

NEW BEDFORD'S Senior Scope

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Inside



Health Fair, p.8

- Editor's Notes2
- Donations2
- Cohabiting Seniors3
- Treasury Phasing out
Checks3
- Menu for July4
- Recipe Roundup4
- Shopping Guide5
- Update6
- Foster Grandparents7
- Trivia Quiz7
- Senior Travel7
- At the Senior Centers8
- Financial Abuse9
- Your Fluid Needs9
- Prevent Asthma Attacks10
- Vitamin D and Cancer10
- Diabetic Nerve Pain11
- Medicare Preventive
Benefits11
- The Way We Were12

- Los Artículos en
EspañolPágina 3, 11
- Os Artigos em
PortuguêsPágina 3, 11

SUMMERTIME!



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.

According to the National Council on Aging, a non-profit advocacy group, approximately 13 million older Americans are economically insecure, living on \$22,000 or less. These financial stresses, combined with history of high turnout, could make seniors a swing voting bloc in the upcoming election. "It will be crucial for seniors to know where the candidates stand on issues affecting current and future retirees" said Barbara Easterling, President of the Alliance for Older Americans.

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 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.

"What is critical is that, as we age, 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

Clifton Bulgar Honored



Clifton Bulgar, 94, beams as he receives a citation from Coastline Elderly Services CEO Paula Shiner at the Foster Grandparent Program's recognition banquet at the Century House on June 10. Mr. Bulgar is retiring after volunteering for 25 years as a Foster Grandparent with North Star Learning Center, formerly United Front Homes Day Care. After his first year of service, Mr. Bulgar wrote, "Working with the children has helped to brighten my life. (It) has given me the opportunity to meet other people."

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.

Editor's Notes

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 week-end 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 weekdays 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 was beautiful and the beach seemed to go on for miles. We had to take a dune buggy to get there and that was exciting.

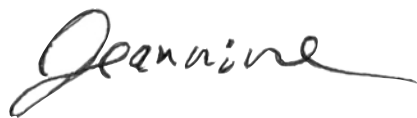
After I started driving, I would go to the beach with my sisters and friends, and later my daughter and my grandchildren, even sometimes alone.

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.



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.

Someone's sitting in the shade today because someone planted a tree a long time ago.

Warren Buffett

Donations to SeniorScope

IN APPRECIATION

Commonwealth Energy Retirees \$50.00

IN MEMORY

In memory of Mitchell Fal 7th anniversary
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- Eva Britto-Thatcher and Domingo Thatcher, Carver

In memory of Roland Bellavance \$25.00
-Mrs. Gertrude Bellavance, New Bedford

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-Anonymous

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-Anonymous

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-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

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-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

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You and Your Money

U.S. Treasury to “Retire” Paper Checks

Paper checks are no longer an option for new Federal benefit applicants. All new Federal benefit applicants must choose one of the two electronic payment options recommended by the Treasury Department: direct deposit or the Direct Express® Debit MasterCard® card.

The retirement of paper checks is a part of the US Treasury Department's Go Direct Campaign. It is projected that the move to pay all Federal benefits electronically will save taxpayers one billion dollars over the next ten years. Eliminating paper checks also will provide positive benefits to the environment, saving 12 million pounds of paper in the first five years alone.

For direct deposit, beneficiaries should have the following on-hand when they fill out a Federal benefit application:

Financial institution's routing transit number

Account type (checking or

Tesoro de los Estados Unidos “Jubilar” los Cheques de Papel

Los cheques del papel ya no son una opción para nuevos solicitantes Federales de beneficio. Todos los nuevos solicitantes Federales del beneficio deben escoger uno de las dos opciones electrónicas de pago recomendados por la Hacienda: depósito directo o el Expreso Directo® Mastercard de Débito® tarjeta. La jubilación de cheques de papel es una parte de la Hacienda de EEUU Va Campaña Directa.

Es proyectado que el movimiento para pagar todos los beneficios Federales guardarán electrónicamente a contribuyentes un billones de dólares en los próximos diez años. Eliminar cheques de papel también proporcionarán beneficios positivos al ambiente, guardando 12 millones de libras de papel en los primeros cinco años sólo.

Para el depósito directo, los beneficiarios deben tener el siguiente a la mano cuando llenan una aplicación Federal de beneficio:

El número del tránsito de la institución financiera que dirige de tipo Cuenta (verificando o los ahorros)

EUA. A tesouraria “Aposentar” Cheques de papel

Cheques de papel não são mais uma opção para novos candidatos Federais de benefício. Todos novos candidatos Federais de benefício devem escolher um das duas opções electrónicas de pagamento recomendados pelo Departamento de Tesouraria: depósito directo ou o Directo Expresso® Débito MasterCard® cartão.

A aposentadoria de cheques de papel é uma parte do Departamento de Tesouraria de EUA Vai Campanha Directa. É projectado que o movimento pagar todos benefícios Federais electronicamente guardará um bilhão de dólares de contribuintes sobre os próximos dez anos. Eliminar cheques de papel também fornecerá benefícios positivos ao ambiente, guardando 12 milhões libras de papel nos primeiros cinco anos só.

savings)

Account number

Beneficiaries who do not have a bank account or who prefer a prepaid debit card can sign up for the Direct Express® card. If choosing this option, people should notify their Federal benefit agency at the time they apply for the benefit.

Beneficiaries, who currently receive Federal benefits by paper check, must switch to one of the electronic payment options by March 1, 2013.

“Getting your Social Security or Supplemental Security Income payment by direct deposit or Direct Express is safer and more reliable,” said Michael J. Astrue, Commissioner of Social Security. “You don’t have to worry about your check being lost or stolen and your money is available immediately on your payment date. There is no need to wait for the mail to arrive.”

número de cuenta

Los beneficiarios que no tienen una cuenta bancaria ni que prefieren que una tarjeta de débito pagada por adelantado puede inscribirse para el Expreso Directo® tarjeta. Si escogiendo esta opción, las personas deben notificar su agencia Federal de beneficio en aquel momento ellos solicitan el beneficio. Los beneficiarios, que reciben actualmente beneficios Federales por cheque de papel, le deben cambiar de las opciones electrónicas de pago por el 1 de marzo de 2013.

“Conseguir su Seguridad social o pago Suplementario de Ingresos de Seguridad por depósito directo o Expreso Directo son más seguro y más seguro,” dijo Michael J. Astrue, el Miembro de una comisión de Seguridad social. “Usted no tiene que preocuparse por su cheque para ser perdido o para ser robado y su dinero está disponible inmediatamente en su fecha de pago. No hay necesidad de esperar el correo para llegar”.

Para depósito directo, beneficiários devem ter o séquito à disposição quando eles completam uma aplicação Federal de benefício:

Instituição financeira trânsito de despacha

tipo de Conta de número (verificando ou poupança)

número de conta

Os beneficiários que não têm uma conta bancária nem que preferem um cartão pré-pago de débito inscrever-se para o Directo Expresso® cartão. Se escolhendo esta opção, as pessoas devem notificar sua agência Federal de benefício no tempo que eles solicitam os benefícios. Os beneficiários, que atualmente recebem benefícios Federais por cheque de papel, devem trocar a um das opções electrónicas de pagamento por 1 de Março, 2013.

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 we least expect it. Many natural disasters force people to leave their homes. The last thing a person who falls victim to this kind of devastation needs to worry about is how they're going to get their next Social Security or 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.

Electronic payments are safe. Your 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 when it's made electronically. Your money is immediately available to you once it's deposited; no waiting by the mailbox for the check to arrive.

Electronic payments are convenient. No more need to stand in line at the bank to cash your 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 your mailbox when you're on vacation or away from home.

Perhaps we also should mention that electronic payments are now mandatory. People who apply for Social Security benefits now must receive payments electronically. Nearly everyone currently receiving benefits who has 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 three at www.godirect.org.

If you're ever faced with a devastating event, there will be no question 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 Payments Electronically* at www.socialsecurity.gov/pubs/10073.html. Or go directly 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 nearly doubled between 1989 and 2000. 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 deal with the objections of children worried about their inheritance.

There are risks to cohabiting without marriage, however. You have no rights with regard to your partner's health care decisions. In addition, you may be considered “common law” married by a court after you die, possibly causing a dispute between your partner and your children. If you and your partner plan to live together without getting married, you can take a number of steps to ensure that you are protected and your wishes are followed.

Sign a cohabitation agreement. If you live in a state that recognizes common law marriage or even if you don't (some courts have recognized the rights of unmarried partners who lived together in non-common law states), you may want to enter into a cohabitation agreement with your partner. The agreement can state your intentions not to marry or to make any claims against each other. It can also specify the division of household expenses and what will happen to your house in the case of death or breakup. You should consult a lawyer for assistance in drawing up an agreement.

Provide access to health care decision making. If you are not married, you have no right to participate in your partner's health care decisions or even, in some

circumstances, to visit your partner at the hospital. To avoid this situation, you need several documents. You can sign a Health Insurance Portability and Accountability Act (HIPAA) medical release to allow each other access to the other's medical information. In addition, you should have a health care proxy and/or a durable power of attorney for health care, naming your partner as your agent to make health care decisions.

Sign a durable power of attorney. A power of attorney allows your partner, or whomever you appoint, 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.

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 important to specify what will happen to your house if it is owned by only one partner.

Think about the tax consequences 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, consult an estate planning attorney or tax expert to find ways to limit estate taxes.

Look into registering as domestic partners. Some cities and states have domestic partnership laws, which may allow unmarried couples to take advantage of their partners' health insurance or to participate in health care decisions

(From Surprenant & Beneski, P.C. newsletter. Reprinted with permission.)

Menu for July 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
S U M M E R				1 Broccoli and Cheese Baked Fish (Pollock) Scalloped Potatoes Peas Fruit Muffin Fresh Fruit Calories: 744 Fat: 36% Sodium: 689 mg
4 Holiday Memorial Day Site Closed	5 Corn Chowder BBQ Chicken Green Beans Multi-Grain Roll Apricots Calories: 650 Fat: 40% Sodium: 785 mg	6 Veggie Chili Dirty Rice Corn Bread Arctic Ice Diet: Jello Calories: 659 Fat: 23% Sodium: 830 mg	7 Roast Turkey w/ Gravy Cranberry Sauce Mashed Potato Winter Squash Whole Wheat Bread Applesauce Calories: 601 Fat: 23% Sodium: 901 mg	8 Meatball Stroganoff Buttered Noodles Beets Wheat Bread Orange Calories: 724 Fat: 33% Sodium: 750 mg
11 Chicken Cacciatore Italian Pasta Tuscan Blend Veg Whole Wheat Bread Peaches Calories: 649 Fat: 16% Sodium: 548 mg	12 American Chop Suey Broccoli Whole Wheat Roll Apple Cake Diet: Applesauce Calories: 663 Fat: 32% Sodium: 855 mg	13 *High Sodium* Breaded Chicken Filet Beans & Rice Mixed Veg Hamburger Roll Fresh Fruit Calories: 798 Fat: 22% Sodium: 1092 mg	14 Beef Stew w/ Vegetables Whole Boiled Potatoes Multi-Grain Roll Pudding Diet: Pudding Calories: 769 Fat: 40% Sodium: 635 mg	15 Crunchy Fish (Pollock) Tartar Sauce Parsley Whip Potato Zucchini & Tomatoes Dinner Roll Fresh Fruit Calories: 725 Fat: 31% Sodium: 933 mg
18 Lasagna w/ Tomato Vegetable Sauce Italian Blend Veg Whole Wheat Roll Arctic Ice Diet: Pudding Calories: 596 Fat: 23% Sodium: 977 mg	19 Cream of Carrot & Celery Soup Herbed Baked Chicken Parmesan Mash Potato Dinner Roll Fresh Fruit Calories: 797 Fat: 41% Sodium: 906 mg	20 Meatloaf w/ Mushroom Gravy Whipped Potato Riviera Blend Veg Fruit Muffin Peaches Calories: 857 Fat: 35% Sodium: 658 mg	21 Chicken Divan Confetti Rice Multi-Grain Roll Apple Crisp Diet: Graham Waffle Calories: 638 Fat: 32% Sodium: 801 mg	22 Roast Pork w/ Gravy O'Brien Potatoes Beets Finger Roll Fresh Fruit Calories: 752 Fat: 33% Sodium: 612 mg
25 Sloppy Joe Hash Brown Summer Blend Veg Hamburger Roll Apricots Calories: 726 Fat: 28% Sodium: 771 mg	26 Macaroni & Cheese Escalloped Tomatoes Multi-Grain Roll Pears Calories: 763 Fat: 40% Sodium: 975 mg	27 Sweet & Sour Chicken Asian Rice Oriental Blend Veg Whole Wheat Bread Birthday Cake Diet: Graham Waffle Calories: 885 Fat: 32% Sodium: 676 mg	28 *High Sodium* Reduced Sodium Hot Dog Mustard Packet Veggie Baked Beans Hot German Slaw Hot Dog Roll Peaches Calories: 731 Fat: 40% Sodium: 1100 mg	29 Shrimp and Seafood Newburg Buttered Noodles Jardinière Blend Veg Whole Wheat Roll Fresh Fruit Calories: 703 Fat: 27% Sodium: 854 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: Kraftrecipes.com

Beef and Peppers

Ingredients:

1 cup beef cubes
1 cup tomatoes
1/8 teaspoon garlic powder
Dash 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

Tuna Pasta Salad

Ingredients:

1 cup cooked pasta
1/2 cup diced red pepper
1/2 can 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

Quick Guide for Reducing Recipes

Making Half a Recipe:

When a Recipe Calls for:	Use:
1/4 cup	2 tablespoons
1/3 cup	2 tablespoons + 2 teaspoons
1/2 cup	1/4 cup
2/3 cup	1/3 cup
3/4 cup	6 tablespoons
1 tablespoon	1 1/2 teaspoons
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon

Making One-Third of a Recipe:

When a Recipe Calls for:	Use:
1/4 cup	1 tablespoon + 1 teaspoon
1/3 cup	1 tablespoon + 2 1/3 teaspoons
1/2 cup	2 tablespoons + 2 teaspoons

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

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- on-site laundry facilities
- on-site parking
- community room
- a wide range of resident services programs

Please visit our website for additional housing options.

Carriage House

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

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

Carriage House at Acushnet Heights offers many amenities:

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

Choose Carriage House at Acushnet Heights as your new home.

Call 508-993-0433 for an application today.

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Update

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, cacoila, 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 WCFestival@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 Katheryn 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.

SENIOR SATURDAY AT THE

FEAST of the BLESSED SACRAMENT



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, Cacoila, Tuna, Pork
Butt, Goat, Rabbit, vegetable, potato,
Soup, and coffee!

FREE live entertainment

FREE Admission to Museum of
Madeiran Heritage



www.PortugueseFeast.com

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 Sisson, whose vision 29 years ago launched the partnership of the Foster Grandparent Program and Coastline Elderly Services. In honor of Charlie's memory new children's books were donated with an inscription "A gift dedicated in memory of Charles N. Sisson. 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



Myra LeValley, left, thanks Coastline Elderly Services CEO Paula Shiner after receiving her special citation at the Foster Grandparent Program's recognition banquet at the Century House on June 10. Ms. LeValley is retiring after volunteering for 25 years as a Foster Grandparent at St. Luke's Hospital.

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 the Buzzards 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."

Heather added, "We would also like to thank Marie Hardy and Simone Dalton for their guidance and expertise in this endeavor." If anyone would like to donate plants or bulbs for the garden or would like to donate time weeding or doing simple garden maintenance, call the Acushnet Senior Center at 508-998-0280.

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?

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 trips:

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 14 – Sandwich Glass Museum and Aqua Grille.

Thurs. July 21 – Cape Cod Maritime Museum

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

Mon. July 18 – Foxwoods Casino.

Wed. July 20 – Clambake and Kittery Oulets

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.

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

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

Tues. Sept. 6 – Twin River Casino

Wed. Sept. 7 – Portland Harbor Cruise and lunch.

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

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 508-991-6171 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.

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At the Senior Centers

Acushnet Senior Center

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

The **Annual Summer BBQ** is set for Tuesday, 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 but 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 Wednesday evenings, 7:00 p.m. at the Acushnet Senior Center. New participants are encouraged to stop by.

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:

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.

Registered Dietitian Kimberley Ferreira of Coastline Elderly Services will discuss **Eating Healthy for the Summer** on Tuesday, July 26 at noon.

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

A free **Strength and Conditioning** class with Larry Bigos meets on Thursdays at 10 a.m.

The **Book Club** meets on the third Wednesday of each month at 10 a.m. The next meeting is July 20. The book for July is "Perfect Storm." Rob Macedo from West Island Area Sky Warn will be at the meeting to discuss weather conditions.

The **New Horizons Choral Group** meets on Thursdays from 1:00 p.m. to 2:00 p.m. New members 55 and up are welcome.

Buttonwood Senior Center

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

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

Learn **Needlepoint** and make tissue boxes, coat hangers, and other items on Tuesdays at 10 a.m. Instructor Iris Shaw will supply all needles and yarn.

The **Watercolor** class meets on Wednesdays at 9:30 a.m. **Painting with Friends** meets on Wednesday at 12:30 p.m.

The **Swing Dancers** 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. No sign up is required.

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

Reiki classes meet the first and third Wednesday of each month at 11:15 a.m. Sign up to hold your spot.

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

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

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

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

Downtown Senior Center

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

A new **Tai Chi Qigong** class meets on Wednesdays at 4 p.m. with Dr. Boris Kremer. Call to pre-register.

A free **Support Group** led by Licensed Social Worker Jennifer Marszalek meets on Monday mornings at 10. Confidential individual **Counseling and**

Support is available Monday mornings by appointment.

Fairhaven Senior Center

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

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

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

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

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

Hazelwood Senior Center

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

A new **Tai Chi Qigong** class meets on Fridays at 10 a.m. with Dr. Boris Kremer. 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.

Anyone interested in learning **Line Dancing** can join instructor Nancy Cabral every Thursday from 1 p.m. to 3 p.m.

Dancercise with Big Band Music led by Victor Fonseca meets every Tuesday from 1 p.m. to 2 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 annual **Senior Citizens Chicken Bake** put on by the Marion Social Club will be held on Sunday, August 21, at 12 noon at the Social Club. Tickets are 50 cents and may be picked up at the Marion Council on Aging office during regular business hours. Each Marion resident may bring an out of town guest. Take-out meals are not allowed. Please call the office if you are homebound and would like a meal delivered. Transportation may be provided upon request.

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

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

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 on Fridays 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 **Pawsox Game** on Tuesday, August 2.

Rochester Senior Center

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

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

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

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

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

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

Tai Chi for Seniors led by certified instructor Karen Corcoran meets on Mondays at 2 p.m. All ages and fitness levels are welcome.

Fitness instructor Linda Kearley leads a **Wonder Workout** for all levels on Thursdays from 5 p.m. to 6 p.m. This fun, well rounded program of exercise and fitness includes some Zumba Gold, disco aerobics, weight bearing exercises for strong bones, plus stretching and flexibility.

Health Fair Draws a Crowd



A health fair sponsored by Coastline Elderly Services at the Dartmouth Senior Center in observance of Older Americans Month in May drew a large crowd of seniors.

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, Desperation, 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 made, 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:

Women were nearly twice as likely to be victims of elder financial abuse as men.

Most victims were between the ages of 80 and 89, lived alone and required some help with either health care or home maintenance.

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 cons, 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, pilfer bank accounts, transfer assets and generally decimate elders' financial safety nets.

"Elder financial abuse invariably results in losses of human rights and dignity. Despite growing public awareness from a parade of high-profile financial abuse victims, it remains underreported, under-recognized, and under-prosecuted," 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 Segurança por depósito directo ou Directo Expressa é mais seguro e mais de confiança," disse Michael J. Astrue, Comissário de Seguro Social. "Você não tem que preocu-

par-se com seu cheque sendo perdido nem sendo roubado e seu dinheiro está disponível imediatamente em sua data de pagamento. Não há nenhuma necessidade esperar para o correio chegar".

Nutrition News

Are You Meeting Your Fluid Needs?

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

We all know that water is essential for our body to function and that about 60 percent of our body is water. But, do you make an effort to ensure that you are getting enough water and fluids each day? Older adults are particularly susceptible to dehydration during the summer months. Why? As we age, our sense of thirst decreases, so even though our body may need to drink, you may not feel thirsty.

What can you do about it?

- Make sure you are drinking enough fluids, such as water (the best source), tea, coffee, and juice.
- Eat fruits and vegetables daily as these have high water content, especially cucumbers, strawberries, watermelon, lettuce, tomatoes, celery.

How do you know if you are staying properly hydrated?

- The best indication of hydration is the color of your urine
- A pale yellow or straw color is indication that you are hydrated

What else can I do?

- Be aware of signs of dehydration:
- Fatigue

- Thirst
- Decreased urine output
- Headaches
- Dry skin, lips, mouth
- Dizziness or lightheadedness
- Constipation

Sources: MayoClinic.com, Commonwealth of Massachusetts, Health Promotion Campaign, Univ. of Kentucky Cooperative Extension

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

Did you know?

Cucumbers and Lettuce are 96 percent water, the highest of all fruits and vegetables.

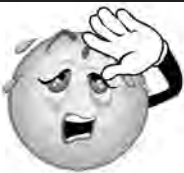
100 Percent Fruit Juice May Offer Disease-Fighting Benefits

Drinking 100 percent fruit juices 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, grapefruit) cancers. Additionally, intake of all juices was linked to heightened antioxidant activity.

Beat the Heat!!



Here are some tips to follow during hot, humid weather:

- Drink plenty of water regularly and often, even if you do not feel thirsty.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- Stay indoors as much as possible.
- Eat small meals and eat more often. Avoid hot foods and heavy meats—they add heat to 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 markedly reduces danger from the heat. If you do not have an air conditioner, spending some time each day (during hot weather) in an air-conditioned environment affords some protection.
- If your home does not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate sweat, which cools your body.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%.
- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating.
- 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.



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MY LIFE MY HEALTH



Chronic Disease Self-Management Program

A SIX WEEK WORKSHOP OFFERED TO ADULTS LIVING WITH THE CHALLENGES OF ONE OR MORE PERSISTENT HEALTH CONDITIONS

CLASS MEETS ONCE A WEEK FOR 6 WEEKS

Class Begins: Wednesday, September 14th (through October 19th)
9:00 am – 11:30 am

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Cost: FREE!! (Snacks will be provided)

For More Information or to Register Contact
Sue Schwager
Marion Council on Aging
(508) 748-3570

Kimberly Ferreira
Coastline Elderly Services, Inc.
(508) 999-6400 ext. 194



Your Health

Steps to Prevent Asthma Attacks

Asthma affects nearly 25 million people in the U.S. Asthma has consistently increased over the past decade with more than four million additional cases reported, including nearly one million additional cases reported in children. One out of every 10 school aged children is affected and approximately 13 million people have reported having an asthma attack in the past year.

“All Americans should be able to breathe easy whether they’re at home, at work or on the playground,” Environmental Protection Agency Administrator Lisa P. Jackson said. “Yet too many of our children and family members suffer from asthma, resulting in doctor and hospital visits, lost learning time, more sick days and higher health care costs. It’s our mission at EPA to protect the health of our communities by putting Clean Air Act safeguards in place to reduce levels of harmful pollutants in the air we all breathe.”

EPA recommends these top five steps people can take to help prevent asthma attacks:

- **Take it outside.** One of the most common asthma triggers in the home is second hand 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 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.

- **Stake your claim.** Household pets can also trigger asthma. People should keep pets out of the bedroom and off furniture.

- **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 remove mold, and should replace moldy ceiling tiles and carpet.

Higher Vitamin D Intake Needed to Reduce Cancer Risk

Researchers at the University of California, San Diego School of Medicine, and Creighton University School of Medicine in Omaha have reported that a much higher intake of vitamin D is needed to reach blood levels that can prevent or 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*.

While these levels are higher than traditional intakes, they are largely in a range deemed safe for daily use by the National Academy of Sciences Institute of Medicine. “We found that daily intakes of vitamin D by adults in the range of 4000 to 8000 IU are needed to maintain blood levels of vitamin D metabolites in the range needed to reduce by about half the risk of several diseases - breast cancer, colon cancer, multiple sclerosis, and type 1 diabetes,” said Cedric Garland, DrPH, professor of family and preventive medicine at UC San Diego Moores Cancer Center.

Interest in larger doses was spurred in December of last year,

when a National Academy of Sciences Institute of Medicine committee identified 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.

“Now is the time for virtually everyone to take more vitamin D to help prevent some major types of cancer, several other serious illnesses, and fractures,” said Heaney.

Generic Version of Aricept® Approved

Mylan Inc. announced in June that its subsidiary Matrix Laboratories Limited has received final approval from the U.S. Food and Drug Administration (FDA) for its Abbreviated New Drug Application (ANDA) for Donepezil Hydrochloride (HCl) Tablets, 5 mg and 10 mg, the generic version of Eisai’s Aricept® Tablets, which are used

to treat dementia associated with Alzheimer’s disease.

Donepezil HCl Tablets had U.S. sales of approximately \$2.3 billion for the 12 months ending March 31, 2011, according to IMS Health. Mylan Pharmaceuticals Inc. is launching this product immediately.

Parkinson’s Support Group Meets

The next meeting of the Parkinson’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 discussion will be encouraged.

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

Reducing cardiovascular risk factors like high blood pressure, smoking, diabetes and being overweight could potentially reduce more than half of all 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 cases of atrial fibrillation can be avoided,”

said Alvaro Alonso, M.D., M.P.H., Ph.D., co-author of the study 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 also would significantly impact 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 against tumors that 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 Michigan Comprehensive Cancer Center.

The trial enrolled 171 men with metastatic prostate cancer. In more than three-quarters of the men enrolled, cancer had spread 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 and

56 percent either stopped taking narcotics or reduced the dosage. More than two-thirds of patients had some tumor regressions in areas of spread outside the bone. The treatment effects lasted on average 29 weeks.

The study found moderate side effects from Cabozantinib, including fatigue, gastrointestinal symptoms and high blood pressure. “What’s interesting about this drug is it brings to the table something we haven’t seen before. Dramatic improvements in bone scans are unprecedented in this disease. Despite measurable progress, current treatment options for advanced prostate cancer tend to be modest in effect, so adding to and improving these options is a high priority,” Hussain says.

Hussain cautions that this is very early data, but it opens a new door for further investigation. The manufacturer, Exelixis, has developed a randomized clinical trial that is currently open at the U-M Comprehensive Cancer Center and other locations.

Smokeless Tobacco Products Not a “Safe” Alternative to Smoking

Smokeless 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. Smokeless tobacco products such as dry and moist snuff, as well as chewing tobacco, may also increase the risk of fatal heart attack, fatal stroke and certain cancers, according to the statement.

“No tobacco product is safe to consume,” said Mariann Piano, Ph.D., lead writer of the statement and a professor in the Department of Biobehavioral Health Science at the University of Illinois at Chicago. The statement also addresses a controversy over whether smokeless tobacco products are “safer”

than smoking.

For 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 either type of nicotine replacement therapy.

As smoke-free air laws become common in the U.S., smokeless tobacco products have been marketed as a situational substitute for cigarette smoking when smoking is prohibited. “Smokeless tobacco products are harmful and addictive – that does not translate to a better alternative,” Piano said.

Your Health

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 people with diabetes. The guideline was published in the April 11, 2011, online issue of *Neurology*, the medical 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 lead guideline author Vera Bril, 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 in the United States and is often unreported and more often untreated, with an estimated two out of five cases not receiving care."

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 and painkillers such 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."

Improvements to Medicare Preventive Benefits

People with Medicare now have access to a new Annual Wellness Visit where they can receive a comprehensive health risk assessment and develop a personalized prevention plan. Cost-sharing for Medicare preventive services also improved as of January 1.

The services which now have no cost-sharing (if a doctor accepts assignment under Medicare, meaning he or she accepts what Medicare pays for a service as payment in full) include:

Abdominal aortic aneurysm screening,

Bone mass measurement, **Breast** cancer screening/mammograms,

Cardiovascular screening tests (although you generally will have to pay 20 percent of the Medicare-approved amount for the doctor's visit),

Certain types of colorectal cancer screenings (i.e., flexible sigmoidoscopy and colonoscopy),

Diabetes screening tests (although you generally will have

to pay 20 percent of the Medicare-approved amount for the doctor's visit),

Flu shots, **Hepatitis B** shots,

HIV screening tests (although you generally will have to pay 20 percent of the Medicare-approved amount for the doctor's visit)

Medical nutrition therapy services (for those with diabetes or kidney disease, or who have had a kidney transplant in the last 36 months and whose doctor refers them for these services),

Pap tests and pelvic exams, **Physical** exams – both the "Welcome to Medicare" visit and the annual "wellness visit,"

Pneumococcal shot, **Prostate** cancer screening,

Smoking cessation counseling: More people are now eligible for the smoking cessation counseling benefit under Medicare. Now all beneficiaries who smoke can take advantage of as many as eight smoking cessation counseling sessions.

Las mejoras al Medicare Impeditivo Benefician

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

Los servicios que ahora tienen no costo-compartiendo (si un médico acepta tarea bajo Medicare, significando él o ella aceptan lo que Medicare paga por un servicio como pago en lleno) incluye:

La investigación aórtica abdominal del aneurisma,

Deshuesa medida masiva, investigación/mamogramas de cáncer de mama,

la investigación Cardiovascular pruebas (aunque tendrá generalmente que pagar el 20 por ciento de la cantidad Medicare-Aprobado para la visita de doctor),

Ciertos tipos de investigaciones colorectales de cáncer (es decir, sigmoidoscopy y colonoscopia flexibles),

pruebas de investigación de Diabetes (aunque tendrá general-

mente que pagar el 20 por ciento de la cantidad Medicare-Aprobado para la visita de doctor),

disparos de Gripe, disparos 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 de doctor)

servicios Médicos de terapia de nutrición (para éstos con la diabetes o la 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 frotis y exámenes pélvicos, exámenes Físicos – ambos el "bienvenido a Medicare" visita y el anual "visita de bienestar,"

disparo Neumocócico, la investigación de cáncer de Próstata,

Fumando El paro que aconseja: Más personas son ahora elegibles para el paro humeante que aconseja beneficio bajo Medicare. Ahora todos los beneficiarios que fuman pueden aprovecharse de tanto como ocho paro humeante que aconseja las sesiones.

Impaired Vision Group Meets

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

Anyone is welcome to attend. For more information call Marie at 508-991-7719.

As melhorias a assistência médica Preventivo Beneficia-se

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.

Os serviços que agora têm nenhum custo-compartilhando (se um médico aceita designação sob assistência médica, querendo dizer ele nem ela aceita que salários de assistência médica para um serviço como pagamento em pleno) inclui:

Aortic aneurisma examinar abdominal,

medida de massa de Osso, exibição/mamografias de cancro de Peito,

exibição Cardiovascular testa (embora você geralmente terá que pagar 20 por cento da quantia Assistência Médica-Aprovado para a visita do médico),

Certas exibições de cancro de tipos de colorectal (isto é, sigmoidoscopy flexível e colonoscopia),

Diabete examinando provas

(embora você geralmente terá que pagar 20 por cento da quantia Assistência Médica-Aprovado para a visita do médico),

tiros de Gripe, tiros de B de Hepatite,

HIV examinando provas (embora você geralmente terá que pagar 20 por cento da quantia Assistência Médica-Aprovado para a visita do médico)

serviços Médicos de terapia de nutrição (para esses com diabete ou doença de rim, ou que tiveram um rim transplantar nos últimos 36 meses e cujo médico os refere para estes serviços),

esfregaços e exames pélvicos, exames médicos – ambos o "Bem-vindo a assistência médica" visita e o anual "visita de bem-estar,"

Pneumococcal atirou, exibição de cancro de Próstata,

Fumando O aconselhamento de suspensão: Mais pessoas estão agora elegíveis para a suspensão que fuma aconselhando benefício sob assistência médica. Agora todos os beneficiários que fumam tiram proveito de até oito suspensão que fuma sessões de aconselhamento.

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The Way We Were

Mock Wedding, 1944



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.

Answers to Trivia Quiz

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

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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.

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Secretary of Elder Affairs at Buttonwood Center



New Bedford COA Coordinator Felice Monteiro (second from right) introduces Secretary of Elder Affairs Ann Hartstein to members of the New Bedford Council on Aging prior to a presentation on Medicare at the Buttonwood Senior Center.

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 1-800-922-2275. You may also call Bristol for more information about SAFE.

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



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