Senior Vote Will Be Pivotal in 2012 Elections

A recent article in the New York Times focused on how seniors will play an integral role in deciding the outcome of the 2012 elections. While Election Day is still 16 months away, seniors have already emerged as a key voting bloc because of heightened attention to programs such as Medicare and Social Security in fiscal debates. The New York Times noted that with baby boomers retiring and the aftermath of the 2008 financial crisis still lingering, Americans are now paying closer attention to Medicare and Social Security.

Active Social, Spiritual and Physical Life Helps Prevent Health Decline in Seniors

Small, healthy lifestyle changes and involvement in meaningful activities—going beyond just diet and exercise—are critical to healthy aging, according to a New York University of South Carolina (USC) study. Guided by lifestyle advisors, seniors participating in the study made small, sustainable changes in their routines (such as visiting a museum with a friend once a week) that led to measurable gains in quality of life, including lower rates of depression and better reported satisfaction with life. The study validates the current trend in public health strategies to focus on preventing illness and disability, as opposed to treating issues once they have already begun to negatively impact health, according to lead investigator Florence Clark.

“Most things are critical in that, as we continue to be engaged in life through a sustainable mix of productive, social, physical and spiritual activities. This goal of prevention and wellness is really a key to health care reform, and results in cost savings to society,” said Clark, professor and associate dean at the Herman Ostrow School of Dentistry of USC, and president of the American Occupational Therapy Association. “The emphasis now is prevention,” she said.

The Well Elderly 2 trial was performed between 2004 and 2009, with the write-up appearing in the June 2 issue of the Journal of Epidemiology and Community Health. During six-month periods, licensed occupational therapists assisted more than 200 individuals aged 60 and older to develop sustainably healthy lifestyles and see if they improved the participants’ overall quality of life.

“The key to the individualized plans was to make them sustainable,” Clark said. For example, some people like going to the gym to stay physically healthy, but others find the thought of slaving away in a room indoors three times a week utterly abhorrent—so much so that, no matter what good intentions they have, they will not wind up going. For such individuals, a more effective and longer-lasting strategy to improve physical health may be to walk for an hour around their neighborhood in the evenings instead.

The occupational therapists also provided guidance for using public transportation, getting the participants off the couch and out into the world. “You’re able to go to a museum, you’re able to go to a park... it can open up a whole world of opportunities,” Clark said. In one instance, the therapists helped a woman who had taken a nasty fall while boarding a bus to work up enough confidence to ride again. Eventually, she was able to take the bus to go do volunteer work, a fulfilling pastime that she had sorely missed, Clark said. “Being engaged in a social life has a positive effect on health,” she said, “but the public is not sufficiently aware of how key this is to successful aging.”

To determine the results of the trial, quality of life was measured using a variety of indicators, including physical health, mental health, social well-being and life satisfaction. The program participants were compared to a control group that did not receive the intervention. Though the two groups started out roughly equivalent, the intervention group showed significant improvement in lessening bodily pain and depression while improving vitality, social function, mental health and overall life satisfaction. Lesser, though still measurable, gains were made in general health and physical abilities.

At the end of the first phase of the trial, the control group was provided with the same treatment that had been given to the intervention group and made identical progress. The study findings replicate the outcomes of the influential Well Elderly 1 trial, but extend them to a more ethnically diverse population living in a wide range of community settings, demonstrating the lifestyle program’s value for the general public. “Although people are living longer, it is important that they also live better. This intervention results in improved quality of life and provides a vehicle for maintaining health as we age,” Clark said.

The Well Elderly 2 trial demonstrated that, compared with other interventions, this lifestyle intervention was cost-effective. For every dollar spent, there was a significant enough gain in health outcomes to justify the expenditure, according to Clark. “The American public needs to know about this,” she said. “Making positive changes in how we live each day, and sustaining those changes over the long term, is critical for maintaining independence and healthy aging.” The study was funded by a grant from the National Institute on Aging at the National Institutes of Health.
Sunny Summer Memories

Here we are finally into summer and we have even had a few nice, warm days recently. I’m writing this before the Fourth of July, so I don’t know what the holiday weekend weather will be, but I’m hoping it will be sunny.

Summer is so short now or maybe it’s that my perception of it has changed. When I was young summer seemed to go on forever, but lately it flies by.

Right now I’m trying to decide if I want to spend $25 dollars on a senior pass for Round Hill Beach. Will I even get there?

I still love the sun, although I know it is bad for my skin. But somehow, the idea of putting on a bathing suit, packing sunscreen and a towel, and carrying a chair from the parking lot to the beach seems like more of an effort than it used to be.

All my life I loved the beach, and I have the brown spots to prove it. No matter what the ads for all those expensive face creams say, the age spots do not disappear. They are here to stay.

When we were quite young, Mom took us to Municipal Beach for swimming lessons. I was never much of a swimmer, but playing around in the water was fun.

Later we started going to fresh water beaches and somehow I think it had to do with the polio epidemic that was so scary. Also, Mom never liked the sun. She was very fair and burned easily, so she always preferred to go someplace where she could sit in the shade.

Sometimes Mom picked up some friends and relatives and took us all to Mary’s Pond or Long Pond. That was a real treat.

Most weekends we just played outside. Our yard was a magnet for all the kids in the neighborhood, and we enjoyed all those simple games that do not require more than a length of rope or a piece of chalk.

A couple of Sundays during the summer our family would take the ferry Alert to Cuttyhunk. We would bring a picnic and play on the beach while my father fished. I loved the boat ride with the wind in my hair.

I still love being on a boat. Usually we went away for a few days for a family vacation. Mom and Dad planned the trip and it was a great adventure. We explored Maine, New Hampshire or Vermont. We stayed in cabins and enjoyed being together away from home.

Once we stayed on a lake in northern Maine and the temperature dropped like a stone during the night. The cabin had a wood stove and Dad lit it to warm the cabin. Mom covered us with every blanket and towel available.

Another time we stayed at a guest house in Orleans on the Cape for a few days. Dad fished and we played in the water. The weather and beach seemed to go on for miles. We had to take a dune buggy to get there and that was exciting.

After I started driving, I would go to the beach with my sisters and friends, and later my daughter and my grandchildren, even sometimes alone.

When I was in my late teens and twenties, it was so much fun to go for the day and stop for fried clams and French fries. We would be laughing and singing as we were driving to Horseneck Beach or someplace on the Cape.

Remember the song, “Hello Muddah, Hello Faddah, Here I Am at Camp Granada,” by Allan Sherman. It was popular in the 1960s. And Nat King Cole’s “In the Good Old Summertime.” Those great old songs were so much fun to sing and such a big part of summer. Whenever I hear them now, they bring back so many sweet summer memories that linger in the mind forever.

I hope you all have a great summer and keep on making memories.

Sunny Summer Memories

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.

Donations to SeniorScope

IN APPRECIATION
Commonwealth Energy Retirees $50.00

IN MEMORY
In memory of Mitchell Fal 7th anniversary
- wife Patricia Fal, New Bedford

In memory of Florence Carvalho
- Judy (daughter) and Joseph Santos, Rumford, RI

In memory of Mrs. Theodora (Dora) Gomes
- Eva Britto-Thatcher and Domingo Thatcher, Carver

In memory of Roland Bellavance
- Mrs. Gertrude Bellavance, New Bedford

THANK YOU
In honor of Saint Jude and loved ones $25.00
- Anonymous

Thank you to St. Anthony, St. Jude, Blessed Mother, Infant of Prague; Our Lady of Fatima, Sacred Heart and the Holy Spirit for favors received $2.00
- Anonymous

In thanksgiving for favors received; thank you St. Jude, St. Anthony, Blessed Mother, Infant of Prague, Holy Spirit and Sacred Heart. $2.00
- Anonymous

Thank you to St. Jude, St. Anthony, Blessed Mother, Infant of Prague, Holy Spirit, Sacred Heart, Divine Mercy for favors received. $3.00
- Anonymous

Thank you Blessed Mary for prayers answered $10.00
- M.A.F.

In honor of Saint Jude $10.00
- A.T.S.

Thank You to St. Clair for answering my prayers $10.00
- Anonymous

Donations this month $237.00

Total for fiscal year 2012 $237.00
You and Your Money

You can rely on electronic payments

By Delia De Mello

Social Security
You probably don’t need a reminder that natural disasters lurk around the corner when you live on Social Security. Many natural disasters force people to leave their homes. This is a good thing for the people who are victim to this kind of devastation needs to worry about is how they’re going to get their next Social Secu-

rity Supplemental Security Income (SSI) payment.

Here’s a solution. Make sure that you’re receiving your benefit payments electronically. Electronic payments are the best way to receive your benefit payments. Here’s why.

You money is deposited directly into your account each month. Because it’s transferred electronically, there’s never a risk of your check being lost or stolen.

Electronic payments are quick. You’ll get your payment faster than if you once it’s deposited; no wait ing for your check to arrive.

Electronic payments are convenient. No more need to stand in line at the bank to cash a check or to leave your house when the weather is bad. It’s also nice to know your payment is in your account instead of sitting on the car or in the trunk or on vacation or away from home.

Perhaps we also should mention that Social Security benefit payments are now mandatory. People who apply for Social Security benefits must now receive payments electronically or by direct deposit. Those who have not signed up for electronic payments must switch to electronic payments by March 1, 2013. Electronic payments may be made by direct deposit, the Direct Express card program, or an Electronic Transfer Account. You can learn more about all at www.godirect.org.

If you’re ever faced with a devas tating event, there will be no ques tion about where you’ll find your money when you receive electronic payments. The same cannot be said for paper checks being sent to mailboxes that may no longer exist.

Learn more by reading our online fact sheet, Get Your Benefits Electronically at www.socialsecurity.gov/pubs/10073.html. Or go direkt to the source, where you can learn more and sign up for electronic payments: www.godirect.org.

Cohabiting Seniors: Protect your Rights

More and more seniors are living together without getting married. According to U.S. Census data, the number of cohabiting seniors near doubled between 1980 and 1990. For some seniors, marriage isn’t financially “worth it?” They don’t want to lose their former spouses’ military, pension, or Social Security benefits. Other seniors don’t want to have to pay their partners’ medical expenses or to file the objections of children worried about their inheritance.

There are risks to cohabiting without marriage, however. You and your partner will have to appoint a conservator or guardian to make those decisions and the judge may not choose the person you would prefer.

Update your will. Your will should be clear about what happens to your possessions when you die, including your house and its contents. It is particularly impor tant to specify what will happen to cohabiting partners.

Think about the tax conse quences of gifts. Married couples can leave each other as much as they want without paying estate taxes; unmarried couples cannot. If you want to leave money to your partner that may be important to make financial decisions for you if you become incapacitated. Without a power of attorney, the court will have to appoint a conservator or guardian to make those decisions and the judge may not choose the person you would prefer.

If you decide to become cohabiting partners, some cities and states have domestic partnership laws, which may allow unmarried couples to participate in their partner’s health insurance or to participate in health care decisions.
## Menu for July 2011

### Monday
- **Holiday**
- Memorial Day
- Site Closed

### Tuesday
- **Summer**
- Corn Chowder
- BBQ Chicken
- Green Beans
- Multi-Grain Roll
- Apricots
- Calories: 650
  - Fat: 40%
  - Sodium: 785 mg

### Wednesday
- **Summer**
- Veggie Chili
- Dirty Rice
- Corn Bread
- Arctic Ice
- Diet: Jello
- Calories: 659
  - Fat: 23%
  - Sodium: 830 mg

### Thursday
- **Summer**
- Roast Turkey w/ Gravy
- Cranberry Sauce
- Mashed Potato
- Winter Squash
- Whole Wheat Bread
- Appliance
- Calories: 601
  - Fat: 23%
  - Sodium: 901 mg

### Friday
- **Summer**
- Meathall Stroganoff
- Buttered Noodles
- Beets
- Wheat Bread
- Orange
- Calories: 724
  - Fat: 33%
  - Sodium: 750 mg

## Recipe Roundup

### Super Easy Fish Skillet
**Ingredients:**
- 1/2 of a red onion, chopped
- 2 Tbsp. KRAFT Sun-Dried Tomato Dressing
- 1 can (14-1/2 oz.) stewed tomatoes, undrained
- 1 green pepper, chopped
- 1/2 cup black olives
- 1 lb. frozen fish fillets, such as haddock, halibut or cod, thawed

**Directions:**
Cook onion in dressing in large skillet until tender. Add tomatoes, pepper and olives. Top with fish; cover. Simmer gently on medium heat 8 to 10 min. or until fish flakes easily with fork.

Source: Krafrecipes.com

### Tuna Pasta Salad
**Ingredients:**
- 1 cup cooked pasta
- 1/2 cup diced red pepper
- 1/2 cup tuna, drained
- 1/2 cup diced red onion
- 1 tablespoon low fat mayonnaise
- 1 tablespoon lime juice

**Directions:**
Combine tuna, mayo, peppers, onion, and lime juice. Toss with pasta. Serve warm or cold.

Serves 1
Source: Kimberly Ferreira, RDA

### Beef and Peppers
**Ingredients:**
- 1 cup beef cubes
- 1 cup tomatoes
- 1/8 teaspoon garlic powder
- Dashi pepper
- 1/2 medium green pepper, diced
- 1 small onion, diced

**Directions:**
Brown beef cubes in saucepan until well browned. Break up large pieces of tomatoes. Stir in garlic powder and pepper, pour over beef. Cover and cook until meat is tender, about 1 hour.

Add onion and green pepper. Cover and continue cooking until vegetables and beef are tender, about 30 minutes.

Serves 2
Source: Kimberly Ferreira, RDA

### Quick Guide for Reducing Recipes
**Making Half a Recipe:**

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**Making One-Third of a Recipe:**

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<td>1 tablespoon + 2 1/3 teaspoons</td>
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<tr>
<td>1/2 cup</td>
<td>2 tablespoons + 2 teaspoons</td>
</tr>
</tbody>
</table>

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**Summer afternoon - summer afternoon; to me those have always been the two most beautiful words in the English language.**

- Henry James
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

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 on 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 Pavilions for outdoor enjoyment
- Enclosed Rooms
- Library
- Community Room
- Heat and hot water and electricity included with rent
- All units have air conditioning
- New appliances
- Covered parking (limited)
- On-site clothes dryer/laundry
- On-site beauty salon
- 24-hour maintenance available
- Handicapped accessible

Choose Carriage House at Acushnet Heights as your new home. Call 508-995-5833 for an application today.

The Car Barn

Designed for the Elderly

HUD-subsidized affordable housing specially designed for people 62 years old and older for handicapped or disabled persons.

ACCEPTING APPLICATIONS FOR 1 AND 2 BEDROOM UNITS

The Car Barn offers many amenities:
- Gated community
- Heat and central air included
- Daily activities
- Beauty salon
- Computer room
- Fitness center
- Movie theater
- Library
- Community room
- On-site laundry facility
- Manager and Residential Service Coordinator
- 24-hour maintenance available
- Handicapped accessible

Please call for more information 508-997-5484
Portuguese Feast Senior Discount
The annual Portuguese Feast of the Blessed Sacrament is once again welcoming area seniors with a special 50 percent discount on full meals. The Feast takes place at Madeira Field in the North End on August 4, 5, 6, and 7. The senior special is offered on Saturday afternoon, August 6, from 12 noon to 4 p.m.

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

Farmers’ Markets Accept Coupons
Visit either of two farmers’ markets and enjoy the freshest produce and finest goods our local farmers have to offer. Products include vegetables, berries, eggs, flowers, herbs, soap products and lotions. On Monday the market is located at Brooklawn Park, at the former entrance off Ashley Blvd. east of Carlisle Street. On Thursday the market is at Wing’s Court entrance off Union St. east of Purchase. Both markets operate from 2 p.m. to dusk.

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

Whaling City Festival
New Bedford’s largest outdoor festival of the summer will be held from July 8 through July 10 this year at Buttonwood Park. The annual event will showcase Mark Fanelli’s Traveling Amusement Park, dozens of yummy international food vendors, 200 diverse craft and flea market dealers, and 6 stages of great entertainment. A giant motorcycle, custom car and truck exhibition will be held on Sunday.

For more information call Joe Eugenio at 508-996-3348 or Email WCFFestival@aol.com.

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

Second Annual Fall Fling Planned
Volunteer members of Coastline Elderly Services’ Board of Directors and Advisory Council are planning a Fall Fling to raise funds to assist elders in our community. The event will be held Friday, September 30, at the Hawthorne Country Club, 970 Tucker Road, Dartmouth, and will include dinner, music and silent and Chinese auctions.

This is the second annual fundraiser and proceeds will go to the Charles N. Sisson Men’s Fund. About 300 people attended the first event last September and more are expected this year. For tickets or information, call Coastline Elderly Services at 508-999-6400.

Buzzards Bay Musicfest Concert
Buzzards Bay Musicfest is a free classical concert series of both orchestral and chamber music, performed by nationally prominent musicians. On Wednesday, July 13, at 2 p.m. an Open Rehearsal for children will be held, after which young and aspiring musicians can chat with Maestro Patterson and the instrumentalists.

The concerts will be performed at the Fireman Center for Performing Arts at Tabor Academy, Front Street, Marion, on Wednesday, July 13, and Thursday, July 14, at 8 p.m., and Sunday, July 17, at 2 p.m. For more information call Executive Director Kim Teves at 508-748-3305 or Email info@buzzardsbaymusicfest.com.

Annual 50’s Night Downtown
Don your poodle skirt, white tee and jeans and come enjoy a nostalgic evening in Downtown New Bedford on Thursday, July 21, starting at 5 p.m. See the antique automobiles and stay to eat in one of the many restaurants now open within walking distance. For information contact Joe Jesus.

Annual Buzzards Bay Regatta
The Buzzards Bay Regatta is the largest multi-class regatta in the United States with over 450 boats and 1200 sailors across fifteen different classes. It alternates yearly between the New Bedford Yacht Club and the Beverly Yacht Club. This year’s regatta will be held the weekend of August 5 to 7.

For more information visit their website www.buzzardsbayregatta.com.

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

SECOND SATURDAY AT THE FEAST
Saturday, August 6
12 Noon to 4:00 PM

50% DISCOUNT for all Seniors
On all dinners in the main pavilion
Choice of: Portuguese style Roast Beef, Roast Chicken, Bacalhau, Tuna, Pork Butt, Goat, Rabbit, vegetable, potato, Soup, and coffee!

FREE live entertainment
FREE Admission to Museum of Madeiran Heritage

www.PortugueseFeast.com

JULY 2011
Senior Scope
Foster Grandparents Honored for 66,816 Hours of Volunteering

“Today a Reader, Tomorrow a Leader” by Margaret Fuller was the theme for this year’s 29th Foster Grandparent Retirement and Recognition banquet. The event was celebrated with a full house of 152 guests representing local elementary schools, day care and Head Start centers, special needs facilities, after school programs and health care centers.

It was certainly a day of celebration for Clifton Bulgar and Myra LeValley who received standing applause upon receiving their awards for twenty-five years of volunteering at North Star Learning Center and St. Luke’s pediatric ward, respectively. Antonia Bargasse for 15 years, Louise Desautels for 9 years and Geraldine DeMello for 5 years were equally applauded for their contributions to the Foster Grandparent Program prior to their retirement this year.

This year’s banquet theme had a special meaning because this past winter the Foster Grandparent Program lost their mentor, Charles Sinnson, whose vision 29 years ago launched the partnership of the Foster Grandparent Program and Coastline Elderly Services. In honor of Charlie’s memory, the children’s books’ books were donated with an inscription “A gift dedicated in memory of Charles N. Sinnson. Our biggest supporter of the FGP.” Every FGP volunteer was given the opportunity to choose a book to take back to their site.

Continuing along the reading theme there was a surprise gift for every Foster Grandparent volunteer, a personalized book created by the students and their teachers. Students from 30 sites had the opportunity to write short sentences and draw pictures expressing what it means to them to have a Foster Grandparent volunteer in their daily lives; a volunteer who helps them in the classroom with their reading, writing and math problems; a volunteer who gives them endless words of encouragement to try again or a volunteer who offers that extra hug when life seems so overwhelming.

One local elementary school teacher recently wrote, “Grandma is a wonderful help in the classroom. She supports the students having difficulty with seatwork and is always willing to read with the students.” This sentiment was also recently shared by a Head Start teacher. Words cannot express the impact Grandma has on both the children and the adults in our center! We love her!

The Foster Grandparent Program is sponsored by Coastline Elderly Services, Inc and funded by the Corporation for National & Community Service and also in part funded by the Commonwealth of Massachusetts Executive Office of Elder Affairs. For more information about volunteering with this program, call Coastline Elderly Services, Inc. at 508-999-6400, extension 198.

Acushnet Receives Garden Club Grant

The Acushnet Council on Aging was recently the recipient of a generous grant from theBuzzards Bay Garden Club. “We would like to thank them for giving us the seed money to begin a community garden,” said COA Director Heather Sylvia. “We’ve been busy pulling bushes and weeds and have gotten our first round of plants into the ground.”

Trivia Quiz

By Ed Camara

1) What is the only state that ends in the letter “G”?
2) What was President Eisenhower’s middle name?
3) When he left office, what President drove home without any Secret Service protection?
4) On a subway, what does the “third rail” do?
5) Was Benjamin Franklin President before Abraham Lincoln, or after?
6) In a 1953 film, Burt Lancaster passionately kissed a beautiful woman on a beach as the waves washed over them. Name the actress.
7) Who owned Paragon Tours?
8) Who was the first Roman Catholic to be elected President?
9) What was the name of the ferry that provided service from New Bedford to Martha’s Vineyard immediately preceding the Schiamonchi?
10) In New Bedford, the destination for bus Route 1 has always been the same. What is it?

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Senior Whole Health Senior Care Options (SCO) is a Health plan with a Commonwealth of Massachusetts/EOHHS contract. Enrollment is voluntary.

MA SCO_2011_191 4/11/11

Senior Travel

Day Trips

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

Mon. July 18 -- Twin River Casino

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

Wed. July 20 -- Captain Jack’s and Mohegan Sun
Wed. Aug. 17 -- Newport Playhouse
Sun. Sept. 11 -- Boston Duck Tour

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

Thurs. July 21 -- Cape Cod Maritime Museum

Contact the City of New Bedford Senior Travel program at 508-991-6717 about the following trips open to anyone 50 or older:

Mon. July 18 -- Foxwoods Casino.
Wed. July 20 -- Chambake and Kittery Outlets
Wed. July 27 -- Hart’s Turkey Farm and Castle in the Clouds.
Tues. Aug. 2 -- Twin River Casino
Thurs. Aug. 11 -- Amarante’s Sea Cliff lunch and show-- New Haven CT.
Mon. Aug. 15 -- Foxwoods Casino.
Thurs. Aug. 18 -- Provincetown Carnival Parade
Tues. Sept. 6 -- Twin River Casino
Wed. Sept. 7 -- Portland Harbor Cruise and lunch.
Tues. Sept. 13 -- “Road to the Scottish Highlands” and lunch at Common Man Inn.
Wed. Sept. 21 -- Foster’s Lobsterbake – York ME
Wed. Sept. 28 -- Stoneham Theatre – “Steel Magnolias.”

Multi-Day Tours

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

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

Contact the City of New Bedford Senior Travel program at 508-991-6717 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.
Acushnet Senior Center
For more information on the following activities, call the Acushnet Senior Council at 508-961-3100:

- The Annual Summer BBQ is set for Thursday, July 26, 12:00 p.m. at the Acushnet Senior Center. The menu includes hamburgers, hot dogs, linguica, watermelon, corn on the cob and beverages. The cost is $10 per person and tickets are on sale now.
- Representative Bob Koczera, or his aide, is available at the Acushnet Senior Center from 8:30-10:00 a.m. on the first Friday of every month. Appointments are suggested, not required.
- Shuffle Board court is now available on a first come, first served basis, Monday through Friday, from 8:30 a.m. to 3:30 p.m.
- Calling all Square Dancers. Everyone is back from Florida and so is square dancing Join us on Wednesday evenings, 7:00 p.m. at the Acushnet Senior Center. New participants are encouraged to stop by.
- Lovely Ladies Losing Lbs. (LLLs) meet every Friday at 10 a.m. This free, fun and supportive weight loss group 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 508-763-8723:

- 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 also welcoming new members.
- Foot Care Clinic is available all day by appointment.
- An Aerobics class meets on Mondays at 10:00 a.m. Learn Needlepoint and make tissue boxes, coat hangers, and other items on Tuesdays at 10:00 a.m. Instructor Iris Shaw will supply all needles and yarn.
- The Watercolor class meets on Wednesdays at 9:30 a.m. Painting with Instructor Matt brings thrilling classes to Fridays from 9:30 a.m. to 11:45 a.m.
- 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:

- A new Free Walking Group meets Wednesdays and Fridays from 8:30 a.m. to 9:30 a.m.
- Is your vision impaired? Would you or someone you know enjoy being read to at home? For more information contact Amy, the Center’s outreach worker.
- The Basic Sewing Class meets Thursdays at 11 a.m. We provide a machine or you may bring your own. Sign up is required on or before the 1st of the month.
- A Computer Clinic is available on Tuesdays from 10:15 a.m. to 12:15 p.m. No sign up is required and all levels are welcome. Lap tops are provided.
- Reiki classes meet the first and third Wednesday of each month at 11:15 a.m. Sign up to hold your spot.
- Free Osteo Exercise classes are offered Mondays at 10:30 a.m., Wednesdays at 10:00 a.m. and Fridays at 10:30 a.m. Personal trainer Larry Bigos teaches an individualized Flex and Strength Class on Wednesdays at 8:30 a.m. and Friday at 9:00 a.m. Beginners are welcome.
- The T.O.P.S Weight Loss support group meets on Mondays at 10 a.m. for weekly support and speakers. A Foot Care Clinic is held on the last Tuesday of each month. Appointments are required.

Fairhaven Senior Center
For more information on the following activities, call the Fairhaven Council on Aging at 508-748-3570:

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

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

- A new Tai Chi Qigong class meets on Fridays at 10 a.m. with Dr. Boris Koczera. Call to pre-register.
- The Low Vision Group meets the third Monday of the month at 10 a.m. Learn Computer Basics such as Internet, e-mail and more on Thursday mornings at 9.
- A Knitting and Crocheting class meets on Thursday mornings at 10. Beginners are welcome.

Marion Council on Aging
For information on activities, call the Marion COA office at 508-748-3570. If no one answers, please leave a message and someone will get back to you.

- The annual Senior Citizens Game Day will be held on Sunday, August 21, at 12 noon at the Social Club. Tickets are 50 cents and may be picked up at the Marion Council on Aging office during regular business hours. Each Marion resident may bring an out of town member. Take-out meals are not allowed. Please call the office if you are homebound and would like a meal delivered. Transportation may be provided upon request.
- The COA offers transportation to the Y in Wareham on Tuesdays and Thursdays. Pick up will begin at 10:30 a.m. The van will bring you to the Y in Wareham and pick you back up at 1:00 p.m. The COA has a drop off box for used eye glasses which will be donated to the Lions’ 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.
- On Wednesdays the Zumba Gold class meets at 10 a.m. and 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 meets Mondays at 12 noon. Foot Care is available all day on Friday.
- A Knitters Group is now meeting on Mondays at 10 a.m. Everyone is welcome.
- The Public Health Nurse is available on Thursday mornings at 9:30. On Fridays, Foot Care is available all day by appointment.
- Register to learn about Hospice Care and enjoy a free lunch on Tuesday, July 12. At 2 p.m. learn what Gluten Free means.
- The Friends of the Elderly will sponsor Pizza and a Movie on Tuesday, July 26. The movie will be All the King’s Men. They are also taking reservations for a Paws on Parade on Tuesday, August 2.

Rockester 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 by appointment. Sign up to learn about Veterans issues and speakers.
- Foot Care Clinic is held on the last Tuesday of each month. Appointments are required.

Support is available Monday mornings by appointment.
Senior Safety

Financial Abuse of Older Americans Has Increased Since 2008

Older Americans are losing $2.9 billion annually to elder financial abuse, a 12 percent increase from the $2.6 billion estimated in 2008, according to “The MetLife Study of Elder Financial Abuse: Crimes of Occasion, Deception, and Predation Against America’s Elders,” released last month by the MetLife Mature Market Institute.

Slightly more than half of reported cases of elder financial abuse crimes involved strangers as the perpetrators, while family, friends, and neighbors were involved with one third of the crimes. Exploitation from the business sector accounted for 12 percent of reported cases.

Robberies and crimes classified as “scams perpetrated by strangers” increased from 9 percent in 2008 to 28 percent in 2010.

Other major findings from the study, which was produced in collaboration with the National Committee for the Prevention of Elder Abuse (NCPEA) and the Center for Gerontology at Virginia Tech, include:

- Nearly 60 percent of perpetrators were males, mostly between ages 30 and 59.
- Victims were particularly vulnerable during the holidays when overall dollar losses due to family and friends were higher than any other time.
- In the most common scenarios, strangers targeted victims who were out shopping, driving or managing financial affairs, and often looked for particular flags of vulnerability like handicap tags on cars, walking canes or the appearance of confusion.
- Crimes included prose, purse snatchings and associated physical assaults. In cases involving a person known to the victim, trusted helpers like caretakers, handymen, friends, “sweethearts,” children, lawyers and others seized upon opportunities to forge checks, steal credit cards, pifer bank accounts, transfer assets and generally decimate elders’ financial safety nets.

“All elder financial crime invariably results in losses of human rights and dignity,” said Karen A. Roberto, Ph.D., director of the Center for Gerontology, at Virginia Polytechnic Institute.

“The 2010 Passage of the Elder Justice Act may bring more attention and resources to this crime leading to prevention among the expanding older population,” said Roberto. “In addition, a new Office of Financial Protection for Older Americans has been established as part of the new Financial Regulatory Reform Bill and Congress continues to focus on new legislation regarding this issue.”

EUA: A tesouraria ... continued from page 3

“Receber seu Seguro Social ou pagamento Suplementar de Renda de Seguranca por depósitos diretos ou Directo Expressa é mais seguro de Segurança por depósito directo pagamento Suplementar de Renda were males, mostly between ages 60 and 79, lived alone and required some help with either health care or home maintenance.

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- Victims were particularly vulnerable during the holidays when overall dollar losses due to family and friends were higher than any other time.

Are You Meeting Your Fluid Needs?

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

Drinking 100 percent fruit juice could have protective health benefits similar to those of whole fruits. Highlights from a new report summarizing recent research on the potential benefits of fruit juice suggest a positive association between drinking 100 percent juice and reduced risk for several chronic diseases, including cancer, cardiovascular disease and cognitive decline.

Among the fruit juices included in the review, apple, citrus, cranberry, grape, and pomegranate juices all showed beneficial effects. Markers of improved health ranged from reductions in urinary tract infections (cranberry) to improvements in age-related cognitive decline (grape and apple) to reduced risk of prostate (pomegranate) and respiratory and digestive (orange, grape-fruit) cancers. Additionally, intake of all juices was linked to heightened antioxidant activity.

Beat the Heat!!

Drink plenty of water regularly and often, even if you do not feel thirsty.

Wear lightweight, loose-fitting, light-colored clothing. Light clothes will reflect heat and sunlight and help maintain body temperature. Protect your face with a wide-brimmed hat.

Slow down, avoid strenuous activity. Do not try to do too much on a hot day.

Stay relaxed as much as possible.

Eat small meals and re-attempt. Avoid hot foods and heavy meals—they add heat (in your body).

Limit intake of alcoholic beverages. They can actually dehydrate your body.

Spend more time in air conditioned places. Air conditioning in homes and other buildings can greatly reduce the heat. If you do not have air conditioning, spend some time each day sitting in an air-conditioned environment. If you cannot afford an air conditioner, asking some time each day sitting in an air-conditioned environment, ask a neighbor or family member to do so.

If your home does not have air conditioning, stay on your lower floors, out of the sun. Electric fans do not cool the air, but they help evaporate moisture, which cools your body.

Close windows until morning or afternoon, use door seals, shades, screens or curtains. Outdoor awnings or curtains can reduce the heat this lowers a home by 20%.

Avoid outdoor exercise—even slow-paced exercise can be too stressful. If you are outside, use sunscreens with a high SPF (sun-protecting factor) rating.

Never leave children or pets alone in a closed vehicle.

Check on family, friends and neighbors, especially those who are elderly or have health issues.

100 Percent Fruit Juice May Offer Disease-Fighting Benefits

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Steps to Prevent Asthma Attacks

- Take it outside. One of the most common asthma triggers in the home is secondhand smoke. Until they can quit, people should smoke outside, not in their home or car.

- Play it safe. Ozone and particle pollution can cause asthma attacks. People should check the Air Quality Index (AQI) to view reports of unhealthy levels.

- Keep it clean. Dust mites are also big triggers for asthma. For dust mite control, cover mattresses and pillows with allergen proof covers and wash sheets and blankets once a week in hot water.

- Break the mold. Mold is another asthma trigger. The key to controlling mold is controlling moisture. People should wash and dry hard surfaces to prevent and markedly cut the incidence of breast cancer and several other major diseases than had been originally thought. The findings were published February 21 in the journal Anticancer Research.

Higher Vitamin D Intake Needed to Reduce Cancer Risk

Researchers at the University of California, San Diego School of Medicine and the Dartmouth Institute of Medicine, and Creighton University School of Medicine, and San Diego School of Sciences Institute of Medicine when a National Academy of Sciences Institute of Medicine committee reconfirms the RDA of 4000 IU per day of vitamin D as safe for everyday use by adults and children nine years and older. While the IOM committee states that 4000 IU per day is a safe dosage, the recommended minimum daily intake is only 600 IU per day.

- The study reports on a survey of several thousand volunteers who were taking vitamin D supplements in the dosage range from 1000 to 10,000 IU per day. “Now that the results of this study are in, it will become common for almost every adult to take 4000 IU/day,” Garland said. “This is comfortably under the 10,000 IU per day that the IOM Committee Report considers as the lower limit of risk, and the benefits are substantial.” He added that people who may have contraindications should discuss their vitamin D needs with their family doctor.

Generic Version of Aricept® Approved

Mylan Inc. announced in June that its subsidiary Matrix Labora- tories Limited has received final approval from the U.S. Food and Drug Administration (FDA) for its Abbreviated New Drug Application (ANDA) for Donepezil Hydrochlo- ride (HCl) Tablets, 5 mg and 10 mg, the generic version of Eisai’s Aricept® Tablets, which are used when a National Academy of Sciences Institute of Medicine committee reconfirms the RDA of 4000 IU per day of vitamin D as safe for everyday use by adults and children nine years and older. While the IOM committee states that 4000 IU per day is a safe dosage, the recommended minimum daily intake is only 600 IU per day. "Now that the results of this study are in, it will become common for almost every adult to take 4000 IU/day," Garland said. "This is comfortably under the 10,000 IU per day that the IOM Committee Report considers as the lower limit of risk, and the benefits are substantial." He added that people who may have contraindications should discuss their vitamin D needs with their family doctor.

Avoiding Health Risks Could Prevent More Than Half of A-Fib Cases

Reducing cardiovascular risk factors like high blood pressure, smoking, diabetes and being overweight could potentially reduce the number of cases of atrial fibrillation, according to research reported in Circulation: Journal of the American Heart Association.

More than 2 million Americans live with atrial fibrillation (AF), an irregular heart rhythm that occurs when the heart’s two upper chambers beat erratically, causing the chambers to pump blood rapidly, unevenly and inefficiently. Blood can pool and clot in the chambers, increasing the risk of stroke or heart attack. AF affects about 3 percent to 5 percent of people over age 65 and is related to about 15 percent of all strokes.

“We now know that a significant proportion of all new cases of atrial fibrillation can be avoided,” said Alvaro Alonso, M.D., M.P.H., Ph.D., professor of epidemiology and assistant professor of epidemiology and community health at the University of Minnesota School of Public Health. “Ideally, if individuals were able to maintain a normal blood pressure and healthy body weight and didn’t smoke, not only would it reduce their risks for other forms of cardiovascular disease, such as heart disease and stroke, but it might also decrease the risk of developing atrial fibrillation in later life.”

In the study, 57 percent of the AF episodes were linked to specific risk factors, including high blood pressure, smoking, diabetes, overweight and other heart diseases. Of these risks, high blood pressure was the strongest predictor, accounting for more than one-fifth of all cases.

Drug Shows Promise in Prostate Cancer

A new drug to treat prostate cancer shows early promise, particularly among men whose prostate cancers have spread to the bone, a multi-site study shows. The drug Cabozantinib is designed to target mainly two important pathways linked to the growth and spread of prostate cancer. The drug had the most effect on tumors that had spread to the bone.

“Not only did three-quarters of bone scans have partial or complete resolution, but this was accompanied by improvement in bone pain and decreased need for narcotic use,” says lead study author Maha Hussain, M.D., FACP, professor of internal medicine and urology and associate director of clinical research at the University of Michi- gan Comprehensive Cancer Center. The trial enrolled 171 men with metastatic prostate cancer. In more than three-quarters of the men experiencing cancer progression, Cabozantinib was linked to the bone. Researchers found 76 percent of patients saw some or all of their tumor shrink on bone scans following treatment with Cabozantinib. In addition, among patients who were on narcotics due to bone pain, 67 percent reported less pain after treatment.

Smokable Tobacco Products Not a “Safe” Alternative to Smoking

Smokable tobacco products should not be used as an alternative to cigarettes or for smoking cessation due to the risk of addiction and return to smoking, according to an American Heart Association policy statement. Smokable tobacco prod- ucts such as dry and moist snuff, as well as chewing tobacco, may also increase the risk of heart attack, fatal stroke and certain cancers, according to the statement.

“Tobacco product is safe to consume,” said lead researcher, Scott H. Wallack, Ph.D., lead writer of the statement and a professor in the Department of Behavioral and Social Sciences at the University of Illinois at Chica- go. The statement also addresses a controversy over whether smoke- less tobacco products are “safer” than smoking.

“People trying to quit smoking, nicotine replacement therapy (nicotine gum or a nicotine-releasing patch placed on the skin) is a safer alternative compared to using smokeless tobacco products. Clinical studies have found no increased risk of heart attack or stroke with using these options,” the statement said.

As smoke-free air laws become common in the U.S., smokeless products are being marketed as a substitution for cigarettes, but the products are harmful and addictive — that does not translate to a better alternative,” Pino said.

Parkinson’s Support Group Meets

The next meeting of the Parkin- son’s Support Group will be held on Thursday, July 14, at 1 p.m. at the Dartmouth Council on Aging on Dartmouth Street. An open discus- sion will be encouraged.

56 percent either stopped taking narcotics or reduced the dosage. More than one-quarter of patients who may have spread in the bone, a multi-site study shows. The drug Cabozantinib is designed to target mainly two important pathways linked to the growth and spread of prostate cancer. The drug had the most effect on tumors that had spread to the bone.

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New Guideline on Best Treatments for Diabetic Nerve Pain

The American Academy of Neurology has issued a new guideline on the most effective treatments for diabetic nerve pain, the burning or tingling pain in the hands and feet that affects millions of Americans. The guideline was published in the April 11, 2011, online issue of Neurology®, the journal of the American Academy of Neurology.

Diabetic nerve pain, or neuropathy, is caused by nerve damage. "When neuropathy strikes, it is painful and can disrupt sleep; because of this it can also lead to mood changes and lower quality of life," said author Veral Baek MD, FRCP, with the University of Toronto and a member of the American Academy of Neurology. "It is estimated that diabetic nerve pain affects 16 percent of the more than 25 million people living with diabetes. However, the evidence does not support the use of many treatments." According to the guideline, strong evidence shows the seizure drug pregabalin is effective in treating diabetic nerve pain and can improve quality of life; however, doctors should determine if it is appropriate for their patients on a case-by-case basis. In addition, the guideline found that several other treatments are probably effective and should be considered, including the seizure drugs gabapentin and valproate, antidepressants such as venlafaxine, duloxetine and amitriptyline, as well as opioids and capsaicin. Transcutaneous electric nerve stimulation (TENS), a widely used pain therapy involving a portable device, was also found to be probably effective for treating diabetic nerve pain.

"We were pleased to see that so many of these pain treatments had high-quality studies that support their use," said Bril. "Still, it is important that more research be done to show how well these treatments can be tolerated over time since diabetic nerve pain is a chronic condition that affects a person’s quality of life and ability to function."

As mejorias a assistência médica Preventivo Beneficia-se

Las personas con Medicare ahora tienen acceso a una nueva Visitas Anual de Bienestar donde pueden recibir una evaluación completa de su salud y desarrollar un plan personalizado de prevención. Costo-compartiendo para el Medi- care servicios impeditivos también mejoraron al 1 de enero.

Los servicios que ahora tienen no cost share (si un médico acepta a Medicare bajo medicar, sin embargo él o ella aceptan lo que Medicare paga por un servicio como pago en último caso.)

La investigación aórtica abdominal del aneurisma, Deshuesa medida masiva, está disponible. Imágenes de los diferentes tipos de cáncer en la piel, la investigación Cardiovascular pruebas (aunque tendrá generalmente que pagar el 20 por ciento de la cantidad Medicare-Aprobado para la visita de doctor), tratamiento de los dispendios de Hepatitis B, pruebas de investigación de VIH (aunque usted tendrá generalmente que pagar el 20 por ciento de la cantidad Medicare-Aprobado para la visita del doctor) servicios Médicos de terapia de nutrición (para éstos con la diabetes or the enfermedad renal, o que ha tenido un trasplante de riñón en los últimos 36 meses y en cuyo médico los se refiere para estos servicios), los fritos y exámenes pélvicos, exámenes Físicos – ambos el “visita de bienestar” y el anual “visita de bienestar,” el disparo Neumocócico, la investigación de cáncer de Próstata, Fumando El paro que aconseja: Más personas son ahora elegibles a parar el tabaco porque ahora los beneficios de fumar pueden aprovecharse de tanto como ocho por hora de que aconseja las sesiones.

Strawberries are the angels of the earth, innocent and sweet with green leafy wings reaching heavenward.

Terri Gillmeets

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JULY 2011 Senior Scope 11

Impaired Vision Group Meets

An Impaired Vision Group meets on the third Monday of each month from 10 a.m. to noon in the Ashley Room at New Bedford City Hall.

Diabetic Nerve Pain

As pessoas com assistência médica agora têm acesso a uma nova Visita Anual de Bem-estar onde eles podem receber uma avaliação abrangente de risco de saúde e desenvolve um plano personalizado de prevenção. Custo-compartilhando para assistência médica serviços preventivos também melhoraram a partir de 1 de Janeiro.

Médicos de terapia de nutrición (para essa com diabete ou doença de rim, ou que tiveram um rim transplantados nos últimos 36 meses e cujo médico os refere para esses serviços), exames pélvicos, exames médicos – ambos o “Bem-vindo a assistência médica” visita e o anual “visita de bens-estar.”

Pneumococcalt arriva, exibição de cancro de Próstata, Fumando O aconselhamento de suspensão: Mais pessoas estão agora elegíveis para a suspensão que fuma aconselhamento beneficio sob assistência médica. Agora todos os beneficiários que fumam tiram proveito de até oito suspensão que fuma sessões de aconselhamento.

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A mock wedding was often staged as part of a bridal shower in the 1940s. Friends and relatives played the bride and groom and provided lots of fun and hilarity. This photo was taken at Hilda Vieira Alves bridal shower in 1944. Hilda has been the receptionist at the Dartmouth Senior Center for many years.

Kneeling, left, unknown, on the right are Isabel Freitas and, first name unknown, Freitas. In the second row, left to right, unknown, Sally, last name unknown, is the “bride,” Mary Motta is the “priest,” Arlene Freitas is the “groom” and Margaret Oliveira Mello is the “best man.”

Our thanks to Margaret Mello for submitting this photo.

Southeastern Alliance for Elders Works to Prevent Elder Abuse

Elder abuse is often a hidden issue. Yet it occurs in every community and affects people from all walks of life. Victims may live in fear, guilt, or shame knowing their neglect or physical and emotional pain was caused by a person close to them.

Elder abuse is an act or omission which results in serious physical or emotional injury or financial exploitation of an elder. Acts or omissions include physical abuse, emotional abuse, sexual abuse, neglect, and financial exploitation.

The Southeastern Alliance for Elders (SAFE) is an elder justice coalition formed by Bristol Elder Services, Inc. (Bristol) and other community agencies. Bristol is the local resource for seniors who are abused, neglected, exploited, or self-neglecting. SAFE’s mission is to prevent and eliminate abuse of elders through five pillars of hope: community collaboration in education, awareness, advocacy, intervention, and resource development. SAFE works to increase awareness of elder abuse, reporting protocols, and resources available to abused, neglected, and exploited elders.

If you have cause to believe that you or someone you know who is sixty or older is being abused, neglected, or exploited, there is help. You are not alone. Bristol provides assistance to elders in the greater Attleboro, Fall River, New Bedford and Taunton communities.

Call Bristol at 508-675-0101 to file a confidential report. After normal business hours, reports may be filed with the statewide Elder Abuse Hotline at 1-800-922-2775. You may also call Bristol for more information about SAFE.

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

Ogden Nash

Answers to Trivia Quiz

1) Wyoming
2) David
3) Harry S Truman
4) Carries electricity
5) Benjamin Franklin was never a U.S. President
6) Deborah Kerr
7) John F. Kennedy
8) Manisee
9) Fort Rodman
10) Wisconsin

Mail Subscription Available

SeniorScope is available free of charge at more than 200 locations in New Bedford, Acushnet, Dartmouth, Fairhaven, Gosnold, Marion, Mattapoisett and Rochester. These locations include senior centers and clubs, banks, supermarkets, pharmacies, and other retail outlets. SeniorScope is also delivered with Meals on Wheels.

Following many requests, we now offer mail delivery subscriptions. The cost is $10 per year to cover postage and handling.

SeniorScope is still available free of charge at all the regular locations. But if you want to receive the paper through the mail, please fill out the coupon below and send it with your check or money order made payable to SeniorScope. Please see coupon for mailing instructions.

Mail Subscription

Yes, I want to receive SeniorScope by mail. Enclosed is a check or money order in the amount of $10 to cover postage and handling for one year (10 issues).

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Zip____________________________________________
Telephone_______________________________________

Mail to: SeniorScope, 181 Hillman Street, New Bedford MA 02740.