If you’re on Medicare and you’re in the hospital for a few days, you may think you’re an inpatient. But the hospital may have other ideas. Increasingly, hospitals are placing older patients on “observation status.” They may be there for days, but technically they’re still outpatients, reports Ina Jaffe of National Public Radio.

This is a big deal for someone on Medicare. Jaffe adds, because follow-up treatment in a nursing home isn’t covered unless someone has been an inpatient for at least three days. That’s leaving some seniors on the hook for thousands of dollars in nursing home bills.

To be eligible for nursing home coverage, seniors must have first spent at least three consecutive days (or through three midnights) as an admitted patient, not counting the day of discharge.

Medicare policy requires that patients must have at least three consecutive days as a hospital “inpatient” to qualify for Medicare coverage in a skilled nursing facility (SNF) following a hospital stay. Despite the fact that the care patients under observation status receive is no different than the care received by inpatients, observation status is considered “outpatient” for billing purposes.

The use of observation status is increasing in both intensity and frequency. And these longer stays under observation status are often over the maximum 24 or 48 hours recommended in the Medicare manuals.

More Medicare beneficiaries are entering hospitals as observation patients every year. The number rose 69 percent in five years, to 1.6 million nationally in 2011, according to the most recent federal statistics. At the same time, Medicare hospital admissions have declined slightly.

Under the current rules, patients who are physically in the hospital, but under observation status, are forced to pay for their care in a SNF “as an outpatient” following the same time line that Medicare uses for inpatients. The amount they pay is based on the current Medicare payment rate for inpatient care, which is frequently less than the actual cost of the care they receive. Observations can not only lead to otherwise preventable readmissions, but also increase costs to Medicare for the treatment of conditions that were not present at the time of the original hospital stay.

New regulations on observation status were issued August 2 by the Centers for Medicare and Medicaid Services (CMS), but neither set of regulations solves the problem of observation status for beneficiaries.

Observation status has also come under broader scrutiny in a nationwide class-action lawsuit Bagnall v. Sebelius brought by the Center for Medicare Advocacy and the National Senior Citizens Law Center.

Right now there is bipartisan support in Congress to fix this problem. The Improving Access to Medicare Coverage Act of 2013 would adjust Medicare rules to allow observation status to be counted towards the three-day inpatient rule for coverage of SNF care. Eileen Marum, president of the southeast chapter of Mass. Senior Action, says House of Representative members are being asked to cosponsor H.R. 1179 and Senate members to cosponsor S. 569, the Improving Access to Medicare Coverage Act of 2013.

But Congress has yet to act on either of these bills. “I’d like to say we are making progress but in truth we are still fighting hard. There has been increased awareness and that has helped,” says Barbara Cooke, local Community Organizer for Mass. Senior Action. “It’s important for Medicare beneficiaries to be aware of the (observation status) problem and make sure to ask what their status is if they find themselves in the hospital.”

Read more about this problem and how to get help on the Medicare Rights Network website: medright.org.

**Review Your Medicare Options Now and Save Money Next Year**

Medicare’s annual Open Enrollment season runs until December 7. The National Council on Aging (NCOA) encourages all people with Medicare to review their plan options and make an informed decision about their 2014 coverage.

“One year is very unique, so it is more important than ever for people with Medicare to understand and review their options,” said Leslie Fried, director of NCOA’s National Center for Benefits Outreach & Enrollment.

“First, people with Medicare should know that the Health Insurance Marketplace created by the Affordable Care Act is not for them, and they do not need to enroll in a Marketplace plan. Second, they should start to shop and compare Medicare drug plans now.”

Pay Close Attention to Details

Seniors shouldn’t simply renew their policies and assume the current coverage will stay the same. There’s a likely payoff for those who pay close attention to the details, according to Kaiser Health News, published by the Kaiser Family Foundation.

Among the top ten most popular drug policies, monthly premiums for 2014 are changing dramatically -- up 55 percent for one AARP UnitedHealth plan and down 38 percent for another from Wellcare, according to a recent study by Avalere Health, a Washington, D.C., health research firm.

In addition, the second-most popular plan, SilverScript Basic, is now off limits to new members until Medicare officials are satisfied that the plan’s nearly 2.9 million beneficiaries can fill prescriptions without encountering problems. The company will not be able to resolve these issues before the end of this enrollment season, they said. (Current members are allowed to stay if they wish.)

**Part D Drug Plans**

About 22.7 million people, or 43 percent of Medicare’s 52 million beneficiaries, are enrolled in Part D drug plans. The coverage gap, or “doughnut hole,” in Part D is growing smaller in 2014. The Affordable Care Act shrinks the gap every year until it is closed in 2020.

Next year, drug coverage stops when the insurer and member together have spent $2,850 and resumes when...
Aging Well at Thanksgiving and Every Day

Dr. Andrew Revell of UMass Dartmouth was the guest speaker at the Coastline annual meeting on October 8. The director of the Ora Mae DeJesus Gerontology Center at the university, he spoke about successful aging.

People are living longer these days, and we want to be able to enjoy those added years. Along with good health, one of the requirements for successful or optimal aging, Revell said, is maintaining your cognitive ability.

We have little control over some of the factors that contribute to cognitive decline, such as low socio-economic level and chronic disease. But other factors that support successful aging have nothing to do with income, education or health. One of them is having a flexible personality.

Our bodies may not be as flexible as they once were, but we can still have a flexible outlook on life. We can stay open to fresh opportunities like meeting new people and trying new things.

Rigid expectations and uncompromising attitudes are not good for our brains. They can lead to anger and frustration and other destructive emotions that drain our vitality. Sometimes it’s easy to let ourselves get caught up in a lot of negative energy. But that type of thinking doesn’t bring happiness or peace. And it doesn’t keep our brains sharp either. Being able to roll with the punches and adapt to new situations helps keep our brains sharp.

As we approach the holiday season, we might be thinking about how our lives – and our celebrations – have been transformed. Changes in our living environment, changes in our families and changes in our health sometimes can dampen our holiday spirit.

Life is a flowing, evolving process. And no one understands that better than someone who has existed 60-plus years. Most of us have lost loved ones and their absence leaves a gaping hole in our lives. Even the normal aches and inconveniences of aging can wear us down, and it’s easy to fall into the trap of resentment. We may find it difficult to count our blessings and feel appreciation and thankfulness. We know all too well that we can’t always control events in our lives. But we can choose how we deal with them.

At Thanksgiving and every day, it’s a good idea to let go of rigid expectations, be flexible and choose the positive approach – an attitude of gratitude.

Instead of focusing on what we don’t have, we need to be more grateful for the simple things in life that we too often take for granted. Whether it’s sharing a cup of coffee with a friend or seeing a child’s face flushed with excitement on Halloween, we need to treasure these ordinary moments.

In the end, when we reflect on them later, we realize that it is often not the holidays but the ordinary moments that are the joys of life. They bring us peace and comfort on the darkest days.

Happy Thanksgiving to all our readers!

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.

For age is opportunity no less Than youth itself, though in another dress, And as the evening twilight fades away The sky is filled with stars, invisible by day.

Henry Wadsworth Longfellow
Local Medicare Presentations

Medicare Beneficiaries are invited to attend a free presentation by representatives of the SHINE (Senior Health Information Needs of Elders) program this month.

Learn how the new Health Care Reform Act will affect you, get an overview of Medicare’s review changes to Part D, Supplement Plans, Medicare Advantage. You can also discuss any concerns on the One Care Plan for disabled individuals 21 to 64 who are on Medicare and MassHealth.

In New Bedford presentations will be offered Tuesday, November 19:

Consumer Tip Corner

If a landlord takes a security deposit he must give you a signed, separate statement of the present condition of your apartment including a comprehensive list of any existing damage. The landlord must provide you with this written statement upon receipt of the deposit. If you do not agree with the statement return it to the landlord within 15 days.

For questions on consumer issues or to file a consumer complaint against a business, contact the New Bedford Local Consumer Program at City Hall at 508-576-1693.

Review Your Medicare ... continued from page 1

Advantage plans to continue to increase next year. Roughly one in four Medicare beneficiaries has MA coverage.

Premiums Increase in 2014

Officials expect average Medicare Advantage monthly premiums to increase by $1.64 to $3.62 next year, while the average prescription drug plan premium will remain roughly the same, at about $31.

Other changes in plan costs next year will be more subtle. About 72 percent of drug plans will direct members to the preferred pharmacies if they want to save money on prescriptions, according to a study by The Kaiser Family Foundation, released last month. Few very plans had this pharmacy arrangements when the drug benefit was introduced in 2006.

Not Paying Attention May Cost You

But price hikes, poor performance, and changes in covered drugs are often not enough to spur the vast majority of seniors to action. Only 1 percent of seniors pay attention to the changes if they want to save money on prescriptions, according to a study by The Kaiser Family Foundation, released last month. Few very plans had this pharmacy arrangements when the drug benefit was introduced in 2006.

Fewer Medicare Advantage Plans

This open season also will have fewer Medicare Advantage (MA) plans, the private plans that are an alternative to traditional Medicare fee-for-service coverage, the Avalere study found. They can offer lower medical and often drug coverage from a network of participating providers.

Still, Medicare officials announced last month that they expect the enrollment in Medicare

Free Computer Classes

Free computer classes are being offered at Bristol Community College in downtown New Bedford starting in November. The classes are offered by the New England Community Action network with Inner City Youth. For more information or to register, call 774-992-0809 or email innercityyouth@usa.com.

Social Security Serves Those Who Served

By Delia De Mello

Social Security Administration

On November 11, we honor our Nation’s veterans for their service to America. What better time than now to tell you — and for you to help spread the word — about the many benefits and wealth of information Social Security has available for veterans and military personnel?

Social Security recognizes those who put their lives on the line for our freedoms. Members of the armed forces receive expedited processing of their Social Security disability applications. The expedited process is available for any military service member who became disabled during active duty on or after October 1, 2001, regardless of where the disability occurs. Some dependent children and spouses of military personnel may also be eligible to receive benefits.

You can find our website designed specifically for our wounded veterans: www.socialsecurity.gov/woundedwarriors. There you will find answers to a number of commonly asked questions, as well as other useful information about disability benefits available under the Social Security and Supplemental Security Income (SSI) programs. Please pay special attention to the fact sheet available on that website, Disability Benefits for Wounded Warriors.

You’ll also find a webinar that explains the faster disability process available to wounded warriors. The program covers general information about Social Security disability benefits as well as topics unique to wounded service members. The online video is less than three minutes and a great introduction to disability benefits for veterans and active duty military.

On the same webpage, you’ll also find links to useful Veterans Affairs and Department of Defense websites. The requirements for disability benefits available through Social Security are different than those from the Department of Veteran Affairs and require a separate application.

Military service members are covered for the same Social Security survivors, disability, and retirement benefits as everyone else. Although the expedited service is relatively new, military personnel have been covered under Social Security since 1957, and people who were in the service prior to that may be able to get special credit for some of their service.

To learn more about Social Security for current and former military service members, read Military Service and Social Security. It’s available in our digital library at www.socialsecurity.gov/publics.

But first, take a look at the wounded warrior page at www.socialsecurity.gov/woundedwarriors. The webinar, fact sheet, and pertinent links will brief you on everything you need to know to “maneuver” your way through the Social Security process.

It is neither wealth nor splendor; but tranquility and occupation which give you happiness.

Thomas Jefferson

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Thomas Jefferson
Recipe Roundup

Thanksgiving Turkey Pie

Ingredients:
- 2 1/2 cups prepared stuffing
- 1 1/2 cups cubed JENNIE-O® Extra Lean
- Oven Roasted Turkey Breast
- 1/4 cup chopped onion
- 1 cup shredded low-fat Swiss cheese
- 3/4 cup milk
- 1 cup egg substitute or 4 eggs
- 2 teaspoons mustard

Directions:
Heat oven to 350°F. Spray 9-inch pie plate with cooking spray. Press stuffing in pie plate to form pie crust. Add turkey to crust. Sprinkle with onion and cheese. Bake about 30 minutes or until muffin tops are golden brown and edges are starting to pull away from sides of pan. Cool 10 minutes. With thin knife, loosen sides of pies from pan; remove from pan and place top sides up on cooling rack. Cool 10 minutes longer, and serve with 1 generous tablespoonful whipped topping.

Source: jennieo.com

Impossibly Easy Mini Pumpkin Pies

Ingredients:
- 1 cup canned pumpkin (not pumpkin pie mix)
- 1/2 cup Original Bisquick® mix
- 1/2 cup sugar
- 3/4 cup evaporated milk
- 1 1/2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla
- 2 eggs
- 1 cup frozen (thawed) whipped topping, if desired

Directions:
Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray. In medium bowl, stir all ingredients except whipped topping until blended. Pour 1/4 cup of mixture into each muffin cup. Bake about 30 minutes or until muffin tops are golden brown and edges are starting to pull away from sides of pan. Cool 10 minutes. With thin knife, loosen sides of pies from pan; remove from pan and place top sides up on cooling rack. Cool 10 minutes longer, and serve with 1 generous tablespoonful whipped topping.

Source: bettycrocker.com

Senior Scope

Menu for November 2013

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>1</td>
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<tr>
<td>LS Hot Dog</td>
<td>Beef Barley Soup</td>
<td>Meatloaf w/</td>
<td>Chicken Marsala</td>
<td>Sweet &amp; Sour</td>
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<tr>
<td>Hot Dog Roll</td>
<td>Breadcrad Chicken</td>
<td>Brown Gravy</td>
<td>Au Gratin Potato</td>
<td>Meatballs</td>
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<tr>
<td>Mustard Packet</td>
<td>Mixed Veggies</td>
<td>Garlic Mashed Potato</td>
<td>Whole Wheat Bread</td>
<td>Rice Medley</td>
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<tr>
<td>Veggie Baked Beans</td>
<td>Multigrain Roll</td>
<td>Full Blend Veggies</td>
<td>Waffle Cookie</td>
<td>Cilantro Beans</td>
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<tr>
<td>Ht German Sow</td>
<td>Fresh Orange</td>
<td>Multigrain Roll</td>
<td></td>
<td>Whole Wheat Bread</td>
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<tr>
<td>Strawberry</td>
<td></td>
<td>Fruited Jello</td>
<td></td>
<td>Arctic Ice</td>
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<tr>
<td>Serves six</td>
<td>to 40 minutes or until set.</td>
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<tr>
<td>pie plate to form pie crust. Add turkey to crust. Sprinkle with onion and cheese.</td>
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<td></td>
<td>American Chop Suey</td>
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<td>Wax &amp; Green Beans</td>
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<td></td>
<td>Fruit Muffin</td>
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<td>Pears</td>
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</tbody>
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Source: bettycrocker.com

Trivia Hour

Every Other Friday, 10:30 to 11:30
Downtown Senior Center
725 Pleasant St.

Trivia is free to play! Come show your skills for a chance to win prizes!

Please Sign Up in Advance

If you have any questions
Contact Jordan (508) 991-6255

Special Thanks to Bob Branco for hosting Trivia
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

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(508) 997-1205
TDD# 800-439-2370
Girls Night Out Sip and Shop
A Sip and Shop girls’ night out will be held on Wednesday, November 13, from 4 p.m. to 7 p.m. at the Fairhaven Senior Center. The event will feature a wine tasting, cash for gold sale with Marc Folco, pocketbooks, chair massage and much more. Refreshments will be served.
Call the Fairhaven Senior Center at 508-979-4029 for information.

Spaghetti Dinner Fundraiser
A Spaghetti Dinner Fundraiser to benefit Christian education will be held at the North Baptist Church, 750 County St., corner of County and Merrimack, on Saturday, November 9. Tickets are $5 per person, children over 5, $2.50, and children under 5 are free. Call 508-999-5007 for tickets.

YTI Presents “Henry Flamethrowa”
Your Theatre, Inc. will produce John Bellusso’s gripping drama Henry Flamethrowa in November. The play is inspired by real-life events and deals with such topics as journalistic ethics, religion, and the value of life. Performances will run November 14 to 24, Thursdays through Saturdays at 8 p.m. Sunday matinees are at 2:30 p.m. All productions will be in the theatre’s handicap accessible complex at St. Martin’s Church, 136 Rivet St. at County St. Parking is free in the church lot on County St.
Ticket and other information are available by calling 508-993-0772, or by sending an e-mail to info@yourtheatre.org. The theatre’s web site is www.yourtheatre.org.

Neil Diamond Concert Fundraiser
A Neil Diamond Concert fundraiser sponsored by the Friends of the Rochester Senior Center, Inc., will be held at the Mattapoisett Knights of Columbus on Saturday, November 9, from 8 p.m. to 10 p.m. Call the Rochester Council on Aging at 508-763-8723 for more information.

Interfaith Remembrance Service
Southcoast® Visiting Nurse Association, known in the community as Southcoast VNA, will be holding its Annual Interfaith Remembrance Service on Wednesday, November 13, at 7 p.m. at St. Bernard Church, 30 South Main Street in Assonet. The service is free and open to the public and will include a special blessing read in several languages, a children’s story, candle lighting and musical performance by the Concordia Choir.
The service celebrates the lives of those who have passed and provides comfort for all who are grieving a loved one during the upcoming holiday season. An informal gathering with refreshments will immediately follow the service.

OLOA Christmas Bazaar
Our Lady of Assumption Church will hold its 2013 Christmas Bazaar in the church hall, 47 Sixth Street, on Saturday, November 16, from 10 a.m. to 5 p.m., and Sunday, November 17, from 10 a.m. to 2 p.m. The bazaar will feature a Money Raffle, Cape Verdean and American Food, Gift Card Raffle, Wreaths, a White Elephant Table, Clothing Boutique, Crafts, Gift Baskets and a visit from Santa Claus.

North Baptist Christmas Bazaar
A Christmas Bazaar will be held on Saturday, November 23, from 9 a.m. to 2 p.m. at the North Baptist Church, 750 County St., corner of County and Merrimack. Call 508-999-5007 for information.

Holiday Greens Sale and Tea
A Holiday Greens Sale and Tea is set for Saturday, December 7, from 1 p.m. to 4 p.m. at the Acushnet Council on Aging. The event is sponsored by the Greater New Bedford Garden Club and will feature boxwood trees, decorated wreaths, centerpieces, ornaments and more.
For more information call 508-998-0280.

HATCHWOOD THANKSGIVING CELEBRATION
Thursday, November 14
Noon – 2:30 P.M.
Enjoy a Delicious Turkey Luncheon with All the Fixings!
Entertainment by the One and Only “Ray J”
Hatchwood Senior Center
553 Brock Ave. New Bedford, MA
Cost $5.00
Please make check or money order to the City of New Bedford
Sign up by November 7 at any New Bedford Senior Center or call Marisol at 508-991-6268 for more information
A special THANK YOU to Senior Whole Health for sponsoring the meal!

Hatch Street Holiday Sale
The annual Hatch Street Holiday Sale & Open Studios takes place throughout Thanksgiving weekend and is a fun place to bring holiday guests. Wander the studio lots of 88 Hatch Street and see where fine textiles, jewelry, ceramics, woodworkings, paintings and drawings are made. Shop a wide variety of handmade gifts including ornaments, fine soaps and body products, jellys, honey, and children’s toys.
An Opening Reception with music, food, and holiday fun will be held Friday, November 22, 5 p.m. to 9 p.m. The event will continue on Saturday, November 23, 10 a.m. to 5 p.m. and Sunday, November 24, 11 a.m. to 5 p.m.

Holiday House Tour
New Bedford Preservation Society’s Annual Holiday House Tour will be held December 14, from 4 p.m. to 8 p.m., and December 15, from 1 p.m. to 5 p.m. This year’s tour will feature the historic Acushnet Heights neighborhood. Several residences will be shown that have never before been open for the tours, all beautifully decorated for the holidays. Visitors will also enjoy the costumed historic portrayals, which will take place at one of the residences.
Discounted tickets will go on sale mid-November at various locations. For further information, please call the New Bedford Preservation Society office, 388 County Street, at 508-997-6425.

Veterns Brunch at The Oaks
The Oaks is hosting a complimentary brunch for all local veterans and their guest on Monday, November 11, from 9 a.m. to 11 a.m. at The Oaks, 4525 Acushnet Avenue. Call 508-998-7989 by Friday, November 8 to register for this event.

St. Mary’s Holiday Fair
St. Mary’s Parish, 106 Illinois Street, will hold a holiday fair on Saturday, November 9, from 9:30 a.m. to 5:30 p.m., and Saturday, November 10, from 9 a.m. to 3 p.m. Crafts, a bake sale white elephant table, Chinese auction, and full kitchen will be featured. For more information call 508-942-5031.

Grace Church Bittersweet Bazaar
Grace Episcopal Church, corner of County and School streets, will hold its 34th annual Bittersweet Bazaar on Saturday, November 9, from 10 a.m. to 4 p.m. The bazaar will feature handmade crafts, plants, home baked goods, a children’s table, and a country store with locally produced gifts, Christmas items, as well as a Kindle raffle and a silent auction.
A luncheon menu offering lobster rolls, chowder and more will be available from 11 a.m. to 2 p.m. For more information call 508-993-0547 or visit the church’s website at gracechurch.org.

Acushnet Holiday Fair
A Holiday Craft and Vendor Fair will be held on Saturday, November 23, from 9 a.m. to 2 p.m. at the Acushnet Council on Aging building. Crafts, baked goods, new holiday items and more will be available for purchase.

Christmas Concert and Caroling
A choir and organ concert will be held on Sunday, December 15, at 3 p.m. at St. Anthony Church on Acushnet Avenue. Performing at this holiday event will be the Spirit of St. Anthony Choir directed by Cassandra Morgan, organist Steven G. Young, pianist Isleila Rodrigues, and Music In Motion, a local youth chorus led by Cassandra Forrado. The concert features a Christmas Caroling sing along, including Handel’s ‘Hallelujah’ Chorus.
Complimentary hot chocolate offered by the North End Business Association will be available following the concert. Free trolley is provided by St. Anthony Federal Credit Union, with free parking at the Whale’s Tooth Ferry Lot in Downtown New Bedford.

DANCE TO LIVE MUSIC
1 PM to 4 PM
SUNDAYS
Tickets will be at the door.

FREE Admission
Events are sponsored by:
CITY OF NEW BEDFORD
Mayor Jonathan F. Mitchell
John R. Lopez, Music Director
Tina Gaudette Honored

Tina Gaudette was honored for 35 years of service at the Coastline annual meeting on October 18 at the New Bedford Country Club. One of the earliest employees of the agency, she serves as Home Care Contracts & Quality Assurance Manager at Coastline.

Also honored was George Smith, who served on the Advisory Council and as a member and later President of the Board of Directors.

Trivia Quiz

By Ed Camara
1) Which boxer is known as “The Greatest”?
   a) Muhammad Ali
   b) Joe Frasier
   c) Tomsson
   d) Thompson
2) Who is very conservative?
   a) Tomsson
   b) SonOfTom
   c) density
   d) wishy-washy
3) Which describes an old fogey, a square, a stick-in-the-mud, someone who is very conservative?
   a) diddle-daddle
   b) density
   c) hardness
   d) weight
4) The Fairhaven Council on Aging is collecting food and other donations in the lobby of the Senior Center on Route Six near Stop & Shop. The Pet Food Drive deadline is November 15. The Thanksgiving Food Drive for the Needy will continue through November 20.
5) Which film studio was the first to appear on a U.S. postage stamp?
   a) Paramount
   b) MGM
   c) Universal
   d) RKO
6) What airline was the first to put jets into regular service? Help: It was NOT an American company.
7) What is the collective name for the first four books of the New Testament of the Bible?
   a) Parables
   b) Gospels
   c) Preamble
   d) Agnostics
8) “Leo the Lion” was the mascot of which film studio?
   a) Thompson
   b) Agnostics
   c) Paramount
   d) RKO
9) Who is very conservative?
   a) SonOfTom
   b) Tomsson
   c) Universal
   d) RKO
10) What is the collective name for the first four books of the New Testament of the Bible?
   a) Parables
   b) Gospels
   c) Preamble
   d) Agnostics

Let us make one point, that we meet each other with a smile, when it is difficult to smile. Smile at each other, make time for each other in your family.
   — Mother Teresa
At the Senior Centers

Acushnet Senior Center

For more information on the following activities, call the Acushnet Council on Aging at 508-991-4717.

Christmas Tree and Tea Tour sponsored by Island Terrace Nursing Home will be held Friday, November 15. Bus leaves the Acushnet COA promptly at 12:30 p.m. and returns about 5:30 p.m. A free mystery craft project, sponsored by The Oaks will be offered on Tuesday, November 19. Join at 10 a.m. to 11 a.m. at the Acushnet COA. This is a free program but you must RSVP.

Free, relaxing, cleansing manicures are now available on Friday, from 10:00 to 11:30 a.m. at the Acushnet COA. Call the cosmetology department. Walk-ins welcome, appointments recommended to avoid a wait.

Cribbage players are needed for Friday games. Start time is 12 p.m. sharp. No league or long commitment.

Groove class on Thursday mornings at 10 is a mix of cardio, strength, flexibility and balance, all set to upbeat music and led by Certified Group Fitness Instructor Elie Huggins.

Right, Left, Center is a fun, new and addictive dice game. Come in for an hour of play every Friday from 12:30 p.m. to 1:30 p.m. Call our afternoon receptionists (Linda and Judy) at 508-991-6211 to sign up.

The Lovely Ladies Eating Healthy group meets on Fridays at 10 a.m.

A new Book Club meets every other Monday from 11 a.m. to 12 p.m. For more information, call Linda or Lynn at 508-998-0280.

The French Cultural Group now meets on Tuesdays at 9 a.m. The Tuesday Pitch League is playing in the afternoon. Play starts promptly at 1 p.m. to be sure to arrive a few minutes early. New players and substitutes are always welcome.

Toe Nail Care with a professionally licensed manicurist is available every other Friday by appointment.

A Beginners’ Exercise Class with Larry Bigos meets Wednesday at 2:30 p.m. Go at your own pace and make new friends.

The Red Hat Society meets the first Thursday of the month at 11 a.m., to set the schedule for the following month’s activities. New members always welcome.

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

Strong Women, Strong Bones with Karen Cocorien helps you stretch, flex and build core strength, from 9 a.m. to 10 a.m. THis is the perfect class for those with osteoporosis or osteoarthritis.

Aerobics with Sue meets on 10 a.m. on Fridays.

Dartmouth Senior Center

Downtown Senior Center is open Monday through Friday from 10 a.m. to 4 p.m. A Wellness Clinic is held every third Wednesday of the month from 10 a.m. to 12:30 p.m. The Tuesday Pitch League is playing in the afternoon. Play starts promptly at 1 p.m. to be sure to arrive a few minutes early. New players and substitutes are always welcome.

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Ashley Park Center

The New Bedford Senior Center is open Monday through Friday from 9 a.m. to 4 p.m. A Wellness Clinic is held every third Wednesday of the month from 10 a.m. to 12:30 p.m. For more information on activities such as cards, dominoes, and crocheting, call the Center at 508-999-4717.

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

The Tail Chi class will start on Monday, November 18, from 1 p.m. to 2 p.m. This class will be free but you must call to register.

A new Trivia Group with Bob Branco will meet on Monday mornings at 10 a.m. Everyone is welcome to attend.

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 of Tai Chi. The Tuesday Tai Chi class meets on Fridays at 10 a.m. The class is held every other Friday by David Kim. Everyone is welcome to try Tai Chi. Classes are open to ages 18-90.

Aerobics with Sue meets on 10 a.m. on Fridays.

Brooklawn Senior Center

The Brooklawn Senior Center is now open Monday, Thursday, and Saturday from 9 a.m. to 3 p.m. and Tuesday and Wednesday from 9 a.m. to 4 p.m.

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

A new Tai Chi class will start on Monday, November 18, from 1 p.m. to 2 p.m. This class will be free but you must call to register.

A new Trivia Group with Bob Branco will meet on Monday mornings at 10 a.m. Everyone is welcome to attend.

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 Tai Chi every Tuesday at 10 a.m. with instructor Joan Blanchette. Experienced and new players are welcome.

While players enjoy great people and prizes every Wednesday at 12:30 p.m. Play Crazy Eights starting at 10:15 if you’ve never played and are interested, join in as the players teach you this favorite game.

The Book Club meets the second Wednesday of each month at 10 a.m. Everyone is encouraged to participate in the Strength and Conditioning class with Larry Bigos that meets on Thursdays at 10 a.m.

The Senior Choral Group rehearses every Thursday from 12:30 p.m. to 2:30 p.m. New members are welcome.

Buttonwood Senior Center

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

The Center is open Monday through Friday, from 9 a.m. to 4 p.m. Monday is Half Risk Prevention will be the topic of a presentation by Corinne of Bayada Home Health Care on Thursday, November 7, at 11 a.m.

Christine Voss of Coastline’s Foster Grandparent program will speak at 12 noon on Thursday, November 7.

Hospice will be the topic of a presentation by Melissa Weidman of Hope Health.

Triva Earl will speak about Eller Options at 11:30 a.m., Thursday, November 14.

A Thanksgiving celebration with lunch by D&D Caterers will be held on Friday, November 22, from 12 noon to 2 p.m. Bring a canned item to donate to Loaves & Fishes.

A new Book Club 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 Artal. Tail Chi with David Kim meets every Wednesday at 2 p.m. Join this free class and improve your health and balance.

Classic Painting, with instructor Ryan Santos is a semi-independent painting class that meets every Tuesday from 12 p.m. to 11 a.m.

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

Caroline Street Senior Center

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

Lunch is served Monday through Friday at noon. Exercise classes are held Monday through Friday from 10:30 a.m. to 11 a.m. Ice Cream Social is held every other Friday.

Dartmouth Senior Center

For more information on the following activities, call the Dartmouth Senior Center at 508-999-6208.

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

Genie Yoga with Joey Machado meets Wednesday at 10 a.m.

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

A new aerobics class meets on Thursdays at 9 a.m. Beginners are welcome. Move those feet at the Line Dancing class every Thursday from 1:00 to 2:30 p.m. Instructor Nancy Cabral will help you to learn the most fun and new dances.

Strength and Conditioning with Larry Bigos will meet every Tuesday from 11:30 a.m. to 12:30 p.m.

Play Cards on Wednesdays from 10 a.m. to noon and 2:30 p.m. to 3:30 p.m. and Fridays from 9 a.m. to noon and from 2:30 p.m. to 3:30 p.m.

At the Senior Centers... continued on page 12
How to Recognize and Report Elder Abuse

Elder abuse is a serious problem that affects people from all walks of life. One of the most important ways to protect victims from abuse is by making sure they get the help they need and by reporting cases to the authorities.

Elder abuse can occur in the victim’s home or at places like assisted living facilities. People who abuse the elderly are usually people who know or take care of the victims. There are several types of abuse and all of them can have a profound negative impact on a person’s physical and mental health.

Physical abuse: Elders who suffer from physical abuse might show bruises on their bodies. They might often act fearful or look intimidated.

Sexual abuse: Elders who suffer from sexual abuse might become withdrawn. Emotional abuse: This occurs when the victim is humiliated and treated with disrespect. The victim might feel useless or inferior and might suffer from depression.

Neglect: Elders show signs of physical neglect when caregivers fail to help them with their personal hygiene, food, clothing and medications.

Financial abuse: Elders are often targets of financial fraud. This usually happens when people who take care of elders steal their retirement or Social Security money.

If you know or suspect an elder is a victim of abuse and is in immediate danger, call 911. To report a case of elder abuse, call 1-800-677-1116.

10 Ways to Maintain Your Weight Over the Holidays

By Jamie Buccheri, RD, LDN
Dietitian and Nutritionist, Coastline Elderly Services, Inc.

Focus on weight maintenance vs. weight loss during the holidays.
Do NOT plan to diet after the New Year. Anticipation of food restriction sets you up for binge-type eating over the holidays.
Be physically active every day. Eat a light snack before going to holiday parties to avoid overeating.
Plan ahead. Think about where you will be, and what foods are really special to you vs. those that you could probably do without.
Enjoy good friends and family.

What You Need to Know About 4 Trendy Diets

Some popular food trends recommend eliminating refined grains; others shun meat, fish and poultry. While the jury is still out on many of these trendy diets, some have been linked to significant health benefits. But is removing entire food groups good for an aging body?

MySilverAge.com provides details about four of today’s most popular diets and offers surprising facts for older adults to keep in mind. Topics include:

- Gluten-free. These products sometimes have more sugar and fat than products with gluten.
- Juicing. Diabetics should not juice, as the natural fruits in fruits could cause a spike in blood pressure.

Mediterranean Diet Is Good for the Mind

Over recent years many pieces of research have identified a link between adherence to a Mediterranean diet and a lower risk of age-related disease such as dementia. Until now there has been no systematic review of such research, where a number of studies regarding a Mediterranean diet and cognitive function are reviewed for consistencies, common trends and inconsistencies.

A team of researchers from the University of Exeter Medical School in the United Kingdom has carried out the first such systematic review and their findings are published in Epidemiology.

The team analyzed 12 eligible pieces of research. In nine out of the 12 studies, a higher adherence to a Mediterranean diet was associated with better cognitive function, lower rates of cognitive decline and a reduced risk of Alzheimer’s disease. However, results for mild cognitive impairment were inconsistent. A Mediterranean diet typically consists of higher levels of olive oil, vegetables, fruit and fish. A higher adherence to the diet means higher daily intakes of fruit and vegetables and fish, and reduced intakes of meat and dairy products.
Coping with Depression at the Holidays

For most of us, the holidays are a time to gather with friends and family, celebrate, and reflect on what’s ahead for the future. However, for some, especially older individuals, the holidays can be a difficult time, according to the Geriatric Mental Health Foundation.

Depression affects 15 percent of Americans over age 65. This figure is five percentage points higher than in the overall population. With daylight growing shorter and holiday traditions beginning to festoon the stores, it can be a sensitive time for seniors.

“From experience, we know that for seniors, this time of year can be a trigger (for depression),” said Budge Amparo, Executive Vice President of Quality Services for Emeritus Senior Living. “Increased hours of darkness can lower their spirits. On top of that, they may be thinking about how the inability to travel will keep them from spending the holidays with family. For those who have lost loved ones to death, they might be worrying about getting through seasonal festivities while bereaved over loved ones.” It is normal to feel subdued, reflective and sad in the face of these losses and changes, notes the Geriatric Mental Health Foundation. Family members or friends may notice that a senior is experiencing the “blues” for a longer period of time than usual.

Depression is not a natural part of aging

Everyone feels sad or blue sometimes, and the stress associated with holiday traditions can stir feelings of grief or separation. However, a person who is sad or anxious around the holidays, can’t think straight, or can’t carry on with regular activities. Such feelings are generally temporary and the individual eventually returns to his or her normal mood. But a clinically depressed person suffers from symptoms that interfere with his or her ability to function in everyday life. These symptoms include much more than feeling blue.

The holiday season should be a happy time for older adults, but so often it’s not,” said President and Chief Operating Officer Jeff Huber of Home Instead Senior Care, Inc. “That’s why companionship for ship for seniors plays such a vital role before, during and even after the holiday season.

Signs of Depression and Coping Tips

Both family and professional caregivers often notice a change in older adults as the Thanksgiving, Hanukkah and Christmas seasons approach. Huber says. The Home Instead Senior Care network has identified the following signs of loneliness and depression and tips to look for in a senior this holiday season:

Losing or gaining weight – Check the refrigerator, freezer and drawers to make sure she has plenty of nutritious food.

Difficulty sleeping – Look for signs that he has more trouble focusing during the day and is fatigued more often.

Feeling agitated or irritable – The sound of the irritability could be boredom. Help your loved one plan a schedule of appropriate activities.

Lack of energy – Encourage him to see a doctor for a complete physical.

Feelings of sadness – Try to locate resources to help ensure that he has companionship and appropriate activities.

Losing interest in activities that she’s always enjoyed – If she has difficulty with those activities, look for ways to modify them so that she can still enjoy doing the things she’s always loved.

Feelings of worthlessness – Many seniors volunteer. Encourage him to make an effort to find a niche in the community.

Difficult thinking or concentrating – Make sure that he has plenty of mental stimulation. Word games and crossword puzzles can help keep an older person’s mind alert.

Losing interest in personal care and hygiene – Is she unable to take care of herself? Perhaps more assistance is needed.

Thoughts of suicide – Contact a mental health professional immediately.

Food Borne Illness Especially Dangerous for Older Adults

If you’ve ever become sick after eating a food contaminated with disease-causing bacteria, it’s not an exaggeration to say you want to avoid it. But if you’re part of what is called an “at-risk” or “vulnerable” population, a food borne illness can be extremely dangerous. Symptoms such as vomiting, diarrhea and fever can intensify and the illness can become life-threatening.

According to Food and Drug Administration (FDA) epidemiologist Karl Klontz, M.D., M.P.H., older adults and those whose immune systems are less able to fight off harmful bacteria are most at risk.

Immune System Plays a Role

What makes these populations more at risk? In many cases, the problem lies with the immune system, says Klontz. The immune system is the body’s natural defense system against “foreign invasion” by pathogens (bacteria or viruses that can cause disease). In healthy people, a properly functioning immune system usually fights off harmful pathogens readily.

As we age, our immune functions and other barriers to infection start to decline. “From experience, we know that you’re more susceptible to infections,” Klontz says, “but it isn’t necessarily because you have diabetes. It’s because your body is getting weaker.”

In addition, older people tend to take more medicines for problems like heartburn or acid reflux, many of which can further reduce the amount of stomach acid, further reducing this barrier against pathogens.

The same goes for people with compromised immune systems, such as those with HIV/AIDS, cancer, liver disease and diabetes. “Not only are they at higher risk, but if you’re part of what is called the "disease," Klontz says, "but the side effects from certain treatments such as chemotherapy may make them weaker still.”

Prevention Is Key

There are some things that the people particularly vulnerable to the dangers of food borne illnesses can take to reduce that risk, says Klontz. These include:

Avoid eating raw animal products, which include unpasteurized milk and cheeses made from unpasteurized milk, uncooked or lightly cooked eggs, and raw fish and meat dishes such as sushi or steak tartare.

Wash fruits and vegetables before eating, especially foods with rinds, such as cantaloupes and other melons. Avoid eating raw sprouts.

Make sure counters and other food preparation surfaces are adequately cleaned.

Avoid eating hot dogs and other deli-style meats unless they are reheated to steaming temperatures. Also avoid deli-prepared salads, such as chicken or seafood salad.

Keep your refrigerator at 40 degrees F or lower, and your freezer at 0 degrees F or lower.

If you’re eating out, notes Klontz, “it’s helpful to ask what ingredients are in a prepared dish. Are any raw or uncooked? Is the salad dressing or sauce made with unpasteurized milk or eggs? Does it include any raw animal products?”

FDA Approves New Allergy Spray

The U.S. Food and Drug Administration today approved Nasacort Allergy 24HR, an over-the-counter nasal spray for the treatment of nasal allergy symptoms, including conges-

O Lord that lends me life, Lend me a heart replete with thankfulness.

William Shakespeare

Hardening of the Arteries

Plaques in Brain

Even for elderly people with no signs of dementia, those with hardening of the arteries are more likely to also have the beta-amyloid plaques in the brain that are a hallmark of Alzheimer’s disease, according to a study published in the October 16, 2013, online issue of Neurology® the medical journal of the American Academy of Neurology.

“This is more evidence that cardiovascular health leads to a healthy brain,” said study author Timothy M. Hughes, Ph.D., of the University of Pittsburgh.

The study involved 91 people with an average age of 87 who did not have dementia. Researchers tested 91 percent of the participants’ brains to measure any plaques in the brain. The amount of stiffness in the participants’ arteries was measured about two years later.

Parkinson’s Support Group

The Parkinson’s Support Group will meet on Thursday, November 14, at 7 p.m. at the Dartmouth Council on Aging on Dartmouth Street. Commu-

ATTENTION MEDICARE BENEFICIARIES

Primary Medical Care is accepting Medicare patients. As one of the area’s leading health care facilities for more than 40 years, Primary Medical Care continues to treat and educate patients on preventative health. When you care enough about your health, Primary Medical Care should be your FIRST choice.

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508.997.1229

Preventive Care for Older Adults

You need regular checkups to have a healthy heart. Plaque that...
Health Fair Held

More than 120 seniors attended the health fair held at the Buttonwood Senior Center on October 29.

Colonoscopy More Accurate in Finding Polyps in Older Patients

People over 60 years old are more likely to have precancerous or cancerous polyps develop in a part of the colon that goes unseen by flexible sigmoidoscopy, a common screening test for colon and rectal cancer, a new study finds. Study results suggest the need for reviewing and possibly revising national colon cancer screening guidelines, study authors said at the 2013 Clinical Congress of the American College of Surgeons.

Colonoscopy is the most accurate way to find and remove small polyps before these growths can become colon cancer, the second leading cause of cancer death in the U.S. in men and women combined, according to the American Cancer Society. However, some patients prefer a procedure called sigmoidoscopy because it is usually easier for them to undergo and quicker for gastroenterologists and surgeons to perform. The U.S. Preventive Services Task Force recommends screening for colorectal cancer in adults ages 50 to 75 using either colonoscopy every 10 years or sigmoidoscopy every five years plus a check for blood in the stool every three years.

"Based on our results, patients older than 60 should strongly consider having a colonoscopy to screen for colon cancer," said principal investigator B. Todd Heniford, MD, FACS, professor of surgery and chief of gastrointestinal and minimally invasive surgery at Carolinas Medical Center. "With sigmoidoscopy, there's a chance of missing polyps that may become cancer or already are cancer."

Move It and Lose It: Every ‘Brisk’ Minute Counts

To win the war against weight gain, it turns out that every skimpy matters, as long as the physical activity puts your heart and lungs to work. In a new study published last month in the American Journal of Health Promotion, University of Utah researchers found that even brief episodes of physical activity that exceed a certain level of intensity can have as positive an effect on weight as does the current recommendation of 10 or more minutes at a time. "What we learned is that for preventing weight gain, the intensity of the activity matters more than duration," says Jessie X. Pan, professor of family and consumer studies at the U. "This new understanding is important because fewer than 5 percent of American adults today achieve the recommended level of physical activity in a week according to the current physical activity guidelines. Knowing that even short bouts of ‘brisk’ activity can add up to a positive effect is an encouraging message for promoting better health."

The current physical activity guidelines for Americans is to get at least 150 minutes of moderate to vigorous physical activity a week, which can be accumulated in eight to 10 minute periods. For an average person in an everyday setting that would translate roughly to a walking speed of about three mph. But taking the stairs, parking at the far end of the lot, and walking to the store or between errands are choices that can add up and can make a positive health difference, the researchers note. The message is: a little more effort can have an important health payoff.

Managing Pain Is Possible

It's a common misconception that growing older is associated with growing amounts of pain. Thinking of pain as a natural part of aging and illness is a common myth that leaves millions of people in pain every day. Pain can be managed. Hospice and palliative care professionals are experts in helping patients cope with their pain. Helping people learn the truth about pain management is the focus of the national hospice and palliative care organization's campaign: "Good pain management can improve the quality of life. Pain can take away peace of mind, comfort, enjoyment and even hope. It affects patients physically, emotionally and psychologically. We want all patients to know that they don’t always have to live in pain.”

Community Health Center Welcomes Geriatric Nurse Practitioner

The Greater New Bedford Community Health Center is pleased to welcome Karen Hussain, Adult Nurse Practitioner in the Geriatrics Department, Karen received her Bachelor of Science degree in Nursing from Framingham State College and earned her Master of Science degree in Nursing from the University of Massachusetts, Dartmouth. Hussain also earned a Certified in Advanced Graduate Study in Geriatrics from the University of Massachusetts, Boston. She is board certified as an Adult Nurse Practitioner (ANP) and has extensive clinical experience in teen, adult, and geriatric primary healthcare.

Blood Pressure Drugs Shown to Decrease Risk of Alzheimer’s Disease

A Johns Hopkins-led analysis of data previously gathered on more than 3,000 elderly Americans strongly suggests that taking certain blood pressure medications to control blood pressure may reduce the risk of dementia due to Alzheimer’s disease (AD). In a report published in a recent edition of the journal Neurology, a team of researchers found that people over the age of 75 with normal cognition who used diuretics, angiotensin-1 receptor blockers (ARBs) and angiotensin-converting enzyme (ACEI) inhibitors showed a reduced risk of AD dementia by at least 50 percent. In addition, diuretics were associated with 50 percent reduced risk in those in the group with mild cognitive impairment. Beta blockers and calcium channel blockers did not show a link to reduced risk, the scientists reported. "We were also able to show that the beneficial effect of these blood pressure medications may be in addition to blood pressure control, and that is an exciting finding that we hope will help clinicians in selecting an antihypertensive medication based not only on blood pressure control, but also on additional benefits,” says the author, Sevil Yasar, M.D., Ph.D., of Johns Hopkins University School of Medicine. Yasar said that extensive studies suggest that high blood pressure is a major risk factor for dementias including AD, and there had been suggestions that drugs used to control blood pressure conferred a protective effect on the brain in addition to controlling blood pressure. "We were able to confirm previous suggestions of a protective effect of some of these medicines not only in participants with normal cognition, but also in those with mild cognitive impairment,” says Yasar.

Your Health

Is It Memory Loss or Dementia?

Join Mary Richardson, former host of Channel 5’s newsmagazine, “Chronicle” and a panel of experts for an interactive discussion on Memory Loss vs. Dementia on Friday, November 22, at 10 a.m. at the Dartmouth Senior Center on Dartmouth Street. The discussion will focus on the following questions:

How do I know if I am experiencing myself or seeing in a spouse or friend common memory loss or something more serious?

What are some early warning signs or symptoms of Alzheimer’s or other types of dementia?

What are common risk factors for Alzheimer’s or other types of dementia?

Are there ways to control standard memory loss or keep the memory sharp?

What are things individuals can do on their own to keep the mind active?

Pre-registration is requested; call 508-999-4717.

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The Greater New Bedford Community Health Center is pleased to welcome Karen Hussain, Adult Nurse Practitioner in the Geriatrics Department. Karen received her Bachelor of Science degree in Nursing from Framingham State College and earned her Master of Science degree in Nursing from the University of Massachusetts, Dartmouth. Hussain also earned a Certified in Advanced Graduate Study in Geriatrics from the University of Massachusetts, Boston. She is board certified as an Adult Nurse Practitioner (ANP) and has extensive clinical experience in teen, adult, and geriatric primary healthcare.

Blood Pressure Drugs Shown to Decrease Risk of Alzheimer’s Disease

A Johns Hopkins-led analysis of data previously gathered on more than 3,000 elderly Americans strongly suggests that taking certain blood pressure medications to control blood pressure may reduce the risk of dementia due to Alzheimer’s disease (AD). In a report published in a recent edition of the journal Neurology, a team of researchers found that people over the age of 75 with normal cognition who used diuretics, angiotensin-1 receptor blockers (ARBs) and angiotensin-converting enzyme (ACEI) inhibitors showed a reduced risk of AD dementia by at least 50 percent. In addition, diuretics were associated with 50 percent reduced risk in those in the group with mild cognitive impairment. Beta blockers and calcium channel blockers did not show a link to reduced risk, the scientists reported. "We were also able to show that the beneficial effect of these blood pressure medications may be in addition to blood pressure control, and that is an exciting finding that we hope will help clinicians in selecting an antihypertensive medication based not only on blood pressure control, but also on additional benefits,” says the author, Sevil Yasar, M.D., Ph.D., of Johns Hopkins University School of Medicine. Yasar said that extensive studies suggest that high blood pressure is a major risk factor for dementias including AD, and there had been suggestions that drugs used to control blood pressure conferred a protective effect on the brain in addition to controlling blood pressure. "We were able to confirm previous suggestions of a protective effect of some of these medicines not only in participants with normal cognition, but also in those with mild cognitive impairment,” says Yasar.

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**Remember When**

*Alfred Dion’s Cider and Fruit Stand*

Little information is available on this World War II era photo taken at Alfred Dion’s cider and fruit stand located at 4226 Acushnet Avenue. If you know the names of the people in the photo, please let us know.

Thanks to Spinner Publications for sharing this photo.

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**At the Senior Centers... continued from page 8**

**An Arts and Crafts group** led by teacher Bernadette Mendes meets Thursdays from 9:30 a.m. to 11 a.m.

**Visually Impaired Support Group** meets Tuesday at 9 a.m.

**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.

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

**Step & Stretch** class meets Tuesdays and Thursdays from 1 p.m. to 2 p.m. at the Rochester COA. Transportation is provided.

**Senior Stretch** class meets Tuesdays, Thursdays and Fridays from 9:30 a.m. to 10:30 a.m. at the First Congregational Church Fellowship Hall. Try once for free. Sign up for one, two or three days.

**Low Impact Aerobics** class meets Mondays and Fridays at Atlantic Drive Facility from 9 a.m. to 10 a.m.

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

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

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

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

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

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

On December 4 at 12 noon Tom Shire will present the “**History of Theatre**” at the Marion Police Station. He will share some of the history and special features of the theater that make it a truly unique theatre. See Hollywood’s Golden Age come alive through fabulous memorabilia from the 1930s and 1940s.

The COA has a **limited number of tickets** to the upcoming Tri-County band performances and the New Bedford Symphony Orchestra.

**Mattapoisett Social Center**

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

*Estate Planning Luncheon* and presentation by Attorney Jane E. Sullivan will be held on Tuesday, November 12, at 12 noon. Call to register no later than November 8.

**Senior Belly Dancing** for all ages, shapes and sizes meets Mondays at 1:30 p.m. Helps improve posture, balance and strength. Learn basic moves of this beautiful, ancient art with easy, graceful movements.

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

A free PQGong class meets on Mondays at 10 a.m.

**Play Mah Jongg** every Wednesday at 1:15 p.m. and **Scrabble** every Monday at 1 p.m.

**Beginner’s or Duplicate Bridge** on Thursdays at 9 a.m. All levels of players are welcome. Refreshments will be served.

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

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

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

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

**Rochester Senior Center**

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

**Veterans Dinner & Social** for Rochester Veterans of any age will be held on Wednesday, November 6, from 5 p.m. to 8 p.m. at the Senior Center.

**Play cribbage** Mondays from 9:00 a.m. to 11:30 a.m. Anyone of any level is welcome to attend.

**Monday night Bingo** is back from 6 p.m. to 8 p.m. A few volunteers are needed help with Monday night Bingo game. Call for information.

**Ballroom Dancing Lessons** with instructor Nancy Barrett will continue on Wednesdays at 10 a.m. All singles and couples are welcome. **Soup and Sandwich lunches** are back every Monday at 12:00 Call to reserve your spot.

**Weekly grocery shopping trips** are now being scheduled on Wednesdays. We will shop at Market Basket in New Bedford. Any senior is welcome to ride the van, but must sign up in advance to reserve a seat.

We leave at 8:30 and return at 12:30.

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

**Cardio-Fit Groovercise**, an exercise class led by certified instructor Edie Higgins, now meets on Tuesday from 10 a.m. to 11 a.m.

**New Chair Yoga Classes** meet on Monday afternoons from 1 to 2 with Susan Ashley, a certified fitness instructor and personal trainer. This modified format offers yoga practice without having to get down on the floor.

**Scrubly** with Judy MacGregor meets on Tuesdays at 9 a.m.

**Friday Movies** are free and we serve popcorn too. Movies start at 1:30 sharp. Call for the center for the schedule for this month.

The newly updated **Computer Lab** is available every day. Volunteer Charlie Tate has offered to resume his computer classes. All skill levels are welcome.

Traditional and Country Western **Line Dancing** classes meet Fridays from 9:30 to 11:00 with instructor Nancy Cabral. She has agreed to offer the **Cardio and Strength** class, an aerobics and strength training class for all levels of fitness, on Thursday mornings at 9:30.

**Stepping and Stretching** on Tuesdays and Thursdays, 1 p.m. to 2 p.m., is a fun filled hour of gentle exercise to build strength and improve balance.

Most exercises are done from your chair.

**New Acrylic painting class** with volunteer Roxy Simpson meets Thursdays at 10 a.m. transportation is provided.

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

**Answers to Trivia Quiz**

1) Muhammad Ali 5) C
2) 6) A
3) B 8) A
4) B 9) C
5) A 10) B

*New Bedford Council on Aging and Senior Centers*

**Trim A Tree Party**

Thursday, December 5th

Noon – 2:30PM

Hazelwood Senior Center

533 Brock Avenue

Come Join Us in Decorating the Holiday Tree

While Enjoying Favorite Winter Treats: Apple Cider, Apple Pie, Cookies, and Coffee

Entertainment by

*"New Horizons"*

Must Sign Up in Advance for this FREE Event by November 26th

Please Call Marisol @ 508.991.6208 For More Information

A Special Thank You to "Brandon Woods" for Sponsoring This Event

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**November 2013**