

NEW BEDFORD'S Senior Scope

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Happy Mother's Day!

Health and Human Services Director to Discuss Affordable Health Care and Medicare at Brooklawn

U.S. Department of Health and Human Services Regional Director Christie Hager and Secretary Ann L. Hartstein of the Massachusetts Executive Office of Elder Affairs will meet with local officials, Councils on Aging, elder providers, older adults and other interested individuals on Wednesday, May 4, from 11:30 a.m. to 1:00 p.m. at the Buttonwood Senior Center. They will discuss Medicare and the Affordable Health Care Act.

Hager will specifically address the new benefits of

the Affordable Care Act and answer questions about the recently received donut hole checks, the potential cost of repeal and the strength of Medicare going forward.

Secretary Hartstein will discuss the relationship of the Affordable Care Act to state programs. Director Hager and Secretary Hartstein will take questions from participants and invited media. Those who plan on attending are asked to register with the New Bedford Council on Aging by calling 508-991-6250.

Paula Shiner New Head of Coastline Elderly Services

Paula Shiner has been selected as the new CEO of Coastline Elderly Services, Inc., filling the post left vacant by the death of Charles Sisson in November. She will assume her new duties on May 9.

In announcing the appointment, Coastline Board of Directors President Rita L'Etoile said, "We have selected the most capable and experienced candidate. She is knowledgeable of the community, an experienced manager, and she has the vision to take Coastline to the next level."

A former member of the Coastline Board of Directors and Advisory Council, Ms. Shiner has been working with elders for more than 30 years. She has been employed in health care administration since 1985, and for the past 18 years she has served as Director of the Home Care, Hospice and Palliative Care and Home Infusion Services of Southcoast Hospitals.

A graduate of the former St. Luke's Hospital School of Nursing, Ms. Shiner holds a bachelor's degree in Nursing and a master's in Health Care Administration from Salve Regina University.

Commenting on her vision for Coastline, Ms. Shiner said, "We have to prepare for the impact of state and

federal budget cuts by reassessing our services and programs to make sure we are running very efficiently so that our seniors are not adversely impacted by these budget cuts, and I believe that it's do-able."

Ms. Shiner added, "We need to be more creative and look at other opportunities to provide more services, perhaps through other sources. We need to continue with our grant applications and fund raising efforts." The new CEO also looks to "strengthening Coastline's partnership with the local Councils on Aging and other human service agencies in our area."

With regard to the agency's employees, Ms. Shiner noted that "Coastline has an outstanding team of managers and staff that believe in the organization's mission of supporting elders in our community." She also praised Coastline's Board of Directors and Advisory Council for their on-going support of the agency through a very difficult time.



New Bedford COA Announces Flexible Riding

The New Bedford Council on Aging has announced flexible riding for the city's seniors. "As we have in the past, the COA offers medical, shopping and personal transportation for New Bedford seniors," said Council on Aging Coordinator Felice Monteiro. "Under the new flexible riding arrangement, seniors can combine their trips."

As an example, Mrs. Monteiro added, "If you have a doctor's appointment and would like to go shopping after or to visit a friend, you can book the appointment that way. Or if you wish to go shopping and spend several hours to include time for lunch there, you can request

to have a later return trip and have a longer stay at your location."

Mrs. Monteiro also suggested that seniors might like to arrange a ride to a local restaurant for lunch with friends. "How about getting together a lunch bunch and scheduling trips on a regular basis," she said. "Be creative and let us know your ideas. We promise to look at all your suggestions."

Please mail your suggestions to the New Bedford Council on Aging, 181 Hillman Street, Building 9, New Bedford, MA 02740. For transportation reservations call 508-991-6250.

Local Organizations Sponsor Aging Conference

To celebrate Older Americans Month, six local organizations came together to plan a conference on "Promoting Emotional Well-being During Later Life." The intent is to focus on successful aging in mind, body and spirit, while addressing the cultural implications in mental health and the older adult, and connecting them to community resources. The conference will be held at White's of Westport on Tuesday, May 24, and is open to older adults, caregivers and professionals.

"This conference will help older adults enhance their quality of life through education and action, and will also assist professionals in increasing advocacy to better serve older people," said Donna Amaral, Psychiatric Clinical Nurse Specialist at St. Anne's Hospital Center for Behavioral Medicine. "Our goal is to try to prevent depression in elders. Depression is not a normal part of aging and assessing and promoting the emotional well-

being of elders should be a priority in their care."

According to Department of Mental Health Site Director, Joyce O'Connor, the DMH community is very excited about the upcoming conference where participants will have the opportunity to hear from renowned speakers on proven ways to enhance elders' emotional well being. "Everyone will benefit from this conference, whether you are an elder, a family member, a caregiver, or a professional," said O'Connor.

Conference organizers include St. Anne's Hospital, the Massachusetts Association of Older Americans, the Massachusetts Department of Mental Health, the Massachusetts Department of Public Health, Coastline Elderly Services, Inc., and Bristol Elder Services.

To receive more information, please contact Ann McCrillis, at Coastline, 508-999-6400.

Editor's Notes

Older Americans: Connecting the Community

Every May since 1963, our country celebrates the enormous contributions of older adults during Older Americans Month. The theme of this year's celebration—Older Americans: Connecting the Community—pays homage to the many ways in which seniors continue to enrich and strengthen our communities.

Today's seniors have lived through tumultuous times: the Great Depression, World War II, Korea and Vietnam. With hard work and determination, they overcame obstacles and built families, traditions, values, homes, friendships, communities and the greatest nation in the world.

This year's Older Americans Month theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives. Just surviving to age 90 was considered an amazing feat in our grandparents' time. Today, we all know many people in their 90s who are living active and productive lives.

Even turning 100 isn't such a big deal anymore. America's population of centenarians, already the largest in the world, has roughly doubled in the past 20 years to around 72,000 and is projected to at least double again by 2020, according to the Census Bureau.

Today's older adults are also more active in community life than ever before, thanks in part to advances in health care, education and technology. Every day older adults are out and about, giving back and making a difference in our communities.

We have a couple of examples in this issue. On page 6 you can read about the Pillowcase Dress service project at the Dartmouth Senior Center, where seniors are working with students from Greater New Bedford Regional Vocational Technical High School to make clothing for poor children in Haiti and Honduras.

The Fashion Design students are honing their skills and learning from experienced sewers. But they are learning more than cutting and sewing, they are learning about the importance of helping others in the world community.

The Ombudsman program that is the subject of an article on page 12 is another example of volunteers helping others in the community. Many of the ombudsmen are older adults who visit nursing home residents and listen to their concerns. They can make a huge difference in

the lives of elders who live in long-term care facilities.

Other seniors volunteer in any number of ways: delivering Meals on Wheels, sharing their skills at senior centers, nurturing children as Foster Grandparents, and assisting a variety of public and non-profit organizations.

Older adults who volunteer and remain engaged in the community help themselves as well as others. They are proof that positive social interactions are as important as a healthy lifestyle in aging well. Social connections – friends, family, neighbors or colleagues – improve our odds of survival by 50 percent as we age, according to researchers.

Professor Holt-Lunstad of Brigham Young University says there are many pathways through which friends and family influence health for the better, ranging from a calming touch to finding meaning in life. "When someone is connected to a group and feels responsibility for other people, that sense of purpose and meaning translates to taking better care of themselves and taking fewer risks."

Researchers from Rush University Medical Center in Chicago saw similar results when they studied 950 people with an average age of 80. They found that people with a sense of purpose in life were 57 percent less likely to die over a five-year period than those who lack it. They also have a better chance of being mobile and able to accomplish daily tasks.

An analysis from the Archives of General Psychiatry reveals that participants whose lives have meaning could more easily walk up and down stairs, perform housekeeping chores, and manage money. This study is part of a field called happiness research or "positive psychology" that explores the connection between living with a sense of purpose and aging well.

We all want to age well. Staying connected and having a purpose in life can help make that a reality. When we are active and engaged in our communities, everyone benefits, including us.

Jeannine

Coastline Elderly Services Debuts New Logo and Website

After thirty years, Coastline Elderly Services has updated its logo and website. Coastline's old logo was adapted from a painting of a lighthouse and coastline that still hangs in the lobby. The illustration is representative of Coastline's mission to assist aging Americans in ways that allow them to continue living independently.

The Baby Boomers, who are just now beginning to retire, will create a completely new idea and image of what it means to retire and grow older, and so Coastline's new logo aims to align itself with this new image.

As Interim Executive Director, Theresa Larson says, "Coastline's programs and mission haven't

changed. We are still committed to all elderly individuals, but we are on the verge of change. The new logo is clear, fresh, and vibrant, and the new website is more informative and helpful. Both fully represent Coastline's vision and future."

You can check out Coastline Elderly's new website and logo at www.coastlineelderly.org. The current issue of SeniorScope and recent back issues are posted on the website. Click on Publications in the green banner under the logo, then click on SeniorScope.



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- Pat, Dartmouth

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- Ellie Andrews, Warwick, R.I.

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Thank You Senhora de Fatima for answering my prayers \$25.00
- A.M.

Donations this month \$197.00
Donations up to previous month \$898.00
Total donations this fiscal year \$1095.00

Senior Scope

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You and Your Money

A Valuable Gift for Mom

By Delia De Mello
Social Security

Mother's Day is right around the corner. It's always nice to give Mom a card, flowers, and candy. But this year people all over the country are helping their moms save nearly \$4,000 a year on the cost of prescription drugs. You can help your mom too — and it won't cost you a dime.

The high cost of prescription medication can be a burden on mothers (or anyone) who have limited income and resources. But there is *Extra Help* — available through Social Security — that could pay part of her monthly premiums, annual deductibles, and prescription co-payments. That *Extra Help* is worth an average of almost \$4,000 a year.

To figure out whether your mother is eligible, Social Security needs to know her income and the value of her savings, investments, and real estate (other than the home she lives in). To qualify for the *Extra Help*, she must be enrolled in Medicare and have:

- **Income limited** to \$16,335 for an individual or \$22,065 for a married couple living together. Even if her annual income is higher, she still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples where income may be higher include if she or her spouse:

- Support other family members who live with them;

- Have earnings from work; or

- Live in Alaska or Hawaii; and

- **Resources limited** to \$12,640 for an individual or \$25,260 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We do not count her house and car as resources.

Social Security has an easy-to-use online application that you can help complete for your mom. You can find it at www.socialsecurity.gov. Just select the link on the left of the page that says, "Get extra help with Medicare prescription drug costs." To apply by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the *Application for Help with Medicare Prescription Drug Plan Costs* (SSA-1020). Or go to the nearest Social Security office.

To learn more about the Medicare prescription drug plans and special enrollment periods, visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

So this Mother's Day, give your mom a gift she can really use year-round — a savings of up to \$4,000 a year on her prescription drugs. Flowers wither and candy is consumed, but the *Extra Help* through Social Security will keep on giving throughout the year.

Treasury to Phase out Paper Checks

Persons applying for federal benefits for the first time from six agencies will receive their payments through direct deposit to their bank or credit union account or to a Direct Express® Debit MasterCard® card. The programs affected include the Social Security Administration, Supplemental Security Income, Veterans Affairs, Railroad Retirement Board, Office of Personnel Management, and Department of Labor (Black Lung).

The Department of the Treasury recently announced it will phase out paper checks for Federal government benefits by March 1, 2013. This new rule will extend the safe-

ty and convenience of electronic payments to millions of Americans. People who do not have electronic payments for their federal benefits by that time will receive their funds via a pre-paid debit card. Called the Direct Express® Debit MasterCard® card, it is issued by Comerica Bank as the financial agent of the U.S. Treasury.

To learn more about the Federal government's switch to direct deposit or to change benefits to direct deposit, please visit <http://www.GoDirect.org>. Information about the federal government's "Go Direct" campaign is also available at 1-800-333-1795.

No Payday Worries for CEOs

According to *The Wall Street Journal*, bonuses for CEOs at 50 major corporations increased by a median of 30.5 percent in the past year, the biggest gain in at least three years. The largest pharmaceutical company, Pfizer, doubled the total compensation of its CEO, Ian Read, despite the 19,000 employees the company is expected to layoff.

"While Americans of all ages continue to struggle to put food on the table and pay their bills, there has never been a better time — or country — to be the CEO of a big corporation," said Ruben Burks, Alliance for Retired Americans Secretary-Treasurer. "This makes talk of cutting Social Security or Medicare all the more outrageous."

Advisory Warns of Elder Exploitation

The Financial Crimes Enforcement Network (FinCEN) recently released a new advisory to help financial institutions spot and report on activities involving elder financial exploitation. The advisory contains red flags, or indicators that abuse may be occurring and specifically asks financial institutions to include the term "Elder Financial

Exploitation" on filings of suspicious activity reports.

In discussing the Advisory, FinCEN Director James H. Freis, Jr. said, "Financial institutions care about their customers and in some cases may be uniquely placed to identify when customers are possible victims of elder financial exploitation."

New Treasury Rule Protects Social Security, VA, Other Federal Benefits

A federal rule issued in February strengthens protections for bank accounts used to collect federal benefits is welcome news for retirees, veterans and disabled persons, according to a lawyer for the National Consumer Law Center.

The "interim final" rule, will limit creditors' ability to freeze and take funds from accounts that contain Social Security, Supplemental Security Income (SSI), VA and other federal benefits. These benefits, which are legally protected from court-issued garnishment orders, are critical to the survival of many recipients.

"We applaud the work of the Treasury Department and the other agencies to safeguard these essential benefits," said Margot Saunders, an attorney with the Center. "All too often, elders, veterans, and disabil-

ity benefit recipients who rely on these benefits for their basic needs have been unable to access them for extended periods because of creditor-imposed garnishment freezes."

Social Security, Supplemental Security Income (SSI), VA, and similar federal benefits are intended to meet beneficiaries' daily needs. Federal law makes these funds immune from seizure by creditors. But in practice, creditors frequently obtain court garnishment orders so that banks then freeze accounts containing protected funds. A beneficiary may be unable to access urgently needed funds for weeks or months. Often, the paperwork and procedures needed to end an illegal freeze prove too daunting for a recipient, so that a bank turns over supposedly "untouchable" funds to a creditor.

Cost of Heart Drugs Makes Patients Skip Pills, Put Themselves at Risk

For more than 5 million Americans with heart failure, a critical step to better health is taking the medications they're prescribed. But many patients fail to do so, putting themselves at greater risk of hospitalization and even death.

To date, studies have not fully answered why patients fall short when it comes to taking heart medicine. In a study appearing in the April issue of *Mayo Clinic Proceedings*, Mayo Clinic researchers found the drugs' cost is one of the biggest deterrents. "We found patients weren't filling their prescriptions because of the expense," says Shannon Dunlay, M.D., Mayo Clinic cardiologist and lead author.

The 209 patients in the study, ages 60 to 86, were asked how often they missed doses or didn't take drugs at all, and why. Researchers found that

younger patients were slightly more likely to skip certain heart medications than older patients. Men were less likely than women to stick to certain drug regimens.

Among patients who did a poor job following prescriptions, financial concern was the main reason: 46 percent reported that they had stopped taking statins or not filled a prescription because of cost, and 23 percent acknowledged skipping doses to save money.

Although 77 percent of patients in the study were eligible for Medicare, medication costs were still an important issue for some of them. Dr. Dunlay emphasizes that heart failure patients worried about medication costs should tell their physicians. There often are lower-cost alternatives, she says.

OLDER AMERICANS MONTH MAY 2011



Coastline Elderly Services, Inc. & the Dartmouth Council on Aging

invite you to attend a

Health Fair



Wednesday, May 11

10a.m. – 2p.m.

Dartmouth Council on Aging

628 Dartmouth Street, South Dartmouth

Free lunch and snack refreshments will be served throughout the day.


Nurses will be on-site for blood pressure, blood sugar, and cholesterol screenings.

Meet with a Nutritionist to discuss your dietary needs.

Bring your medications with you to be reviewed by a Pharmacist.

See displays and gather information from over 40 community organizations.

Menu for May 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Ground Beef Stroganoff Buttered Noodles Broccoli Whole Wheat Bread Peaches Calories: 751 Fat: 35% Sodium: 618 mg</p>	<p>3 Stuffed Shells w/ Tomato Vegetable Sauce Green Beans Multi Grain Roll Arctic Ice Calories: 624 Fat: 24% Sodium: 718 mg</p>	<p>4 Sausage w/ Peppers & Onions Hash brown Chuckwagon Blend Veg Wheat Bread Pineapple Calories: 741 Fat: 42% Sodium: 896 mg</p>	<p>5 Chicken Supreme Red Bliss Potatoes Spring Blend Veg Snowflake Roll Strawberry Shortcake Diet: Graham Waffle Calories: 918 Fat: 32% Sodium: 1173 mg</p>	<p>6 Pier 17 Fish Tartar Sauce Beans & Rice Peas & Carrots Whole Wheat Roll Orange Calories: 830 Fat: 39% Sodium: 882 mg</p>
<p>9 Kale Soup Crumbed Baked Chicken Delmonico Potatoes Fruit Muffin Apple Calories: 943 Fat: 40% Sodium: 958 mg</p>	<p>10 *Senior Appreciation Day* Meatloaf w/ Gravy Mashed Potatoes Beets Sliced Bread Cherry Turnover Diet: Jello Calories: 833 Fat: 34% Sodium: 964 mg</p>	<p>11 Roast Pork w/ Applesauce Gravy Scalloped Potatoes Riviera Blend Veg Whole Wheat Roll Applesauce Calories: 637 Fat: 35% Sodium: 495 mg</p>	<p>12 Italian Meatballs Italian Pasta Italian Blend Veg Multi Grain Roll Apricots Calories: 671 Fat: 23% Sodium: 828 mg</p>	<p>13 Chicken Stew w/ Vegetables Confetti Rice Dinner Roll Mandarin Oranges Calories: 736 Fat: 31% Sodium: 545 mg</p>
<p>16 Spaghetti w/ Tomato Meat Sauce Roman Blend Veg Whole Wheat Bread Apple Turnover Diet: Graham Waffle Calories: 765 Fat: 24% Sodium: 964 mg</p>	<p>17 Apple Cider Beef Stew w/ Vegetables Mashed Potatoes Whole Wheat Roll Pudding Diet: Pudding Calories: 786 Fat: 38% Sodium: 659 mg</p>	<p>18 Breaded Chicken Patty Florentine Rice Broccoli Hamburger Roll Pears Calories: 672 Fat: 29% Sodium: 1125 mg</p>	<p>19 Beef & Cabbage Casserole Boiled Potatoes Multi Grain Roll Apricots Calories: 582 Fat: 27% Sodium: 641 mg</p>	<p>20 Fish & Seafood Casserole Confetti Rice Country Blend Veg Dinner Roll Fresh Fruit Calories: 649 Fat: 26% Sodium: 686 mg</p>
<p>23 American Chop Suey Green Beans Multi Grain Roll Peaches Calories: 473 Fat: 26% Sodium: 579 mg</p>	<p>24 Cream of Carrot & Celery Soup La Orange Chicken Parsley Whip Potato Whole Wheat Roll Fresh Fruit Calories: 865 Fat: 35% Sodium: 830 mg</p>	<p>25 Roast Turkey w/ Gravy Cranberry Sauce Mashed Potato Winter Squash Whole Wheat Bread Birthday Cake Diet: Graham Waffle Calories: 936 Fat: 35% Sodium: 1132 mg</p>	<p>26 Veggie Chili Dirty Rice Dinner Roll Apricots Calories: 536 Fat: 25% Sodium: 802 mg</p>	<p>27 Reduced Sodium Hot Dog w/ Mustard O'Brien Potatoes German Slaw Hot Dog Bun Applesauce Calories: 763 Fat: 41% Sodium: 1111 mg</p>
<p>30 Holiday Memorial Day Site Closed</p>	<p>31 Hamburger Veggie Baked Beans Zucchini & Tomatoes Hamburger Run Arctic Ice Calories: 813 Fat: 26% Sodium: 835 mg</p>			

Recipe Roundup

Creamy Ranch Pork Chops & Rice

Ingredients:

1 tablespoon vegetable oil
4 boneless pork chops, 3/4-inch thick (about 1 pound)
1 can (10 3/4 ounces) Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)
3/4 cup milk
1 package (1 ounce) ranch salad dressing mix
Paprika

Directions:

Heat the oil in a 10-inch skillet over medium-high heat. Add the pork and cook until well browned on both sides.

Stir the soup, milk and 1/2 package salad dressing mix in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the pork is cooked through. Sprinkle with the paprika.

Serve with the Ranch-Style Rice.

Ranch-Style Rice: Heat 2 1/4 cups water and the remaining salad dressing mix in a 3-quart saucepan over medium-high heat to a boil. Stir in 1 cup uncooked regular long-grain white rice and cook according to the package directions.

Serves 4

Source: campbellskitchen.com

Chicken Vegetable Packet

Ingredients:

1 bone-in chicken breast, skin removed
1 cup diced zucchini
1/2 cup diced green pepper
1/2 cup frozen mixed vegetables
2 tbsp. diced onion
1/8 tsp. dried basil
1/8 tsp. dried parsley flakes
1/8 tsp. paprika
1/8 tsp. salt
1/8 tsp. pepper

Directions:

Place chicken and vegetables in the center of a large (about 18x13-in.) piece of heavy-duty aluminum foil. Sprinkle with seasonings. Fold foil around mixture and seal tightly. Place on a baking sheet.

Bake at 350°F. for 40 minutes or until meat juices run clear.


Open the foil carefully to allow steam to escape.

Yield: 1 serving

Source: razzledazzlerecipes.com

You can say this for ready-mixes - the next generation isn't going to have any trouble making pies exactly like mother used to make.

Earl Wilson

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Carriage House

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

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


Carriage House at Acushnet Heights offers many amenities:

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

Choose Carriage House at Acushnet Heights as your new home.

Call 508-993-0433 for an application today.


Equal Housing Opportunity
Handicap Accessible



Olympia Tower

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

(508) 997-1205
TDD# 800-439-2370



The Car Barn

Designed for the Elderly

HUD subsidized affordable housing specially designed for People 62 years and older and for handicapped/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





Whaler's Cove Assisted Living Provides Safe and Affordable Housing and Services for Seniors!

Call for Seasonal Rent Specials & Independent Rates Today!

- Studio, One and Two Bedroom Units
- Assistance with Personal Care
- 3 Daily Meals in our Newly Renovated Dining Room
- Activity and Exercise Programs
- Medication Management
- 24 Hour Staffing & Emergency Response System and much more!
- Open House Every Saturday from 10:00-2:00 pm

For More Information Call: (508) 997-2880

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

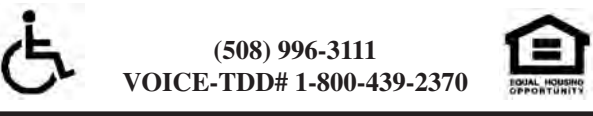
Taber Mill Apartments

508-996-3111

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



Update

NEBA Springfest 2011

The North End Business Association's annual prelude to spring will be held Thursday, May 5, through Sunday, May 8, at Brooklawn Park. The event will feature amusement rides, games, delicious foods, entertainment and a health fair. Come and enjoy this fine family oriented event.

For more information call Linda Morad at 508-995-7896 or Email neba471@aol.com.

Meat Pie Supper in Acushnet

A meat pie supper sponsored by the Friends of the Acushnet Elderly will be held on Saturday, May 7, from 4:30 p.m. to 7:00 p.m. Tickets are \$9 and can be purchased from the Acushnet Senior Center or at the door the day of the event.

AHA! Nights Planned

AHA Night on Thursday, May 12, will recognize the creativity of the galleries, museums and shops in downtown New Bedford. Walking Tours will highlight the cobblestone streets and fascinating stories of downtown New Bedford on Thursday, June 9.

Both events are free and run from 5 p.m. to 9 p.m. For more information call C. Lee Heald at 508-996-8253, extension 205.

Spaghetti Dinner Fundraiser

A Spaghetti Dinner will be held on Saturday, May 14, from 5:30 p.m. to 7:30 p.m., at Grace Episcopal Church, 133 School Street, New Bedford. Meatballs, bread, salad and baked goods will be available. A donation of seven dollars is requested for adults 65 and older.

All proceeds will benefit the Humane Society & Shelter – SouthCoast. For tickets and information call 508-995-6661.

Choral Society Spring Concert

The Greater New Bedford Choral Society will present *Royals and Roses: A Spring Concert* on Sunday, May 15, at 7:30 p.m. at Grace Episcopal Church, County Street, New Bedford. Under the direction of Gerald P. Dyck and accompanist Christopher Ricci, the group will perform works by Handel and others, as well as two new songs based on poems by chorus members.

For more information call 508-644-2419 or visit www.gnbcs.org.

Garden Club Plant Sale

The scholarship fund of the Greater New Bedford Garden Club will benefit from their annual plant sale to be held from 9 a.m. to noon on Saturday, May 21, at the Buttonwood Park Warming House rain or shine. The plant sale will include annuals, perennials, herbs, vegetables and assorted garden items.

Acushnet Art Show

The 52nd annual Acushnet Art Show will be held Saturday, May 21, from 2 p.m. to 8 p.m. and again Sunday, May 22, from 1 p.m. to 5 p.m. at the Acushnet Senior Center, 59 1/2 South Main Street, Acushnet. This event is free and open to the public.

Long Plain Museum Yard Sale

A large yard sale will be held at the Long Plain Museum, 1203 Main Street, Acushnet, on May 21, from 9 a.m. to 2 p.m. Vendors are welcome.

All monies received will benefit the Long Plain Museum. For more information call Pauline at 508-961-7843.

Aviation Fun Day at Airport

The fifth annual Aviation Fun Day on Saturday, May 21, offers something for everyone. The event will include demonstrations by the New Bedford Police K-9 Unit and the New Bedford Fire Dept., as well as flight demonstrations, antique and classic cars, the Buttonwood Park Zoo train, airplane rides, raffles with great prizes, a variety of static aircraft displays and much more.

This free event will take place at the New Bedford Municipal Airport from 10 a.m. to 4 p.m. For information call Ellie Marland at 508-995-8869.

Taste of Southcoast May 22

Experience a savory assortment of the foods the Southcoast has to offer at the fifth annual Taste of Southcoast on Sunday, May 22, from noon to 4 p.m., at Custom House Square in downtown New Bedford. The family-oriented, affordable, fun-filled day will feature approximately 30 South Coast restaurants, caterers, and bakeries serving portions of their best signature dishes from steak tips and salads to baked goods.

Reduced admission is available for seniors and children. For more information contact Diane Arsenault at 508-990-2777 or by Email at info@downtownnb.org.

Hazelwood Park Summer Fair

The Hazelwood Park Summer Fair sponsored by the South End Business Association will feature arts and crafts, a flea market, food, entertainment, an antique car show, carnival, fireworks, free face painting and much more. The annual event will be held Thursday, June 2, through Sunday, June 5.

For information contact Betty Riveira at 508-999-5245 or Email seba@choiceonemail.com.

Day of Portugal Festival

New Bedford celebrates its deep cultural ties and traditions with Portugal throughout the weekend of June 9 through 12 in this large "festa" on Acushnet Avenue from Bullard to Beetle Streets in the North End. The event features food, live music and the culture of Portugal with Portuguese artisans exhibiting and demonstrating their work.

For more information call 508-322-7025.

Cape Verdean Recognition Parade

The 37th annual Cape Verdean Recognition Parade steps off at 11 a.m. on Saturday, July 2, from Buttonwood Park, at Rockdale and Union. The parade proceeds east to Acushnet Avenue, south to Brownell Street, then west on Grinnell Street, to Pleasant and North to the former Morse Twist Drill site between Wing and Bedford Streets.

For information call Edward Rogers at 508-994-2185.

Greater New Bedford Summerfest

This year's Summerfest will be held July 1, 2 and 3. The live downtown New Bedford music festival has gained an outstanding reputation as an international folk music and arts event. The festival takes place in multiple venues and is family-friendly.

Fireworks will be displayed from the hurricane barrier at 9:45 p.m. on July 3. The rain date is July 10 at 9:30 p.m. For more information call Patricia Daughton at 508-991-3122, extension 112, or Email info@summerfest.com.

New Bedford Council on Aging and Senior Centers
2011

In honor of "Older Americans Month"

the New Bedford Council on Aging presents a special

TRIBUTE to SENIORS

Friday, MAY 13

at Ft. Taber Community Center - 950 Rodney French Blvd.

Entertainment by.....



Chops Turner

and



Gold, Silver & Bronze

Doors open 11:30 Luncheon: 12 noon Entertainment begins at 1p.m.

Tickets go on sale April 8th

DEADLINE for TICKET SALES - May 6th
NO TICKETS WILL BE SOLD AFTER THIS DATE!

Due to room size there is a limited # of tickets available.
DON'T WAIT! If you're interested, call for your tickets TODAY!

Tickets available at: **Hazelwood Center, Buttonwood Center, Brooklawn Center and Downtown Center** or by calling **508-991-6208**.

MENU

chicken, pork butts with little necks, fish, rice, potatoes, and dessert.

COST: \$9.00 per person
Check or money order made out to: "City of New Bedford"

Pillowcase Dresses for Haiti



Sewing instructor Rose Rego (from left) and class members Debbie Los, Maria Rebeiro and Natalia Ventura display some of the nearly 400 dresses they have fashioned from pillowcases for little girls in Haiti.

Volunteers at the Dartmouth Senior Center have been busy over the last three months. Using pillowcases they have made and decorated more than 200 children's dresses for girls in Haiti and 20 pairs of shorts for boys.

Using donated fabric they are now making dresses with sleeves

for Honduras, where the weather is a bit cooler. The group is seeking more fabric donations, as well as children's underwear.

Rose Rego is the instructor. The group meets on Thursdays from 11 a.m. to 1 p.m. and new members are welcome.

Trivia Quiz

By Ed Camara

- 1) What academy-award winning actress had the lead role in "The Song of Bernadette"?
- 2) In what year did FDR die? Bonus: Where?
- 3) What did the FADA company make?
- 4) On July 28, 1945, a B-25 bomber flew into the Empire State Building. Where did the plane leave from?
- 5) Who owns Greenland?
- 6) What does the "S" in Harry S Truman stand for?

New Bedford Address Trivia

Name the street where these businesses were located:

- 7) A) Café Granada, B) Coury's Dry Goods, C) Ferro's Variety Store, D) Butter Bread Baking
- 8) All of the following were located ON Acushnet Avenue, EXCEPT one Depot Café, Mr. John's Clothing, Esquire Restaurant, Jack's Barber Shop, Murray Shuster Market, Robert's Hardware, Hub Clothing, Camara's Bird Store
- 9) Only one Fire Station is not located on a corner. Name it.
- 10) Highest point in New Bedford is at what address? (number not necessary)

Senior Trends

Working in Retirement the New Normal ... Today, one in five workers age 50+ has retired from a previous career and has what is aptly called a "retirement job." A report released by the Families and Work Institute found that working in retirement is a new career stage. The majority of working retirees are full-time and enjoy what they do and 75% plan to keep working. The motivating factor was not necessarily the money, but rather making a contribution, being productive, and keeping active.

Working in Retirement: A 21st Century Phenomenon, July 2010

Walk Faster, Live Longer ... The speed at which you walk could determine how long you live, says a new study conducted at the University of Pittsburgh. Researchers looked at nine studies of 35,000 seniors and discovered that just 19 percent of the slowest 75-year-old male walkers lived 10 more years, compared to 87 percent of the fastest walkers. For women, the figure was 35 percent of the slowest walkers versus 91 percent of the quickest. The study results may lead some physicians to incorporate walking speed into a routine assessment since it can provide many clues about vitality.

Your Walking Speed May Predict Your Life Span, According to Study, The Boston Globe

Massachusetts Association of Older Americans, Inc.
 Massachusetts Department of Mental Health
 Massachusetts Department of Public Health

announce an
 Aging & Mental Health Conference

For older adults, caregivers, health care and mental health professionals, and all those interested in aging well

Promoting Emotional Well-being During Later Life

In partnership with:

St. Anne's Hospital
 Coastline Elderly Services
 Bristol Elder Services
 The Samaritans of Fall River/New Bedford, Inc.

Keynote by: **Ann Webster, Ph.D.** www.mgh.harvard.edu/bhi

Dr. Webster is a scientist and a health psychologist at the Benson-Henry Institute for Mind/Body Medicine, an associate psychologist in Psychiatry at Massachusetts General Hospital, and an Instructor in Medicine at Harvard Medical School. She is the director of the Mind/Body Cancer Program, Mind/Body HIV/AIDS Program, Healthy Lifestyles, and Mind/Body Program for Successful Aging. A widely respected expert in the field, she lectures on mind/body health and conducts workshops for corporations, hospitals and universities all over the world.

May 24, 2011

White's of Westport, 66 State Road, Westport, MA

Contact Advocacy@maoamass.org for additional information.

Senior Travel

Day Trips

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

- Thurs. May 26** – Newport Dinner Train and Rosecliff Mansion
Mon. June 13 – The Hamptons and Montauk Point, Long Island.
Mon. June 27 – Foxwoods Casino.
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 trip:

- Wed. May 25** – Harvard Arboretum and James's Gate
Thurs. June 30 – Garden in the Woods and Yankee Candle

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

- Wed. May 11** – Cap'n Jack's lobster bake and Mohegan Sun.
Thurs. May 19 – Luciano's – lunch and show.
Mon. May 23 – Foxwoods Casino.
Wed. May 25 – Museum of Fine Arts – Boston.
Wed. June 1 – Shoppers' Delight and Hilltop Steak House.
Wed. June 8 – Garden in the Woods and Longfellow's Wayside Inn.
Wed. June 15 – Lunch and show – Castleton, NH.
Mon. June 20 – Foxwoods Casino.
Wed. June 22 – Lobster roll cruise –Dennis.
Thurs. June 23 – Lobster roll cruise –Dennis.
Wed. July 13 – Riverquest Cruise and Oliver's Tavern, Essex CT
Mon. July 18 – Foxwoods Casino.
Wed. July 20 – Clambake and Kittery Outlets
Wed. July 27 -- Hart's Turkey Farm and Castle in the Clouds.
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."
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 **Dartmouth Council on Aging** at 508-999-4717 about the following trips:

- Canada's Atlantic Coast
 Scandinavian Cruise

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.



**NEW BEDFORD
 SENIOR TRAVEL
 PROGRAM**

IS NOW OFFERING TOURS TO

TWIN RIVERS CASINO

**1st Tuesday of
 Each Month**

Starting Tuesday, July 5

\$18.00

Casino Package Includes:
 \$7.00 Food Coupon
 \$10.00 Slot Play

The more you play the more rewards you receive

Call: 508-991-6171 for Information and Reservations

At the Senior Centers

Acushnet Senior Center

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

Play **Mah Jongg** on Mondays at 12 p.m. All skill levels welcome.

Lisa, a licensed manicurist with extensive training and experience, is available for **pedicure appointments** every other Friday between 10 a.m. and 1 p.m. Walk-ins cannot be accommodated. Diabetics welcome.

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.

Neil Diamond Tribute Show and lunch is planned for Thursday, May 26. Tickets can be purchased at the Senior Center.

Brooklawn Senior Center

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

A presentation on **Hospice Care** by Ed Jones of Compassionate Care will take place on Tuesday, May 10, at 1 p.m.

Tami O'Neil of Family Service will talk about **Fall Prevention and Flu Preparedness** on Tuesday, May 17, at 1 p.m.

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.

SwingDancercise with Victor Fonseca continues on Monday from 1 p.m. to 2 p.m.

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 May 18. The book for May is "One Season of Sunshine" by Toni Morrison and for the June meeting it is "Three Cups of Tea" by Greg Mortenson.

The **New Horizons Choral Group** meets on Thursdays from 12:30 p.m. to 2:30 p.m. New members 55 and up are welcome.

On Tuesday, May 24 at noon, Dietitian Kim Ferreira will talk about **Low Calorie Desserts** and on Tuesday, June 21, at noon she will discuss **Diabetic Cooking**.

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.

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 is starting on Wednesday, May 18, 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 **Indoor Walking Group** meets every day from 12:30 p.m. to 1 p.m. at the Senior Center.

Strength and Balance classes meet on Tuesdays and Thursdays from 1 p.m. to 2 p.m. with a certified trainer. The classes focus on your activity and quality of life and help you maintain your health and independence.

Enjoy **Duckpin Bowling** every Thursday at 1 p.m. For more information call George Arruda at 508-995-5638.

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 is starting on Friday, May 20, 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 1p.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 **speaker series** at the Marion Police Station, 550 Mill Street, continues on the first Wednesday of the month. Preregistration is not required and everyone is welcome. On June 1, a Low Vision Therapy Specialist will speak about the **Agging Eye**. June will conclude the series for the season and we will begin again in October.

On Thursday, May 26 from 10:00 a.m. to 2:45 p.m., an **AARP Driver Safety Program** will be presented at the Marion Police Station. This is a classroom refresher course with no testing for drivers aged 50 and older. Please preregister with the Marion COA: 508 748-3570 or email sschwager@marionma.gov.

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:

Enjoy **Pizza and a Movie** on Tuesday, May 31, at noon, hosted by the Friends of the Elderly. The film, *The Fighter*, won two Oscars and stars Mark Wahlberg as the boxer "Irish" Mickey Ward from Lowell.

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 10 a.m. **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.

A presentation on **Identity Theft** and a free lunch will be offered on Tuesday, May 10.

A **Health Cooking for One** demonstration and free lunch will be presented on Thursday, May 26.

The **AARP Safe Driving Course** begins Friday, June 10.

Rochester Senior Center

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

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.

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.

On Friday, May 13, at 11:30, the Rochester Middle School students will perform their spring **Jazz Concert** at the Center before the Cobb's Luncheon.

A **Spring Senior Fashion Show** will be presented on Monday, May 16, at 11:30a.m. at the Rochester Senior Center. Senior models are needed.

City of New Bedford
Council on Aging & Senior Centers
2011



WALKING GROUP

at

HAZELWOOD

Meets at 10:30 a.m.

**TUESDAYS &
THURSDAYS**

HAZELWOOD SR. CENTER

553 Brock Ave.
508-991-6208

WEATHER PERMITTING
CALL TO CONFIRM

Senior Safety

Multi-Tasking on the Street Not a Good Idea for Older People

Older adults may put themselves at risk by talking on cell phones while crossing the street, researchers report in a new study.

The researchers found that adults aged 59 to 81 took significantly longer than college students to cross a simulated street while talking on a mobile phone, and their heightened cautiousness in initiating crossing did nothing to improve their safety. Older adults on cell phones also were more likely to fail to cross in the time allotted for the task. The findings, from researchers at the University of Illinois, appear in the journal *Psychology and Aging*.

In the study, 18 undergraduate students (aged 18 to 26 years) and 18 older adults crossed simulated streets of varying difficulty while either undistracted, listening to music or conversing on a hands-free cell phone. The older adults were significantly impaired on the most challenging street-crossing

tasks while also engaged in a second activity, with the most pronounced impairment occurring during cell phone conversations. The younger adults showed no impairment on dual-task performance, the researchers found.

"It should be noted that we have previously found that younger adults show similar performance decrements, but under much more challenging crossing conditions," said lead author Mark Neider, a post-doctoral researcher who conducted the study with Illinois psychology professor and Beckman Institute director Art Kramer.

"Combined with our previous work, the current findings suggest that while all pedestrians should exercise caution when attempting to cross a street while conversing on a cell phone, older adults should be particularly careful," Neider said.

Make Using a Walker Easier

If you or someone in your care uses a walker, he may have trouble maneuvering it on hardwood floors or linoleum. But here's an easy, inexpensive fix: Cut slits in two tennis balls and place them over the

rubber stoppers on the front legs of the walker. The tennis balls slide more easily along smooth flooring but aren't so slick that they pose a fall risk. Source: Caring.com

Down Memory Lane



Joe Jesus (standing) leads a full house of seniors on a trip down Memory Lane last month at the Hazelwood Senior Center. The group reminisced about the places they went and the things they did in the Fifties. Seated (left to right) are Ray Gelinias, Jean Gelinias, Mary Costa and Joan Fournier.

A cafeína e Diabete -- útil ou Nocivo?

Um corpo crescente de pesquisa sugere que cafeína transtorna metabolismo de glicose e pode contribuir ao desenvolvimento e controle pobre de tipo 2 diabete. Um artigo de revisão no assunto inaugural de Diário de Pesquisa de Cafeína: O Diário Multidisciplinar Internacional de Ciência de Cafeína, examina a última evidência, contradizendo antes estudos sugerindo um efeito protetor de cafeína. O assunto inteiro está disponível livre on-line.

A Pista de James, PhD, a Universidade de Duque, descreve numerosos estudos que demonstraram o potencial da cafeína para aumentar resistência de insulina (tolerância comprometida de glicose) em adultos que não têm diabete, um efeito que podia fazer indivíduos suscetíveis mais provável desenvolver a doença. Em adultos com tipo 2

diabete, estudos mostraram que o aumento em níveis de glicose de sangue que ocorre depois que eles comem carboidratos é exagerado se eles também consumem uma bebida de caffeinated tal como café. Este efeito podia contribuir a níveis mais altos de glicose nas pessoas com diabete e podia comprometer tratamento apontado em controlar sua glicose de sangue.

"Mais que 220 milhões de pessoas mundialmente tem diabete, diz Redactor-chefe Jack E. James, PhD, Escola de Psicologia, Universidade Nacional de Irlanda. "Os elos que foram revelados entre diabete e o consumo de bebidas de cafeína (especialmente café) são de importância monumental quando é reconhecido que mais de 80 por cento da população do mundo consume cafeína diário".

Nutrition News

Celebrate Older Americans Month

By Kimberley Ferreira, Registered Dietitian
Coastline Elderly Services

May is Older Americans Month. The Administration on Aging now estimates that there will be nearly 72 million people over the age of 65 in the United States by 2030. People are living longer but not always healthier.

Many changes take place in our bodies as we age. This means that it is extremely important to keep good nutrition and a healthy lifestyle a part of your daily routine. Here are a few tips for living the healthiest life possible:

- Make sure you take enough Calcium and Vitamin D, to counteract the effects of weakening bones. You can get these valuable vitamins and nutrients from low-fat milk and yogurt.

- Vitamin B will help your digestive system stay on track, so make sure you include whole grains and nutritional supplements in your diet.

- Keep your body hydrated. Water is essential for helping your body flush out toxins and keeping joints

healthy. Besides water, it is a great idea for elderly people to focus on foods that are high in water content such as fruits and vegetables.

- Enjoy some good fat in your daily diet. Olive oil, nuts, seeds, and avocados are all sources of good fats. Good fats actually help remove the bad cholesterol from your body.

- Incorporate foods that are rich in fiber to alleviate the common problem of constipation—especially when combined with staying properly hydrated. Whole grains and fresh or frozen fruits and vegetables are great sources for fiber.

Your body is constantly changing with its nutritional needs. Make sure to contact a dietitian if you need to better understand the best ways to get adequate nutrition in your golden years.

Source: Insider's Health Newsletter, Volume 237, May 2010; www.insiderhealth.com

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

Caffeine and Diabetes -- Helpful or Harmful?

A growing body of research suggests that caffeine disrupts glucose metabolism and may contribute to the development and poor control of type 2 diabetes. A review article in the inaugural issue of *Journal of Caffeine Research: The International Multidisciplinary Journal of Caffeine Science*, examines the latest evidence, contradicting earlier studies suggesting a protective effect of caffeine. The entire issue is available free online.

James Lane, PhD, Duke University, describes numerous studies that have demonstrated caffeine's potential for increasing insulin resistance (impaired glucose tolerance) in adults that do not have diabetes, an effect that could make susceptible individuals more likely to develop the disease. In adults

with type 2 diabetes, studies have shown that the increase in blood glucose levels that occurs after they eat carbohydrates is exaggerated if they also consume a caffeinated beverage such as coffee. This effect could contribute to higher glucose levels in people with diabetes and could compromise treatment aimed at controlling their blood glucose.

"More than 220 million people worldwide have diabetes, says Editor-in-Chief Jack E. James, PhD, School of Psychology, National University of Ireland. "The links that have been revealed between diabetes and the consumption of caffeine beverages (especially coffee) are of monumental importance when it is acknowledged that more than 80 percent of the world's population consumes caffeine daily."

¿La cafeína y la Diabete -- Util o Perjudicial?

Un cuerpo creciente de investigación sugiere que cafeína interrumpe metabolismo de glucosa y puede contribuir al desarrollo y el control pobre de tipo 2 diabete. Un artículo de la revisión en el asunto inaugural del Diario de Investigación de Cafeína: El Diario Multidisciplinar Internacional de la Ciencia de Cafeína, examina la última evidencia, contradiciendo estudios más temprano que sugieren un efecto protector de cafeína. El asunto entero está disponible libre en línea.

James Lane, el doctorado, Duque Universidad, describe numerosos estudios que han demostrado el potencial de cafeína para aumentar resistencia de insulina (tolerancia dañada de glucosa) en adultos que no tienen la diabete, un efecto que podría hacer a individuos susceptibles más probables de desarrollar la enfermedad. En adultos con tipo 2

diabete, los estudios han mostrado que el aumento en niveles de glucosa de sangre que ocurre después de que comen carbohidratos son exagerados si ellos también consumen una bebida con cafeína como café. Este efecto podría contribuir a niveles más altos de glucosa en personas con la diabete y podría ceder tratamiento apuntó a controlar su glucosa de sangre.

"Más de 220 millones de personas tienen en todo el mundo la diabete, dice Jefe de redacción Jack E. James, el doctorado, la Escuela de la Psicología, la Universidad Nacional de Irlanda. "Los lazos que han sido revelados entre la diabete y el consumo de bebidas de cafeína (especialmente café) son de la importancia monumental cuando es reconocido que el más de 80 por ciento de la población del mundo consume cafeína diaria".

When a man retires, his wife gets twice the husband but only half the income.

Chi Chi Rodriguez

Your Health

Free Vascular Screenings Begin in May

Southcoast Hospitals Group will be offering ongoing free vascular screenings in Dartmouth and New Bedford beginning in May 2011.

The non-invasive screenings are performed by a trained nurse and take approximately 20 minutes. Patients should arrive 15 minutes prior to screening time.

The free vascular screenings are open to both men and women. Appointments are required and can be requested by calling 800-276-0103. Space is limited and appointments will be scheduled on a first come, first serve basis. No walk-ins will be accepted on screening days.

The screenings will be offered at the Southcoast Center for Women's Health, 300B Faunce Corner Road, Dartmouth, every other Wednesday beginning May 4. Appointments will be scheduled between 9 a.m. and 3:30 p.m.

Southcoast offers a full range of endovascular services to both diagnose and treat vascular disease. The hospitals offer the very latest technology — including minimally invasive procedures — along with the expertise of highly trained surgeons, interventional radiologists and staff nurses and technologists.

Tai Chi Relieves Arthritis Pain, Improves Reach, Balance, Well-Being

In the largest study to date of the Arthritis Foundation's Tai Chi program, participants showed improvement in pain, fatigue, stiffness and sense of well-being. Their ability to reach while maintaining balance also improved, said Leigh Callahan, PhD, the study's lead author, associate professor in the University of North Carolina at Chapel Hill School of Medicine.

"Our study shows that there are significant benefits of the Tai Chi course for individuals with all types of arthritis, including fibromyalgia, rheumatoid arthritis and osteoarthritis," Callahan said. "We found this in both rural and urban settings across a southeastern state and a northeastern state."

In the study, 354 participants were recruited from 20 sites in North Carolina and New Jersey. They were randomly assigned to two groups.

St. Luke's and Charlton hospitals also have new state-of-the-art endovascular suites.

Peripheral artery disease (PAD)

According to the National Heart, Lung and Blood Institute, one in every 20 Americans over the age of 50 has PAD. It develops when arteries in your legs become clogged with plaque — fatty deposits that limit blood flow to your legs. Just like clogged arteries in the heart, clogged arteries in the legs mean you are at risk for having a heart attack or stroke.

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

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

For more information on Southcoast's endovascular services call 800-276-0103 or www.southcoast.org/endovascular/.

The intervention group received the 8-week, twice-weekly Tai Chi course immediately while the other group was a delayed control group. All participants received baseline and 8-week follow-up evaluations, after which the control group also received the Tai Chi course.

To be eligible, participants had to have any type of self-reported, doctor-diagnosed arthritis, be 18 years old or older and able to move independently without assistance. They were eligible for the study if they could perform Tai Chi seated, Callahan said.

At the end of eight weeks the individuals who had received the intervention showed moderate improvements in pain, fatigue and stiffness. They also had an increased sense of well being, and they had improved reach or balance, Callahan said.

Improvements to Medicare Preventive Benefits Help Seniors Stay Well

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.

Closely Monitoring Low-Risk Prostate Cancer Does Not Raise Risk of Death

A Johns Hopkins study of 769 men from across the United States recently diagnosed with low-grade prostate cancer shows that forgoing immediate surgery to remove the tumor or radiation poses no added risk of death. Delaying treatment is fine, the results show, so long as the cancer's progression and tumor growth are closely monitored through "active surveillance" and there is no dramatic worsening of the disease over time.

None of the men, mostly 65 and older, have so far died from prostate cancer since the study began in 1995. However, one-third of study participants, monitored for as long as 15 years, eventually underwent treatment, primarily because annual biopsy results showed more cancer.


"This study offers the most conclusive evidence to date that active surveillance may be the preferred option for the vast major-

ity of older men diagnosed with a very low-grade or small-volume form of prostate cancer," says study senior investigator and urologist H. Ballentine Carter, M.D. "These are men with a favorable risk disease profile to begin with."


Carter, director of adult urology at The Johns Hopkins Hospital and a professor at the Johns Hopkins University School of Medicine and its Brady Urological Institute, acknowledges that "for some of these men, the prospect of living with prostate cancer is unbearable, and the tumor has to go." But, he adds, "The vast majority of these men are ideal candidates for active surveillance because they are older and are able to avoid the risks and complications associated with surgery and radiation." The best candidates for surveillance programs, he says, are those who can be relied on to keep their medical appointments.

Are you at risk?


One in 20 people over 50 have Peripheral Arterial Disease (PAD).



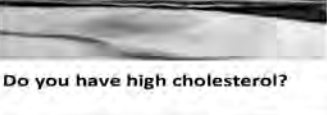
Are you over 50?




Do you have diabetes?



Do you have high blood pressure?



Do you have high cholesterol?



Do you smoke — or did you?


If you answered yes to any of these questions, you could be at risk.

PAD is a term for clogged arteries in your legs. PAD is serious. Blockages in your leg arteries can increase risk for heart attack or stroke. In serious case, poor circulation can make it hard for sores to heal and lead to gangrene and amputation.

But here's the good news: PAD can be cured.

There are easy diagnostic tests to determine if you have PAD. The early stage treatments for PAD are much easier on the patient than the more complex vascular surgeries that may be necessary down the road.

FREE VASCULAR SCREENING
Tues., JUNE 7, 2011
9 a.m. — 3 p.m.
BROOKLAWN CENTER
 1997 Acushnet Ave., New Bedford
 Each screening is approx. 15 minutes.
To register, call 508-961-3100.

Sponsored & conducted by: 

City of New Bedford
Council on Aging & Senior Centers
2011

Tai Chi Qigong

Starts May 18th

Days:
WEDNESDAYS

Time:
4:00 p.m. — 5:00 p.m.

Location:
DOWNTOWN CENTER
560 Pleasant St., NB
508-991-6255 or 508-991-6209

Age:
55 and older

Cost:
\$5 per session

Instructor:
Dr. Boris Kremer
QiGong Healer, LMT
MD, University of St. Petersburg

choose a location (or both)

Health Benefits

- Stress
- Migraine
- Depression
- Chronic Fatigue
- Asthma
- Arthritis
- Anxiety
- Back Pain
- Pain Management
- Mental Clarity
- Hypertension
- Allergy
- Poor Circulation
- Digestive Disorders
- Insomnia
- PMS
- PMDD
- and more!

Time:
10:00 a.m. — 11:00 a.m.

Location:
HAZELWOOD CENTER
553 Brock Ave., NB
508-991-6208 or 508-991-6209

Age:
55 and older

Cost:
\$5 per session

Starts May 20th

Days:
FRIDAYS

Time:
10:00 a.m. — 11:00 a.m.

Location:
HAZELWOOD CENTER
553 Brock Ave., NB
508-991-6208 or 508-991-6209

Age:
55 and older

Cost:
\$5 per session

Experts agree...
"If you want to be healthy and live to 100, do Qigong."
- Dr. Mehmet Oz

pre-registration recommended

The slow gentle movements can be easily adapted, even for the physically challenged and can be practiced by all age groups.

Your Health

Heart Failure Prevention and Management Advice

Heart failure affects nearly five million individuals in the United States. The Heart Failure Society of America (HFSA) suggests that to combat this dangerous condition, it's important to be aware of early prevention tactics, important lifestyle risks and treatment management options.

According to Barry M. Massie, M.D., HFSA president and Professor of Medicine at the University of California, most cases of heart failure are preventable by early detection and treatment of hypertension and reduction of coronary disease risk factors. Dietary interventions, such as decrease in salt intake and prevention of obesity, also can prevent heart failure.

"Early manifestations of heart failure are often unrecognized said Massie. "HFSA is determined to educate people about ways to recognize the initial signs and symptoms of heart failure, when it is most responsive to treatment. Heart failure can be prevented, and survival rates can increase with proper care, diagnosis and effective treatment."

HFSA has developed a Heart Failure Education website, www.abouthf.org, to share heart failure information, education modules and

prevention techniques. While not intended to replace regular medical care, these guidelines and modules can help patients and at risk individuals, family and friends communicate better with their health care provider. The modules are written in easy-to-read language and can be downloaded free of charge.

Heart failure is a progressive condition in which the heart muscle becomes weakened after it is injured, most commonly from heart attack or high blood pressure, and gradually loses its ability to pump enough blood to supply the body's needs. Many people are not aware they have heart failure because the symptoms are often mistaken for signs of getting older. Heart failure affects from 4.6 to 4.8 million individuals in the United States.

Ten to 15 years ago heart failure was considered a "death sentence;" however, recent advances in treatment have shown that early diagnosis and proper care in early stages of the condition are key to slowing, stopping or in some cases reversing progression, improving quality of life, and extending life expectancy. For more information on heart failure, please visit www.abouthf.org.

Standardizing Dose Times Will Help Patients Take Drugs Safely

Many older patients, who take an average of seven medicines a day, are so confused by the vague instructions on prescription bottles that they don't realize they can combine their medications to take them more efficiently. A new Northwestern Medicine study shows patients thought they had to take seven medicines at least seven and up to fourteen separate times a day.

"A complex and confusing regimen means people are less likely to take their drugs properly, and that means they are not getting the full benefits of their medicine," said Michael Wolf, of Northwestern University Feinberg School of Medicine.

Wolf and colleagues have proposed a universal medication schedule that standardizes medicine prescriptions into doses at four clearly identified periods of day – morning, noon, evening and bedtime (instead of twice daily or every eight hours). "Standardizing the times to take medicine will help patients safely take their medicine,

make their lives easier and improve their health outcomes," Wolf said.

Wolf and colleagues interviewed 464 patients, with an average age of 63, to see how patients would schedule a typical seven-drug regimen. The majority of participants were well educated, but nearly half had low or marginal health literacy skills.

Wolf found people overcomplicate the dosing schedule of prescription drugs. Even if two drugs were prescribed in the same manner (one pill twice daily), nearly a third of patients would not take them together. When two drugs could have been taken together but doctor instructions were written differently (one pill twice daily versus one pill every 12 hours) 79 percent of patients would not consolidate these medicines and take them at the same time. If instructions for two drugs were the same with the only exception that one said "with food and water," half the patients would not take the two drugs at the same time.

Effective Pain Management for Elders

Improved management of chronic pain can significantly reduce disability in older adults, according to the latest issue of the *WHAT'S HOT* newsletter from the Gerontological Society of America (GSA). Support for this publication was provided by McNeil Consumer Healthcare.

"Under-treatment of chronic pain in older adults is common, contributing to unnecessary suffering," said Deborah Dillon McDonald, RN, PhD, of the University of Connecticut School of Nursing, who served

as an advisor for the issue. "Older adults and practitioners need to work together to find optimal pain management plans that reduce pain and avoid adverse events."

The newsletter points out that pain is a signal that something is wrong, and that reports of pain should not be dismissed simply because the patient is older. Among the most successful methods for pain treatment are physical activity, pain interventions, and medication use.

Southcoast Health Announces Consolidated Southcoast VNA

Southcoast Health System has announced it will be consolidating its home health and hospice agencies to form Southcoast Visiting Nurse Association, which will be known in the community as Southcoast VNA.

Southcoast VNA will bring together the staff, services and volunteers of the region's two top home health and hospice agencies, Visiting Nurse Association of Southeastern Massachusetts, currently located in Fall River, and Southcoast Home Care, Hospice & Palliative Care & Infusion, located in Fairhaven and serving the greater regions of New Bedford and Wareham. Though both agencies are part of Southcoast Health System, they have functioned separately since the merger in 1996.

"Bringing together our two home health and hospice services strengthens our ability to improve access of care for patients at all levels of our system by combining our resources and staff," said Keith A. Hovan, President of Southcoast Health System & President & CEO of Southcoast Hospitals Group.

Sharon Jones, President & CEO of Southcoast VNA, said that the new Southcoast VNA "will allow us to better serve our communities by offering seamless, integrated home health and hospice services throughout the entire South Coast region."

The new Southcoast VNA will significantly expand existing home health and hospice services as well as support the development of new programs designed to meet the growing home health care needs of the entire area. A much-needed Behavioral Health Program will be established to complement traditional treatment of mental illnesses and help to decrease the utilization of inpatient and facility based care. Designed to serve as a bridge between the hospital and the community mental health system, Southcoast VNA's new Behavioral Health Program will use a multidisciplinary approach to care for individuals with emotional and mental health problems and psychiatric illnesses.

Free Nicotine Replacement Patches for Veterans and Their Families

As veterans, Virginia Senna-Davis and Leo Maxfield have seen their share of struggles, but their personal struggles fighting an addiction to tobacco were some of the most difficult.

Both Davis and Maxfield are now smoke-free and were inducted into the Massachusetts Ex-Smokers' Hall of Fame last fall. They welcomed the news that free patches are now available to veterans and their family members, thanks to the Massachusetts Department of Public Health in collaboration with the Department of Veterans'

Services.

Nicotine replacement patches can be very expensive and, as a result, the price is often a barrier to those who wish to quit. "The Veterans Free Patch Giveaway gives our veterans the resource necessary to quit for good."

To access the free patches call 1-800-784-8669, or visit makesmokinghistory.org/veterans. All Massachusetts veterans and their families are eligible. The patches are available through June 30, or while supplies last.



The best in skilled nursing care
in the comfort of your home.

SERVICES PROVIDED

- Skilled Nursing
- Occupational Therapy
- Home Care Aides
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- Physical Therapy
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- Registered Dietitian
- Speech Therapy

SPECIALTY PROGRAMS

- Maternal/Child Health
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- Palliative Care
- Wound Care
- Rehab Services
- Infusion Services
- Complementary Therapies
- Disease Management Programs: Cardiac, Respiratory, Diabetes
- Elder Abuse Screenings

Southcoast Home Care Services is a department of Southcoast Hospitals Group and certified by Medicare/Medicaid and accredited by the Joint Commission on the Accreditation of Healthcare Organizations. Services include home care, hospice, palliative care and home infusion.



SOUTHCOAST
HOSPITALS GROUP

Home Care, Hospice & Palliative Care
and Infusion Services

www.southcoast.org

508-984-0200 / 800-587-0541

The Way We Were

Brothers Bob and Ed Gallant, 1966



SFC Robert W. Gallant, 82nd/101st A.B. (left) was coming home from Korea in 1966 when he posed for this photo with his brother, SP-5 Edward Gallant, 38th ADA 51st Sig. A.B.N., who was preparing to leave for Korea. Bob served his country from 1954 to 1975, and Ed served from 1964 to 1970. The little boy is not identified.

Our thanks to the Fort Taber Military Museum for allowing us to use this photo.

Answers to Trivia Quiz

- | | |
|---|--|
| 1) Jennifer Jones | B) Coury's Dry Goods- Collette Street (87) |
| 2) 1945 Bonus: Warm Springs, Georgia | C) Ferro's Variety Store- Nash Road (105) |
| 3) Mostly known for radios | D) Butter Bread Baking- Nash Road (101) |
| 4) New Bedford | 8) Mr. John's Clothing was on Coggeshall |
| 5) Denmark | 9) Station 6 at the end of Purchase Street (south end) |
| 6) Nothing- he just wanted a middle initial | 10) Hathaway Road & Rockdale Ave at water tower |

New Bedford Address Trivia
Name the street where these businesses were located:
7) A) Café Granada- Church Street (145)

Reader Exchange

Kindness

By Trish DuBois, Fairhaven

Someone touched my heart today
Surprised me with their caring way
Made time, gave thought, enough to say
I was thinking of you, are you feeling okay?

Something lifted in my heart today
Something heavy fell away
I realized it had been a while
Since kindness gave to me its smile.

Something entered my heart today
Filled an empty space with a welcomed stay
Brought with it joy and warmth of light
Blessed me gently, renewed my sight.

Love, through kindness, the heart must meet
Acknowledged by others, we become complete.

The simple touch, the simple sharing
The simple gifts received through caring
Are powerful and at our reach
A loving lesson we need to teach
To one another, day by day
By extending kindness along our way.

Ombudsmen Protect the Rights of Nursing Home Residents

Volunteers have always been the backbone of programs administered under the Older Americans Act. Each year about ten million older people use Older Americans Act services, whose delivery largely depends upon the efforts of half a million volunteers.

During Older Americans Month this year, the federal Administration on Aging is highlighting the work of one group of extraordinary and committed volunteers - the more than 11,000 volunteers who serve long-term care residents through the Long-Term Care Ombudsman Program. Last year, more than 8,800 of these volunteers were trained and certified as long-term care ombudsmen, resolving complaints with and on behalf of residents.

More than 40 states use volunteers to support the Long-Term Care Ombudsman Program, ensuring the rights, safety, and well-being of residents of nursing homes and similar facilities.

Locally, the Ombudsman program is administered by Coastline Elderly Services, Inc. Program Director Donna Cabral works with 10 trained and certified volunteers to advocate for and protect the rights of residents of long-term care facilities.

"We work with 18 facilities in the Greater New Bedford area," says Donna. "We provide an opportunity for residents to voice any concerns they have and with their permission address them with our contact at the facility."

Today, long-term care facilities are focused on resident centered care, says Donna, and they are very willing to address any issues with the ombudsman program representative. "The homes recognize that we are the liaison between the resident and the facility. We have no regulatory power, so they like to address issues at our level."

Donna notes that she and the ombudsmen are in the nursing homes on a regular basis, so they have established a rapport with the residents and the facility. Most of the issues that concern residents revolve around laundry, food, activities and finances.

Volunteers visit and listen to residents' concerns as well as problem-solve. Many residents of long-term care facilities sometimes have little or no contact with the outside world and some have few visitors. An ombudsman volunteer who visits regularly can make a huge



Volunteer Christopher Bruce visits with a nursing home resident.

difference in the quality of life of a resident.

Being an ombudsman is a very positive and rewarding experience, Donna says. "Sometimes the smallest thing a volunteer does can make so much of a difference in the quality of life for residents," she adds. The ombudsmen come from varied backgrounds and some have been involved with the program for several years.

Donna is always looking for new volunteers. No special skills are required, but it helps to be a good listener and problem solver, she says. After completing a three-day training program to become certified, volunteers are required to give two hours a week and meet with other ombudsmen once a month to share information.

Anyone interested in finding out more about the ombudsman program can call Donna at 508-999-6400.

Coastline Announces RFP

Coastline Elderly Services, Inc., Area Agency on Aging, will be conducting a Request for Proposals from agencies who provide services to elders. If selected, applicants will be provided with federal funding which will assist the sixty-plus population and their

caregivers, in the communities of Acushnet, Dartmouth, Fairhaven, Gosnold, Marion, Mattapoisett, New Bedford and Rochester.

To learn more about the RFP process, please call Ann McCrillis, Area Agency on Aging Planner, at 508-999-6400, extension 160.

SeniorScope does not publish in June.
The next issue will be out Tuesday, July 5.

City of New Bedford
Council on Aging & Senior Centers
2011

MUSCLE STRENGTHENING EXERCISE CLASSES

HAZELWOOD CENTER
553 Brock Ave.
508-991-6208

WEDNESDAYS
10:30 a.m.
\$3

Instructor:
Wendy Sperduti-Ray
Certified Trainer

"Motion is Lotion"
"Keep it Movin'!"

◆ Classes start May 11 ◆