D from dietary sources such as fish or milk than their brothers. Vitamin D may reduce the risk of macular degeneration because it has anti-inflammatory properties. The study also found that among the pairs of twins, the twin who was the heavier smoker tended to have the more severe case of macular degeneration.

"Eat a healthy diet with lots of fruits and vegetables, and that can make a difference - even if you have a genetic susceptibility to macular degeneration," said Dr. Seddon, a specialist in macular degeneration, "and, of course, don't smoke."

Sitting for long Periods Doubles Risk of Blood Clots in The Lungs

Women who sit for long periods of time every day are two to three times more likely to develop a life-threatening blood clot in their lungs than more active women, finds a new study. It is the first to prove that a sedentary lifestyle increases your risk of developing a pulmonary embolism - a common cause of heart disease.

Pulmonary embolism develops when part, or all, of the blood clot travels through the bloodstream from the deep veins in the leg and up into the lungs. Symptoms include difficulty breathing, chest pain and coughing. While other studies have explored the relationship between physical activity and pulmonary embolism, few data are available linking the condition with physical inactivity.

Dr Christopher Kabrhel and

colleagues studied 69,950 female nurses over an 18-year period providing detailed information about their lifestyle habits by completing biennial questionnaires. They found that the risk of pulmonary embolism is more than two times higher in women who spend most time sitting (more than 41 hours a week outside of work) compared with those who spend least time sitting (less than 10 hours a week outside of work).

The results remained conclusive after taking account of factors such as age, body mass index and smoking, adding to the evidence that physical inactivity is a major cause of this condition. The study also shows that physical inactivity is associated with heart disease and hypertension and could be one of the hidden mechanisms that link arterial disease and venous disease.

Aspirin Could Play Key Role in Preventing Heart Attacks in Diabetics

In some cases, an apple a day may keep the doctor away, but for people with diabetes, regular, over-the-counter aspirin may also do the job.

A new study by University of Alberta researcher Scot Simpson has shed light on the use of aspirin as a preventative measure for cardiovascular disease and reoccurrence in patients with diabetes. The study collected data from clinical trials that looked at whether taking aspirin would prevent a first or recurrent heart attack or stroke.

Using information from diabetic patients in these studies, Simpson discovered that patients with previous cardiac episodes who were taking a low dose of aspirin daily had very little benefit in terms of prevention of a second heart

attack or a decreased risk of death. However, in patients taking higher doses of aspirin, the risk of a repeat heart attack and/or death was significantly lower.

"We took all of the data from 21 studies and focused specifically on diabetic patients who had suffered a previous heart attack or stroke to measure the ability of aspirin to prevent a second event. We found that, if those patients took up to 325 milligrams of aspirin per day, they had a 23 percent lower risk of death," said Simpson.

Simpson says that people with diabetes are at an increased risk of cardiovascular disease, adding there is evidence that suggests as much as 60 per cent of deaths in diabetics are attributable to heart disease.

When men reach their sixties and retire, they go to pieces. Women go right on cooking.

Gail Sheehy

Hey yogurt, if you're so cultured, how come I never see you at the opera?

Stephen Colbert

Your Health

Cancer Common in the Elderly

Cancer is a common event among older people, and as we age the risk increases, even if no one in our family has had the disease, says the National Cancer Institute.

Why do older people get cancer? Some cancers can be inherited, and others are caused by long-term exposure to cancer-causing substances like those in tobacco smoke. But cancer also becomes more likely as we age and everyday damage to our cells and our genes eventually builds up. Our body works to repair and control this damage, but when cells continue to grow and divide and don't die when they should, cancer may develop.

Of course, most symptoms of aging have nothing to do with cancer, but older folks who don't report unusual changes to their doctor risk missing an early cancer that could be treated successfully.

Getting Treated

When cancer is found early, treatment may be more likely to work. But decisions about how to treat older people may depend more on their general health and their quality of life than on their actual age. The presence of other health concerns and the medications they are taking for these problems can also affect which cancer treatments they will receive. Older people who are generally healthy do as well with most treatments, including chemotherapy, as their younger counterparts.

Pain can be one of the biggest

challenges facing older cancer patients, since their other conditions and medications they may take can add to the pain from treatment. It is important for caregivers to be aware of the patient's overall health condition and to monitor their pain and health status carefully.

One commonly used class of pain relievers, known as NSAIDs, is more likely to produce side effects in older patients, such as stomach and headaches, constipation, and confusion. On the other hand, older patients often don't receive opioid drugs (powerful pain relievers such as oxycodone) because some providers and patients themselves believe they may be dangerous. However, these drugs can prove particularly effective in older patients who can tolerate them.

Family members, caregivers, and doctors of elderly cancer patients should — in consultation with the patient — try to assess not only any compromising health conditions, but also their daily quality of life. This should include looking at their social, emotional, and spiritual lives, all of which are likely to be challenged by cancer treatment and recovery.

It is important for the patient and family members (and anyone else who is advocating for the patient) to ask questions and have open conversations with the health care team. One good way to do this is to ask for a family meeting to discuss the patient's treatment plan and quality of life during and after treatment.

Older Women with Breast Cancer Probably Won't Die from It

Older women with breast cancer are more likely to die from cardiovascular disease and other causes than from their cancer, a new study finds.

Researchers analyzed data from more than 60,000 women in the United States, aged 66 and older, who were followed for at least 12 years after being diagnosed with breast cancer. By the end of the follow-up period, nearly half of the women were still alive. Those who died lived to an average age of 83, and more than two-thirds of them died from causes other than breast cancer. In fact, cardiovascular disease killed more of the women than breast cancer.

Women who were most likely to

die of breast cancer included those who were diagnosed at a younger age and those with a high tumor grade or estrogen receptor-negative status. The pattern seen among the women in the study matches the pattern for women in the general population, where cardiovascular disease is the leading killer, the researchers said.

"Cancer is a big killer and is responsible for about a quarter of all deaths. However, breast cancer is not necessarily a death sentence and patients need to take care of their health to reduce their risk of dying from heart disease and other age-related diseases," study author Jennifer Patnaik, of the University of Colorado, said in a news release.

High Folate Intake May Reduce Risk of Colorectal Cancer

Consuming high levels of folate may reduce colorectal cancer risk, according to a new study in *Gastroenterology*, the official journal of the American Gastroenterological Association (AGA) Institute. Folate is a water-soluble B vitamin that occurs naturally in food.

A research team investigated the association between folate intake and colorectal cancer among 99,523 participants. The findings of this study add to the evidence that high folate intake reduces colorectal cancer incidence.

"We found that all forms and sources of folate were associated with lower risk of colorectal cancer," said Victoria Stevens, PhD, of the

American Cancer Society and lead author of this study. Folates occur naturally in some foods and folic acid is found in fortified foods and dietary supplements.

The study also addressed concerns that the intake of high levels of folate in the U.S. — as a result of the recent increase in the use of folate-containing supplements and mandatory folate fortification of food — may actually increase risk of cancer. No increased risk of colorectal cancer was found for the highest intake levels, suggesting that the high levels of this vitamin consumed by significant numbers of Americans should not lead to higher cancer rates.

Enlarged Prostate Prescriptions May Increase Risk of Prostate Cancer

New safety information on enlarged prostate medications has been released based on the Food and Drug Administration's review of two large clinical trials. Both trials showed an increased incidence of high-grade prostate cancer with the use of medications classified as 5-ARIs. These drugs are marketed under the brand-names Proscar, Propecia, Avodart, and Jalyn.

How many men are at risk? Reports show that approximately 5 million men received a prescription for a 5-ARI between 2002 and 2009. It is estimated that approximately 3 million of these patients

were between 50 and 79 years of age.

Proscar, Avodart and Jalyn are FDA-approved 5-ARIs to improve symptoms of an enlarged prostate gland (benign prostatic hyperplasia or BPH). Proscar and Avodart are also FDA approved to reduce the risk of urinary retention or surgery related to an enlarged prostate. Propecia is an FDA-approved 5-ARI to treat male pattern hair loss.

Men who are in high-risk groups, African-Americans or those with a family history of prostate cancer, should be checked on a regular basis.

Chantix Significantly Increases Risk of Serious Cardiovascular Problems

Smoking cigarettes is a dangerous habit that many are struggling to break, but for smokers who choose to use one of the most popular smoking cessation drugs on the market, new warnings about the risk of serious cardiovascular events are on their way.

A new study by researchers at Wake Forest Baptist Medical Center shows that the use of varenicline — marketed by Pfizer under the brand name Chantix™ — is associated with a 72 percent increased risk of hospitalization due to a serious adverse cardiovascular (CV) event, such as heart attack or arrhythmia.

"We have known for many years that Chantix is one of the most harmful prescription drugs on the U.S. market, based on the number of serious adverse effects reported to the FDA (U.S. Food and Drug Administration)," said Curt D. Furberg, M.D., Ph.D., a professor

of Public Health Sciences at Wake Forest Baptist, lead investigator on the study, and a nationally-recognized leader in drug safety research. "It causes loss of consciousness, visual disturbances, suicides, violence, depression and worsening of diabetes. To this list we now can add serious cardiovascular events."

"Among tobacco users varenicline use was associated with a significantly increased risk of serious adverse cardiovascular events greater than 72 percent," the researchers wrote. "These increased risks of adverse cardiovascular events are seen in smokers with or without heart disease." The researchers noted additional risks of using the drug, found in previous studies that led to an existing box warning from the FDA — risks of depression, agitation and suicidal thoughts.

Grandchildren don't stay young forever, which is good because Grandfathers have only so many horsy rides in them.
Gene Perret



The best in skilled nursing care
in the comfort of your home.

SERVICES PROVIDED

- Skilled Nursing
- Occupational Therapy
- Home Care Aides
- Psychiatric Nursing
- Physical Therapy
- Medical Social Services
- Registered Dietitian
- Speech Therapy

SPECIALTY PROGRAMS

- Maternal/Child Health
- Health Counseling Clinics
- Hospice Services
- Home Telemonitoring
- Palliative Care
- Wound Care
- Rehab Services
- Infusion Services
- Complementary Therapies
- Disease Management Programs: Cardiac, Respiratory, Diabetes
- Elder Abuse Screenings

Southcoast Home Care Services is a department of Southcoast Hospitals Group and certified by Medicare/Medicaid and accredited by the Joint Commission on the Accreditation of Healthcare Organizations. Services include home care, hospice, palliative care and home infusion.



SOUTHCOAST
HOSPITALS GROUP

Home Care, Hospice & Palliative Care and Infusion Services

www.southcoast.org

508-984-0200 / 800-587-0541

The Way We Were

Musicians on the Mall



Louis Bergeron and his German band play to the delight of shoppers and polka dancers on the Downtown Mall in front of the New Bedford Five Cents Savings Bank. The mall, which restricted traffic, was built in 1976 and removed in 1986. Local 214 Musicians' Union President Frank Monteiro, left, plays the tuba.

Volunteer Tutors Needed for Homeless Children in New Bedford

School on Wheels, a nonprofit organization that provides academic support and one-on-one mentoring to children impacted by homelessness, is recruiting volunteer tutors in the New Bedford area.

Currently 50,000 homeless children are enrolled in Massachusetts schools. They often attend two or three schools each year due to frequent moves and are twice as

likely to repeat a grade as other children.

"Volunteer tutors have to attend a 2.5 hour tutor training, and we ask for a 3-month, once-a-week commitment," says Program Director Robin Gilbert. For more information contact Robin at 508-587-9091 or by email at robin@sowma.org.

Answers to Trivia Quiz

- | | |
|-------------|--------------|
| 1) Sue | 7) Cameron |
| 2) Etch | Bonus: Timex |
| 3) Sergeant | 8) Satin |
| 4) Decarlo | 9) Cobb |
| 5) Cab | 10) Dime |
| 6) Tin | 11) Lorraine |
| | 12) Adam |

Contacting your Legislators

<http://www.malegislature.gov/people/FindMyLegislator>

Antonio Cabral (Representative-New Bedford)
617.722.2017
Antonio.Cabral@mahouse.gov

Robert Koczera (Representative-New Bedford)
617.722.2582
Robert.Koczera@mahouse.gov

Mark Montigny (Senator- New Bedford, Dartmouth, Acushnet, Fairhaven, Mattapoissett)
617.722.1440
Mark.Montigny@masenate.gov

Christopher Markey (Representative-New Bedford, Dartmouth)
617.722.2450
christopher.markey@mahouse.gov

William Strauss (Representative- Fairhaven, Mattapoissett, Marion, Rochester)
617.722.2400
William.Strauss@mahouse.gov

Marc Pacheco (Senator-Marion)
617.722.1551
Marc.Pacheco@masenate.gov

Michael Rodriques (Senator-Rochester)
617.722.1114
Michael.Rodriques@masenate.gov

Timothy Madden (Representative-Gosnold)
617.722.2810
Timothy.Madden@mahouse.gov

Daniel Wolf (Senator-Gosnold)
617.722.1570
Daniel.Wolf@masenate.gov

U.S. Legislators

Barney Frank (U.S. Congressman 4th District)
201-225-5931 Washington D.C.
508-999-6462 New Bedford
Web: <http://www.house.gov/frank/>

John F. Kerry (U.S. Senate)
202-224-2745 Washington D.C.
508-677-0522 Fall River, MA.
john.kerry@kerry.senate.gov

Scott Brown (U.S. Senate)
202-224-4543 Washington, D.C.
617-565-3170
Web: www.scottbrown.com

Campaña Nacional para Promoción y Educación de Prevención

Compartiendo las noticias sobre los servicios preventivos de Medicare

¿Sabía usted que, gracias a la Ley del Cuidado de Salud a Bajo Precio, Medicare ahora cubre una visita anual de bienestar y muchos servicios y pruebas preventivas? Los servicios preventivos como estos pueden detectar problemas de salud a tiempo, cuando el tratamiento funciona mejor y puede evitarle contraer ciertas enfermedades.

Aproveche su Visita Anual de Bienestar Si usted tiene Medicare, la visita anual de bienestar es su oportunidad de hablar con su médico para asegurarse de que está recibiendo la atención que necesita, incluyendo un resumen de las medicinas que está tomando. En esta visita, usted y su médico pueden hacer lo siguiente:

- Revisar su historial médico y familiar
- Crear una lista de sus proveedores y recetas actuales
- Tomar la altura, peso, presión arterial, otras mediciones de rutina
- Crear un programa de detección de servicios preventivos apropiados para usted
- Crear una lista de factores de riesgo y opciones de tratamiento

para usted

Reciba descuentos en medicamentos recetados Si tiene cobertura de recetas médicas y está en el período sin cobertura durante el 2011, usted recibe un descuento del 50% en medicamentos recetados de marca cubiertos que compre en la farmacia o a través del correo. Este beneficio le ayuda a que sus medicamentos sean más baratos y pueda tomarlos para mantenerse saludable.

Manténgase usted, a sus amigos y familia saludable La mejor manera de mantenerse sano es llevando un estilo de vida saludable. Usted puede prevenir muchas enfermedades mediante el ejercicio, una buena alimentación, un peso adecuado y el no fumar. Obtener los servicios preventivos que usted necesita es simplemente otra manera de tomar buen cuidado de su salud. Infórmele a sus amigos y familiares con Medicare sobre los servicios preventivos. Porque cuando usted comparte la noticia, comparte el bienestar.

Para más información Llame al 1-800-MEDICARE (1-800-633-4227). Los usuarios de TTY deberán llamar al 1-877-486-2048.

Experience a health plan like SWH.

You keep all your MassHealth benefits, and more.

- ✓ \$0 co-pays for ALL services
- ✓ Dental coverage at no cost
- ✓ Free transportation to doctor appointments (limitations apply)
- ✓ Enroll any time of the year

Senior Whole Health is a health plan for seniors aged 65 or older who have MassHealth Standard.



SWH
SENIOR WHOLE HEALTH®
Simple. Secure. Independent.

1-888-566-3526 (Toll-free)
1-888-749-6455 (TTY)
www.seniorwholehealth.com

Senior Whole Health Senior Care Options (SCO) Program is a health plan with a Commonwealth of Massachusetts/EOHHS contract. Enrollment is voluntary.
MA SCO_2011_191 4/11/11