

NEW BEDFORD'S Senior Scope

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September 2011

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Socially Active Seniors Less Likely to Develop Disability

Afraid of becoming disabled in old age, not being able to dress yourself or walk up and down the stairs? Staying physically active before symptoms set in could help. But so could going out to eat, playing bingo and taking overnight trips.

According to research conducted at Rush University Medical Center, higher levels of social activity are associated with a decreased risk of becoming disabled. The study was published in the April issue of the *Journal of Gerontology: Medical Sciences*.

“Social activity has long been recognized as an essential component of healthy aging, but now we have strong evidence that it is also related to better everyday functioning and less disability in old age,” said lead researcher Bryan James, PhD, postdoctoral fellow in the epidemiology of aging and dementia in the Rush Alzheimer’s Disease Center. “The findings are exciting because social activity is potentially a risk factor that can be modified to help older adults avoid the burdens of disability.”

The study included 954 older adults with a mean age of 82 who are participating in the Rush Memory and Aging Project, an ongoing longitudinal study of common chronic conditions of aging. At the start of the investigation, none of the participants had any form of disability. They each underwent yearly evaluations that included a medical history and neurological and neuropsychological tests.

Social activity was measured based on a questionnaire that assessed whether, and how often, participants went to restaurants, sporting events or the teletract (off-track betting) or played bingo; went on day trips or overnight trips; did volunteer work; visited relatives or friends; participated in groups such as the Knights of Columbus; or attended religious services.

To assess disability, participants were asked whether they could perform six activities of daily living without help: feeding, bathing, dressing, toileting, transferring and walking across a small room. They were also asked

whether they could perform three tasks that require mobility and strength: walking up and down a flight of stairs, walking a half mile and doing heavy housework.

Finally, they were asked about their ability to perform what are referred to as “instrumental” activities of daily living, such as using the telephone, preparing meals and managing medications. Difficulties with household management and mobility are more common and represent less severe disability than difficulty with self-care tasks, so the measures represented a range of disability.

Results showed that a person who reported a high level of social activity was about twice as likely to remain free of a disability involving activities of daily living than a person with a low level of social activity, and about 1.5 times as likely to remain free of disability involving instrumental activities of daily living or mobility.

Why social activity plays a role in the development of disability is not clear, James said. Possibly, social activity may reinforce the neural networks and musculoskeletal function required to maintain functional independence.

Mattapoisett Friends of Elderly Picnic



Friends of the Elderly of Mattapoisett members (from left) Maureen McCarthy and Betty Pennington encourage Lou Read as she puts a lei around the neck of her husband George at the picnic held last month at the Knights of Columbus hall.

Medicare Open Enrollment Is October 15 to December 7

Medicare Part D Changes

During Medicare Open Enrollment, you can also change your Part D status. Again, pay close attention to the two periods as they affect your options.

Between October 15 and December 7, 2011 – You can join a Part D plan, switch between Part D plans or drop your Part D coverage.

Between January 1 and February 14, 2012 – You can leave Original Medicare for an Advantage plan that offers prescription drug coverage. You cannot switch from one Part D plan to another.

Would you like to review your options? Call SHINE, the state’s free health insurance counseling program for Medicare beneficiaries. Call 1-800-age-info (1-800-243-4636, press 3) to speak with a counselor or to make an appointment for individual counseling.

If you are new to the Medicare system and have questions, or are already receiving benefits but want to change your plan or ask questions, you can call your local senior center or Coastline Elderly Services to make an appointment with one of the trained SHINE (Serving the Health Information Needs of Elders) counselors.

During the fall Open Enrollment you can change how you receive your health coverage and add, change or drop drug coverage. You can make as many changes as you want. Taking note of the Medicare enrollment 2012 changes and being proactive is your responsibility. So don’t miss the boat.

Fall is the season of change and this year, one major change is in the open enrollment window for Medicare insurance and drug plan coverage. If you want to change your plan or sign up for 2012 Medicare coverage, the open enrollment dates are October 15 to December 7. In previous years the Annual Enrollment Period began November 15 and ended December 31.

If you are currently a member of the Medicare Prescription Drug Plan or Medicare Advantage Plan, you will be notified in the mail about changes to your current plan. You will then be able to change your plan for January 1, 2012. If you want to make the following changes, be aware of these dates:

Change from Original Medicare to a Medicare Advantage plan – You can switch between October 15 and December 7, 2011.

Change from a Medicare Advantage plan to Original Medicare – You can switch between October 15 and December 7, 2011 and also from January 1 to February 14, 2012. During the latter period, you also have the option of joining a Medicare Prescription Drug Plan (Part D), but you cannot switch from one Part D plan to another.

Switch from one Medicare Advantage plan to another – You can switch plans between October 15 and December 7, 2011.

Editor's Notes

The Smell of Home

I was stuck on the Fairhaven Bridge when it opened recently on a hot summer day. Instead of fuming in my air conditioned car, I turned off the engine, opened the window and breathed deeply, inhaling the salty smell of the ocean.

Although the dank aroma of low tide may not be close to the perfume of a rose garden, it is the smell of home. And when I drive down Hillman Street on my way to work in the morning and smell the fish processing plants on the waterfront, I know I am where I belong.

I just finished reading "Game of Secrets" by Dawn Tripp, a captivating and poetic novel set in Westport that I recommend highly. Beautifully written, the book is full of sensory descriptions of the sights, sounds and smells of the Southcoast.

I heard Ms. Tripp speak at a Westport Historical Association meeting last month, and I knew I had to read her book. A native of Newton, the author now lives in Westport with her husband and two sons.

Ms. Tripp has captured the rhythm of life in Westport and the surrounding communities, and she draws liberally from places and events that local readers will recognize.

The book reminded me of how the smells of a place are part of what make it unique, and how just a whiff of a familiar scent can evoke such strong feelings.

I lived in Methuen for about 10 years and that place had its own unique scent as well. For me, it was the pungent smell of Howard's relish and pickles that I believe are still made in an old mill on the banks of the Spicket River, just behind the post office on Broadway.

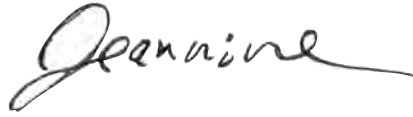
Mom always loved Howard's Mustard Pickle, so finding where it was produced was a major discovery that I shared with her.

When I pulled up in front of the post office in Methuen, the sweet, spicy scent of pickles brought memories of lunch with Mom at the old Formica topped table in the kitchen on Collette Street. I was far from my grade school days, but they were still part of me.

Another smell that always brings me home is the fragrance of baking bread. I'm immediately transported to my youth, walking along Acushnet Avenue and inhaling the aroma of fresh bread emanating from Sunbeam Bakery.

These ordinary, everyday smells were part of the fabric of our lives. Even today, our little corner of the world has its own special fragrance that makes it home.

Breathe deeply and enjoy!



Home is the place where, when you have to go there, they have to take you in.

"The Hired Man" by Robert Frost

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.

SeniorScope Available On Line

SeniorScope is now posted on two websites, so you can access the latest issue easily from your home computer.

On the City of New Bedford website (newbedford-ma.gov), you can find the newspaper by scroll-

ing down to the Senior Corner on the right side of the home page. To find SeniorScope on the Coastline Elderly Services website (coastlineelderly.org), click on Publications just below the banner on the home page.

Correction

The caption under the photo in the Way We Were feature on Page 12 in last month's issue identified

the bandleader as Louis Bergeron. The correct name is Louis Borges and his German Band.

Senior Scope

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Letter to the Editor

Wellness Visits Are Not Physical Exams

In the July 2011 SeniorScope, the article "Improvements to Medicare Preventive Benefits," the paragraph titled "Physical Exams" lumps the "Welcome to Medicare" visit with the annual "wellness visit." The "Welcome to Medicare" exam is a physical exam, but the annual "wellness visit" is not. Presenting these together as "Physical Exams" has caused a lot of doctor/patient confusion.

The annual wellness visit is a verbal health risk assessment, with no hands-on examination. Here in Austin, most doctors won't even consider scheduling a "wellness visit," because it has little medical value and Medicare pays so little (about \$79) that doctors cannot

afford to devote the time to those visits.

The confusion caused by lumping "wellness visits" with "physical exams" has been a plague to doctors, who end up spending precious physical exam time explaining to patients why they cannot receive a physical exam, paid by Medicare, simply by calling it a "wellness visit."

I don't know if New Bedford doctors and clinics have had this problem, but I know it has been a burden on doctors here in Austin.

Edward M. Macomber
2500 Greenlawn Parkway
Austin Texas

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-Love from daughters, Muriel and Laurette

In memory of Mario M. Costa \$10.00
7th anniversary, September 13
-wife, Hedy Costa

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In thanksgiving for favors received, thank you to St. Jude, St. Anthony, Blessed Mother, Infant of Prague and Sacred Heart \$2.00
-Anonymous, New Bedford

Thank you St. Jude and Sacred Heart of Jesus for prayers answered \$10.00
-Anonymous, Fairhaven

Thank You St. Jude for prayers answered \$20.00
-M.R.F., New Bedford

Donations this month \$72.00
Donations previous month \$87.00
Donations fiscal year to date 2012 \$396.00

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:

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You and Your Money

Are You Eligible for Additional Income to Pay for Elder Care Services?

Did you serve your country? Are you the surviving spouse of Veteran? If so, do you know you may be eligible for Veterans Benefits to help with high cost, non-reimbursed monthly medical expenses.

As a veteran or spouse of a veteran, you may be entitled to a little known pension benefit which can provide income up to \$1,949 a month. The Non-Service Connected Disability Pension Benefit, also known as the Veterans Aid and Attendance Benefit, can provide additional monthly income up to \$1,949 a month to assist low or no income veterans and surviving spouses.

Veterans and surviving spouses may also be eligible if they have

recurring out of pocket medical expenses such as:

- Adult day services
- Home Care
- Assisted Living
- Nursing Home
- Family Caregivers
- Medicare Premiums
- Medical co-pays
- In-home safety equipment.

This benefit is not dependent on service-related injuries and allows for Veterans and surviving spouses with very low incomes or high expenses for care to receive additional monetary benefits.

For more information contact the Veterans Agent in your community. In New Bedford call 508-991-6184.

Medicare Prescription Drug Premiums Will Not Increase in 2012

Medicare average prescription drug premiums will not increase in 2012. The recent announcement from the Department of Health and Human Services (HHS) comes as more people with Medicare are receiving discounts on prescription drug costs and no-cost preventive services.

New data indicates that 17 million people with Medicare have received free preventive services this year, while 900,000 Medicare beneficiaries who hit the prescription drug donut hole have received a 50 percent discount on their prescription drugs.

HHS announced that the cost of the average Medicare prescription drug plan premium in 2012 will be about \$30 per month. The average premium in 2011 is \$30.76. The announcement was based on bids submitted by Part D plans for the 2012 plan year.

The Affordable Care Act is

cutting the cost of prescription drugs for millions of people with Medicare, including a 50 percent discount on brand name drugs bought when seniors and people with disabilities are in the donut hole. So far, 898,938 people have used the discounts to save an average of \$517 for a total of more than \$461 million. Those savings will continue to grow until people with high drug costs get out of the donut hole later this year.

“Out-of-pocket costs will be lower thanks to discounts on brand name prescription drugs and increasing generic coverage for people in the donut hole,” said Donald M. Berwick, M.D., CMS Administrator. “Beneficiaries should still carefully compare their current plan’s coverage and quality with what is being offered in 2012 when that information becomes available.”

Socialsecurity.gov Delivers

By Delia De Mello
Social Security

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Drug Benefit Reduces Other Medical Costs

A new study published in the Journal of the American Medical Association found that “implementation of Medicare Part D was followed by a significant reduction in nondrug medical spending, particularly on acute and post acute care, for elderly Medicare beneficiaries with limited prior drug coverage.”

“This study is a potential ‘game-changer’ and shows how better prescription drug benefits can generate significant savings in other health care settings. Many illness-

es, hospitalizations, and emergency room visits occur because seniors with sub-par benefits didn’t have access to the medications they needed,” said Pharmaceutical Care Management Association (PCMA) President and CEO Mark Merritt.

He added, “Part D is a success story which comes in under budget each year. Part D has expanded access to prescription drugs and reduced medical costs thanks to the use of modern pharmacy benefit management tools.”

Pension Coverage Declines

Pension coverage for workers has been declining in recent years. According to data from the Center for Retirement Research at Boston College, more than half of all workers had no pension coverage in 2007. At the same time, only 9 percent of all workers had both a

defined benefit and a defined contribution plan.

Among workers aged 50 to 59, 15 percent had both types of pension coverage, compared to 11 percent of those aged 40 to 49 and 6 percent of those aged 30 to 39.

The trouble with retirement is that you never get a day off.
Abe Lemons

DON'T WAIT UNTIL IT'S TOO LATE!

Medicare's New Open Enrollment Period
October 15 – December 7

Medicare plans change every year!

SHINE Can Help!
SHINE counselors provide Medicare counseling free of charge.

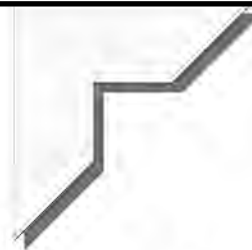
Call your senior center for a SHINE appointment now!

Or

Call 1-800-AGE-INFO (1-800-243-4636), then *press or say 3*.
Once you get the SHINE answering machine,
leave your name and number.
A volunteer will call you back as soon as possible.

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24 hours/day, 7 days/week,
call 1-800-MEDICARE (1-800-633-4227).



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7:30am Stop & Shop King's Highway

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Menu for September 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Roast Turkey w/ Gravy Cranberry Sauce Whipped Potato Winter Squash Whole Wheat Bread Fresh Fruit Calories: 641 Fat: 25% Sodium: 888 mg	2 American Chop Suey California Blend Veg Multi Grain Roll Applesauce Calories: 478 Fat: 25% Sodium: 602 mg
			5 Holiday Labor Day Site Closed	6 Macaroni & Cheese Escalloped Tomatoes Dinner Roll Pears Calories: 783 Fat: 40% Sodium: 996 mg
12 Chicken Cacciatore Italian Pasta Tuscan Blend Veg Wheat Bread Mixed Fruit Calories: 653 Fat: 16% Sodium: 546 mg	13 Sheppard's Pie Green Beans Whole Wheat Roll Mandarin Oranges Calories: 740 Fat: 34% Sodium: 636 mg	14 Roast Pork w/ Rosemary Gravy Scalloped Potatoes Beets Fruit Muffin Applesauce Calories: 824 Fat: 40% Sodium: 727 mg	15 Spanish Meatballs Mashed Potatoes Jardiniere Blend Veg Whole Wheat Bread Pudding Diet: Pudding Calories: 779 Fat: 39% Sodium: 1005 mg	16 Turkey Stew w/ Vegetables Dirty Rice Dinner Roll Fresh Fruit Calories: 645 Fat: 27% Sodium: 825 mg
19 Pork Tetrazzini Country Blend Veg Multi Grain Roll Arctic Ice Diet: Fruited Jello Calories: 761 Fat: 31% Sodium: 957 mg	20 Apple Cider Beef Stew w/ Vegetables Whole Boiled Potatoes Dinner Roll Apple cake Diet: Graham Waffle Calories: 875 Fat: 41% Sodium: 727 mg	21 Meatloaf w/ Gravy Au Gratin Potatoes Carrots Whole Wheat Bread Pears Calories: 807 Fat: 35% Sodium: 702 mg	22 Vegetable Soup Pineapple Ginger Chicken Asian Rice Whole Wheat Roll Fresh Fruit Calories: 705 Fat: 35% Sodium: 809 mg	23 *High Sodium* Shrimp & New Bedford Scallop St. Jacques Brown Rice Peas Fruit Muffin Peaches Calories: 949 Fat: 36% Sodium: 959 mg
26 Sweet & Sour Pork Rib O'Brien Potatoes Broccoli Wheat Bread Applesauce Calories: 660 Fat: 32% Sodium: 813 mg	27 Chicken Marsala Italian Pasta Mixed Veg Whole Wheat Bread Pudding Diet: Pudding Calories: 812 Fat: 25% Sodium: 835 mg	28 Veggie Chili Brown Rice Dinner Roll Birthday Cake Diet: Graham Waffle Calories: 896 Fat: 35% Sodium: 897 mg	29 Hot Turkey Sandwich w/ Gravy Whipped Potato Rivera Blend Veg Sliced Bread Peaches Calories: 550 Fat: 23% Sodium: 929 mg	30 Cheesy Beefaroni Escalloped Tomatoes Multi Grain Roll Fresh Fruit Calories: 716 Fat: 37% Sodium: 848 mg

Recipe Roundup

Honey Baked Chicken

Ingredients:

2 chicken breast halves (bone-in)
 2 T. butter or margarine
 1/2 c. honey
 1/2 t. salt
 1 T. prepared mustard

Directions:

Place the chicken in a greased or foil-lined 9-in. square baking pan. Bake, uncovered, at 325 for 30 minutes.

Meanwhile, in a saucepan, combine remaining ingredients; cook and stir over low heat until well blended and heated through. Pour over chicken.

Bake, uncovered, 30-35 minutes longer or until chicken juices run clear. Baste before serving.

Serves two

Cran-Pecan Spinach Salad

Ingredients:

2 c. fresh spinach
 1 Tbsp pecan pieces
 1 Tbsp gorgonzola crumbles
 1 Tbsp Craisins
 1 Tbsp Vinaigrette

Directions:

Toss all ingredients together. Makes one serving.

Source: sparkpeople.com

This is every cook's opinion - no savory dish without an onion, but lest your kissing should be spoiled your onions must be fully boiled.

Jonathan Swift

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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
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Olympia Tower

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

Income requirements, please call for info.



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Fairhaven Village, Fairhaven



Update

Walk, Rock & Roll at the Royal

This fund raising event will feature a three-mile walk through Historic Poverty Point in Fairhaven on Saturday, September 10, from 8 a.m. to 11 a.m., to benefit the Hospice program at Community Nurse and Hospice Care. It will include music, refreshments and youth activities. Awards will be presented for team spirit and most pledges.

The walk will begin and end at the Royal of Fairhaven, 184 Main Street, Fairhaven. For more information contact Linda Quinn at 508-992-6278 or by email at lquinn@communitynurse.com, or visit the website www.communitynurse.com.

Chowder Festival Rescheduled

Downtown New Bedford, Inc. rescheduled the annual Chowder Festival to Sunday, September 18, from noon to 4 p.m. at Custom House Square in Downtown New Bedford. The popular annual event, originally set for August 28, was postponed due to Hurricane Irene. Chowder Festival tickets will be honored for the new date and refunds issued to anyone who bought tickets for the original date but cannot attend on September 18.

For more information contact Diane Arsenaault, Executive Director of Downtown New Bedford, at 508-990-2777 or email darsenaault@downtownnb.org

Annual Working Waterfront Festival

The Working Waterfront Festival was created to celebrate the occupational culture and artistic customs of New England's commercial fishing community and educate the public about the lives, skills and traditions of the working waterfront. The annual festival will be presented free of charge the weekend of September 24 and 25. Activities will take place on several working piers and waterfront parks linked by a pedestrian way.

Cooking demonstrations, contests of fishing skills, vessel tours and guided harbor tours will be included, along with musical and storytelling performances and artisans' marketplace. A tugboat muster and whaleboat races take place on Saturday, while the traditional Blessing of the Fleet takes place on Sunday afternoon.

For more information contact Amanda Pedersen at 508-993-8894 or Email info@workingwaterfrontfestival.org.

Genealogy Symposium at Museum

The Old Dartmouth Historical Society and the New Bedford Whaling Museum will present the region's first genealogy symposium from September 22 to 24. The three day event will include presentations on local genealogical resources and collections, a primer on how to do a genealogy search, a guide to regional cemeteries, walking tours and more. Partners in this event include the New Bedford Free Public Library (NBFPL), the New Bedford Whaling National Historical Park, the New Bedford Preservation Society, the New Bedford Historical Society, and other local community organizations.

For more information call the Whaling Museum at 508-997-0046 or visit their website www.whalingmuseum.org.

Scrabble and Game Nights

A Scrabble and Game Night is held on the last Friday of each month at the Pilgrim United Church of Christ Home at the corner of Purchase and School streets downtown. The next game night will be September 30, from 7 p.m. to 9 p.m. Beginners and advanced players are welcome.

New Bedford Through the Lens

New Bedford Through the Lens: A Walk Through History presents the history of New Bedford through the lens of photographers. A special tribute to the city and a celebration of the city's history and its people from the 1850s through the 1970s, the exhibit is located at the New Bedford Art Museum, 608 Pleasant Street, and will run through September 10. For more information contact Diane Gilbert, guest curator, at 508-965-7265.

AHA! New Bedford Cultures

AHA! celebrates the cultures and traditions of New Bedford on Thursday, September 8, from 5 p.m. to 9 p.m. in Downtown New Bedford.

For more information contact C. Lee Heald at 508-996-8253, extension 205 or visit www.ahanebedford.org.

Gallery X Presents Swain Alumni

Resplendent in Convergence will feature works by seven Swain School alumni at Gallery X, 169 William Street, from September 7 through October 2. The opening reception will be held Saturday, September 7, from 7 p.m. to 10 p.m.

For more information contact Nilsa Garcia-Rey at 508-992-2675 or email info@galleryx.org.

OLPH Autumn Festival

Our Lady of Perpetual Help Autumn Festival will be held Saturday, September 17, from 11 a.m. to 6 p.m. at 235 North Front Street, New Bedford. The famous Polish Kitchen will serve golomki, pierogy, cabbage soup as well as American food, homemade pastries, cheesecake and pumpkin pie. The event will also feature Grandma's Attic, arts and crafts and gift booth.

For more information contact Joanna Hunt at 508-993-6523 or email jojuntski@comcast.net.

New Bedford Open Studios Weekend

Explore the fine artist community of New Bedford, featuring over 100 artists exhibiting work in ten historical mills, a church and other vintage buildings throughout the city during Open Studios Weekend, October 1 and 2. Meet the artists, see where the art is being created, purchase a great original and make a day of it.

For more information call Pat Daughton at 508-996-1707 or visit www.nbopenstudios.org.

Senior Art Show at Artworks!



Cindy Ricard, (left) director of the Art Therapy Inspirational Art for Seniors program, displays an oil painting by Pauline Gonsalves (center) as another student, Lorraine Azar looks on. The exhibit was held at Artworks! in August. The classes are free and meet Monday through Thursday at Brooklawn Park. To register or for more information, call Cindy Ricard at 508-991-6168 or 508-998-5355.

Trivia Quiz

By Ed Camara

Because someone accused me of being too easy on last month's Fill-in-the-blanks Trivia, I thought I would make this month's a little more challenging.

- 1) What is the only mammal that can't jump?
- 2) What's so unusual about the words month, orange, silver and purple?
- 3) For those who can type, which hand does most of the typing?
- 4) Name any state whose name is just one syllable.
- 5) If she were real, her measurements would be 39-23-33. Who is she?
- 6) What do 91 percent of all Americans do every day?
- 7) What symbol appeared on every episode of 'Seinfeld'?
- 8) What's the only word in the English language that changes meaning when the first letter is capitalized?
- 9) What's unusual about the word facetious?
- 10) Superglue will stick to everything but what?

City of New Bedford Council on Aging & Senior Centers 2011

Recess is back!
Remember when you did not realize you were exercising because you were having so much fun with your friends? JOIN THE NEW CLASS called.....

Have a Ball!
A low-impact exercise class \$3 per class

THURSDAYS @ 10 a.m.
starts Sept. 15th
Hazelwood Center
553 Brock Ave., NB 508-991-6208

Join us for a fun, non-intimidating workout to upbeat music. Using a 9-inch soft ball you will be guided through a series of fluid motions to increase stabilization and range of motion. The ball will also be used in a standing or seated position for strength and gentle stretching exercises. Improve your posture, balance and mood! Taught by Dara Midwood!

NBHS Class of 1942 Reunion



The members of the June 1942 graduating class from New Bedford High School held their 68th reunion recently. (Photo by Don Canto)

Fall Fling Promises Evening of Fun

Volunteer members of Coastline Elderly Services' Board of Directors and Advisory Council are finalizing plans for the second annual Fall Fling set for Friday, September 30, at the Hawthorne Country Club, 970 Tucker Road, Dartmouth.

Last year's Fall Fling raised nearly \$12,000. This year's event will benefit the Charles N. Sisson Men's Fund at Coastline Elderly Services. The fund was renamed in honor of Charlie Sisson, who served as executive director of Coastline for 31 years prior to his death last November. The fund is used to assist elderly men in reduced circumstances in our community to maintain their independence.

The evening will begin with a cash bar at 5:30 p.m., followed by a buffet dinner. The event will

also include silent auctions and music for dancing. A wide array of auction items will be on display, ranging from restaurant and shopping gift certificates to golf outings and a condo in Florida.

"Last year's Fall Fling was such a great success that tickets for this year's event are going fast," said Jeannine Wilson Aidala, Public Relations Committee chair. "We are grateful to Senior Whole Health and Bateman Senior Meals, our corporate sponsors for this event," she added. "Their support will help enormously in making the fundraiser a success."

For tickets or to make a donation, call Abby Maxian at Coastline Elderly Services at 508-742-9151 or email her at amaxian@coastlineelderly.org.

How to Organize Your Life Seminar

How are you organized? In a folder? In a file-cabinet? In a notebook? In your head? Who keeps track of all the information that relates to your family, health, career, financial life, and personal relationships? If something were to happen to you would your spouse or executor know where to find your vital information and most important documents?

A timely seminar that will help you to organize your vital documents, including your personal finances, will be offered at three New Bedford senior centers this fall. The free seminars will be presented by Elizabeth Moorhead, MBA, of

New Bedford, an Agent with New York Life Insurance Company.

The schedule for the seminars is:

- Thursday, September 22
10:30 a.m. - 11:30 a.m.

Downtown Senior Center
560 Pleasant St.

- Thursday, September 29
11:30 a.m. - 12:15 p.m.

Buttonwood Senior Center
1 Oneida St.

- Friday, October 7
11:30 a.m. - 12:15 p.m.

Brooklawn Senior Center
1997 Acushnet Ave.

Please RSVP two days prior to the event by calling Elizabeth Moorhead at 774-240-9722

Mattapoisett FOE Annual Meeting Set

The annual meeting of the Friends of the Elderly of Mattapoisett will be held on Monday, September 12, at 3 p.m. at the Council on Aging's Social and Wellness Center, Center School.

The Friends of the Elderly of Mattapoisett, Inc. was organized in 1990 as the fundraising arm of the Council on Aging. It is a means of providing additional monies to

carry out various social programs and events for seniors in Mattapoisett. The Friends of the Elderly of Mattapoisett currently has more than 100 members as well as a 19-member Board of Directors.

All FOE members are encouraged to attend the annual meeting. For more information, call Bob Kelley at 508-758-6311.

Rochester Senior Health Fair

The Rochester Council on Aging will hold a Senior Health Fair at the Senior Center on Friday, September 23, from 10 a.m. to 2 p.m. All interested seniors and caregivers are welcome to come. Admission is free.

More than 40 business vendors will be on hand with resource

information and free promotional items. The Lions Eyemobile, the Southcoast Mobile Health Van, and Kindred Spirits Veterinary Services will also be on site for the Health Fair. The event will feature free door prizes and raffles as well. Lunch and snacks will be provided.

Choral Society Invites Singers

The Greater New Bedford Choral Society invites singers to join their acclaimed vocal group. Rehearsals will begin September 6 and are held on Tuesday from, 7:30 p.m. to 9:30 p.m. at the First Unitarian Church

in New Bedford. Corner of County and Union streets. No private audition is required.

For more information visit the group's website at www.GNBCS.org or call 508-644-2419.

Senior Travel

Day Trips

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

Sun. Sept. 11 – Boston Duck Tour.

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

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

Mon. Sept. 19 – Foxwoods Casino

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

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

Tues. Oct. 4 – Twin River Casino

Thurs. Oct. 6 – Wine and Cheese tour with Old Mill restaurant

Wed. Oct. 12 – Patriot Place -- Hall of Fame and lunch

Mon. Oct. 17 – Foxwoods Casino

Wed. Oct. 19 – Luciano's – lunch and show

Wed. Oct. 26 – Halloween in Salem

Tues. Nov. 1 – Twin River Casino

Tues. Nov. 15 – Christmas Spectacular – Holiday Inn, Mansfield

Mon. Nov. 21 – Foxwoods Casino

Wed. Nov. 30 – Castleton Ballroom – lunch and Christmas Show

Tues. Dec. 6 – Twin River Casino

Sun. Dec. 18 – Providence Performing Arts Center -- Cirque of Dreams

Mon. Dec. 19 – Foxwoods Casino

Contact the Rochester Council on Aging at 508-763-8723 about the following trips:

Sun. Sept. 11 – Farmers Market in Carver

Sun. Sept. 18 – Somerville Dog Festival

Sat. Sept. 24 -- Bourne Scallop Festival

Thur. Sept. 27 – Big E in Springfield

Multi-Day Tours

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

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

Dec. 5-7 -- Christmas Spectacular – Tropicana in Atlantic City and New York City.

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

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

Oct. 30 – Nov.1 – Atlantic City – Tropicana Hotel and Resorts.



New Bedford
Senior Travel Program

**Be Rewarded for Doing Something You Love
Traveling**

Starting in September we will be starting a
Travelers Rewards Program.

If you've traveled with us during the month of August you will automatically be entered in a drawing to receive a \$25.00 credit towards a trip of your choice.

Drawings will be held the 1st of the following month and is to be used during the Fiscal year from July-June.

We'll be offering a \$25.00 credit reward each month to a lucky winner.

All you have to do is travel and have fun.

At the Senior Centers

Acushnet Senior Center

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

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

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

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

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

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

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

Brooklawn Senior Center

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

An end of summer party and **Ice Cream Social** is set for Tuesday, September 20, at 1 p.m. The cost is just one dollar. Please register in advance.

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

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

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

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

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

The **Book Club** meets on the third Wednesday of each month at 10 a.m. The next meeting is September 21.

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

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

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

Buttonwood Senior Center

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

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

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

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

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

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

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

Dartmouth Senior Center

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

On Wednesday, September 21, at 10 a.m., Karen Wylie, Options Counselor at Coastline Elderly Services, will present an **overview of assistance and options available** to seniors who are planning for the future.

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 a.m. to 9 a.m.

The **Basic Sewing Class** meets Thursdays at 11 a.m. We provide a machine or you may bring your own. No sign up is required.

A **Computer Clinic** is available on Tuesdays from 10:15 a.m. to 12:15 p.m. No sign up is required and all levels are welcome. Lap tops are provided.

Reiki classes meet the first and third Wednesday of each month at 11:30 a.m. Sign up to hold your spot. **Chair Massage** is available on Wednesday at 10 a.m.

Gentle Yoga with instructor Joan Davignon meets on Thursday at 10 a.m.

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 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:

A five-week series of **Watercolor Classes** with retired UMass Dartmouth Professor Dante Vena will begin on Wednesday, September 14, at 10 a.m.

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

Have something on your mind and can't find someone to understand. Join

the **Support Group** led by Licensed Social Worker Jennifer Marszalek on Mondays at 10 a.m. Sessions are confidential and everyone is respected. Free, courtesy of a grant from Coastline Elderly Services.

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

Fairhaven Senior Center

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

The Fairhaven **Jolly Rollers** bowling league will start the season on Thursday, September 8, at the Bowlmor Lanes in Mattapoisett. For information call George Arruda at 508-995-5638 or Ron Swistak at 508-994-7773.

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.

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

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

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

Foot Care is available on the second Monday of each month from 9 a.m. to noon.

Chair Massage is available every Monday from 10 a.m. to 1 p.m.; walk-ins are welcome or call the center for an appointment.

Hazelwood Senior Center

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

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

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

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

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

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

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

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

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

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

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 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:

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

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

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

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

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

Rochester Senior Center

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

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

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

Due to popularity. **Line Dancing Instructor**, Nancy Cabral has agreed to offer an additional weekly Line Dancing Class on Tuesday afternoons from 2 to 4.

Stepping and Stretching class meets on Tuesdays and Thursdays, 2 p.m. to 3 p.m. for a fun filled hour of easy exercise to build strength and improve balance. Most exercises are done from the comfort of your chair.

Ballroom Dancing Lessons with instructor Nancy Barrett, a member of Dance Teacher's Club of Boston, will continue with an eight week series beginning Wednesday, September 21. All singles and couples are welcome.

Senior Safety

Emergency Preparedness Tips

Experts are predicting the 2011 Hurricane Season will be very active, and the Massachusetts Emergency Management Agency (MEMA) is offering personal preparedness tips for the all of the citizens of the Commonwealth.

“Every home and business should have a stocked basic emergency supply kit that could be used for any emergency, regardless of the time of year,” states MEMA Director Kurt Schwartz. “Everyone should keep certain items around the house and workplace in the event you are isolated for three to five days without power.”

Each kit will be unique to each family, but should include the essentials: a portable radio, flash-

light, extra batteries, a supply of non-perishable foods, along with bottled water, a first aid kit, and extra prescription medication, if necessary.

“All families should develop a ‘Family Emergency Communication Plan’ to help ensure everyone is safe. You should contact your local authorities to learn about your community’s potential evacuation routes and the location of emergency shelters,” said Schwartz. “It is important to familiarize yourself with your Community’s Emergency Plans before an emergency situation occurs.”

Develop a Disaster Supply Kit ‘Go Bag’ with essentials in case you must evacuate quickly.

Picking a Winner in Rochester



Ed Arsenault of Fairhaven looks through the Bingo cards during a break in the action at the Rochester Senior Center last month.

Instigue Ajuda de Maio Prevenir Doença cardíaca e Cancro

Um das comidas mais perfeitas da natureza pode ser mesmo melhor para nós que previamente pensamento. Enquanto ovos bem são sabidos estar uma fonte excelente de proteínas, lipídios, vitaminas e minerais, pesquisadores na Universidade de Alberta recentemente descobriram eles também contêm propriedades antioxidantes, que ajuda na prevenção de doença cardiovascular e cancro.

Os pesquisadores determinaram que duas gemas em seu estado cru têm propriedades quase duas vezes mais antioxidantes como uma maçã e sobre o mesmo como a metade de uma porção de uvas-do-monte. No entanto, quando os ovos foram fritos ou foram fervidas, propriedades

antioxidantes foram reduzidas por sobre meio, e um pouco mais que meio se os ovos foram cozinhados num microondas. “É uma redução grande mas ainda deixa ovos igualar a maçãs em seu valor antioxidante,” disse Wu.

A descoberta destes dois aminoácidos, enquanto importante, só pode significar o começo de achado propriedades antioxidantes em gemas, disseram Wu, um professor associado de agrícola, comida e ciência nutricional. Wu e a sua equipa examinarão o outro tipo de antioxidante já sabido para estar em ovos, carotenóides, o pigmento amarelo em gema, assim como peptídeos.

Los Huevos Ayuda a Prevenir la Enfermedad cardíaca y el Cáncer

Uno de naturaleza que la mayoría de los alimentos perfectos pueden ser aún mejores para nosotros que anteriormente pensamiento. Mientras huevos son sabidos bien ser una excelente fuente de proteínas, los lípidos, las vitaminas y los minerales, los investigadores en la Universidad de Alberta descubrieron recientemente que ellos también contienen propiedades antioxidantes, que ayuda en la prevención de la enfermedad y el cáncer cardiovasculares.

Los investigadores determinaron que dos yemas de huevo en su estado crudo tienen propiedades casi el doble antioxidantes como una manzana y acerca de la porción mismo como media de arándanos. Sin embargo, cuando los huevos fueron fritos o fueron hervidos, propiedades antioxidantes fueron reducidas por acerca de medio, y un poco más que medio si los huevos fueron cocinados en una microonda. “Es una reducción grande pero todavía deja huevos igualan a

Nutrition News

Eating Right for a Healthy Mind

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

According to current research, a brain-healthy diet is one that reduces the risk of heart disease and diabetes, encourages good blood flow to the brain, and is low in fat and cholesterol. The brain needs the right balance of nutrients, including protein and sugar, to function well. A brain-healthy diet is most effective when combined with physical and mental activity and socialization.

Manage your body weight for overall good health of brain and body. Adopt an overall food lifestyle, rather than a short-term diet, and eat in moderation.

Reduce your intake of foods high in fat and cholesterol. Those who also had high cholesterol and high blood pressure had six times the risk of dementia and a higher risk for Alzheimer’s disease. HDL (or “good”) cholesterol may help protect brain cells, so use mono- and polyunsaturated fats, such as olive oil, for example.

Increase your intake of protective foods. Research suggests that certain foods may reduce the risk of heart disease and stroke, and appear to protect brain cells.

• In general, **dark-skinned fruits and vegetables** have the highest levels of naturally occurring antioxidant levels. These include kale, spinach, beets, Brussels sprouts, alfalfa sprouts, broccoli, red bell pepper, onion, corn and eggplant. Fruits with high antioxidant levels include prunes, raisins, plums, blue-

berries, blackberries, strawberries, raspberries, oranges, red grapes and cherries.

• **Cold water fish** contain beneficial omega-3 fatty acids: halibut, mackerel, salmon, trout and tuna.

• Some **nuts** can be a useful part of your diet; almonds, pecans and walnuts are a good source of vitamin E, an antioxidant.

Vitamins may be helpful. Vitamins, such as vitamin E, vitamin C, vitamin B12 and folate may be important in lowering your risk of developing Alzheimer’s. A brain-healthy diet will help increase your intake of these vitamins and the trace elements necessary for the body to use them effectively.

Source: Alzheimer’s Association.

Meals on Wheels and Sodium

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

Breakfast aim to consume 350 – 400 mg of sodium

Lunch: Meals on Wheels provides 600 – 1300 mg of sodium

Dinner aim to consume 550 – 650 mg of sodium

TOTAL:
1500 – 2350 mg of sodium

Eggs May Help Prevent Heart Disease and Cancer

One of nature’s most perfect foods may be even better for us than previously thought. While eggs are well known to be an excellent source of proteins, lipids, vitamins and minerals, researchers at the University of Alberta recently discovered they also contain antioxidant properties, which helps in the prevention of cardiovascular disease and cancer.

The researchers determined that two egg yolks in their raw state have almost twice as many antioxidant properties as an apple and about the same as half a serving of cranberries. However, when the eggs were fried or boiled, antioxidant properties were reduced by about half, and a little more than half if the eggs were cooked in a microwave. “It’s a big reduction but it still leaves eggs equal to apples in their antioxidant value,” said Wu.

The discovery of these two amino acids, while important, may only signify the beginning of finding antioxidant properties in egg yolks, said Wu, an associate professor of agricultural, food and nutritional science. Wu and his team will examine the other type of antioxidant already known to be in eggs, carotenoids, the yellow pigment in egg yolk, as well as peptides.

In previous research, Wu found that egg proteins were converted by enzymes in the stomach and small intestines and produced peptides that act the same way as ACE inhibitors, prescriptions drugs that are used to lower high blood pressure. That finding defied common wisdom and contradicted the public perception that eggs increased high blood pressure because of their high cholesterol content.

manzanas en su valor antioxidante,” dijo Wu.

El descubrimiento de estos dos aminoácidos, mientras importante, sólo puede significar el principio de encontrar propiedades antioxidantes en yemas de huevo, dijeron Wu, un profesor adjunto de agrícola, el alimento y la ciencia nutricional. Wu y su equipo examinarán el otro tipo de antioxidante ya conocido para estar en huevos, carotenóides, el pigmento amarillo en la yema de huevo, así como péptidos.

En la investigación anterior, Wu encontró que proteínas de huevo fueron convertidas por enzimas en el estómago e intestinos delgados y en péptidos producidos que actúan igual que inhibidores DE PRIMERA, drogas de prescripciones que son utilizadas para bajar la hipertensión. Eso encontrando sabiduría común que desafiada y contradicho la percepción pública que huevos aumentaron la hipertensión a causa de su contenido alto de colesterol.

Your Health

Family Caregivers Get Much-Needed Break from Adult Day Care Services

Adult day care services significantly reduce the stress levels of family caregivers of older adults with dementia, according to a team of Penn State and Virginia Tech researchers. Their finding is reported in a new article in the *Journals of Gerontology Series B: Psychological and Social Sciences*.

"Family members who care for dementia patients are susceptible to experiencing high levels of stress," said Steven Zarit, PhD, a professor and head of the Department of Human Development and Family Studies at Penn State and the study's lead author. "One way of alleviating that stress is through the use of an adult day care center, which allows them a predictable break from caregiving responsibilities."

Not only do caregivers benefit from using such services, but dementia patients also gain from the break. Zarit and his colleagues showed that dementia patients who attend adult day care centers have fewer behavior problems and they

sleep better at night. "The changes we have seen are as large as you'd get with medication, but with no side effects," he said.

Zarit and his team evaluated the stress levels of 150 caregivers by using a 24-hour daily diary to obtain baseline information prior to the use of an adult day care service. After the caregivers began the use of an adult daycare, the researchers gathered data at various times over a two-month period. The caregivers recorded entries in their diaries, both on days when their relatives went to an adult day care service and on days when their relatives stayed home.

The results revealed that caregivers generally reported greater levels of stress exposure prior to the use of an adult day care service and on days when their relatives did not attend adult day care programs. The team also found that behavior problems and poor sleep were more likely to occur on days when dementia patients remained at home.

Free Day of Respite at Fairhaven Supportive Senior Day Care

The Fairhaven Senior Supportive Day Care Program is offering one free day of respite for caregivers.

The Fairhaven Senior Supportive Day Care Program is located at the Fairhaven Council on Aging, 229 Huttleston Avenue, Fairhaven. It

provides a supportive, active environment for elders and peace of mind for caregivers.

For more information call 508-993-9455, or visit the program Monday through Friday, from 9 a.m. to 3 p.m.

Medical Transportation to Boston Hospitals Now Available

Medical Transportation to Boston hospitals is now available to seniors and disabled residents of Greater New Bedford. On the second Monday, Tuesday and Friday of each month, the van will pick up passengers at the Fairhaven Council on Aging at 7:00 a.m. and the Stop & Shop at King's Highway in New Bedford at 7:30 a.m.

The new medical transporta-

tion program is funded in part by the Massachusetts Department of Transportation and the Councils on Aging in New Bedford, Fairhaven and Mattapoisett. The cost is \$40 round trip for residents of New Bedford, Fairhaven and Mattapoisett, and \$50 for all other area residents. For schedules and reservations, call Joan at 508-991-6253.

Transporte Médico Ahora Disponible a hospitales de Boston

El Transporte médico a Hospitales de Boston está disponible a personas mayores y residentes discapacitados de Nuevo Bedford. En la segunda semana de todos los meses, (el lunes, el martes y el viernes) de cada mes, la camioneta recogerá a pasajeros en el Concilio de Fairhaven en el Envejecimiento a las 7:00 de la mañana y la Stop & Shop en King's Highway en Nuevo Bedford a las 7:30 de la mañana.

El nuevo programa médico del transporte es financiado en parte por el Departamento de Massachusetts de Transporte y los Concilios en el Envejecimiento en Nuevo Bedford, Fairhaven y Mattapoisett. El costo es \$40 viaje de ida y vuelta para residentes de Nuevo Bedford, Fairhaven y Mattapoisett, y \$50 para todos los otros residentes de área. Para horarios y reservaciones, llame Lorraine al 508-991-6253.

Transporte Médico Agora Disponível a hospitais de Boston

Transporte médico a Hospitais de Boston está agora disponível a veteranos e residentes incapacitados de Bedford Maior de Novo. Na segunda segunda-feira, terça-feira e sexta-feira de cada mês, o furgão colherá passageiros no Conselho de Fairhaven em Aging em 7:00 da manhã e a Paragem & Loja em Rei Rodovia em Novo Bedford em 7:30 da manhã.

O novo programa médico de

transporte é financiado em parte pelo Departamento de Massachusetts de Transporte e os Conselhos em Aging em Novo Bedford, Fairhaven e Mattapoisett. O custo é \$40 viagem de ida e volta para residentes de Novo Bedford, Fairhaven e Mattapoisett, e \$50 para todos os outros residentes de área. Para programas e reservas, chame Joan em 508-991-6253.

Sleep Apnea Linked to Increased Risk of Dementia in Elderly Women

Elderly women who suffer from sleep apnea are about twice as likely to develop dementia in the next five years as those without the condition, according to a multi-center study led by researchers from the University of California, San Francisco.

The findings, published in the August 10, 2011 issue of the *Journal of the American Medical Association*, showed for the first time what sleep specialists have long suspected but hadn't proved: that sleep apnea, also known as sleep-disordered breathing, can deprive the brain and other organs of the oxygen they need and, may trigger declines in cognitive ability over time.

"This is the first study to show that sleep apnea MAY lead to cognitive impairment," said study leader Kristine Yaffe, MD, professor of

psychiatry, neurology and epidemiology at UCSF and chief of geriatric psychiatry at SFVAMC. "It suggests that there is a biological connection between sleep and cognition and also suggests that treatment of sleep apnea might help prevent or delay the onset of dementia in older adults."

"While we cannot conclude from these results that SDB causes cognitive impairment, our study suggests that it may at least be a contributing factor," said Yaffe.

In people with sleep apnea, the airways leading from the lungs to the nose and mouth collapse as the individuals sleep, interfering with the ability to inhale. People with sleep apnea usually snore, sometimes loudly, and are wakened many times a night for tiny fragments of time as they gasp for air.

Optimism Might Lower Your Stroke Risk

A positive outlook on life might lower your risk of having a stroke, according to new research reported in *Stroke: Journal of the American Heart Association*. Stroke is the No. 3 killer in the United States, behind heart disease and cancer, and a leading cause of disability.

In an observational study, a nationally representative group of 6,044 adults over age 50 rated their optimism levels on a 16-point scale. Each point increase in optimism corresponded to a 9 percent decrease in acute stroke risk over a two-year follow-up period.

Optimism is the expectation that more good things, rather than bad, will happen. "Our work suggests that people who expect the best things in life actively take steps to promote health," said Eric Kim, study lead author and a clinical psychology doctoral student at the University of Michigan.

Previous research has shown that an optimistic attitude is associated with better heart health outcomes and enhanced immune-system functioning, among other positive effects. The study is the first to discover a correlation between opti-

mism and stroke. Previous research has shown that low pessimism and temporary positive emotions are linked to lower stroke risk.

Researchers analyzed self-reported stroke and psychological data from stroke-free participants at the beginning of the study. They measured optimism levels with a widely used assessment tool in which participants rank their responses on a numeric scale.

The team analyzed the association between optimism and stroke and adjusted for factors that might affect stroke risk, including chronic illness, self-reported health and socio-demographic, behavioral, biological and psychological conditions. "Optimism seems to have a swift impact on stroke," said Kim, noting that researchers followed participants for only two years.

The protective effect of optimism may primarily be due to behavioral choices that people make, such as taking vitamins, eating a healthy diet and exercising, researchers said. However, some evidence suggests positive thinking might have a strictly biological impact as well.

Aspirin Could Play Key Role in Preventing Heart Attacks in Diabetics

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

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

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

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

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

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

Your Health

Get Off the Couch, Please!

Being physically active is one of best ways people with arthritis can improve their health, but a new study from Northwestern University Feinberg School of Medicine shows that more than half of women and 40 percent of men with arthritis are virtually couch potatoes.

This is the first study to use a device to objectively measure the physical activity of people with arthritis and determine if they meet federal guidelines. Past research relied on self-reported accounts of exercise and activity. The study was published in *Arthritis & Rheumatism*, August 2011.

Researchers asked more than 1000 people with knee osteoarthritis to wear an accelerometer—a small, sophisticated device that looks like a pedometer—to measure their physical activity for one week during waking hours. “We had assumed that people might be over-

stating physical activity in past self-reported data, but were surprised to find that the physical activity rates were much, much lower than what was previously reported,” said Dorothy Dunlop, associate professor of medicine at Feinberg and lead author of the study.

Physical activity can help people with arthritis better control and lower pain and improve general function. Some studies indicate exercise may delay or even prevent disability in people with arthritis, Dunlop said.

The federal guidelines recommend that adults with arthritis participate in 150 minutes per week of moderate-intensity, low-impact activity. That amounts to an average of slightly more than 20 minutes per day. Previous studies estimated that a quarter of people with arthritis met those guidelines.

Keeping Up Your Overall Health May Keep Dementia Away

Improving and maintaining health factors not traditionally associated with dementia, such as denture fit, vision and hearing, may lower a person’s risk for developing dementia, according to a new study published in the July 13, 2011, online issue of *Neurology*, the medical journal of the American Academy of Neurology.

“Our study suggests that rather than just paying attention to already known risk factors for dementia, such as diabetes or heart disease, keeping up with your general health may help reduce the risk for dementia,” said study author Kenneth Rockwood, MD, of Dalhousie University in Halifax, Nova Scotia, Canada.

The study included 7,239 people free of dementia ages 65 and older from the Canadian Study of Health and Aging. After five years and

again after 10 years, they were evaluated for Alzheimer’s disease and all types of dementia. Participants were asked questions about 19 health problems not previously reported to predict dementia. Problems included arthritis, trouble hearing or seeing, denture fit, chest or skin problems, stomach or bladder troubles, sinus issues, broken bones and feet or ankle conditions, among others.

The study found that each health problem increased a person’s odds of developing dementia by 3.2 percent compared to people without such health problems. Older adults without health problems at the beginning of the study had an 18 percent chance to become demented in 10 years, while the risk increased to 30 percent and 40 percent in those who had 8 and 12 health problems, respectively.

Protein Preserves Muscle and Physical Function in Dieting Older Women

Dieting postmenopausal women who want to avoid losing muscle as they lose fat should pay attention to a new University of Illinois study. Adding protein throughout the day not only holds hunger pangs at bay so that dieters lose more weight, it keeps body composition—the amount of fat relative to muscle—in better proportion.

“A higher-protein weight-loss diet is more protective of muscle,” said Ellen Evans, a former University of Illinois associate professor in the Division of Nutritional Sciences. Scientists in Evans’s Illinois lab wanted to study the way body composition relates to physical function because older women who diet risk losing muscle as well as fat. “That loss can affect their strength, balance, and how well they perform everyday tasks, such as climbing stairs and getting up out of a chair,” said Mina Mojtahedi, a researcher in Evans’s laboratory.

The study shows that higher protein intake during weight loss

can offset negative effects on muscle mass by maintaining more muscle relative to the amount of weight lost. Women who ate more protein lost 3.9 percent more weight and had a relative gain of 5.8 percent more thigh muscle volume than women who did not, she said.

“When a woman has less weight to carry, even if she’s lost a bit of lean mass in her legs, the effect is that she has better physical function,” Evans said. It’s likely that such women will be better able to maintain their mobility and independence as they age, she added.

“We believe it’s important to eat protein in the morning and through the day so those amino acids are always available. Unfortunately, American women tend not to eat much protein, especially when they’re trying to cut calories. But it’s easy to add protein powder into a smoothie or eat a high-protein snack and incorporate a healthier diet into a busy lifestyle,” Evans said.

Lifestyle Changes as Useful as Drugs in Improving Mental Health

Getting more exercise, spending time outdoors and helping others are among the activities that can be as effective as drugs or counseling in treating an array of mental illnesses, including depression and anxiety, according to a UC Irvine study.

In determining this, Dr. Roger Walsh, professor of psychiatry and human behavior, reviewed research on the effects of what he calls “therapeutic lifestyle changes” or TLCs. Other TLCs might relate to nutrition, relationships, recreation, relaxation, and religious or spiritual involvement.

“I found that lifestyle changes can offer significant advantages for patients, therapists and societies, yet they’re insufficiently appreciated, taught or utilized,” Walsh said. “TLCs can be effective, inexpensive and enjoyable, with fewer side effects and complications than medications. In the 21st century, therapeutic lifestyles may need to be a central focus of mental, medical and public health.”

Study results appear online in *American Psychologist*, the flagship journal of the American Psychological Association. Among Walsh’s findings:

Exercise doesn’t just boost people’s sense of well-being. It can help children do better in school, improve cognitive performance in adults, reduce age-related memory loss in the elderly, and increase neuron formation in the brain.

Diets with plenty of fruits, vegetables and fish may enhance kids’ school performance, help maintain cognitive function in adults, and reduce symptoms in schizophrenic and affective disorders.

Spending time in nature can

promote cognitive function and overall well-being.

Good relationships can reduce health risks ranging from the common cold to strokes, as well as multiple mental illnesses, and can dramatically improve psychological health.

Recreation and fun can lessen defensiveness and foster social skills.

Relaxation and stress management can treat a variety of anxiety, insomnia and panic disorders.

Meditation can enhance empathy and emotional stability; decrease stress and burnout; and boost cognitive function and even brain size.

Religious or spiritual involvement that focuses on love and forgiveness can promote well-being and reduce anxiety, depression and substance abuse.

Contribution and service, or altruism, can foster joy and generosity, benefit both physical and mental health, and perhaps even extend lifespan. A major exception, Walsh noted, is “caretaker burnout experienced by overwhelmed family members caring for a demented spouse or parent.”

Obstacles to TLCs, he said, are the sustained effort they require and “a passive expectation that healing comes from an outside authority or a pill.” Walsh also observed that people contend with a daily barrage of psychologically sophisticated advertisements that promote unhealthy lifestyle behaviors such as smoking, drinking alcohol and eating fast food.

“You can never get enough of what you don’t really need, but you can certainly ruin your life and health trying,” he added.

A retired husband is often a wife’s full-time job.

Ella Harris



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The Way We Were

Tea Time at Voke School



How to prepare and serve a proper tea were among the skills young women needed to learn in the 1950s. Seniors in the Home Economics program at the former New Bedford Vocational School practiced these skills, complete with silver tea service.

Hospice Volunteer Training Set

Community Nurse and Hospice Care will be offering a training program in the fall for Hospice Volunteers. Direct Patient Care Volunteers offer a special kind of care designed to provide support in a sensitive manner for people in the final phase of terminal illness, either in their own home or in a nursing facility. Direct volunteers need 16 hours of training.

Indirect volunteers are people who are not comfortable sitting with someone who is ill, but are willing to help in other ways. They help our hospice staff with many different office duties from data entry to helping with records, as well as assisting with fundraising events.

The training sessions will introduce participants to what Hospice Care is all about and the importance of the role of the hospice volunteer. Community Nurse and Hospice

Care is looking for volunteers who are interested in Pet Therapy. They are also interested in volunteers who speak Portuguese, and they need volunteers available to visit in the Fall River area.

Both direct volunteers and indirect volunteers must complete an application and a CORI request form prior to the training.

The training sessions for Direct Volunteers on Saturday, September 24 and Saturday, October 1 will be held at Community Nurse and Hospice Care, 62 Center St., Fairhaven. Indirect Volunteers need to attend only on Saturday morning, October 1.

For more information and application, call Cecile Sanders, Coordinator of Volunteers at 508-717-0754 or email her at csanders@communitynurse.com.

Reader Exchange

Grandparents and Education

By Edward M. Macomber, Austin, Texas

In many families, grandparents have great influence over their grandchildren. If we are fortunate enough to have a good relationship with our grandchildren, we should use our influence to encourage them to stay in school and finish their high school education. I will tell you a little story which sometimes helps them understand the value of knowledge.

My air conditioning system was not working properly, so I called a repairman. He came to my house, took the cover off of the unit, and examined it. Soon, he took a screw driver from his tool kit, and he turned a screw one quarter of a turn clockwise.

Then he put the cover back on the unit and said, "That'll be \$86."

I said, "\$86 dollars? For what? All you did was turn one screw."

"Oh," he said, "I didn't charge you for that. That was free."

"Then what was the \$86 for?" I asked.

He said, "That was for knowing that a screw needed to be adjusted, which screw to turn and how much to turn it."

Let's all find ways to help our grandchildren see the value of an education. Help them to stay in school.

Help Stop Senior Hunger

At least one in nine seniors is at-risk of going hungry due to the inability to obtain sufficient food for their household or having to choose between food and medical care.

During September, Hunger Action Month, Comfort Keepers® is asking the community to make food donations to the STOP Senior Hunger food drive to help local seniors and raise awareness for this growing epidemic that impacts millions of older Americans trying to remain healthy and independent.

"Hunger Action Month is in September, but seniors go hungry all year," said Joanne Costa, president of the local franchise. "We cannot fight every factor affecting hunger, but we can start here in our community by creating awareness

about the issue and helping family members become more aware of the signs of hunger and malnutrition."

In response to a growing need for awareness about senior hunger, the Comfort Keepers system has launched a nationwide campaign called STOP Senior Hunger to create awareness of the importance of a healthy diet for those 65 and over. This senior nutrition campaign aims to help seniors preserve their independence by providing diet and nutrition information, encouragement and necessities. For more information on the local STOP Senior Hunger campaign, please contact your local Comfort Keepers office at 508-672-7600 or visit the www.stopseiniorhunger.com website.

Answers to Trivia Quiz

- | | | |
|-----------------------------------|--------------------|---|
| 1. Elephants | 4. Only one: Maine | 8. Polish - polish |
| 2. No other words rhyme with them | 5. Barbie | 9. Contains all the vowels in the correct order |
| 3. Left (56 percent) | 6. Lie | 10. Teflon |
| | 7. Superman | |

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Council on Aging & Senior Centers
2011

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Note: A nutritious lunch through Coastline Elderly is served at 11:30 a.m. that day. If you would like to order a lunch, please call the number above no later than Monday, Sept. 26th.