

# Senior Scope

Serving the towns of **Acushnet ■ Dartmouth ■ Fairhaven ■ Gosnold ■ Marion ■ Mattapoisett ■ New Bedford ■ Rochester**

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March 2019

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## Buttonwood Senior Center Reopens

Following an extensive rehabilitation, the Buttonwood Senior Center, located at 1 Oneida St. in Buttonwood Park, has reopened.

The building shut down on June 15, 2018 and opened again nearly seven months later on Feb. 4. Renovations were largely made possible with a grant from The City of New Bedford's Department of Planning, Housing and Community Development.

The original structure, built in 1930, was initially a warming house for ice skaters at Buttonwood Park. The rehabilitation project included updates to the roof, the trim, the kitchen and bathrooms. For the first time the center has Wi-Fi access.

When asked about the renovations, most commented on how bright the main room appeared, thanks to new lighting, insulated windows and a sturdy green door that overlooks the former skating pond out back.

On Feb. 7, representatives from the city held a party to welcome back the center regulars. For the past seven months, patrons were sent to the Hazelwood Senior Center or the Acushnet Council on Aging for programming.

Pamela Amaral-Lema, an administrative specialist at the New Bedford Council on Aging, said the project involved numerous agencies. She and Debra Lee, the di-



Karen Main lights candles on top of Lillian Donaghy's birthday cake on Feb. 7, when Donaghy turned 99. The birthday bash happened amid a reopening party at the Buttonwood Senior Center, which had been closed for renovations since June 15, 2018. The center is now reopened and offering programs for the public.

rector of New Bedford's Council on Aging, expressed their thanks to Community Development, the Department of Facilities and Fleet Management, the Council on Aging team including its board members, Parks and Recreation, the mayor's office and the Acushnet Council on Aging.

"And we thank our seniors for being patient," said Amaral-Lema.

"On behalf of the City Council, welcome back to the Buttonwood Senior Center," said City Council President Linda Morad. "Now you

can continue to make friends and make good memories here."

"We needed to have something done for a while. I'm very happy that it's been renovated," said Bruce Duarte, Chairman of the Board for the New Bedford Council on Aging. "They did an excellent job here, and I think it's going to be beneficial for the staff that works here, but also the seniors."

Mary Ellen Spooner, who served as the activity director of the

*Continued on page 2*

## Rochester COA Remembers its Community

A strong sense of community was on display at the Year of Remembrance Program, an annual celebration where Rochester residents remember deceased citizens who frequented the senior center.

On Feb. 15, a group of nearly fifty people gathered at the Rochester Council on Aging to pay their respects to those they lost in 2018. Sharon Lally, the director of the Rochester Council on Aging, said the center memorializes about two dozen people in a typical year during the event. This year, however, the center paid tribute to 45 individuals.

"Everybody we're remembering today was a piece of our senior center in some way, whether they were volunteers or Rochester residents. Every single one of them made their mark here," said Lally.

The broader Rochester commu-



Rochester Council on Aging Director Sharon Lally speaks during the Annual Year of Remembrance Program, which honors those who died in the past year.

nity was invited to the two-hour ceremony, where several poems were read, hymns were sung, Reverend Dr. Ron Cousineau provided a sermon and the public was given the opportunity to share memories about those they had lost.

The audience sat before a table lined with paper hearts, each inscribed with a name of the deceased. As Lally read the names, electric candles were handed to the surviving family members and friends, who then placed the candle on the corresponding heart, resulting in a table full of glowing candles.

"This job is somewhat like a ministry because you get to know everybody individually, and you get to know the highs and lows in their lives, what's important to them

*Continued on page 12*



**Buttonwood continued...**

center until she retired in 2014, said the new renovations were “tremendous.” She said the center offers more programs now than when she worked at the facility, and the center has been considered the central hub of New Bedford’s senior centers.

“I’m expecting Buttonwood to come back better than ever. Just coming in now is so refreshing. I couldn’t get over it. When I walked in, I thought, ‘Wow, it’s like a whole new place,’” said Spooner. “I know everybody’s so happy to be back at Buttonwood.”

The welcome back party also

served as the setting for a birthday bash. The day the center reopened coincided with Lillian Donaghy’s 99th birthday. In addition to volunteering with the New Bedford Council on Aging for the past 40 years, Donaghy started New Bedford’s travel program and served as the first coordinator at Buttonwood.

Beyond her extensive work with the city, Donaghy also had a new designation to add to the list: the first person to blow out birthday candles in the newly renovated Buttonwood Senior Center.

Contact the Buttonwood Senior Center at 508-991-6170.

**Letter from the Editor**

Dear Reader,

It’s been a busy month behind the scenes at the paper. I’ve been hard at work completing a video production class at New Bedford Public Access, which is part of the City of New Bedford. The five-part class trains folks how to use video equipment and how to film and edit videos. The training is free and open to the public.

The classes prepare you to air shows and video clips on Public Access Channel 95 in the city, one of three channels at the station.

Another great perk: after you’ve produced a project, you can then take that video and publish it yourself on YouTube or on your own website.

While I’m not formally trained in broadcast journalism, I’ve produced many videos over the years for various newspapers and nonprofits I’ve worked for. It’s a skill I’m finding I’m using more and more as video becomes a primary form of communication for most companies.

It’s also a great skill to have if you’re seeking employment. Last issue, we talked about some of the challenges older adults face when

searching for a job. One recommendation was to bolster your computer skills.

The video classes at New Bedford Public Access are a great way to familiarize yourself with technology and learn a skill set that will make you stand out in the job market.

If you’re interested, I highly recommend the class. You can reach the public access director at 508-979-1463.

Not from New Bedford? Contact your local community television station and ask if they offer video production classes.

I also wanted to take a moment to thank all of our new subscribers. A flurry of subscription requests have come in since *Senior Scope* went through its redesign, and your support helps us carry out the mission of the paper.

If you’re interested in receiving a print copy of the paper at your door, check out the subscription info in the box below. If you’re one of those new subscribers, thanks again and welcome!

Best,

*Seth Thomas*, Editor

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in the Greater New Bedford Area

Acushnet Council on Aging 59 1/2 South Main St., Acushnet	508-998-0280	Patricia Midurski Heather Sylvia
Coastline 1646 Purchase St. New Bedford	508-999-6400	Paula Sipple
Dartmouth Council on Aging 628 Dartmouth St., Dartmouth	508-999-4717	Peggy Vollmer Jane Jacobsen
Fairhaven Council on Aging 229 Huttleston Ave, Fairhaven	508-979-4029	Dianne Perkins Joan Foster Lucille Dauteuil Carolyn Dantoni Jean Silver
Greater NBComm. Health Center 874 Purchase Street, New Bedford	508-992-6553 x147	Derek Mendes Pat Foster
Marion Council on Aging 2 Spring Street, Marion	508-748-3570	Connie Heacox
Mattapoisett Council on Aging 17 Barstow Street, Mattapoisett	508-758-4110	Connie Heacox
New Bedford Council on Aging 181 Hillman St. (for New Bedford residents only)	508-991-6250 508-991-6252	Herbert Johnson Jessica Vieira Lisa Davis Natasha Franco
Immigrants’ Assistance Center 58 Crapo St., New Bedford	508-996-8113	Lucy Oliveira Philomene Tavares
Rochester Council on Aging 57 Dexter Lane, Rochester	508-763-8723	Currently recruiting

## Senior Scope

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You can have a full year’s subscription (10 issues) of the print edition of *Senior Scope* delivered to your door for \$12. *Senior Scope* does not publish an issue in the months of January or June.

Checks can be made out to “Coastline” (not “Senior Scope”) and mailed to 1646 Purchase St., New Bedford, MA 02740.

## Donations for March 2019

Our donors help *Senior Scope* carry out its mission, and we cannot thank you enough for your support. Donations can be mailed to Coastline, 1646 Purchase St., New Bedford, MA 02740. Checks can be paid to the order of: *Coastline*. We cannot process checks made out to “*Senior Scope*.” You can also call Coastline’s Accounting Clerk, Michelle Walton, to donate directly with a credit card. She can be reached at 508-742-9114.

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# Money

## Americans Cross Mexican Border to Buy Insulin at Fraction of Cost

By Bram Sable-Smith  
Kaiser Health News

The U.S. government estimates that close to 1 million people in California alone cross to Mexico annually for health care, including to buy prescription drugs. And between 150,000 and 320,000 Americans list health care as a reason for traveling abroad each year. Cost savings is the most commonly cited reason.

Is it legal? According to the Food and Drug Administration, “in most circumstances, it is illegal for individuals to import drugs into the United States for personal use.” But the agency’s website does provide guidance about when it could be allowed. While the guidelines may still raise questions, this sort of purchase for personal use is a widely established practice.

“The general understanding is you can bring up to a 90-day supply of a prescription from overseas, even though it’s a technical violation,” said Nathan Cortez, a law professor at Southern Methodist University.

“My sense is the FDA does not want to worry about individuals going overseas and bringing back small amounts of prescriptions that last a few months,” Cortez said,

adding, “That doesn’t mean the FDA couldn’t change its mind at any point and start cracking down.”

A second major concern that comes up in any discussion of medical tourism is about the quality of that imported medicine. According to the FDA, the reason it’s mostly illegal to import drugs is because the agency “cannot ensure the safety and effectiveness” of those drugs. In 2017, the World Health Organization estimated that 10 percent of drugs in developing countries were either substandard or falsified.

Lija Greenseid’s daughter has Type 1 diabetes. A box of insulin pens normally costs her \$700 in the U.S. The more Greenseid traveled with her family, the more they realized how inexpensive insulin was everywhere else. In Nuremberg, Germany, she could get that \$700 box of insulin pens for \$73. The same box was \$57 in Tel Aviv, Israel, \$51 in Greece, \$61 in Rome and \$40 in Taiwan.

“We get so accustomed in the United States to thinking that health care has to be difficult and so expensive that people don’t even consider the fact that it could be so much easier and less expensive in other places,” Greenseid said. “In fact, that is the case in most countries.”

## Medicare Rules for Those with Higher Incomes

By Delia De Mello  
Social Security

If you have higher income, the law requires an upward adjustment to your monthly Medicare Part B (medical insurance) and Medicare prescription drug coverage premiums. But, if your income has gone down, you may use form SSA-44 to request a reduction in your Medicare income-related monthly adjustment amount.

Medicare Part B helps pay for your doctors’ services and outpatient care. It also covers other medical services, such as physical and occupational therapy, and some home health care. For most beneficiaries, the government pays a substantial portion — about 75 percent — of the Part B premium, and the beneficiary pays the remaining 25 percent.

If you’re a higher-income beneficiary, you’ll pay a larger percentage of the total cost of Medicare Part B, based on the income you report to the IRS.

Medicare Part D prescription drug coverage helps pay for your prescription drugs. For most beneficiaries, the government pays a major portion of the total costs for this coverage, and the beneficiary

pays the rest. Prescription drug plan costs vary depending on the plan.

If you’re a higher-income beneficiary with Medicare prescription drug coverage, you’ll pay monthly premiums plus an additional amount, which is also based on the income you report to the IRS.

Because individual plan premiums vary, the law specifies that the amount is determined using a base premium. Social Security ties the additional amount you pay to the base beneficiary premium, not your own premium amount. If you’re a higher-income beneficiary, we deduct this amount from your monthly Social Security payments regardless of how you usually pay your monthly prescription plan premiums. If the amount is greater than your monthly payment from Social Security, or you don’t get monthly payments, you’ll get a separate bill from another federal agency, such as the Centers for Medicare & Medicaid Services or the Railroad Retirement Board.

You can find Form SSA-44 online at [socialsecurity.gov/forms/ssa-44.pdf](https://www.socialsecurity.gov/forms/ssa-44.pdf). You can also read more in the publication “Medicare Premiums: Rules For Higher-Income Beneficiaries” at: [socialsecurity.gov/pubs/EN-05-10536.pdf](https://www.socialsecurity.gov/pubs/EN-05-10536.pdf).

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# Update

## Senior Scope is online

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the page.

2.) You will see a "Subscribe" section, which asks for your name and email address.

3.) Fill out this information and click on the "Subscribe" button, and you will be added to our email list.

## Age-Friendly Events

The Age-Friendly New Bedford Action Committee has several announcements regarding upcoming events in the area.

In April, there will be two FREE oral cancer screening/educational events from 10-11:30 a.m. Lunch will be provided; includes bingo with prizes, presentations and financial info. The public is welcome. Dates: April 3 at BOA Vista (use side door); April 4 at Caroline Street Apartments.

On April 12, the Buttonwood Senior Center will host a health fair

from 11 a.m. to 1 p.m. The health fair will have food, activities, vendors and a visit from the South-coast Wellness Van.

Visit the SouthCoast Job Fair on April 18 from 10 a.m. to 3 p.m., at New Bedford Voc-Tech. Admission is FREE for those with a résumé.

Mark your calendars for these events: on May 10, Coastline will be hosting a Health Fair at the Fairhaven Council on Aging. On May 16, learn how to ride the bus at a transportation training session at the Buttonwood Senior Center.

## Learn About Dementia Research

"The Science of Hope: Progress Toward a World without Alzheimer's Disease": June 11 from 4:30 to 5:30 p.m. Free. At the Westport Council on Aging, 75 Reed Road, Westport.

Learn about the latest in Alzheimer's disease and dementia research. Pre-registration is required as space is limited. Call the 24/7 Helpline at 800-272-3900 to reserve your spot.

## Library Volunteers Needed

Carney Academy's library, which recently opened, is looking for volunteers. The library will be open from 9 a.m. to 2 p.m. on Mondays and Wednesdays.

The library is looking for volunteers who can work in 2-hour shifts. There will be at least two people

working per shift. Volunteers will assist students in finding books, check-out books for students, return and re-shelve books, monitor the library to ensure it remains clean and organized, and be a resource to answer any questions about the space. For info, 1-770-337-7465.

## Upcoming Performance

"A Musical Narrative" based on the novel "Invisible Courage" by Filomena Tripp will take place on May 4 at 6 p.m. The performance will be held at Casimir

Pulaski School, 1097 Braley Rd., New Bedford, 02745. Tickets: \$20 adults; \$10 children under 10. Contact Filomena Tripp at [filatprayer@comcast.net](mailto:filatprayer@comcast.net).

## Souper Sunday

The Souper Sunday fundraiser will benefit Catholic Social Services/Sr. Rose House for the homeless of the New Bedford area. Will be held on March 10 from 4 to 6 p.m. at Holy Name of the Sacred Heart

of Jesus Parish Center, 121 Mt. Pleasant St., New Bedford.

The event will feature an "all-you-can-eat" menu. Donations will be accepted. For information, call 508-287-0962.

## FREE Computer Classes

Six-week course. 90 minutes each. All levels of experience welcome.

• Morning classes are held Tuesdays at 10 a.m. The morning session begins **April 2nd.**

• Morning classes are held Thursdays at 1 p.m. The afternoon session begins **April 4th.**

These **FREE** computer classes are held at the New Bedford Council on Aging, 181 Hillman Street, Bldg #9.

To sign up, call Brad at 508-991-6250.



## Savvy Caregiver Program returns

The Savvy Caregiver is a 12-hour training program delivered in two-hour sessions over a six-week period. The program teaches the basic knowledge and skills needed to handle the challenges of caring for someone with Alzheimer's disease. Results have shown the

training program reduces Alzheimer caregiver's distress effectively.

The Savvy Caregiver Program will run from April 10 to May 15 from 1:30 to 3:30 p.m. at Dartmouth Council on Aging. To register please call Coastline at 508-999-6400.

## Suicide Bereavement Group

The Greater New Bedford Suicide Prevention Coalition and Child and Family Services are hosting a free support group, held at Child and Family Services, 1061

Pleasant St., New Bedford.

The group will meet on the first Tuesday of the month from now until June 4 from 5 to 6:30 p.m.

## Events at St. Julie's

There are two upcoming events at St. Julie Billiard Church Hall, located at 494 Slocum Rd., Dartmouth.

Lobster roll dinner: Friday, March 22 at 6 p.m. Tickets \$25. Tickets must be purchased in

advance. Call 508-991-1590.

Rummage Sale: Clothes, shoes, accessories, toys, household items, etc. March 29, 1-7 p.m. and March 30, 9 a.m.-1 p.m. On Saturday from noon-1 p.m., 50 percent off (excludes items in the Boutique).

## Self Improvement Classes

Self Improvement Classes are presented by Buzzards Bay Speech Therapy. The classes are intended for adults who are experiencing challenges in memory, self expression, speech clarity, independent living or social connectedness.

The classes are held at North Dartmouth Super Stop and Shop, 2nd floor, 25 Faunce Corner Road,

N. Dartmouth. Classes are scheduled Mondays from 9:30 to 11:30 a.m. The 2019 Schedule: March 4, 11, 18; April 1, 8, 15; May 6, 13, 20; June 3, 10, 17.

Funding for this program is provided by Coastline. Questions? Call 508-326-0353 or email [lycslp@gmail.com](mailto:lycslp@gmail.com). Facebook: @buzzardsbayspeech

## Hands Across the River Coalition

Local environmental advocacy group Hands Across the River Coalition, Inc. meets monthly with the next meeting taking place Wednesday, March 27 from 6 to

7:45 p.m. at the Millicent Library, Fairhaven, MA. Open to the public. Hands Across the River Coalition, Inc. advocates for the safe cleanup of New Bedford Harbor.

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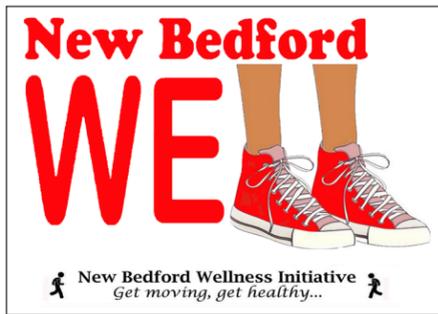
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# Your Health

## How Exercise Can Improve Your Daily Life



By Julie Fostin AFAA, PT  
New Bedford Wellness Initiative

To promote and maintain health in the aging adult The American College of Sports Medicine (ACSM) suggests moderate exercise 30 minutes a day five days a week (150 minutes). For many this can seem overwhelming.

The best advice I give all my clients is to start small and work your way up to the 150-minute goal. For example:

- Week 1: Exercise five days for five minutes
- Week 2: Exercise five days for 10 minutes
- Week 3: Exercise five days for 15 minutes

Keep adding each week until you reach 30 minutes.

Why should you exercise? The Centers of Disease Control and Prevention (CDC) states that older adults can maintain significant benefits from exercise, and it does

not need to be strenuous. Benefits include:

- Ability to live independently
  - Reduced the risk of falling
  - Improved stamina
  - Reduced swelling and pain from arthritis
  - Increased muscle strength
  - Reduced anxiety & depression
- Activities like walking, swimming and senior fitness classes such as Silver Sneakers at your local senior or wellness center are all great ways to get up and moving.

Silver Sneakers is the leading community health and fitness program for adults over the age of 65. This fun class for all levels of fitness was founded in 1992 and was the first of its kind of fitness classes for older adults. Dartmouth Total Fitness began offering the program more than five years ago.

With a humble beginning, we have grown to offer four weekly classes that include strength, balance and flexibility with an average of 25 participants per class.

Instructors Donna Bosworth and Wendy Correia say they “love their class participants” and look forward to teaching class each week. They said to see students improve their balance and strength all while having a good time is rewarding.

“Participants are always proud to tell us about how well they did

at their doctor’s appointments. By them sharing their experience to friends the program has exceeded expectations,” they said. Bosworth and Correia are inspired to hear what their students have accomplished and continue to achieve.

Dartmouth Total Fitness Senior Fitness schedule: Tuesday, Silver Sneakers at 10:30 a.m. and 11:15 a.m.; Thursday, Silver Sneakers at 10:30 a.m. and 11:15 a.m.; Friday, Chair Yoga at 11 a.m. The classes are open to the public. Pricing: Silver Sneakers (\$1 per class). Classes along with Senior Chair Yoga (\$5 per class). Dartmouth Total Fitness is located at 360 Faunce Corner Rd., North Dartmouth.

You may be eligible for free classes through your Medicare Advantage plan. Be sure to check with your provider.

The classes above give you physical health benefits, and it has been amazing to watch the senior community grow around the wellness facilities.

Participants come early to socialize. They also go for lunch or coffee after classes. This is a great way to catch up with some old friends and meet some new ones.

Health and wellness means something different for everyone. Find the type of exercise that you enjoy daily.

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# Your Health

## New Report Urges Americans to Exercise

If you want to reduce your risk of cancer, sleep better and live longer, you should schedule time to exercise throughout the week.

Recently the U.S. Department of Health and Human Services published the second edition of "Physical Activity Guidelines for Americans," first published in 2008. The report makes clear that good

health is clearly linked to regular exercise.

According to the report, physical activity helps prevent cancer and reduces the risk of dementia, mortality, heart disease, stroke, high blood pressure, type 2 diabetes and depression. For older adults, physical activity also lowers the risk of falls and injuries from falls.

So what are the updated recommended guidelines? It depends on your age, but the overall message is to keep moving.

Adults should do at least 150 to 300 minutes a week of moderate-intensity aerobic activity. Preferably, aerobic activity should be spread out throughout the week.

As part of weekly physical

activity, older adults should practice balance training as well as aerobic and muscle-strengthening activities.

When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.

## Nuevo Relatorio Urge los Americanos Para Haceren el Ejercicio

Si usted quiere reducir el riesgo del cancro, dormir mejor y prolongar la vida, usted debería marcar el tiempo para hacer el ejercicio durante toda la semana.

Recientemente, el Departamento de la Salud y Servicios Humanos de los Estados Unidos publicó la segunda edición "Directrices de la Actividad Física para Los Americanos," inicialmente publicado en 2008.

El relatorio clarifica que la buena salud está claramente ligada al ejercicio regular.

Conforme el relatorio, la actividad física ayuda a evitar el cancro y a reducir el riesgo de la demencia, mortalidad, enfermedad del corazón, trombosis, presión arterial alta, tipo 2 diabetes y la depresión. Para los adultos más edosos, la actividad física también baja el riesgo de la caída y lesiones de-

rivadas de las caídas.

Por lo tanto, cuales son las directrices actualizadas recomendadas? Eso depende de su edad, pero el mensaje total es mantenerse movimentando. Los adultos deben hacer por lo menos 150 a 300 minutos de actividad moderada por semana. Preferiblemente, la actividad aeróbica debe ser despajada por toda la semana.

Como parte de la actividad fisi-

ca semanal, los adultos más edosos deben practicar el entrenamiento del equilibrio así como las actividades aeróbicas y fortalecer los músculos.

Cuando los adultos más edosos no pueden hacer 150 minutos de actividad aeróbica de intensidad moderada por semana por causa de condiciones crónicas, deberían ser tan físicamente activos como sus habilidades y condiciones permiten.

## Novo Relatório Urge os Americanos Para Fazerem o Exercício

Se quizer reduzir o risco do cancro, dormir melhor, e prolongar a vida, deveria marcar o tempo para fazer o exercício durante toda a semana.

Recentemente o Departamento de Saúde e Serviços Humanos dos Estados Unidos publicou a segunda edição "Directrizes da Actividade Física para Os Americanos," inicialmente publicado em 2008. O relatório clarifica que a boa saúde

está claramente ligada ao exercício regular.

Conforme o relatório a actividade física ajuda a evitar o cancro e reduz o risco da demencia, mortalidade, doença do coração, trombose, pressão arterial alta, tipo 2 diabetes e depressão. Para os adultos mais idosos, a actividade física também baixa o risco de quedas e lesões derivadas das quedas.

Portanto, quais são as directriz-

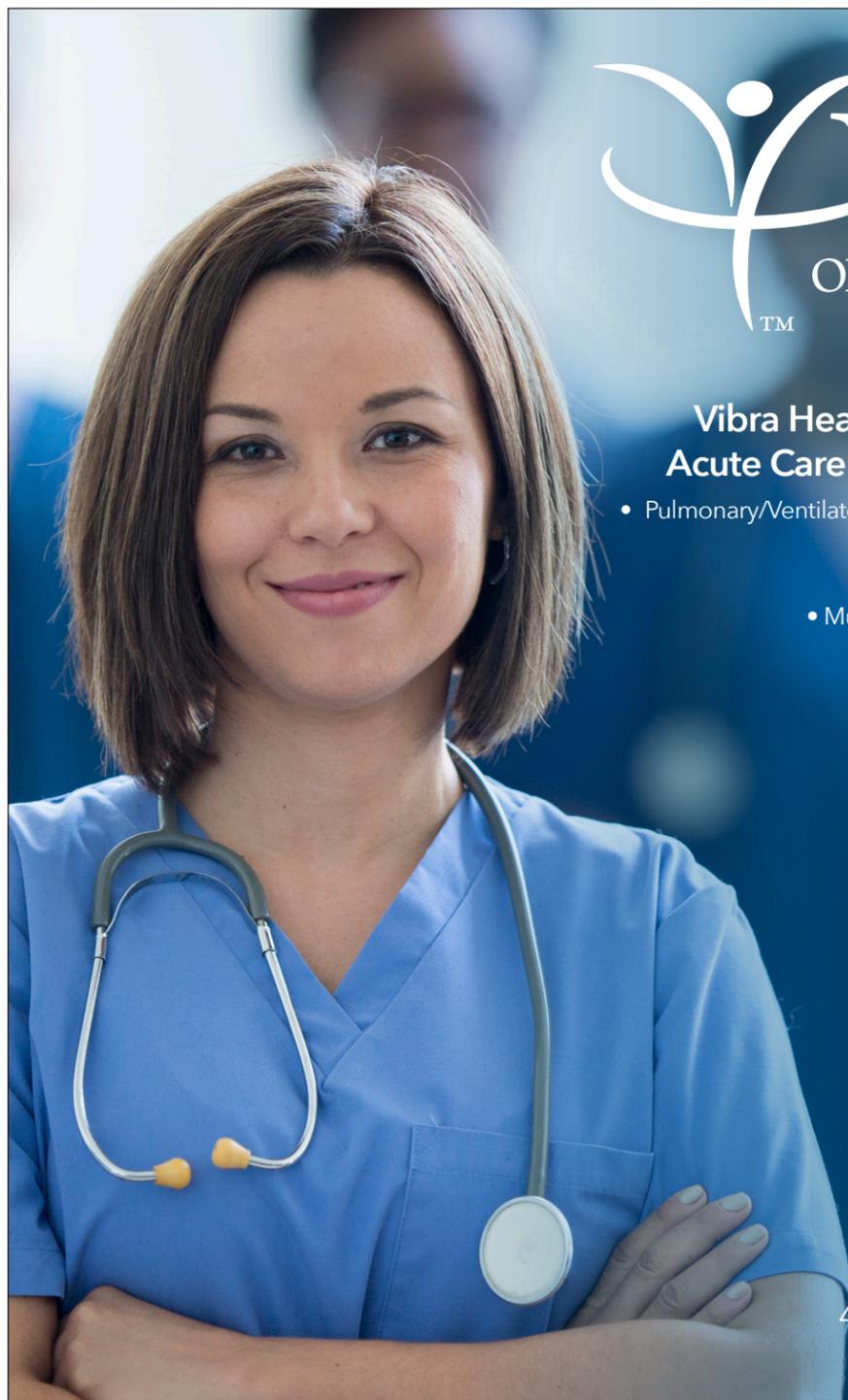
es atualizadas recomendadas? Isso depende da sua idade, mas a mensagem total é manter-se movimentando.

Os adultos devem fazer pelo menos 150 a 300 minutos de actividade aeróbica de intensidade moderada por semana. Preferivelmente, a actividade aeróbica deve ser espalhada por toda a semana.

Como parte da actividade física semanal, os adultos mais idosos

devem praticar o treino de equilíbrio assim como as actividades de aeróbica e fortalecer os musculos.

Quando os adultos mais idosos não podem fazer 150 minutos de actividade aeróbica de intensidade moderada por semana por causa de condições crónicas, deveriam ser tão físicamente activas como as suas habilidades e condições permitem.





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# Your Health

## Reduce Stress Through Living Your Life with Mindfulness

For those experiencing burnout from life's everyday stressors, adding mindfulness to your day may help ease the burden.

Dr. Deborah Greenslit, psychologist and wellness nurse, has visited the Marion Council on Aging twice this winter to discuss the topic. The basic idea is that when life pulls you in a hundred directions, you focus your attention on the present moment.

"Mindfulness can help with how we're experiencing emotion," said Greenslit. "We can get stuck in the past and mourn and regret. We can worry about the future. Or we can learn about how to better manage what our experience will be in this current moment."

Mindfulness is akin to meditation. A growing body of scientific research has linked meditation with reduced rates of stress, depression and anxiety, which in turn helps with overall health.

Greenslit said one of the biggest obstacles to becoming a more mindful person is our own internal judgments. But, by taking an objective, non-judgmental look at your current thoughts and emotions, you're helping yourself work through how you're feeling.

"You're not running to other distractions, like alcohol. You're paying attention to your thoughts. And you're in control," said Greenslit. "It's like self-guiding your thoughts



Dr. Deborah Greenslit leads a group of seniors through a breathing exercise at the Marion Council on Aging on Feb. 25.

in order to be right there in that moment. It's a way of being alert."

Often, we're not guiding our thoughts, she said. Instead, it's as if there's an open gate and we just allow the thoughts to come in however they want to come in. If you allow too many negative thoughts to enter your head, you can start to catastrophize about the future.

"How often do you sit with thoughts that make you angry, anxious, depressed – and it doesn't have anything to do with what's going on in that moment?" she said. "We allow the thinking to happen and, the next thing you know, we're

uncomfortable or creating anxiety."

Mindfulness may not come naturally to some. But there are several steps you can take to introduce the practice into your daily routine, many being small meditations you can include throughout the day.

Greenslit recommends "drawing from the senses." In other words, take a moment to pause your thoughts and deliberately direct your attention to your surroundings. If you realize that your thoughts are running away from you, ground yourself to the moment by using your five senses. Ask yourself questions like, "How does the chair I'm sitting in feel?" or "How does the

air smell?"

She said we often do this without thinking when we walk through nature. The experience of walking outside is a highly sensory experience, and being alert to our surroundings can help steer the mind away from unhelpful, catastrophic thinking.

Another recommendation is to try to remove judgment from your thoughts.

"As humans, we're not thinking about what we're thinking; we're aware of what we're feeling," she said. "We all have an opinion, but what I encourage people to do is shift your judgments to acknowledging. I can have an opinion without being judgmental."

Finally, when you begin to feel anxious, she recommends you take a moment to focus on your breath. Pause, and take slow, intentional breaths. By breathing in on a count of four – or perhaps even to the count of eight – and releasing that breath to the same count, you are turning your focus away from stressors, even if just for a moment.

"We're living our lives almost like we're running through it. And yet we wonder why there is a high prevalence of addictions, exhaustion, depression and anxiety," said Greenslit. "We don't know how to give ourselves permission to just stop and to simplify more and let ourselves be."

## This is the Year to Quit Smoking

By Morissa Vital  
*Southeast Tobacco-Free  
Community Partnership*

According to the Centers for Disease Control and Prevention, smoking is a leading cause of heart disease. Smoking can:

- Raise triglycerides (a type of fat in your blood)
- Lower "good" cholesterol (HDL)
- Make blood sticky and more likely to clot, which can block blood flow to the heart and brain
- Damage cells that line the blood vessels
- Increase the buildup of plaque (fat, cholesterol, calcium, and other substances) in blood vessels
- Cause thickening and narrowing of blood vessels

Smoking can lead to the narrowing of blood vessels and high blood pressure. Quitting smoking greatly improves heart health. So make a resolution for a healthier life for you and your family.

If you're a smoker, quitting is the most important step you can take to protect your health, decreasing the risk of lung disease, cancer, and even early death.

If you want to quit and tried in the past, don't give up. It often takes several tries before you can quit for good. However, with planning and

support, you can become tobacco-free.

Online support includes quit planning tools and chatting with others who are trying to quit. Free nicotine patches, gum and lozenges are available to eligible users. The combination of free coaching and quit-smoking medication can make you nearly three times as likely to quit for good.



Quitting smoking can be hard—here are five ways to make it easier:

1. **Set a quit date.** Choose a quit day this month. Give yourself about two weeks to prepare.
2. **Tell your family and friends you plan to quit.** Share your quit date with important people and ask for their support. Daily encouragement and planned activities can help you stay on track. For example, a smoke-free lunch date or game night could help distract you.
3. **Anticipate and plan for challenges.** The urge to smoke is short—usually only three to five minutes. Those moments can feel intense. Before your

quit date, write down healthy ways to cope with cravings so you can get past them. Healthy choices include drinking water, taking a walk or climbing the stairs, calling or texting a friend.

4. **Remove cigarettes and other tobacco from your daily routine.** Throw away your cigarettes, lighters and ashtrays. Clean your car and home. Old cigarette odors can cause cravings.
5. **Talk to your doctor about quit-smoking medications.** Over-the-counter or prescription medicines can help you quit for good. Your quit coach and pharmacist can also provide guidance.

### Resources

The Massachusetts Smokers' Helpline offers both telephone and online support 24 hours a day, seven days a week (with some holiday exceptions). Call 1-800-QUIT NOW (1-800-784-8669).

For further reading, visit [KeepTryingMA.org](http://KeepTryingMA.org) or visit [smokefree.gov](http://smokefree.gov).

[FSmokefree.gov](http://FSmokefree.gov) has published an extensive guide specifically for older adults who are trying to quit smoking titled "Clear Horizons."

## SAVE THE DATES



### Healthy Aging Fair

Friday, May 10, 10 am-2 pm  
Fairhaven Recreation Center  
227 Huttleston Avenue  
Fairhaven, MA 02719

Presented by Coastline and the  
Acushnet Council on Aging

### A Bristol County Celebration of Seniors

Friday, June 14, 9 am-noon  
White's of Westport  
66 State Road  
Westport, MA 02790

Presented by the Bristol County  
District Attorney's Office and  
Coastline

If you are planning to attend, please  
RSVP by calling 508-961-1973 or  
[Eric.M.Poulin@state.ma.us](mailto:Eric.M.Poulin@state.ma.us)

# Better Living

## Take Control of Your Health with an Advance Directive

This April, the Age-Friendly New Bedford Action Committee will be hosting an event to help people of all ages understand the importance of end-of-life planning.

While it's not always an easy discussion, formalizing a plan can help ensure that the end of your life will be lived on your own terms. By preparing ahead of time, you will also provide your loved ones and health care professionals with a road map for your care that is based on your own decisions, rather than one based on assumptions of what you would want in a crisis.

Advance directives are the primary legal tool to formally express an individual's wishes for end-of-life care. An advance directive is a blanket term that could include a living will or a health care proxy.

Other documents to consider include a release of information (ROI) form and a do not resuscitate (DNR) order. For banking and business affairs, there is a power of attorney document, which may require assistance from a lawyer to draft.

Though advance directives have been promoted since the mid-70s, only about a third of U.S. adults have them, according to a recent study published in the peer-reviewed journal *Health Affairs*.

The study analyzed nearly 150 studies published between 2011 and 2016. Of the nearly 800,000 people these studies tracked, about 36 percent had completed an advance directive. The numbers were slightly higher for people living with chronic illnesses (38 percent) versus healthy adults (almost 33 percent).

Preparing these documents before a crisis occurs is important because not having a plan formalized means that decision making may fall to a family member with whom your loved one may not have a close relationship.

This could be especially important for the LGBT (lesbian, gay, bisexual and transgender) community. According to an AARP/SAGE report, many older LGBT adults rely on a network of friends rather than direct family members for support. These relationships run the risk of going legally unrecognized, which creates challenges should the caregiver need to make medical decisions for their loved one.

If you wish to have someone make decisions on your behalf, you can appoint a health care proxy, who will guide your care should you become incapacitated. This person would be relieved of this status should you recuperate enough to make decisions again.

In order to assign a proxy in the state of Massachusetts, the law requires that two adult witnesses sign the document. The witness must be someone other than the person whom you designate as your health care proxy. Taking this step is not just a good idea for older adults;

anyone who is age 18 or above can assign a health care proxy.

Perhaps the biggest challenge of all is simply getting started. Preparing for the worst case scenario in an uncertain future is not simple – nor is discussing the matter with your designated health care proxy. But research from the National Institutes of Health has found that advance care planning positively impacts the quality of end-of-life care.

Avoiding the conversation could result in you receiving treatment you would not want or dying in a place where you would not wish to die.

But how do you even begin discussing this sensitive topic?

The Conversation Project, a public engagement initiative that began in 2010, is a resource that can help direct conversations around end-of-life planning. The Project has published a document called "Your Conversation Starter Kit," which is a 12-page worksheet that can be printed and filled out.

The worksheet will ask you to respond to questions like "What are the three most important things you want your loved ones to know about your end-of-life care?" By filling out the worksheet, you will have a thorough list of your wishes already prepared for when it's time to talk to your loved ones about your choices.

There's even a list of helpful ice breakers for those who may feel awkward broaching the subject.

For more information on this topic, visit the Buttonwood Senior Center on April 24 from 12 to 2 p.m. Lunch will be served just prior to the event at 11:30 a.m. There will be a panel discussion on advance directives and attendees will go home with packets of information, including information on how to get started from The Conversation Project.

### Resources

Join the Age-Friendly New Bedford Action Committee on April 24 from 12 to 2 p.m. at the Buttonwood Senior Center for a workshop on advance directives. Lunch will be served at 11:30 a.m.

Visit [theconversationproject.org](http://theconversationproject.org) to learn more about how you can start the conversation around end-of-life planning. The website offers various "starter kits" that can help you frame important conversations with your loved ones and health care providers.

The AARP publishes advance directive forms online, including state-specific instructions, at: [aarp.org/advancedirectives](http://aarp.org/advancedirectives)

The National Resource Center for LGBT Aging publishes resources related to LGBT aging, including information for caregivers. Visit: [lgbtagingcenter.org](http://lgbtagingcenter.org).

For more LGBT-specific caregiving support services, contact the SAGE LGBT Elder Hotline at 1-888-234-SAGE.

# Trivia

## FOR YOUR ENTERTAINMENT — Ed and Kim Camara

- New Bedford has had many mayors. But there is only one statue (and it's just a bust) of one. Who is it, and where is it?
  - Charles S. Ashley in Rural Cemetery
  - Frank Lawler in the main Police Station
  - Jack Markey in the entrance foyer of the Registry of Deeds
  - Edward Harriman in City Hall
- Almost all pencils have six sides. Why?
  - Uses less wood
  - Fits better in the box
  - Cheaper to make
  - It's a tradition
- How many people died on the Titanic?
  - 1503
  - 1599
  - 2012
  - 1703
- According to superstition, how long will you have bad luck after breaking a mirror?
  - Seven days
  - Eight days
  - The rest of your life
  - Seven years
- What does POSH mean?
  - Just four letters to indicate you paid more money
  - Passenger Ocean Superior High
  - Port Outbound Starboard Home
  - Passenger Old Special Handling
- In 1949, a Lincoln Park Sunday Clambake consisting of: Clam chowder, clam cakes, Duxbury clams, sausage, fish, and more. How much did they charge? (Question courtesy of Spinner Publications' "Lincoln Park Remembered")
  - \$2
  - \$3
  - \$4
  - \$5
- A person who plays percussion is called a:
  - Beater
  - Percussionist
  - Hitter
  - Percusser
- Vogue, Butterick and Simplicity were all popular in the 1950s. What were they?
  - Dress Patterns
  - Automobile names
  - Stores in Boston
  - Street names in South Dartmouth
- Every year, there is a giant ethnic festival in the North end of New Bedford called the Portuguese Feast. What do they do especially for seniors?
  - Discount meals on Saturday afternoons
  - Schedule special entertainment just for seniors
  - Free admission to the Museum of Madeiran Heritage
  - None of the above
- When heated up, what turns to glass?
  - Stone
  - Gold
  - Sand
  - Diamonds

[answers listed on page 11]



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# Nutrition

## Food Labels: Helpful Information or Meaningless Marketing?

Shoppers have more options than ever at the grocery store, yet being a smart shopper can be challenging – and time consuming – when each product is labeled with numerous claims and information that may be misleading or confusing.

On Feb. 4, Coastline dietitian Katlynn Ferreira returned to the Dartmouth Council on Aging's "Pound by Pound" support group, which provides advice and encouragement for weight loss and healthy living, to sort out the various labels displayed on food packaging.

Even something as seemingly straightforward as a "best by," "use by" or "sell by" date can be misleading. Factors that determine these signifiers include how the food was prepared, certain ingredients that are used and the temperature at which the food was prepared. What isn't a factor in determining these dates: safety.

"Dates can guarantee when a product is at its best quality. It's not necessarily about safety," said Ferreira. "The sell by date is an inventory management number. The manufacturers put those labels on food to let the stores know when they should be taking the product off their shelves. And it's not for a safety reason; it's for peak quality."

For example, milk should display a sell by date, and the store should sell it by that date, but the milk will still be good for about five to seven days.

According to the United States Department of Agriculture's Food Safety and Inspection Service, the only food product that has a true expiration date is infant formula.

"One of the things that becomes a concern as we age is our sense of



On the left, the USDA Certified Organic label that appears on foods that have met strict production guidelines from the United States Department of Agriculture. On the right, a "100% Natural Product" label that was created for this article and is completely meaningless. Some of the labels found on food packaging are meant to sell you a product and have nothing to do with consumer safety.

smell and taste aren't as heightened," said Ferreira. "It might be harder to detect if a food is beginning to spoil. If you're weary about a date, use your full observation of that food to make a decision."

Another feature you'll likely see on a product's packaging is food claims. There are three categories of food claims:

- Nutrient claims, which refers to the amount of a certain nutrient present in the product, such as 'high in Vitamin C' or 'low sodium' or 'low fat.'
- Health claims, meaning there's a nutrient in that particular food that is closely associated with a health condition. The USDA has 12 approved correlations between a food and a condition.
- Structure or function claims, where a certain nutrient in the food has a proven influence on our body's function. An example might be 'vitamin A protects your eyes.'

Part of the challenge is discerning which claims contain

helpful information and which claims are marketing jargon trying to sell you a product.

For instance, for a food to become "certified-organic," it must meet strict production guidelines from the USDA. A food marked "100% natural" might give the consumer the impression that the two foods are comparable, but that's not the case. "Natural" is a largely meaningless modifier that doesn't require any form of regulation.

Eggs also have packaging claims that can be misleading. Eggs have labels like "free-range," "cage-free" or "pasture-raised." These signifiers are largely meaningless unless they come coupled with labels such as "American Humane Certified," "Certified Humane" or "Animal Welfare Approved," which mean the animals were raised using strict guidelines. But even within those three designations, there is variation in how the hens were raised.

The quantity of salt in any particular food can also be a selling

point.

"Low sodium means that there's no more than 140 milligrams per serving – but make sure you look at the serving size," said Ferreira.

The phrase "reduced sodium" may make a food appear healthier, but all that's required for this designation is a 25 percent reduction in salt compared to the original product. If the original product contained a vast quantity of salt, the low-sodium label may not translate into a better choice.

With the front of the box being so misleading, it falls on consumers to think critically about foods. In the United States, the nutrition facts label features more concrete information, including what ingredients are in the food and the percentage of nutrients recommended for a diet of 2,000 calories a day.

In April, Ferreira will return to the Dartmouth Council on Aging's Pound by Pound class to discuss the features of the nutrition facts label, how it's changing and what you need to know to be a smarter consumer.

### Resources

If you would like to join the Pound by Pound group to learn more about the science of nutrition, make friends and maybe even lose some weight, call Nancy Miller at 508-999-4717 ext. 3305. The group meets Mondays at 10 a.m. at the Dartmouth Council on Aging. The program is free.

The federal government has a database of food safety information, called Foodkeeper, which is available both as a mobile app and a website at: [foodsafety.gov/keep/foodkeeperapp/](http://foodsafety.gov/keep/foodkeeperapp/)

## Control Your Cholesterol: Protect Yourself from Heart Attack and Stroke

*National Institutes of Health*

Have you had your cholesterol checked? Most adults should have a cholesterol test every 4 to 6 years. That's because nearly 78 million American adults have high levels of the type of cholesterol that's linked to heart disease and stroke.

Cholesterol is a waxy, fat-like substance that your body needs to function properly. It travels through your bloodstream to reach the cells that need it. Your cells use cholesterol for many important functions, like making hormones and digesting fatty foods.

But too much cholesterol in your blood can cause waxy buildup called plaques in blood vessels. "These plaques can eventually become inflamed and rupture, leading to a clot," explains cholesterol expert Dr. Ronald Krauss at UCSF Benioff Children's Hospital Oakland.

If a clot blocks blood flow through an artery in the heart, it can cause a heart attack. "Or, if this happens in the artery of the brain, it can cause a stroke," he says

Cholesterol travels through the

bloodstream in particles called lipoproteins. There are different types of lipoproteins that have different effects.

Low-density lipoproteins, or LDLs, contribute to plaques. LDL cholesterol is sometimes called "bad" cholesterol.

"Many people in this country have too many of these LDL particles in the blood," Krauss says. Studies have found that lowering LDL cholesterol levels reduces heart disease and stroke.

The most common cause of high LDL cholesterol is an unhealthy lifestyle. Excess body weight and eating a lot of animal fats are linked to high levels of LDL cholesterol. The genes that you inherit from your parents, other medical conditions and certain medicines can also cause high cholesterol.

You may also have heard about "good" cholesterol: high-density lipoproteins, or HDL. HDL particles absorb cholesterol and carry it

to the liver. The liver then flushes it from the body. That's why scientists previously thought that raising levels of HDL cholesterol might lower your risk for heart disease and stroke.

But recent research suggests that HDL cholesterol works better in some people than others. And clinical trials haven't found that medicines aimed at raising HDL cholesterol reduce the risk of heart attack. There's still a lot to learn about HDL.

Lab tests can measure the different types of cholesterol in your blood. How often you should get tested depends on your age and other risk factors, including a family history of high cholesterol or heart disease.

If tests show that you have a high level of LDL cholesterol, your doctor may order additional tests. You can try to lower it by eating a heart-healthy diet, being physically active and losing excess weight.



Excess animal fats are linked to high levels of LDL cholesterol.

For some people, lifestyle changes aren't enough to lower LDL cholesterol. Your biological makeup can be a strong influence on cholesterol buildup, too. In these cases, a type of drug known as a statin is the usual treatment. Doctors may combine statins with other drugs.

If your LDL cholesterol is very high, Krauss says it's important that your family members get tested, too. If your genes put you at risk for high cholesterol, your close relatives might have a similar risk.

Talk to your doctor about getting tested. And remember that heart-healthy lifestyle changes can not only lower cholesterol levels but also bring many long-term health benefits.

Check out  
**Healthy Cooking  
with Coastline**  
on  **YouTube**  
[youtube.com/user/  
CoastlineCookingShow](https://youtube.com/user/CoastlineCookingShow)

# At the Senior Centers

## Acushnet Senior Center

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

**Acushnet's 60th Annual Art Show:** Call for past participants. On June 1 and 2, Acushnet will be celebrating its 60th Annual Art Show. If you have photos, news articles, are a past participant, consider reaching out. We are also looking for Acushnet artists to display their work for the upcoming show. For info, contact Ron Gaudette, 508-207-2278 or by email [tm2rg27@comcast.net](mailto:tm2rg27@comcast.net).

**Protect Yourself from Medicare Fraud:** Come meet a representative of the Massachusetts Senior Medicare Patrol Program on March 8 at 10 a.m. at the center and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud, and abuse. Free.

**Saturday Indoor Farmers Market:** Everyone is invited to a Winter/Spring Farmer's Market to be held at the Acushnet Senior Community Center. The second Saturday of the month (March-May), 10 a.m. to 2 p.m. The next Farmer's Market will be held on March 9.

**St. Patrick's Day Party:** March 14 at 11:30 a.m. Lunch (corned beef hash, cabbage and carrots, raisin bread, and a pistachio cookie) provided by Coastline. 12:30 p.m. Entertainment by Billy Couto. \$3 per person.

**Memory Café Spring Kickoff:** Calling all Memory Café participants! Join us on March 21 at 1 p.m. at the center. Entertainment will be provided by the New Horizons Chorus. Light refreshments served. Free, open to all Memory Café participants. Please RSVP to 508-998-0280.

**Your Life, You Legacy:** Some of the most stressful life events include the death of a spouse, divorce, death of a family member and personal illness. Join us for a workshop at the center on March 28 at 12:30 p.m. Lunch and the presentation is free, but you must RSVP.

**Free Manicures:** Students will be available at the center for manicures on April 4, beginning at 9:30 a.m. Free, but you must have an appointment.

**Preparing for Medicare:** April 4 at 6 p.m. at the center. Discussion led by a Blue Cross Blue Shield of Massachusetts representative.

**Trip to Newport Playhouse & Cabaret Restaurant:** April 28, bus departs the center at 10:45 a.m. \$50 per person. Enjoy the play "Clothes Encounters," buffet lunch and school bus transportation.

**Peer Check-In Group:** New Bedford Area Recovery Connection Center will offer a Peer Check-In Group at the center on the last Tuesday of every month from 11 a.m. to 12 p.m. Come stop in for a cup of coffee, conversation and make new peer-to-peer connections. For more information, contact Krista Cormier, Community Liaison, 508-675-3137.

**50+ Job Seeker Group:** If you are unemployed and actively looking, underemployed, seeking a new career direction, recently retired and looking for your "encore career," this networking group program is perfect for you! Funded and supported by the Massachusetts Association of Councils on Aging (MCOA), the Job Seekers Networking Group offers support and assists people in the 50+ demographic who are looking for a new job, a totally new career direction or an encore career. For additional program information and pre-registration, please feel free to contact: Susan Drevitch Kelly, Program Director at [susan@sdkelly.com](mailto:susan@sdkelly.com) or 781-378-0520.

**ABLE Bodies Fall Prevention Exercise Class:** Pati Cautillo, Instructor, this group meets at 2:15 p.m. every Friday at the Acushnet Senior Community Center. Title III funded through Coastline Services. \$2/ suggested, voluntary donation.

## Ashley Park Center

The Ashley Park Center in New Bedford is open Monday through Friday from 10 a.m. to 4 p.m. For information on activities, such as cards and dominoes, call 508-991-6211.

## Buttonwood Senior Center

The Buttonwood Senior Center has reopened to the public. The center is open Monday through Friday from 8:30 a.m. to 3 p.m. Call 508-991-6170 for more information.

## Dartmouth Senior Center

For more information on the following activities, call the Dartmouth Council on Aging at 508-999-4717. A complete list of Dartmouth COA can be found at: [www.towndartmouth.ma.us](http://www.towndartmouth.ma.us)

**Chef's Showcase:** March 8 at 2 p.m. Chef Angela from Assisted Living at Dartmouth Village will present a cooking demonstration. Advanced sign up required.

**Essential Oil Workshop:** March 11 at 11 a.m. Learn how to replace household products with natural alternatives. Pre-registration required.

**Tuesday Mantinee:** March 12 at 1:30 p.m. "Can You Ever Forgive Me?" starring Melissa McCarthy and Richard Grant. Call to sign up.

**St. Patrick's Day:** March 13 at noon. Irish folk tunes with Bill Reidy, the South Coast Rambler. 50/50 raffle. Lunch and entertainment. \$6, tickets at the front desk.

**Happy Posture, Healthy Bones:** March 14 at 8:30 a.m. \$75 for 8 weeks. The class is designed to build healthy posture and promote muscle strength. Contact Nancy at the center for more information.

**Throw a Punch at Parkinson's:** March 19 at 1 p.m. This NEW program is developed from the "Rock Steady Exercise Program." It empowers people with Parkinson's disease to fight back using non-contact boxing and addresses the major challenges of the disease: balance, hand/eye coordination, strength, agility, and cognitive and movement skills. \$15 for introductory class. Equipment provided. Instructed by Jason Pires, a former professional boxer and 1996 Olympic alternate boxing team member. To register, call the center.

**Hypnosis for Stress Management:** March 18 at 10:15 a.m.; and Hypnosis for Weight Loss: April 8 at 10:15 a.m. Presented by Karyne Martins of Karyne and Company Spa and Loraine Stewart of MA Consulting Hypnotist. Free.



**REMEMBER WHEN?** Readers, do you know where this photo was taken – or when? Our best guess? This is a photo of Lincoln Park from sometime in the '50s. Send us your old photos and a brief description, and we'll include them in the paper. Email [stthomas@coastlinenb.org](mailto:stthomas@coastlinenb.org) or mail photos to *Senior Scope* at Coastline, 1646 Purchase St., New Bedford, MA 02740.

**Legal & Financial Planning:** March 19 from 2 to 3:30 p.m. Workshop on financial planning for those with memory loss. Presented by the Alzheimer's Association.

**TED Talk Discussion:** March 21 from 11:30 a.m. to 12:30 p.m. This month: "Take Health Care Off the Main Frame" by Eric Dishman.

**Health Plan Options for People with Medicare:** March 29 at 1 p.m. If you're already enrolled in Medicare, you may be wondering if you're choosing the right options. This seminar will cover explanations of Medicare Parts A, B and C; enrollment timeline; Medigap plans; Medicare Advantage plans; Medicare and Part D. Sign up at the front desk.

**Beginner's Botanical Drawing:** Four-week session held Tuesdays starting on April 2 from 1 to 3 p.m. The instructor will be artist Jane Bregoli. \$48 for four weeks.

**Comedy Performance with Mabel & Jerry:** April 3 at noon. Supported in part by the Dartmouth Cultural Council.

**Savvy Caregiver Program:** Free, six-week session starting April 10 from 1:30 to 3:30 p.m. Training for family and friends of those experiencing memory loss. Offered by Coastline.

**iPhone Training:** iPhone tutoring with the experts: teenagers! The Dartmouth High School Honor Society will be hosting two iPhone tutorial sessions. The first will be held on April 15 at 2:30 p.m.

**Friends of the Elderly Thrift Shop:** Monday through Friday, 9 a.m. to noon. Find treasures and support the center.

**Pound by Pound:** Mondays 10 to 11 a.m. Pound by Pound is a FREE support group for dieters trying to lose weight. We offer incentives, presentations by health professionals and weekly private weigh-ins.

## Fairhaven Senior Center

For more information on the following activities, call the Fairhaven Council on Aging at 508-979-4029. Web: [fairhaven-ma.gov/council-aging](http://fairhaven-ma.gov/council-aging)

**Elections:** Town elections will happen on April 1. Seniors who need transportation to voting polls, please call 508-979-4029 before April 1.

**Talent Show:** The Fairhaven Rotary Club will be sponsoring the 4th annual senior talent showcase on April 28 from 1-4 p.m. at the Fairhaven Town Hall. If you are a senior with special talent, contact Melissa Kurcharski at 508-330-4837 or [Melissa@fsuinc](mailto:Melissa@fsuinc).

**Computer Classes for Seniors:** Computer classes will begin in March. Space is limited. Sign-up at the front desk. Classes are held from 9-10 a.m.

**Sewing Circle:** Monday, March 11, 18 from 1-3 p.m., and Thursday-March 7, 14, 21, 28 from 5:45-8 p.m.

**Meet & Greet:** Meet Brad Fish, Fairhaven's New Veterans Agent, on March 18 from 1-2 p.m.

**Pathways Through Grief:** Bereavement Education Support Group. Mondays for six weeks beginning on March 18 to April 22. 6-7:30 p.m.

**Grief Support Group:** 5-6:30 p.m. 1st and 3rd Tuesday of the month.

**Tax Help:** Tax assistance on Tuesdays and Thursdays for low-income seniors filing a short form. Call 508-979-4029 to set up an appointment.

**ZUMBA GOLD:** Wednesdays and Fridays from 11:30 a.m. to 12:30 p.m. Dance program for balance, strength, flexibility and heart. \$6.

**Senior Supper Club and LGBT Supper Club:** Senior Supper Club meets the first Tuesday of the month, and the LGBT Supper Club meets the last Wednesday of the month.

**Food Program:** If you are a Fairhaven resident 60 or older you may qualify to receive FREE groceries from the Greater Boston Food Program Commodity Supplemental Food Program. Call The Fairhaven Senior Center to find out if you qualify.

**Need a Notary?** A notary is available at the Fairhaven COA Monday through Friday from 7:30 a.m. to 3:30 p.m. If you are home bound and live in Fairhaven, the notary will be happy to go to your home. Call the COA.

**Health Awareness:** A healthy weight program, meets on Thursday mornings at 9 a.m. Confidential weigh-in is followed by a meeting featuring tips on losing weight and keeping it off.

**Osteo Exercise** class meets Monday, Wednesday and Friday mornings from 8:30 to 10 a.m.

**Wellness Clinic:** Held on Tuesday mornings from Barbara /Nutrition is available first Tuesday of the month. Call for an appointment. Lisa/Nurse is available 2nd, 3rd and 4th Thursday from 9 a.m. to 10 a.m. Drop in and have your blood pressure taken.

*Continued on Page 11*

At the Senior Centers continued...

**Hazelwood Senior Center**

For more information on the following activities, call the Hazelwood Senior Center at 508-991-6208. The hours of operation at Hazelwood are 9 a.m. to 3:30 p.m. from Monday through Friday. Coastline serves lunches from 11:30 a.m. to noon, Monday through Friday.

**Mondays:** Beginner's Spanish 9-10 a.m.; Adult coloring 9-10 a.m.; Zumba Gold 10:15-11:15 a.m.; Feb. 4, 18 and 25: Speech Therapy 1-3 p.m. Self Improvement classes for 3 weeks

**Tuesdays:** Adult Coloring/Puzzles 9-10 a.m.; Feb. 5 Cedar Dell games/trivia 10-11 a.m.; Feb. 5 Sandpiper Crafters 11a.m.-noon; Lunch offered 11:30 a.m.-noon; Scrapbooking 12-1 p.m.; Line Dancing with Lynn 1-2:30 p.m.; Senior Whole Health activity day every third Tuesday of the month 10-11:30 a.m.

**Wednesdays:** Chair Yoga with Joey, \$3, 10-11 a.m.; Every first Wednesday blood pressure clinic offered by Greater New Bedford Community Health Center 11 a.m.-noon; Card players 11 a.m.-noon; Birthday cake celebration every last Wednesday of the month; Coastline lunches 11:30 a.m.-noon; Bingo prep at noon, games begin 1-3 p.m.

**Thursdays:** Knitting and Crocheting 9:30-11:30 a.m.; Zumba Toning 12-1 p.m.; Book Club 1-2:30 p.m.

**Fridays:** Chair Yoga with Joey, \$3, 9:30-10:30 a.m.; Feb. 22 Massage therapy with the Oaks 10:35-11:35 a.m.; Card players 11 a.m.-noon; Coastline lunches 11:30 a.m.-noon; Bingo prep at noon, games begin 1-3 p.m.

**Marion Senior Center**

Hours: Monday through Friday, 9 a.m. to 3 p.m. Keep up to date with everything happening at the Marion COA by liking us on Facebook: www.facebook.com/marioncoa. Call the center at 508-748-3570.

**New Walking Program:** April 1 through Sept. 30. Walk your way to money and help your senior center. Form teams of four (or walk as individuals) and compete a challenge within the time frame. The Council on Aging staff can help you sign up to track your walks. Everyone who completes their challenge will be entered to win a gift card. For every team/individual who completes their challenge, the center gets entered to win \$250 for future fitness programs.

**Classic Movie Series:** The Sippican Historical Society and Marion Council on Aging are delighted to present the monthly Classic Film Series at the Music Hall. Films are at 7 p.m. March 8: "How Green Was My Valley"; April 12 "Stagecoach"; May 10: "American Graffiti."

**Upcoming Art Shows:** "Think Spring" - March 4 through April 1. Opening reception March 7 from 5-7 p.m.; "Four Friends" - April 3 through May 30. Opening reception April 4 from 5-7 p.m.; "Senior Show" - June through July 1. Opening reception June 6 from 5-7 p.m.

**Game Show:** March 11 at 12:30 p.m. "Who Wants to Be a Millionaire: Health Edition" with Community Nurse Home Care.

**St. Patrick's Day: March 18** at 12:30 p.m. With special guest Jack Radcliffe. A catered lunch of Reuben sandwiches will be served at 11:30 a.m. Reservation required; space is limited. Call 508-748-3570.

**Lunchtime Cooking Demonstration with Linda Medeiros:** March 25 at 11:30 a.m. Learn how to prepare a quick and nutritious lunch and learn some new tips and tricks on how to save oney and time while preparing delicious meals. Sign up by March 22. A \$5 donation is suggested.

**Day Trip:** March 28 at 10 a.m. A trip to Patriot Place, Trader Joe's and the Christmas Tree Shop. Sign ups begin on March 14. Call the center.

**Roger Frost Seminar:** April 2, 9, 16 and 23 from 10-11:15 a.m. Stephen Collins will be leading this interactive seminar. Structured as an inclusive group discussion rather than a lecture.

**Seniors & Children: Create and Connect:** May 4 at 10 a.m. Create a colorful decorative tray with a special child in your life in an art workshop designed for seniors and children. Sign up with the Marion Art Center. Will be held at the Benjamin D. Cushing Community Center.

**Grillin' & Chillin' BBQ:** May 4 from noon to 2 p.m. Chef Rich Conti will prepare a BBQ menu consisting of BBQ chicken, pulled pork, veggie burgers, baked beans, cole slaw, corn bread and more. The chef will provide brief demos on the food he makes. Registration required. Call the center. Tickets are \$25.

**Mattapoisett Senior Center**

For more information on any activities, trips and services, please call the Mattapoisett Council on Aging at 508-758-4110 or go to mattapoisett.net/council-aging.

**Guardianship Training:** March 7, 8:30 a.m. to 4:30 p.m. Register if you are a recently appointed guardian of an adult, are thinking about becoming a guardian, or are a guardian and would like further training. One-day, 8-hour training course. Cost is \$35. Scholarships are available for those who qualify. Lunch and breaks provided. To register, call 508-758-4110 or online at https://guardianship.academy.

**Tax Help:** The AARP Tax-Aide, a volunteer-based program, will provide tax preparation help to any low- to moderate-income eligible taxpayers, 60 and older. Trained volunteers will be at the Mattapoisett COA on March 13, 27; and April 10. Appointments are required.

**Weaving Class:** March 14 at 12:30 p.m. Easy, creative fun for everyone! Only \$10. Instructor: Benares Angeley. Reservations required.

**Pottery Class:** Your clay will be put into a kiln and returned for you to paint/decorate and sent to the kiln for final glazing. Every other Thurs. Resumes March 14 at 9:30 a.m. Registration requested. \$20.

**Game Show:** Join host Barbara Canuel, Registered Dietician, for a fun, educational game, "Who Wants to be a Millionaire: Health Edition." March 19 at noon. Lunch Served. Free. Register: call 508-758-4110.

**Your Life, Your Legacy:** March 21 at 11:30 a.m. Simple steps for planning your final arrangements. Lunch served. Registration required.

**Movie & Pizza:** March 26. "At Eternity's Gate." Movie at noon; pizza is \$1/slice.

**Drum Circle:** Interactive music. March 28 at 1 p.m. \$4. Pre-register.

**Walk-In Clinic:** The Public Health Clinic is held at Center School (via the COA entrance), every Tuesday and Thursday from 10 a.m. to noon, or Monday to Friday by appointment. Free to all Mattapoisett residents.

**Rochester Senior Center**

For the complete newsletter, please visit us at 67 Dexter Lane in Rochester or visit our website at rochestermaseniorcenter.com. Follow us on Facebook at: facebook.com/rochestercoa. For info, call: 508-763-8723.

**Tax Help:** Free tax preparation is provided for all low- to moderate-income individuals. This will be offered every other Wednesday. Call to sign up at 508-763-8723.

**French Conversational Class:** Volunteer French teacher Connie Pierce will hold classes on March 1, 15, 22 and 29 from 9:30-11:30 a.m. Free. Open to anyone. No sign-ups necessary.

**St. Patrick's Day:** March 11 at noon. Corned beef and cabbage with traditional Irish entertainment. Tickets are \$10.

**PIE on Pi Day:** March 14 at 5:30 p.m. Enjoy a delicious chicken pot pie dinner and salad, with pies for dessert. Tickets are \$10 per person. This is a Friend's of the Rochester Senior Center fundraising event.

**Hanna's Luncheon:** March 18 at noon. Must sign-up in advance. \$5 donation suggested at sign-up.

**Book Club:** March 19 at 10:15 a.m. Open to everyone. Led by Rochester's Library Director. The scheduled book will be Agatha Christie's "Murder on the Orient Express."

**Candidate's Forum:** March 21 at 7 p.m. Meet and hear from the candidates prior to Election Day. Ask questions. Will be filmed by ORCTV.

**Tri-County Symphonic Band Concert:** March 24 at 3 p.m. The center has free tickets for this event. First come, first served. Concert held at Tabor Academy.

**Quarterly B-day Party:** March 25 at noon. For those who celebrated a birthday in Jan., Feb. and March. Anyone else is welcome to attend, \$5. Lunch will be prepared by Mike and Ann Cambra and their team.

**Friday Movies:** Free movies every Friday. Call for details.

**Dementia Directory**

www.alzconnected.org

**Memory Cafés**

**Acushnet:** Acushnet Public Library, 2332 Middle Rd. Mondays from 1-3 p.m. Info: 508-998-0280.

**New Bedford:** Portuguese-Speaking Memory Café, Fridays at Project Independence, 250 Elm St., New Bedford. 12:30-2 p.m. Info: 508-991-6250.

**Waterfront Memory Café:** Every Wednesday. 11:30 a.m.-2 p.m. Weekly programming for individuals with Alzheimer's or other memory loss, with their care partner, family or friends. At the Marion Council on Aging, 465 Mill Street, Marion. Info: 508-748-3570

**Alzheimer's Support Groups**

**Mondays:**

**LGBTQ Phone Support Group.** First Monday of the month. For partners/spouses of people living with dementia. Contact Barb Meehan at 508-291-0660.

**Tuesdays:**

**Dartmouth Council on Aging** with Carolyn Greany, 508-304-4587. Every other Tuesday, 3-4:30 p.m. Meetings are for caregivers and the individual diagnosed. RSVP.

**Brookdale Senior Living** with Lacie Chase, 508-409-4676. Third Tuesday of the month, 6-7 p.m.

**Wednesdays:**

**Fairhaven Council on Aging** with Fairhaven Community Nurse & Hospice Care 508-992-6278. First Wednesday of the month, 1-2 p.m. RSVP.

**Royal of Fairhaven Nursing Center** with Maureen Bradley, 508-997-3193. Fourth Wednesday of the month, 6-7 p.m.

**New Bedford, Wilks Library,** 1911 Acushnet Ave. with Alan Johnson, 508-775-5656. Fourth Wednesday of the month, 2-3:30 p.m. RSVP.

**Thursdays:**

**Marion Council on Aging,** Caregiver Support Group. Call Karen Gregory at 508-748-3570 to pre-register. Every other Thursday, 1-2 p.m.

**Fridays:**

**Dartmouth Council on Aging,** First Friday of the month at 1-2:30 p.m. Open to all caregivers. Contact Carolyn Lazaris at 774 510-5204 or Stephanie Gibson at 774 510-5209.

**Travel**

**New Bedford Senior Travel Club**  
553 Brock Avenue  
New Bedford, MA 02744  
508-991-6171

• **April 27:** Nantucket Daffodil Day, Hyannis, MA

**May**

- **May 18:** Shear Madness (Charles Street Playhouse), Boston, MA
- **May 21:** Best of Times (Edwards Twins) Lake Pearl Ballroom, Wrentham, MA
- **May 29:** Mohegan Sun Casino / Capt'n Jack's Uncasville CT / Wakefield, RI

**June**

- **June 5:** Dan'l Webster Inn/ Heritage Museum & Gardens, Sandwich, MA
- **June 10:** Foxwoods Casino w/ Casino Package, Ledyard, CT
- **June 20:** Boston Duck Tour & Boston Winery Tour, Boston, MA
- **June 29:** Providence Performing Arts Center, features band visit/Providence Place Mall

**March**

- **March 12:** Twin Rivers Casino w/ Casino Package.
- **March 13:** 2019 Boston Flower Show. Small-space gardens and outdoor relaxation.
- **March 21:** "Phantom of the Opera" at the Providence Performing Arts Theater.
- **March 27:** Parker's Maple Barn. Maple sugar breakfast luncheon and sugar tour.

**April**

- **April 8:** Foxwoods Casino w/ Casino Package, Ledyard, CT
- **April 24:** Best of Times Abba Triute, Danversport Yacht Club, Danvers, MA

**March 2019 Trivia Quiz Answers**

1. D | 2. D | 3. A | 4. B | 5. C | 6. A | 7. D | 8. C | 9. A | 10. C

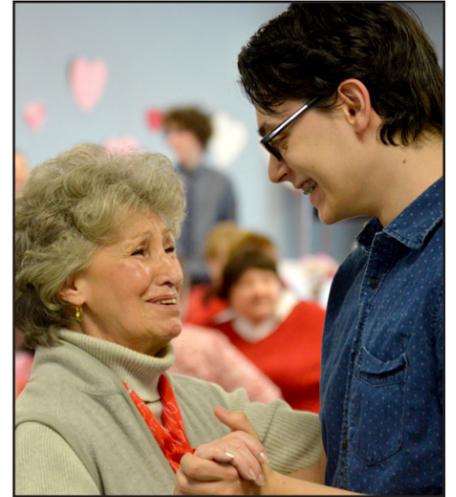
# Community



In past years, the Dartmouth High School seniors were given a lesson on dancing prior to the event. This year, their dance lesson was canceled on account of snow. Fortunately, the COA seniors were there to help out the high school seniors on the dance floor.



The high school seniors decorated the Council on Aging and served food on Valentine's Day.



## Seniors Dance with Seniors on Valentine's Day

On Valentine's Day, members of Dartmouth High School's National Honor Society festooned their local senior center with pink balloons and paper hearts as they waited for their dance partners to arrive.

For more than a decade, high school seniors have organized a Valentine's Day party at the Dartmouth Council on Aging. The event is one of three fundraisers the Honor Society students host throughout the school year.

Lauren Enoksen, a social studies teacher, said it was her first year advising the event following the previous adviser's retirement.

"We knew this was a tradition that we wanted to continue," said Enoksen. "Every year, the senior citizens talk about how great this event is and how much they look forward to it."

As the students were busy arranging pink confections and fresh daisies, a long line of elders wearing cherry red outfits formed in the lobby of the Dartmouth Council on Aging.

Before the music started play-

ing, one of the students approached Enoksen and asked her a tough question: "How do I go up to somebody and ask them to dance?"

Her answer? "Go up and ask them!"

"I was kind of embarrassed because I don't know any dances," said Hannah Chamberlain, the president of the school's Honor Society. "We were going to have a dance rehearsal, but then it got snowed out. So the seniors are teaching us."

Charlotte Correiro, the vice president of the Honor Society, said the students formed two committees to plan the party. One group was in charge of preparing decorations and baked goods. The other committee sought food donations from local businesses.

"Most businesses were very receptive and were happy to donate to an event like this," said Chamberlain. "We've both never been in this kind of leadership position before, where you have to plan events and make sure it runs smoothly."

In addition to teaching the students about organizing an event,



Seniors dance with seniors at the Dartmouth Council on Aging on Valentine's Day.

the tradition introduces two groups from the Town of Dartmouth to each other.

"I think the students like the social aspect of it," said Enoksen. "It's nice because they get to meet members of the community."

Rose Vieira, between trips to

the dance floor, said the senior citizens love the annual dance, too.

"The kids do a fantastic job," said Vieira, who estimates she's attended the event for the past four years. "This is always a thrill. It's great to see the kids blend in with the elderly."

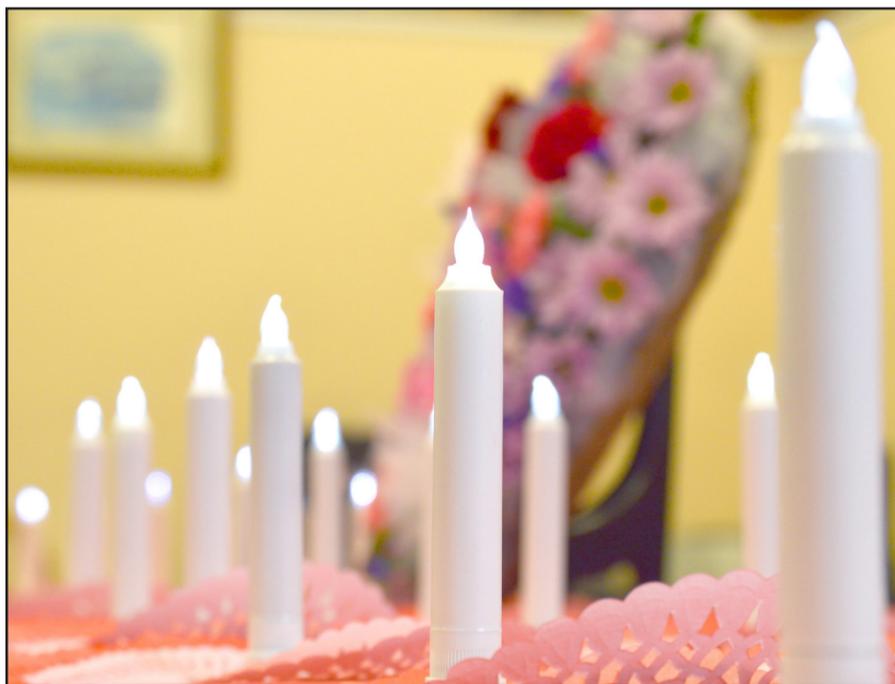
### Remembrance continued...

and what makes them happy. They learn to trust you. It's a special bond that I have felt with these folks," said Lally. "I'm a better person for having known all of them because everybody has something positive to give."

With the candles lit, the program turned to the audience members, who shared several stories. The speakers recounted fond memories of their loved ones and emphasized what made them unique. Alice Trantham's children spoke about how their mother was hard-working, generous and a talented cook.

Trantham's neighbor, Pat Daigle, took to the podium with a blanket Trantham had knit for her using assorted balls of yarn she had acquired at the senior center. The multi-colored afghan was Trantham's last completed project.

"I knew how much she loved this place," said Daigle. "She was



Candles topped more than 40 paper hearts, each marked with a name of someone who was part of the Rochester Council on Aging community and who died in 2018.

more than just a neighbor. She was a friend, and she was part of my family, too."

Arlene Carreiro, Theresa

Carreiro's daughter, spoke of the close bond she had with her mother.

"She loved everyone and saw the best in everyone," said Arlene.

"She wasn't just my mother – she was like my sister."

Mabel Griffin was the last to speak at the ceremony. She talked about seeing Arlene and Theresa at the Christmas bazaars held at the local library. While Griffin had clear memories of talking to the two at the holiday event, hearing Arlene speak at the ceremony made Griffin realize that she had never caught Theresa's name.

"I always looked forward to talking to them. But, just now, I'm learning her name," said Griffin. "It made me think, 'Gee, why didn't I get to know her more?' Today I'm thinking about all the opportunities we have to learn about the people we see."

"We need to do more of that," she continued. "All of us are a little bit shy, or we don't have enough time to get to know others. This has been a wake-up call for me to take more time to talk and find out more about other people."