

NEW BEDFORD'S Senior Scope

FREE

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

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Inside



Valentine's Day Blizzard, 1914

- Editor's Notes2
- Donations2
- Never Give out Social Security Number3
- Tax Time.....3
- Menu for February.....4
- Recipe Roundup4
- Shopping Guide5
- Update6
- Money Management
- Volunteers7
- Trivia Quiz7
- Senior Travel.....7
- At the Senior Centers.....8
- Checklist for Preventing Falls.....9
- Steps to a Healthier You.....9
- Domestic Violence and Elder Abuse.....9
- Commit to Quit.....10
- Vitamin D Improves Muscle Strength.....10
- Free Vascular Screenings...11
- End-of-Life Discussions11
- Remember When.....12
- Reader Exchange12

■ Los Articulos en EspañolPágina 3, 9

■ Os Artigos em Português.....Página 3, 9

Happy
Valentine's Day



Old Age? It's a Matter of Opinion, Poll Says

Baby Boomers, who once said "don't trust anyone over 30," now think old age doesn't start until 77.

How old is old? Your answer depends on your age, according to a study by Marist Institute for Public Opinion. And it depends on your gender. The age at which someone is considered old increases slightly for each generation. However, all generations want and expect to live well beyond the age they define as "old."

When asked, "At what age do you consider someone to be old?" Millennials, young people 18 to 29, said 62. Gen Xers, people born from the latter 1960s to early 1980s, said 71.

Baby Boomers, those born following World War II from 1946 up to 1964, think old age starts at 77. And members of the Greatest Generation, who were born between 1901 and 1924, fought in World War II, and came of age during the Great Depression, say old age begins at 81.

The study, titled "Generation to Generation: Gauging the Golden Years," polled 1,235 Americans about their views on aging and found that, overall, men consider someone to be old at age 70, while women say it's 76 years.

But being "old" doesn't dampen the desire for a long life. Survey respondents from every generation – Millennials, Gen Xers, Boomers and the Greatest Generation – all would like to live to 90 years, but most expect to only reach 83 years.

Is 90 the new 85?

While the average life expectancy in the U.S. is 78.4 years, many more Americans are living to a ripe old age. Over the last 30 years, the ranks of Americans 90 and older have tripled, with three women for each man. The 90-plus population now totals 1.9 million.

Over the next four decades, this population is projected to more than quadruple. A report from the U.S. Census Bureau says the number of Americans 90 and older could reach 9 million by 2050. The report describes this rapidly growing segment of the population and suggests that the designation of oldest-old should be changed from 85 to 90 years.

According to the Census Bureau report, a majority of the 90-plus population are white women who live alone or in a nursing home. Forty percent of the men in the 90-plus group were married; 80 percent of the women were widows. Most of them are high school graduates. Social Security provides almost half of their personal income, and almost all of them have health insurance coverage through Medicare and/or Medicaid. The vast majority say they have one or more types of disability, with two-thirds reporting problems with mobility.

The number of centenarians is also growing. In the 2010 Census, there were 53,364 people 100 and older in the U.S., an increase of 5.8 percent since 2000. An average person who has lived to 90 years of age has a

life expectancy today of 4.6 more years, while those who pass the century mark are projected to live another 2.3 years.

They're Baack!



The clients from the Fairhaven Senior Social Day Program were entertained once again by the Senior Center's very own cast of the musical 'Sister Act.' Performers include, back row, left to right, Joan Mello, Christine Alphonse, and praying for us all, Karen Zegarowski. Seated in the front row is COA Director Anne Silvia, the Pope, played by Al Borges and Sue Roderiques, Asst. Social Day Coordinator. Also pictured, Suzy Ferreira and Joyce Cookinham, Social Day Program Coordinator.

And more good news: Approximately 97 percent of adults over 65 live in the community. Only 3.1 percent of this population lived in skilled-nursing facilities in 2010.

But an older person's likelihood of living in a nursing home increases sharply with age. About 1 percent of what are called the young elderly (aged 65–69) live in a nursing home. The percentage rises to almost 20 at ages 90 to 94, and up to 38 percent of centenarians reside in a nursing home.

Population of older men increased more rapidly than older women

While women continue to outnumber men in the older ages, men have continued to close the gap over the last decade by increasing at a faster rate than women. The largest growth rate for a 10-year age group within the older population was for men 85 to 94 years old (46.5 percent).

Women in this age group also increased but to a smaller degree (22.9 percent). The number of men per 100 women in the older ages has increased over time as differences in male and female mortality continued to narrow and more males entered into the older population.

According to the experts, the factors fueling the aging boom include the decline in smoking, improved nutrition and public health, diabetes control, and fewer strokes. Another factor: a higher educational level, which has been linked to better health.

March for Meals Appeal Timely as Governor's Budget Slashes Meals Program

Each week, Coastline Elderly Services, Inc. delivers meals to over 4,000 elders living in New Bedford, Acushnet, Dartmouth, Fairhaven, Cuttyhunk, Marion, Mattapoisett and Rochester. To bring awareness to its elderly nutrition program, Coastline participates in the national March for Meals Campaign every year, in partnership with the Meals on Wheels Association of America.

Without the Meals on Wheels program, many older adults would not be able to continue living independently because they are unable to drive to buy groceries or they are unable to prepare their own meals. "As

the number of referrals to Meals on Wheels continues to grow, ensuring the program remains fully funded is becoming more important," says Coastline CEO Paula Shiner.

Shiner and elder advocates across the state reacted with surprise in response to Governor Deval Patrick's proposed 24 percent cut in the state's meals program for seniors. The Governor's budget slashes the elder nutrition program line item by \$1.5 million, from the FY 2012 level of \$6.325 million, to \$4.81 million in FY 2013.

March for Meals ... continued on page 2

Editor's Notes

Bare Arms No More

Have you noticed how many women on news programs and talk shows are wearing sleeveless tops and dresses these days? It may be the dead of winter, but bare arms are definitely in fashion from Boston to Atlanta.

The real pros like Diane Sawyer and Katie Couric still stick to more traditional apparel, and it seems to me their business like demeanor does enhance their credibility.

Maybe the younger reporters and commentators should take a lesson from the seasoned professionals, but many of the newer media mavens are showing off their bare arms ... and more ... on screen.

Of course, it has been a mild winter so far, but February has just started. Winter is not over yet. And bare arms do look a little out of place in January and February.

First Lady Michelle Obama, with her well toned arms, started the sleeveless trend a couple of years ago, and the fashion quickly spread.

First Ladies certainly do have an impact on styles. When Mamie Eisenhower moved into the White House, her famous bangs prompted many women to change their hairdos.

I remember when I was in my early twenties. Jackie Kennedy was First Lady and quite a trend setter. The Jackie Kennedy look was what every woman emulated.

When Jackie started wearing sleeveless wool dresses because she said the old heating system in the White House made the rooms very hot, a new fashion was born.

In those days before polyester and other synthetic fabrics became popular, we wore wool in winter and cotton or linen in summer. Women wore dresses or skirts for business and most social occasions. Pant suits and business casual had not yet hit the scene.

I had a couple of Jackie Kennedy style sleeveless wool dresses. One was a black knit and I'm not sure where I bought it.

The other one was gray and I bought it at Pat McKenna's, one of the great shops that lined the downtown streets in the 1960s.

Mom was with me when I bought the gray dress, and she thought a winter dress without sleeves defied common sense. Of course, a sleeveless wool dress is a bit of an oxymoron. But I was in my early 20s and could wear it, so I bought it.

My arms were in much better shape then and I did not think about being cold. I enjoyed being in fashion.

Today I try to keep my "grandmother arms" covered, but that does not mean I don't miss being able to wear those fashionable clothes.

The years do take a toll on our bodies, and it's definitely a blow to the ego to look in the mirror now. Where did those wrinkles come from? What happened to the smooth firm skin? And where did those extra pounds that just won't budge come from?

Shakespeare is often quoted as having said, "Vanity, thy name is woman." In fact, this is a variation on the line, "Frailty, thy name is woman," which appears in "Hamlet."

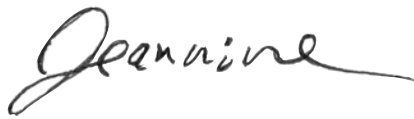
Maybe vanity is a form of emotional frailty. Why do women who have achieved so much in their lives think they still have to look young, slim and wrinkle-free at 60, 70 and beyond?

Why do we burden ourselves with this unreachable goal when we are supposed to be enjoying our golden years? Why can't we take pleasure in our accomplishments instead of worrying about each new wrinkle?

Some say it's the American culture of youth portrayed in the media and in Hollywood films that afflicts us.

That may be true, but America is aging. It's time for the youth culture to grow up.

Somebody needs to tell the media consultants and fashion designers that we like sleeves.



We Want to Hear from You

This is your publication and your input is needed. Perhaps you have a suggestion you would like to offer. Maybe you have something you would like to contribute – a picture, a story, or a memory you would like to share. Whatever it is, we want to

hear from you.

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

March for Meals ... continued on from page 1

This would leave the elder nutrition item funding for 2013 lower than it was 7 years ago in 2006 under Governor Mitt Romney, at \$5.237 million.

According to Mass Home Care, the loss of funding will cut nearly a quarter of a million meals in 2013. Total meals served under this line item to seniors will plummet from 996,000 meals in 2012, to 754,000 meals in 2013, a loss of 242,000 fewer meals.

"This is literally taking food off the table for older people," explained Al Norman, Executive Director of Mass Home Care. "This is one of the most visible and popular senior programs in the state. We never would have predicted a cut in such a key service."

March for Meals

This year, Coastline is planning its March for Meals campaign for the entire month of March. Begin-

ning the first three weeks of the month, Coastline volunteers will work with local restaurants and retailers to place collection boxes at registers. Patrons can make a donation that will go directly to Coastline's Elderly Nutrition Program to help end senior hunger.

Coastline will then wrap up the campaign with a Fun Walk and Wellness Fair on March 24 at Fort Taber in the south end of New Bedford (rain, snow or shine). The Fun Walk costs \$25 for adults and \$15 for seniors and children under 12. The Wellness Fair is free of charge and will feature samples of healthy food, yoga and zumba demonstrations, and information from local organizations.

For more information about the March for Meals campaign to help end senior hunger, visit Coastline's website at coastlineelderly.org or contact Abigail Maxian at 508-742-9175.

Donations to SeniorScope

In Remembrance/In Honor

In memory of my wife Alice Saraiva -Joseph Saraiva Jr., New Bedford	\$10.00
In memory of Dennis Brennan -Christine Brennan, New Bedford	\$100.00
In memory of Joseph E. Sousa and Mr. and Mrs. Joseph Saraiva, Sr. -Mary Sousa and Family, New Bedford	\$20.00
In memory of my Granny, Gladys Fauteux -Christine Paiva-Stewart, Fairhaven	\$10.00
In memory of W.A.N. -Anonymous	\$40.00
In memory of Louis Paiva, commemorating his legacy of helping others -His wife, Madeline Paiva, New Bedford	\$25.00

In Thanksgiving

Thank you Blessed Mary for prayers answered -M.A.F. New Bedford	\$5.00
Thank you St. Jude -Anonymous	\$10.00
Thank you St. Jude, St. Anthony, Jesus, Blessed Mother and Sacred Heart -Anonymous	\$2.00
Thank You Sacred Heart of Jesus and St. Jude - Anonymous, Sioux Falls, S.D.	\$20.00
Donations this month	\$242.00
Donations last month	\$190.00
Total donations this fiscal year	\$945.00

To: SeniorScope 181 Hillman Street, New Bedford MA 02740

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

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

Do not list my name; I am contributing anonymously.

Please list my donation as follows:

In Memory of: _____

Get Well Wishes for: _____

In Honor of: (Birthday or other celebration) _____

My Name is _____

Address _____

Senior Scope

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City of New Bedford, Council on Aging
181 Hillman, New Bedford, Massachusetts 02740

You and Your Money

Never Give Out Your Social Security Number

This could have occurred anywhere, but it has been happening recently in Southeastern Massachusetts. An elder answered the phone and was told her Medicare card would be invalid as of January 1, unless she gave the caller the checking account number attached to her Social Security deposits. She did so.

Luckily, the elder also told her daughter, who promptly went to the bank before any damage was done. The teller told her that two other seniors had been in on the same day with the same scam.

MEDICARE is NOT call-

Nunca Reparta Su Número del seguro social

Esto podría haber ocurrido donde quiera, pero ha estado sucediendo recientemente en Massachusetts del sudeste.

Un anciano contestó que el teléfono y fue dicho su Medicare que tarjeta sería inválida al el 1 de enero de 2012, a menos que le diera a la persona que llama el número de cuenta de comprobación conectó a sus depósitos de la seguridad social. Hizo así.

Por suerte, el anciano también dijo a su hija, que fue inmediatamente al banco antes que cualquier daño fuera hecho. El pagador la dijo que dos otros mayores habían sido en en el mismo día con la misma estafa.

¡El MEDICARE no llama

Nunca Distribua Seu Número de Seguro Social

Istopodiateroocorridoemqualquer lugar, mas tem estado acontecendo recentemente em Massachusetts do sudeste. Um ancião respondeu o telefone e foi contado seu cartão de assistência médica seria inválido a partir de 1 de Janeiro, a menos que ela deu o aquele que chama que o número de conta bancária anexou a seus depósitos de Seguro Social. Ela fez assim.

Afortunadamente, o ancião também contou sua filha, que pronto foi ao banco antes que qualquer agressão foi feita. A caixa contou a que dois outros veteranos tinham estado em no mesmo dia com o mesmo engano.

A ASSISTÊNCIA MÉDICA

ing anybody!! Do NOT give your Medicare number or your Social Security number to anyone unless YOU have initiated the call!

If you feel that something is “not quite right” with a phone call, **simply hang up.** You can then contact your local police department or town, so they can initiate a “reverse” 911 call (or internet email setup) that can inform people quickly throughout the community about this scam.

If you have any questions or concerns regarding Medicare, please call 1-800-MEDICARE (1-800-633-4223).

nadie! ¡No le dé su número de Medicare ni su número del seguro social a nadie a menos que haya iniciado la llamada!

Si usted se siente que algo es “no exactamente correcto” con una llamada telefónica, **cuelga simplemente.** Usted entonces puede contactar su policía o el pueblo locales, así que pueden iniciar una “inversa” 911 llamada (o arreglo de Internet correo electrónico) que puede informar a personas rápidamente a través de la comunidad acerca de esta estafa.

Si tiene cualquier pregunta o las preocupaciones con respecto a Medicare, llaman por favor 1-800-MEDICARE (1-800-633-4223).

não chama qualquer pessoa!! Não dê seu número de assistência médica nem seu número de Seguro Social a ela a menos que VOCÊ iniciou a chamada!

Se você sente-se que algo é “não bastante correcto” com uma ligação telefônica, **simplesmente pendure.** Você então pode contactar sua polícia local ou povoado, então eles podem iniciar uma “inversa” 911 chamada (ou arranjo de email de Internet) que pode informar as pessoas rapidamente por todo a comunidade sobre este engano.

Se você tem perguntas ou preocupações concernente assistência médica, por favor chame 1-800-MEDICARE (1-800-633-4223).

Social Security Resolutions for 2012

By Delia De Mello

Social Security Administration

Happy 2012 from Social Security! With the new year, many people put together lists of goals and resolutions. Allow us to share with you some new year's resolutions that you may find worth keeping.

Think about retirement. Whether you're 26 and beginning a career or 62 and thinking about the best time to stop working, give some thought to what your retirement plan will be. Social Security is the largest source of income for elderly Americans today, but it was never intended to be your only source of income when you retire. You also will need savings, investments, pensions or retirement accounts to make sure you have enough money to live comfortably when you retire. The earlier you begin your financial planning, the better off you will be. For tips to help you save, visit www.mymoney.gov.

Plan ahead. The best way to begin planning for retirement is by using the free resources provided by Social Security. Start by using our *Retirement Estimator*, where you can get a personalized, instant estimate of your future retirement benefits using different retirement ages and scenarios. Visit the *Retirement Estimator* at www.socialsecurity.gov/estimator.

Make sure you have all your numbers. While tax season may seem far away, now is the time that many taxpayers start gathering records and documentation

for filing tax returns. One of the most important things you need is a Social Security number for everyone whom you will claim as a dependent. If you don't have a number for one of your dependents, you need to apply now to have the Social Security number in time to file your tax return. Learn more at www.socialsecurity.gov/ssnumber.

Do a little light reading. The best way to learn more about Social Security, the benefit programs, and what they mean to you and your family is to browse through our online library of publications. You can find overviews as well as more detailed booklets. Our library at www.socialsecurity.gov/pubs is always open.

Help a loved one. Sometimes we get the most satisfaction out of helping someone else. If you have a grandparent, parent, relative, or friend who could benefit from Social Security, share our website and online services with them. You can even help a loved one apply for retirement or Medicare benefits — or for *Extra Help* with Medicare prescription drug costs -- in as little as 10 minutes. Whether you forward a publication or sit down to help someone apply for Social Security, the place to go is www.socialsecurity.gov.

We hope you'll consider some of these resolutions. Happy New Year from Social Security!

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



Beacon

Adult Foster Care, Inc.

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

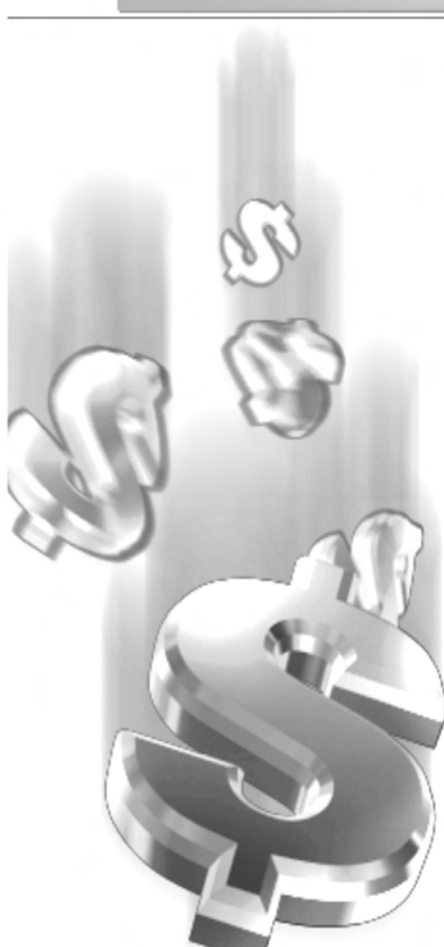
Adult Foster Care (AFC) is a MassHealth-funded program that provides 24-hour home care services for people with chronic health care needs. AFC lets people maintain their daily routines with ongoing supervision and assistance from a qualified live-in caregiver.

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

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

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

*It's Tax Time 2012
help is available for
New Bedford Seniors with your 2011 Taxes*



Attention: New Bedford Seniors (59 and older)

Assistance filling out tax forms is available for simple returns...

by APPOINTMENT ONLY

WHERE:
New Bedford Council on Aging
181 Hillman Street Bldg 9

WHEN: Every Monday



FROM: February 06, 2012 to
April 09, 2012

9:00am –1:00pm

By appointment only
Call 508-991-6250

PLEASE CALL IF UNABLE TO
KEEP APPOINTMENT TO OPEN
SLOT FOR OTHERS

Menu for February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Coastline Elderly Nutrition Program 1646 Purchase Street New Bedford, MA 02740 508-999-6400 coastlineelderly.org	1 Pork Tetrazzini Peas & Carrots Dinner Roll Fresh Fruit	2 Roast Turkey w/ Gravy Whipped Potato Winter Squash Sliced Bread Brownie Diet: Cookie	3 Spaghetti & Meatballs Italian Blend Veg Whole Wheat Bread Peach Cup
6 Tomato Florentine Soup Roast Chicken w/Gravy Rice Pilaf Whole Wheat Roll Cutie Pie Diet: Graham Waffle	7 Shepard's Pie Green Beans Wheat Bread Pears	8 Cold Plate Chicken Salad Pasta Salad Tossed Salad Pita Bread Fruited Jello	9 Beef Burgundy Mashed Potatoes Carrots Sliced Bread Pudding Diet: Pudding	10 Tuna Noodle Casserole California Blend Veg Multi-Grain Roll Fresh Fruit
13 Whole Grain Cheese Ravioli w/ Tomato Vegetable Sauce Winter Blend Veg Sliced Bread Peaches	14 Grilled Chicken Fillet w/ Marsala Sauce Rice Medley Beets Whole Wheat Bread Jello Cake Diet: Cookie	15 Meatloaf w/ Gravy Whipped Potato Country Blend Veg Fruit Muffin Arctic Ice Diet: Fruited Jello	16 Turkey Divan Hashbrowns Broccoli Multi-Grain Roll Chilled Fruit	17 American Chop Suey Wax & Green Beans Whole Wheat Roll Fresh Fruit
20 Holiday President's Day Office Closed	21 Sweet & Sour Meatballs Au Gratin Potatoes Oriental Blend Veg Sliced Bread Chilled Fruit	22 Macaroni & Cheese Escalloped Tomatoes Whole Wheat Roll Fresh Fruit	23 Chicken Stew w/ Vegetables Whole Boiled Potatoes Fruit Muffin Chilled Fruit	24 Fish w/ Dill Sauce Parsley Mash Potato Zucchini & Tomatoes Wheat Bread Cutie Pie Diet: Graham Waffle
27 Lentil Soup Pineapple Ginger Chicken Tahitian Blend Veg Multi-Grain Roll Peach Cup	28 Beef Chili w/ Vegetables Spanish Rice Dinner Roll Chilled Fruit	29 Roast Pork w/ Applesauce Gravy Red Bliss Potatoes Mixed Veg Wheat Bread Birthday Cake Diet: Graham Waffle		

Recipe Roundup

Quick Chicken Cordon Bleu for Two

Ingredients:

2 boneless, skinless chicken breasts (10-12 ounces), trimmed and tenders removed
 1/4 teaspoon freshly ground pepper, divided
 1/8 teaspoon salt
 3 tablespoons shredded Gruyère or Swiss cheese
 1 tablespoon reduced-fat cream cheese
 2 tablespoons coarse dry whole-wheat breadcrumbs
 1 1/2 teaspoons chopped fresh parsley or thyme
 2 teaspoons extra-virgin olive oil, divided
 2 tablespoons chopped ham (about 1/2 ounce)

Directions:

Preheat oven to 400°F.
 Sprinkle chicken with 1/8 teaspoon pepper and salt. Combine cheese and cream cheese in a bowl. Combine the remaining 1/8 teaspoon pepper with breadcrumbs, parsley (or thyme) and 1 teaspoon oil in another bowl.
 Heat the remaining 1 teaspoon oil in a medium, ovenproof nonstick skillet over medium heat. Cook the chicken until browned on both sides, about 2 minutes per side. Move the chicken to the center so the pieces are touching. Spread with the cheese mixture, sprinkle with ham, then top with the breadcrumb mixture.
 Bake until the chicken is no longer pink in the center and an instant-read thermometer registers 165°F, 5 to 7 minutes.

Oven Hash

Ingredients:

1 cup finely chopped cooked beef
 1 cup finely chopped cooked potatoes
 1 (5 ounce) cans evaporated milk
 1/4 cup finely chopped onions
 2 teaspoons snipped parsley
 2 teaspoons Worcestershire sauce
 1 teaspoon salt
 1 dash pepper
 1/2 cup finely crushed rich round crackers
 1 teaspoon butter or 1 teaspoon margarine, melted

Directions:

Combine beef, potato, evaporated milk, onion, parsley, Worcestershire, salt and pepper.
 Turn into a 1-quart casserole dish.
 Toss cracker crumbs with melted butter.
 Sprinkle on top of the casserole.
 Bake at 350°F for 30 minutes or until heated through.
 Serves 2

Greek Salad with Sardines for Two

Ingredients:

1 1/2 tablespoons lemon juice
 1 tablespoon extra-virgin olive oil
 1 small clove garlic, minced
 1 teaspoon dried oregano
 1/4 teaspoon freshly ground pepper
 2 small or 1 large tomato, cut into large chunks
 1/2 large English cucumber, cut into large chunks
 1 7-ounce can chickpeas (about 2/3 cup), rinsed
 3 tablespoons crumbled feta cheese
 2 tablespoons thinly sliced red onion
 1 tablespoon sliced pitted Kalamata olives
 1 4-ounce can sardines with bones, packed in olive oil or water, drained

Directions:

Whisk lemon juice, oil, garlic, oregano and pepper in a medium bowl until well combined. Add tomatoes, cucumber, chickpeas, feta, onion and olives; gently toss to combine. Divide the salad between 2 plates and top with sardines.
 Serves two
 Source: eatingwell.com

No man in the world has more courage than the man who can stop after eating one peanut.

Channing Pollock

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 or
508-979-1544

Special Shopping and Services Guide

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.piadh.org
Caregiver Grant Funded by
Title III-E of O.A.A Sponsored by Coastline Elderly

YOU SAVED MY LIFE!

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Emergency Response
System had someone
here in 6 minutes!



MEDICAL ALARMS USA, LLC

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



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



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VOICE-TDD# 1-800-439-2370



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465 County St., New Bedford, MA

www.hathawayfunerals.com

Serving the Community Since 1893



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



Olympia Tower

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



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TDD# 800-439-2370



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For More Information Call: (508) 997-2880

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



Fairhaven Village

Contact Carmen or Donna today to schedule a tour!

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

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Little Neck Village, Marion



*Call site for specific utility inclusion.
**62+ tax credit community.
Excluding Little Neck Village, communities featured are for those 62 yrs+ and handicapped & disabled person 18 yrs+. Rent based on 30% of adjusted gross income.

Update

Civil War Author Series

The Civil War author series presented by the New Bedford Historical Society and Friends of the New Bedford Free Public Library will run through April. This series commemorates the 150th anniversary of the war and New Bedford's unique role in the conflict.

On Thursday, February 23, at 7 p.m., minister and author Christopher L. Webber will discuss "American to the Backbone: The Life of James W. C. Pennington," at the Friends Meeting House, 82 Spring Street. For information call 508-979-8828 or e-mail nbhistory@verizon.net.

"Harriet Tubman: Secret Agent" with Thomas B. Allen will be presented on Friday, March 2, at 6:30 p.m. and Saturday, March 3, at 10:00 a.m., at the New Bedford Free Public Library, third floor meeting room. For information on this young adult presentation call 508-999-2130 or e-mail friendsofnbplib@nbfol.org.

VNA Offers Bereavement Programs

Southcoast Visiting Nurse Association offers free bereavement programs for grieving adults during the month of February:

General Bereavement Groups are designed for adults grieving the loss of a loved one. The group will meet Tuesday, February 21, from 4 p.m. to 5:15 p.m., at the Southcoast VNA, ground floor, 200 Mill Road, Fairhaven. Use the Mill Road entrance.

Individual, short-term bereavement counseling is also available to adults grieving the loss of a loved one. For more information on individual or group counseling, call 800-698-6877.

Cardiologist to Address ABWA

Dr. Nosheen Javed, the first female cardiologist to practice in the greater New Bedford area, will address the Southcoast Express Network of the American Business Women's Association (ABWA) on Thursday, February 9, at the Country Club of New Bedford, 585 Slocum Road, Dartmouth. She will speak about her life experiences as a female cardiologist, her schooling and what obstacles she has had to overcome as a Muslim woman in the United States and in her homeland of Pakistan. In addition, the Southcoast Express Network will be offering free blood pressure screenings.

To make a reservation or for more information, contact Susan Moulton, VP of Communications, at 508-591-0814 or at suem1011@aol.com.

Fun Walk and Wellness Fair

Coastline Elderly Services is holding a Fun Walk and Wellness Fair Saturday, March 24, at Fort Taber. The event will be held rain, snow or shine and proceeds will benefit the Coastline Nutrition Program. The Wellness Fair will feature samples of healthy food, yoga and zumba demonstrations, and information from local organizations.

For more information, visit Coastline's website at coastlineelderly.org or contact Abigail Maxian at 508-742-9175.

Coalition for Animals Dinner

The Coalition for Animals is having a Lasagna Dinner on Wednesday, March 7, from 5 p.m. to 8 p.m. at The Skyroom, 651 Orchard Street. The proceeds will support Seniors for Seniors, a subsidized senior animal adoption program. Meat and vegetarian options provided by Ma Raffa's will be available. The dinner will include, bread, salad, coffee and dessert. The event will also feature a cash bar and an auction.

Tickets are eight dollars for seniors and can be purchased at Mellisa's Pet Depot, 83 Faunce Corner Road, Dartmouth. Tickets can be reserved by calling New Bedford Animal Control at 508-991-6366. A limited number of tickets will be sold at the door.

Painting with Friends



Instructor Kathy Arruda leads the Painting with Friends class that meets Wednesdays at 12:30 p.m. at the Buttonwood Senior Center

Inspirational Art for Seniors

Art Therapy Inspirational Art classes for Seniors meet Monday through Thursday from 9 a.m. to 1 p.m. at One Brooklawn Park. Program Director Cindy Ricard provides instruction in oils and drawing on canvas.

Classes are free but donations are accepted. To register or for more information, call Cindy Ricard at 508-991-6168 or 508-998-5355.

Impaired Vision Group Meets

An Impaired Vision Group meets on the third Monday of each month from 10 a.m. to noon in the Ashley Room at New Bedford City Hall. Anyone is welcome to attend. For more information call Marie at 508-991-7719.

Perfect love sometimes does not come until the first grandchild.
Welsh Proverb

Let your heart feel for the afflictions and distress of everyone, and let your hand give in proportion to your purse.
George Washington

City of New Bedford Council on Aging & Seniors Center

You are invited to attend a special Down Memory Lane with Joe Jesus!!

Music by Victor Fonseca
Reminiscing on Valentine's Day of the past and dancing to music from the 40's 50's and 60's

All FREE

Buttonwood Senior Center
1 Oneida Street

Friday February, 10, 2012
1PM - 3PM

Refreshments and snacks will be served

For Information
Call: 508-991-6170 press 5

CITY OF NEW BEDFORD COA & SENIOR CENTERS

VALENTINE PARTY

February 14
1:00 — 2:30 PM
Brooklawn Senior Center
1997 Acushnet Ave.

Refreshments
compliments of
Greater New Bedford
Community Health Center

FREE but please sign up in advance
Call Pat 508 961 3100

Money Management Program Volunteers



Enjoying Coastline's Money Management Program (MMP) Volunteer Recognition Event are, from left, Stella Souza, Dartmouth volunteer; Karen Scott-Statser, co-chair of the MMP Advisory Council and director of program at Bristol Elder Services, Fall River; Theresa Larson, Coastline's chief operating officer; Peter Ouellette, Dartmouth volunteer; Claire Cabelus and Paul Ferreira, both Fall River volunteers; Rita L'Etoile, president of Coastline's Board of Directors; Harriet Spach, Dartmouth volunteer; and Maureen Bertrand, co-chair of the MMP Advisory Council and executive vice president of SouthernMass Credit Union, Fairhaven. All volunteers pictured celebrated four years of service with the program.

Coastline Elderly Services' AARP Money Management Program (MMP) hosted its annual volunteer recognition event on December 14 at Coastline's facility in New Bedford. Rita L'Etoile, president of Coastline's Board of Directors, extended the appreciation of the Board for all the support Money Management volunteers give to our seniors.

Theresa Larson, Coastline's chief operating officer, congratulated everyone and thanked them for their dedication to the seniors in the community. "Many of our seniors," she said, "would not be able to stay in their own homes without the help you give them. That is a priceless gift."

This year's theme, "Volunteers Are the Light of the World in Our Seniors' Lives," epitomized the very special place Money Management volunteers have with the seniors in the program. The visits they make add up to many hours of shared time that goes beyond writing a check or balancing a checkbook.

Seventy-three volunteers assist close to 100 elders in a 23-town area.

Service awards went to the following individuals:

For 12 years: Susan Arsenault, New Bedford.

For 11 years: Orlando Conforti and Paul L'Heureux, Fall River; Paul Homer, North Attleboro; Patricia Menard, Somerset.

For 10 years: Maria Andrade,

Acushnet.

For 7 years: Evelyn Boucher, Attleboro.

For 6 years: Maureen Bertrand, Elizabeth Cabral, Maureen Carlsen, Lora Farley and Marie Racine, New Bedford; Evelyn Correia, Marion; Ruben Goldstein, Dartmouth; Frances Lane, Taunton; Dennis Medeiros, Fall River.

For 5 years: Maureen Coughlan and Carol Wadell, Norton; Linda Dussault, Taunton; Theo Fortes, New Bedford; Beverly Johansen, Fairhaven; Muriel Kokoszka, Westport; Joseph Lussier, Mansfield; Sally McGinn, Assonet; Barbara Pavao, Swansea.

Advisory Council members receiving service awards for their time on the council are: Maureen Bertrand, MMP co-chairperson, SouthernMass Credit Union, 4 years; Delia DeMello, Social Security Administration, 13 years, Rosa Farizo, South Coastal Counties Legal Assistance Corporation, 13 years; Diane Rocha, MMP secretary, New Bedford Housing Authority, 13 years; Karen Scott-Statser, MMP co-chairperson, Bristol Elder Services, 7 years; Sandra Sevigny, Citizens-Union Savings Bank, 10 years; and Sharon Shustack, Great New Bedford Community Health Center, 5 years.

If you are interested in volunteering for the Money Management Program, please call Jan Bergeron at 508-742-9180.

Senior Travel

Day Trips

Contact the Acushnet Council on Aging at 508-998-0280 about the following trip:

Wed. Feb. 15 -- Twin River Casino

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

Tues. Feb. 21 – Mardi Gras at Lantana's, Randolph

Mon. Feb. 27 – Foxwoods Casino

Thurs. Feb. 23 – Rhode Island Flower Show

Wed. March 14 – Maple Sugaring Tour – Ipswich River area

Tues. April 3 – Twin River Casino

Tues. Apr. 17 – Art Garde Theatre featuring the Duttons from Branson

Wed. Apr. 25 – Clock Museum and Christmas Barn

Mon. March 25 – Foxwoods Casino

Wed. May 2 – Vickie Lawrence – Foxwoods

Wed. May 30 – Capt'n Jack's and Mohegan Sun

Tues. June 12 – Twin River Casino

Wed. June 20 – Lobster Roll Cruise – Dennis

Mon. June 25 – Foxwoods Casino

Tues. June 26 – Elizabeth Park Rose Gardens – Hartford, Conn.

Multi-Day Tours

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

Mar. 4-6 – Atlantic City -- stay at Taj Mahal




May 7-10 – Lancaster PA – Sight & Sound Theatre and new casino.

Trivia Quiz

- 1) On the night the Titanic sank, something important happened in New Bedford. What was it?
- 2) The United House of Prayer for All People was built in 1951 by an immigrant from Cape Verde. Who was he?
- 3) In 1953, two diners were opened in New Bedford. Name them.
- 4) In the 1956 film version of Moby Dick, who played Ishmael?
- 5) The call letters for WNBH came from "New Bedford Hotel," the location of the radio station for a number of years. Where do the letters WBSM come from?
- 6) Marion Michael Morrison was the real name of one of Hollywood's greatest stars, an all-American hero who personified the frontier spirit. What was his screen name?
- 7) What city built the first subway system in the United States (1897)?
- 8) What is the official state dessert of Massachusetts?
- 9) The very first basketball game was played in the same city where the Basketball Hall of Fame is located. Can you name it? The Real Stumper:
- 10) What is the only place in the world where a boat can sail under a train going under a car driving under an airplane.

New Bedford Council on Aging and Senior Centers

Valentine's Day Party

With the talented and well known *Candida Rose*

**At the Hazelwood Senior Center
553 Brock Avenue**

On Thursday, February 23rd,

from 10:30-11:30 a.m.

Cupid wants to celebrate VALENTINE'S DAY with you!!!!

cake and ice cream will be served!

Cost only \$2.00

Tickets go on sale now at all New Bedford Senior Centers

For more information, please call (508)991-6208

Entertainment - Sponsored by Brandon Woods of New Bedford



Now available in Greater New Bedford

MEDICAL TRANSPORTATION TO BOSTON FOR SENIORS AND DISABLED

508-991-6253

March 5, 6, 9, 2012
April 19, 10, 13, 2012
May 7, 8, 11, 2012

\$40.00 RT for residents of NB, FHVN and MATT
\$50.00 RT for all others in Greater NB

Pick ups
7:00am Fairhaven Council on Aging
7:30am Stop and Shop King's Highway

CALL for schedules and reservations 508-991-6253

At the Senior Centers

Acushnet Senior Center

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

A new **Beginners' Exercise Class** with Larry Bigos meets Wednesday at 2:30 p.m. Go at your own pace while building strength and making new friends.

Cardio-Dance-Fit is a fun, energizing one-hour workout to great music. The class meets Thursday at 10 a.m. with Certified Instructor Ellie Higgins.

Chair Massage is back every Thursday morning from 10 a.m. to 12 p.m. Appointments are recommended but walk-ins welcome.

Lovely Ladies Learning to Eat Healthy formerly **Lovely Ladies Losing Lbs.** invites you to join us as we learn to eat right and live well. All sizes are welcome. Meetings are held Friday from 10 a.m. to 11 a.m. There is no charge.

The **Red Hat Society** welcomes new group leader Virginia Lubker. This group meets the first Thursday of the month here at 11 a.m., to set the schedule for the following month's activities. New members always welcome.

Join us for **free movies** Friday at 1 p.m. February 10, A Dolphin Tale and on February 24, An Affair to Remember. Popcorn will be served.

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.

On Fridays at 11:15 a.m., **Strong Women, Strong Bones** with Karen Corcoran helps you stretch, flex and build core strength.

Ashley Park Center

The Ashley Park Center in New Bedford is open Tuesday and Thursday between noon and 4 pm. For information on activities, such as cards, dominoes, and crocheting, call Lidia at 508-991-6211.

Brooklawn Senior Center

For more information on the following activities, call the Brooklawn Senior Center at 508-961-3100.

Art 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.

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.

Play **Cribbage** 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 the third Wednesday of each month at 10 a.m. The next meeting is February 15, and the book is "The Hunger Games" by Suzanne Collins.

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.

Buttonwood Senior Center

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

Win a box of chocolates when you make Bingo at the **Valentine's Day Bingo**, Tuesday, February 14, from 1 p.m. to 3 p.m.

An **Aerobics** class meets on Mondays at 10 a.m. **Gentle Yoga** with Joan Davignon meets on Tuesday at 10 a.m.

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

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

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

Dartmouth Senior Center

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

Pound by Pound, a free weight loss support group, meets Mondays at 10 a.m. Walk-ins are welcome.

A free **Walking Group** meets Wednesday and Friday 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. Laptops are provided.

Chair Massage is available Thursday at 10:30 a.m. **Gentle Yoga** with instructor Joan Davignon meets on Thursday at 10 am.

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

A **Foot Care Clinic** is held on the first Thursday and 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:

Bingo games are held Tuesday and Thursday afternoons from 12:30 to 2:30.

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.

New **Computer Classes** meet on Monday, Thursday and Friday. Call for

times and to sign up.

A new **Chair Yoga** class meets on Monday mornings from 10:15 to 11:15. An **Osteo Exercise** class meets Monday and Wednesday mornings from 8:45 to 10:15.

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

Trips to the Mall are scheduled every Wednesday. Call for details.

The **Indoor Walking Group** meets every day from 12:30 p.m. to 1:00 p.m.

Line Dancing meets on Monday at 1 p.m. On Tuesday the **Wii Fit** group meets from 9:00 a.m. to 11:30 a.m.

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

A **Painting Class** meets on Thursday mornings from 9:30 to 11:30. The fabulous **Overtones entertain** Thursday afternoons from 1 to 3.

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

Complete Foot Care by a podiatric nurse is available once a month. Call for dates and times.

Hazelwood Senior Center

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

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

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 Thursday at 11 a.m. with instructor Joe Rebello. Learn calming exercises for the body and mind for all abilities.

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 **grocery store transportation** schedule has changed. Every Wednesday the van will be going to Market Basket. The Friday schedule remains the same, alternating between Wareham and Fairhaven.

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.

Mattapoisett Social Center

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

February's Lunch and Speaker Series will feature **A Legal Check-up** with Attorney Jane E. Sullivan on Tuesday, February 14, at 12 noon. Seating is limited and reservations are required.

A live performance by **The Singing Nurse** will be presented on Thursday, February 16, at 1 p.m.

Free Tax Help for Mattapoisett residents is available by appointment on Wednesday and Friday afternoons through April 13.

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

A new **Prescription Exercise QiGong** class meets on Fridays at 10 a.m. Learn an effective system of exercise for combating stress, preventing disease, while promoting health, fitness and relaxation. Cost: \$42 for 6 sessions or \$60 for 10 sessions. Another **QiGong** class meets on Mondays at 10 a.m.

Play **Mah Jongg** every Wednesday at 1:30 p.m. and **Scrabble** every Monday at 1 p.m.

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

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

The **Cardio and Strength** class, an aerobic and strength training class with low to moderate intensity, led by a certified group exercise instructor meets on Mondays at 2 p.m. and Wednesdays at 10 a.m.

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:

Weekly Blood Pressure Checks with Town Nurse Betsy Dunn have moved to Mondays, 11 a.m. to 12 p.m.

Cardio-Fit Groovercise, a new exercise class on Tuesday mornings from 10 to 11, is led by certified instructor Ellie Higgins. It is a fun, energizing, fat-burning, one hour fitness program done to a variety of music.

There is no **Cobb's Luncheon** for February.

On Monday, February 27, Dietitian Kimberly Ferreira from Coastline Elderly Services will present a **Nutrition Lecture, Cooking Demo & Luncheon**. Please call in advance to sign up.

We need a few **volunteers** to help us with our Monday night Bingo game. Please call 508-763-8723 if you are interested.

Friday Movies are free and we serve popcorn too. Starts at 1:30 sharp. The schedule for this month: Feb. 10, The Help; Feb. 17, Dolphin Tale; Feb. 24, Black Thorn.

The newly updated **Computer Lab** is available every day. Volunteer Dawn Larson is available on Fridays at 11:15 a.m. If you cannot make that time, call

At the Senior Centers... continued on page 12

Senior Safety

Checklist for Preventing Falls at Home

By Mazhar Jakhro, MD

Each year, thousands of older adults fall, resulting in moderate to severe injuries such as lacerations, hip fractures or head trauma. Many falls result in death or can increase the risk of early death. In fact, injuries resulting from falls are the leading cause of death in people over the age of 65.

Death rates from falls have risen sharply in recent years. The Centers for Disease Control and Prevention reported that in 2008, more than 19,700 older adults died from unintentional fall injuries. In 2009, more than 2.2 million nonfatal fall injuries among older adults were treated in emergency departments with more than 581,000 of these patients resulting in hospital admittance.

The good news is that most falls are preventable. Follow these few simple steps at home to greatly reduce risk:

FLOORS: Floors should be free of throw rugs and objects. All walking paths should be clear.

STAIRS: Hand rails should be on both sides of stairs. Be sure there are no loose or uneven steps. Stairs should also be well lit.

KITCHEN: Kitchen items that are used most often should be placed on lower shelves. Step stools should have a bar to hold on to. Chairs should never be used as a step stool.

BATHROOM: Always use a non-slip mat on the floor of the tub. Use grip bars inside the tub and next to the toilet.

BEDROOM: Place a lamp close to the bed where it is easy to access.

Put a night light in between the bedroom and bathroom.

It is important to remember that regular exercise combined with an adequate intake of calcium and Vitamin D will help strengthen bones and improve balance, coordination and flexibility, further reducing risk of falling. Exercise should specifically focus on increasing leg strength and improving balance. Examples include walking, water aerobics or Tai Chi. Exercise should become increasingly challenging over time.

Falls in the home can also be prevented through screenings conducted by a primary care physician. The American Geriatrics Society recommends that all adults over the age of 65 should be screened annually for a history of falls or balance impairments.

Talk to your doctor about risk factors associated with falls in older adults. This can include memory changes, vision or hearing problems, gait imbalance and medications that cause sleepiness or dizziness. Ask your doctor or pharmacist to look at all of your medications — even over-the-counter medicines — to determine if any of them, or a combination of them, can increase your risk of falls.

Do you have a family health topic you would like covered? Dr. Jakhro is happy to answer your questions or write a column on a topic you choose. Send family health topic requests to Stephanie Poyant at poyants@southcoast.org.

Domestic Violence and Elder Abuse

Each year, hundreds of thousands of older persons are abused, neglected, and exploited. Yet it is estimated that only about one in five of those crimes are ever discovered.

What is not always appreciated is that some of these acts that turn a home into a place of fear, hopelessness, and desperation are acts of domestic violence when a person is battered and emotionally abused by their spouse, partner, or significant other.

Elder abuse, neglect, exploitation, and domestic violence in later life can happen to anyone regardless of race, sexual orientation, religion, gender, or age, and affects people of all socioeconomic backgrounds and education levels.

What are the warning signs that a senior may be living in fear of a spouse, partner, family member, or some other trusted person? Potential victims may say or hint at being

afraid, may appear depressed, or exhibit an unexplained change in behavior. Potential abusers may be controlling of the victim's activities, may refuse to let you see the victim, or try to convince you or others the victim is incompetent or unstable.

If you suspect someone is a victim of abuse, neglect, exploitation, or late life domestic violence, talk to the person privately and in a safe location. If you are worried the person is in immediate danger, call the police. When talking with an older victim, try to give them hope: believe their account and do not blame them for what they've experienced.

To learn more about late life domestic violence and possible warning signs, visit the National Clearinghouse on Abuse in Later Life (NCALL) website at <http://www.ncall.us/>

Violencia doméstica y Abuso de personas Mayores

Cada año, cientos de miles de personas más viejas son abusadas, son descuidadas, y son explotadas. Mas es estimado que sólo acerca de uno en cinco de esos crímenes jamás es descubierto.

Lo que no siempre es apreciado es que algunos de estos actos que giran una casa en un lugar de temor, la desesperanza, y la desesperación son actos de violencia doméstica cuando una persona es azotada y es abusada emocionalmente por su cónyuge, el socio, o significativo otro.

El abuso mayor, el descuido, la explotación, y violencia doméstica en la vida posterior pueden suceder a cualquiera a pesar de carrera, a pesar de orientación sexual, a pesar de la religión, a pesar del género, o a pesar de la edad, y afectan a personas de todos los niveles socioeconómicas de fondos y educación.

¿Qué es las señales de alerta que un mayor puede estar viviendo atemorizado por un cónyuge, por el socio, por el miembro de la familia, o por algunas otra persona de

Nutrition News

Steps To a Heart Healthier You

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

Most of us know that heart disease is the #1 killer in both men and women but did you know that 80 percent of all heart disease is preventable? That means there are daily lifestyle changes that can make a huge impact on your heart.

1. Know your numbers!

- Cholesterol - < 200 mg/dL
- HDL—60 or higher mg/dL
- LDL—under 100 mg/dL
- Your triglycerides—under 150

Your blood pressure—Less than 120/80

- Fasting blood glucose—less than 100 mg/dL

2. Maintain a healthy weight

- By losing even 5 percent of your body weight, you will improve your health and lower all of the levels mentioned in #1.

3. Stay physically active

- Do moderate-intense cardio 30 minutes/ day, 5 days/week AND
- Do 8-10 strength-training exercises, 8-12 repetitions of each exercise, twice/week

4. Manage stress

- Identify the stressor first

- Do one thing at a time
- Learn to take a break
- Ask for help when you need it

5. Do not smoke

6. Do not drink alcohol excessively

- Drinking more than three drinks/day has a detrimental effect on the heart

7. Eat heart healthy foods

- Decrease calories if you need to lose weight
- Limit trans and saturated fat (dairy, meat, processed foods) and aim for healthy fats (fish, nuts, oil, etc).

- Limit sugar and refined carbohydrates (baked goods, white bread, etc.)

- Decrease sodium and add foods with potassium (fruits & veggies)

- Increase fiber (fruits, veggies, whole grains)

Source: RD411.com and American Heart Association

Coastline Elderly Nutrition News. Contact me with any questions at (508) 999-6400 x194 or email: ksferreira@coastlineelderly.org

Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

Henry Ford

Violência doméstica e Abuso mais velho

Cada ano, as centenas de milhares de pessoas mais velhas são abusadas, são negligenciadas, e são explorados. Mas é calculado que só aproximadamente uns em cinco desses crimes já são descobertos.

O que sempre não é apreciado é que alguns destes actos que viram uma casa num lugar de medo, desesperança, e desespero são actos de violência doméstica quando pessoa é surrada e emocionalmente é abusada por seu esposo, sócio, nem significativo outro.

Abuso mais velho, negligência, exploração, e violência doméstica em mais tarde vida pode acontecer a qualquer um sem ter em corrida de conta, orientação sexual, religião, gênero, ou idade, e afecta as pessoas de todos fundos socioeconômicos e níveis de educação.

O que são os sinais que um veterano pode estar vivendo em medo de um esposo, sócio, membro de família, ou aproximadamente outra pessoa de confiança? Vítimas poten-

ciais podem dizer ou pode sugerir em ser apreensivo, pode parecer deprimido, ou exhibe uma mudança inexplicada em comportamento. Abusadores potenciais podem estar controlando das atividades da vítima, pode recusar a deixá-lo ver a vítima, ou tentativa convencer você ou outros que a vítima é incompetente ou instável.

Se você suspeita alguém é uma vítima de abuso, negligência, exploração, ou vida atrasada violência doméstica, conversa à pessoa em particular e numa localização segura. Se você é preocupados a pessoa está em perigo imediato, chame a polícia. Ao conversar com uma vítima mais velha, tentativa dá-los esperam: acredita sua conta e não os culpa para o que eles experimentaram. Para aprender mais sobre vida atrasada violência doméstica e possíveis sinais, visitam o Clearinghouse Nacional em Abuso em mais tarde Vida (NCALL) site em <http://www.ncall.us/>

confianza? Las víctimas potenciales pueden decir o pueden insinuar tiene miedo, puede parecer deprimido, o exhibe un cambio inexplicado en la conducta. Los abusadores potenciales pueden estar controlando de las actividades de la víctima, pueden negarse a permitir que vea a la víctima, o trate de convencerle u otros la víctima es incompetente o inestable.

Si sospecha que es una víctima de abuso, del descuido, de la explotación, o de la vida tarde violencia doméstica, habla con la persona en

privado y en una ubicación segura. Si está preocupado que la persona está en el peligro inmediato, llama a la policía. Al hablar con una víctima más vieja, trata de darles esperan: crea que su cuenta y no culpelos para lo que han experimentado. Para aprender más acerca de vida tarde violencia doméstica y señales de alerta posibles, visitan el Banco de liquidación Nacional en el Abuso en la Vida Posterior (NCALL) sitio web en <http://www.ncall.us/>

Your Health

Commit To Quit: Here's How

In a recent survey by the Massachusetts Department of Public Health, 77 percent of adult smokers in Massachusetts say they want to quit. Judith Coykendall, Program Manager of the Tobacco-Free Community Partnership, a program of Seven Hills Behavioral Health, tells smokers, "Quitting smoking will be hard, but there are ways to make it easier."

According to "Treating Tobacco Use and Dependence," smokers who get support and use stop-smoking medicines are more than twice as likely to quit for good as those who try to quit on their own. If you've made the decision to quit smoking in 2012, try these five steps to improve your chances of quitting for good:

Make a quit plan. Decide on a specific date when you will quit. If you've tried to quit before, use your past experience to think about what helped you the first time and what you'll do differently this time. Visit makesmokinghistory.org to learn more about creating a quit plan.

Know your triggers. Triggers are certain times, places, people, or feelings that make you want to smoke. Common triggers include stress, drinking alcohol, driving, and after eating a meal. Plan ahead to deal with your triggers.

Get support from family and friends. Think about who you want to tell about your plans to quit smoking. Ask them for positive support and encouragement. Think about how they can help, whether

it's going for a walk, calling you, or if you'd rather they didn't make a big deal of it, tell them that too.

Get help from a trained professional. Using counseling support or cessation medicines can make you twice as likely to quit for good. Ask your insurance provider what types of benefits you are eligible for or ask your pharmacist about over-the-counter stop-smoking medicines. You can also get free support through the MA Smokers' Helpline at 1-800-QUIT-NOW (1-800-784-8669).

Don't give up. If you slip and smoke a cigarette after your quit date, it doesn't mean you have failed. Many smokers have to try several times before they quit for good. Remind yourself of the reasons why you want to quit and keep moving forward with your plan.

Ms. Coykendall also wants smokers to know that there is a face-to-face local tobacco treatment program offered at the Wellness Connection, part of the Greater New Bedford Community Health Center. Appointments can be made at 508-992-6553, ext. 419. Also, MassHealth members can meet with a counselor and/or choose from many stop-smoking medicines for a one dollar or three dollar co-pay. Smokers with other health insurance should check with their insurance company to see what coverage is offered.

Go to makesmokinghistory.org to learn more about the resources available to help smokers quit.

Lifestyle Changes May Help Memory

Some basic lifestyle changes may help with age-related memory loss and perhaps more serious cognitive problems, according to a recent study published in the journal *Lancet Neurology*. Summarizing evidence from hundreds of studies, the findings indicate that up to half of all Alzheimer's cases are asso-

ciated with a group of risk factors that people can control including midlife obesity, depression, smoking, and a couch-potato body and brain. Experts also point out that occasional memory lapses are rarely signs of incipient Alzheimer's or dementia.

Vitamin D Shown to Improve Muscle Strength and Balance in Older Adults

Scientists at the University of Western Ontario analyzed 13 studies conducted over a 30-year period to determine the effects of vitamin D on muscle strength, gait, and balance in older adults. Their findings showed that older adults taking daily doses of at least 800 to 1000 International Units (IU) of vitamin D showed improvement in muscle strength and balance.

Many people are deficient in vitamin D, especially older adults whose bodies have difficulty absorbing and metabolizing it. In older adults, vitamin D deficiency has been associated with falls, fractures, reduced muscle strength, and difficulties with balance and walking (gait). Not enough vitamin D may also affect the central nervous system, including cognitive function and neuromuscular control and coordination.

The researchers reviewed 714 articles published between January 1980 and November 2010. Studies that included exercises combined with vitamin D were excluded since the researchers wanted to focus only on the benefits of vitamin D supplementation. In the 13 articles that the researchers analyzed in detail, the average age of the participants was 78.

All the studies that used daily doses between 800 and 1000 IU of vitamin D consistently showed beneficial effects on muscle strength and balance. A single high dose of vitamin D administered weekly or monthly was not as consistent in

showing improvements in physical performance as daily doses.

"Now that we know conclusively that the collective scientific literature supports the improvement of muscle strength and balance in older adults taking daily doses of at least 800 to 1000 IU of vitamin D, we understand why vitamin D prevents falls in older adults. Our findings can help to design better studies to measure the effects of higher daily supplemental doses of vitamin D on muscle, strength, gait, and balance," said Manuel Montero-Odasso, MD, PhD, a co-investigator of the study.

In addition to improving muscle strength and balance, vitamin D is important in maintaining good bone health and studies suggest it is also beneficial in preventing cardiovascular disease, cancer, and osteoporosis. It is important to get daily vitamin D at any age.

Vitamin D is present in foods such as salmon and milk, but the majority of it comes from sunlight. Ten to fifteen minutes of daily sun exposure without sunscreen will provide an adequate dose. Ironically, the advice to use sunscreen to help prevent skin cancer is minimizing our ability to obtain enough vitamin D from the sun.

Many of us do not eat enough fish and dairy products. So it is important for most older people to take a vitamin D supplement. Your healthcare provider can do a blood test to check the level of Vitamin D in your body and can recommend the dose that is right for you.

Is Movement More Essential to Good Health than Traditional Exercise?

Americans have struggled for decades to exercise more and get healthy, but we're still fatter, sicker and more tired than ever before. Why isn't exercise enough? What's missing?

Gravity is the missing element in Americans' exercise plans, says Dr. Joan Vernikos, former director of NASA's Life Sciences Division, in her just-released book "Sitting Kills, Moving Heals: How Simple Everyday Movement Will Prevent Pain, Illness, and Early Death — and Exercise Alone Won't."

Dr. Vernikos' NASA research on the health effects of weightlessness proved that the human body can't maintain good health without continuous gravity-challenging movement. Modern Americans, who work at desks, drive long commutes and watch hours of TV, simply don't move enough against the force of gravity to stay healthy.

The good news is that anyone, at any age, can reverse the effects of sedentary living and regain their good health by making simple and easy lifestyle changes to put gravity-challenging movement back into everyday life.

Vernikos recommends a different kind of exertion — natural, habitual, low-intensity, gravity-effective movements made throughout the day in the course of active living. She suggests increasing everyday activity through simple, traditional and fun activities like walking,

climbing stairs, gardening, dancing, golf, horseback riding and even play.

Vernikos' book is based on her pioneering NASA research in Gravity Deprivation Syndrome, a medical condition found in astronauts who spend extended periods in near zero gravity. Astronauts seem to rapidly age in space; they lose muscle and bone density and develop osteoporosis and aching joints.

Sedentary living here on Earth is just as dangerous. As Americans have become more sedentary, there has been a steady increase in obesity, diabetes, heart disease, osteoporosis, muscle wasting and arthritis, balance and coordination problems, poor sleep, and lack of stamina. Diseases that used to be associated with aging are now appearing much earlier in life.

Traditional gym exercise doesn't help, says Dr. Vernikos. Astronauts exercise in space, but it doesn't prevent Gravity Deprivation Syndrome. Numerous medical studies have shown that even regular traditional exercise only partially improves health of people who sit all day long.

Dr. Vernikos stresses that the most beneficial activity for your body is continuous, low-intensity, all-day, everyday movement that resists the force of gravity — simple habits like standing up, walking, stretching, even fidgeting, pacing and hanging clothes out to dry.



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Your Health

Free Vascular Screenings in February

Southcoast Hospitals Group announces free vascular screenings during the month of February. Regular vascular screenings can detect peripheral artery disease, or PAD, a potentially serious circulatory problem. The non-invasive screenings are performed by a trained nurse and take approximately 20 minutes. Patients should arrive 15 minutes prior to screening time.

The free vascular screenings are open to both men and women. Appointments are required and can be requested by calling the numbers listed below. Space is limited and appointments will be scheduled on a first come, first serve basis. No walk-ins will be accepted on screening days.

The screening details are as follows:

Dartmouth-Southcoast Center for Women's Health, 300B Faunce Corner Road, on Wednesday, February 8, and Wednesday, February 22. Appointments will be scheduled between 9 a.m. and 3:00 p.m. Please call 800-276-0103 to schedule an appointment.

Fairhaven-Southcoast Centers for Cancer Care, 206 Mill Road in Fairhaven, on Thursday, February 9, and Thursday, February 23. Appointments will be scheduled between 8:30 a.m. and 4 p.m. Please call 800-276-0103 to schedule an appointment.

Mattapoisett-Mattapoisett Council on Aging, 17 Barstow Street in Mattapoisett, on Tuesday, February 28. Appointments will be scheduled between 8 a.m. and noon. Please

call 508-758-4110 to schedule an appointment.

Wareham-Southcoast Health System at Rosebrook, 100 Rosebrook Way in Wareham, on Monday, February 13, and Monday, February 27. Appointments will be scheduled between 8:30 a.m. and 4 p.m. Please call 800-276-0103 to schedule an appointment.

Southcoast offers a full range of endovascular services to both diagnose and treat vascular disease. The hospitals offer the very latest technology — including minimally invasive procedures — along with the expertise of highly trained surgeons, interventional radiologists and staff nurses and technologists. St. Luke's and Charlton hospitals also have new state-of-the-art endovascular suites.

Peripheral artery disease (PAD)

According to the National Heart, Lung and Blood Institute, one in every 20 Americans over the age of 50 has PAD.

Timely detection and treatment of PAD can improve the quality of your life; help you keep your independence and mobility; and reduce your risk of heart attack, stroke, leg amputation, and even death. PAD is detected with regular vascular screenings.

In Southeastern Massachusetts the risks of developing PAD are higher due to the aging population and high incidence of people with diabetes, obesity and who smoke.

For more information on Southcoast's endovascular services call 800-276-0103.

End-of-Life Discussions Do Not Affect Survival Rates of Patients

Discussing and documenting patients' preferences for care at the end of life does not cause them any harm, contrary to recent claims. A new study published in the *Journal of Hospital Medicine* found that patients who talk with their physicians about end-of-life care and have an advance directive in their medical record have similar survival rates as patients who do not have these discussions and documents.

The study included 356 patients admitted at three different hospitals who had low or medium risks of dying within one year. Patients were followed from 2003 to 2009. During the study, there were no differences in survival for patients who had an end-of-life discussion and those who had not. There also were no survival differences for those who had a living will in their medical record and those who did not.

"Our findings are reassuring. They

support health care providers, who can initiate these discussions, and policy makers, who seek to reimburse these time consuming discussions," said lead researcher Stacy M. Fischer, MD of the University of Colorado School of Medicine. "Most importantly, our findings are reassuring for patients and families who desire these discussions with their health care providers."

"The term 'death panels' has sparked considerable controversy recently. It has undermined the efforts of clinicians who provide end-of-life care by scaring patients into thinking that their lives may be cut short for their families' or society's best interest," added Fischer. "We hope our study provides data to help inform the national debate about advance directives for health care providers, policy makers, and patients and families."

Southcoast Health System Now Offers 'Low Dose Radiation' CT Scans

Southcoast Health System has announced the implementation of new "low dose radiation" Computed Tomography (CT) scanners at many of its sites across the region. The new low dose CT scanning devices reduce the amount of radiation required to create a scan by up to 50 percent while continuing to provide the highest quality CT scan. Southcoast is the first health care provider in the region to invest in this new technology.

"When a patient receives a scan

they are exposed to a very small amount of radiation. The new low dose scanner can cut that exposure in half while offering the same quality," said Debra A. Desmarais, Executive Director of Radiology Imaging Services for Southcoast. As we continue to upgrade our technologies we will always look for the best options available for our patients. It is our goal to provide low dose CT scanners at all of our locations by 2013."

Free Health Assessments, Screenings and Wellness Education

Southcoast Visiting Nurse Association announces the February schedule for free health assessments, screenings and wellness education for seniors.

This program is designed to help improve the health and well-being of seniors, age 60 and older, who reside in the Greater New Bedford area and is funded in part through a grant from Coastline Elderly Services Inc. and the Massachusetts Executive Office of Elder Affairs.

The program offers free monthly community clinics at various locations throughout the region. Community clinics include health screenings for blood pressure, pulse rate, oxygen levels and blood sugar conducted by Southcoast VNA nurses. Community clinics will also feature an educational component to address medication monitoring, chronic disease management, nutrition and home safety.

The February community clinic schedule is as follows:

Fairhaven

Monday, February 13, from 9:30 to 10:30 a.m. at Atria Assisted Living, 391 Alden Road.

New Bedford

Wednesday, February 8, from 8:30 to 10:30 a.m. at Bedford Towers, 231 Middle Street.

Thursday, February 9, from 10 a.m. to noon, at Immigrants Assistance Center, 58 Crapo Street.

Wednesday, February 15, from 11 a.m. to noon at Hazelwood Senior Center, 553 Brock Avenue.

Tuesday, February 21, from 10 to 11 a.m. at Hillside Court community room, 525 Coggeshall Street.

Friday, February 24, from 10:30 to 11:30 a.m. at Casey-Miller Apartments, 2062 Phillips Road.

Friday, February 24, from 2 to 3 p.m. at Carriage House, 1661 Purchase Street.

Wednesday, February 29, from 10 to 11:30 a.m. at Downtown Senior Center, 572 Pleasant Street.

Tuesday, February 28, from 10:30 a.m. to 1:30 p.m. at Taber Mills Apartments, 217 Deane Street.

Rochester

Thursday, February 16, from 10 to 11:30 a.m. at Rochester Council on Aging, 67 Dexter Lane.

The program also provides individual, in-home assessments for those who cannot attend a community clinic. The individual assessment with a Southcoast VNA nurse includes a personal health assessment, an assessment of the individual's medications as well as one on one wellness education.

Participants identified as having a need for better management of a chronic disease may be offered an in-home monitor that will take daily vital signs in the comfort of the individual's home. A Southcoast VNA telemonitor nurse will monitor the vitals and communicate trends with the participant's physician.

The program will also provide free immunization education and immunization clinics to improve the immunization rate of the elderly in the Greater New Bedford region. For more information on community clinics, individual assessments or immunization education and clinics, call 800-698-6877.

You are only young once, but you can stay immature indefinitely.
Ogden Nash



Southcoast Primary Care is growing to better serve you

Mazhar Jakhro, MD
is accepting new patients

Dr. Jakhro specializes in family medicine, providing high-quality health care for families and individuals of all ages. He is currently accepting new patients.

Board certified in family medicine, Dr. Jakhro completed his training at Brown Medical School. His clinical interests include diabetes, high blood pressure, obesity and pediatric care.

He is in practice at Southcoast Primary Care with Dr. David Clark and Dr. Brett Hurteau.

Keeping your family healthy

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Remember When

Valentine's Day Blizzard, 1914



Not many of us can remember the Valentine's Day blizzard of 1914, when this trolley car got stuck in front of the New Bedford Theatre on Union Street. But many of us still remember trolley cars and the many theatres in the city. Note the theatre billboard on the right that advertises "pictures and vaudeville." In the days before television and DVDs, well known performers came to New Bedford and folks went out to the theatre to be entertained.

Thanks to James Knox of New Bedford for submitting this photo.

Answers to Trivia Quiz

- | | |
|--|--|
| 1) Orpheum Theater | 6) John Wayne |
| 2) Bishop Charles "Sweet Daddy" Grace | 7) Boston |
| 3) Orchid and Shawmut | 8) Boston Cream Pie |
| 4) Richard Basehart | 9) Springfield, Mass. |
| 5) The owner (Maurice Duchaine) of Sunbeam Bread was the original owner of an AM radio station that he named WBSM, the letters meaning My Sunbeam Bread . . . backwards. | The real Stumper: |
| | 10) The BU (Boston University) Bridge that crosses the Charles River in Boston. It has a lower deck exclusively for trains and an upper deck for autos and trucks. |

At the Senior Centers... continued from page 8

the Center and we will have Dawn contact you directly.

Join us for our **Pasta Feast** on Friday, Feb. 17, at noon. Spaghetti and meatballs and sausage will be served. Please call us by Wed. Feb15, to ensure that we have enough for everyone.

Stepping and Stretching on Tuesdays and Thursdays, 1 p.m. to 2 p.m., is a fun filled hour of easy exercise, bending and stretching, building strength improving balance. Most exercises are done from the comfort of your chair.

New Acrylics painting class with volunteer Roxy Simpson meets on Thursdays at 2:30 p.m. All levels are welcome.

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

Soup & Sandwich Lunches on Mondays at noon are back. Please sign up in advance,

Reader Exchange

Music Is Love...In Search Of...

By Gerald J. Riding Sr., New Bedford

Music is love in search of an ear
To share all the beauty it brings
From simple chord strumming
And rock-a-byes' humming
To a complete concerto for strings.

In halls as in homes as in havens
Each listener finds peace in his space
As the melody's rhyme
Captures life's space and time
In an audible...rhythmic embrace.

Music is love in search of a word
That would spread its message afar
Priceless tales of delight
And of dreams in full flight
Punctuated with clef...rest...and bar.

To music all voices pay tribute
When raised in harmonious song
In cantata for choir
Of folksongs by a fire
It's where minstrel hearts all belong.

Music is love in search of a way
To dress every moment up right
With anthem or carol
Or "roll out the barrel"
And romantic ballads for night.

Each season has favorites for programs
As springtime blends blossom and birds
While in summer and fall
Parade concerts please all
And dear Christmas blends bells, chimes, and words.

Music is love in search of a home
Away from its travels abroad
And the search is complete
When its heart and soul meet
And its sweetness is offered to God.

The Underground Railroad and New Bedford

The Underground Railroad was neither a railroad nor was it underground. It was a secretive practice that became a part of organized activity of abolitionists and other sympathizers of fugitive slaves in the 19th century. The story of the "Underground Railroad" is that of individual citizens who opened their homes and assisted in plotting routes for runaways.

New Bedford was one of the most famous of all of the terminuses for fugitives, due to our predominantly liberal /Quaker residents who had banned slavery among their members as early as the 1700s. Other factors in New Bedford's appeal to fugitives were the whaling industry and the cotton industry, paradoxically. New Bedford also had a large free black population that was active in the anti-slavery movement and provided comfort and assistance to fugitives.

The myth that the tunnels under the streets of New Bedford were used for fugitive slaves has been debunked by various scholars and archaeologists commissioned by WHALE, the New Bedford Historical Society and the National Park Service recently. The oldest of these tunnels was erected long before any thought of the Civil War or the freeing of slaves. Many were under the houses of whaling captains and ship owners and could have been devoted to things as utilitarian as water run-off to the river. The tunnel next to the Friends meeting House that runs across Spring

Street was examined by archaeologists and was determined to be part of the infrastructure used when constructing the heavy building in the 1800s.

There were really no reasons to hide slaves that had run to New Bedford seeking freedom. Most escapees who have written about their time in New Bedford relate the freedom with which they walked around town. Among the most famous runaways was Frederick Douglass who wrote a narrative of his life as slave. In his 1855 autobiography, he said, "No colored man is really free in a slaveholding state. He wears the badge of bondage while nominally free, and is often subjected to hardships to which the slave is a stranger, but here in New Bedford, it was my good fortune to see a pretty near approach to freedom..."

New Bedford's importance in the Underground Railroad is known by most scholars and hardly a book is written on the subject when our city is not repeatedly mentioned.

For additional information visit: www.nbhistoricalociety.org New Bedford Historical Society, Inc. For a virtual walking tour and brochure go to www.nps.gov/nebe New Bedford Whaling National Historical Park.

Joan Beaubian is former Executive Director of the New Bedford Historical Society and co-founder of the Massachusetts Underground Railroad Network.


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Essential Oils

With

Elizabeth Pryor Certified Herbalist

Janice Gagnon/Warr Certified Aromatherapist



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10:00AM – 11:30PM
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\$5 per person (Everyone will be taking Oil and Tea home)

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