AN INSIDE LOOK AT.....
From the Heart   Page 2
To the Heart     Page 2
Homes           Page 4
Lives           Page 4
Selves          Page 5
Yarrow          Page 7

Froio can be an
socialization
and
Activity

instrument of change!
A Pocketful of Poetry

If you are unsure of how to celebrate Poetry Month in April, then just wait until April 26, Poem in Your Pocket Day. On this day, choose a poem and carry it with you all day to work, to school, out shopping, or anywhere you may go. You may choose to share it with others or keep it to yourself, but the power of the poem will be with you all day. Perhaps you will choose a celebration of life, such as Walt Whitman’s Full Of Life, Now, a hymn to nature, such as John Clare’s All Nature Has a Feeling; a poem about poetry like Archie MacLeish’s Ars Poetica; or a unique take on love, such as Heart to Heart by Rita Dove. Perhaps you won’t choose a poem at all but your favorite song lyrics, which you can sing to everyone you meet. Remember, poems, like songs, are meant to be heard, so do not shy away from the wonder of sharing your special poem with those around you.

Activity Connection, April 2018

The 7 Worst Things You Can Do To Your Heart

These mistakes put your ticker in danger. It’s time to take aim against them.

It’s easy to spot a heart-health fanatic. She’s the one jogging down the side of the road, wearing tight pants and a heart monitor, then slipping into House of Kale for a superfood infusion. But you don’t need to be the neighborhood greyhound or a health food zealot to dramatically slash your risk of heart attack and stroke. You just need to stop making a few common blunders that elevate your risk of heart disease, says Clyde W. Yancy, chief of cardiology at the Feinberg School of Medicine at Northwestern University. The sooner you make a change, the faster you can reverse existing damage or reduce your risk.

That’s why AARP and the American Heart Association (AHA) are working together to give you simple fixes you can do today to start lowering your risk — dramatically. During February — aka American Heart Month — and all year round, avoid committing these blunders. You’ll set yourself, and your heart, on a healthy new path.

1. You sneak a smoke

Heavy smokers know they should quit. So should occasional smokers. But you might say, “I only bum a smoke socially” or “Just once in a while, I have a cigar on the golf course” or “I switched to vaping. It’s so much cleaner and healthier.”

Wrong answers, one and all. “Cigarettes, cigars, vaping — all of them have the same degree of risk” for your heart, Yancy says. Nicotine has been shown to tighten coronary arteries; the effect is virtually immediate, he notes. “And there is no ‘small dose’ of nicotine,” he adds. “There is no threshold below which you’re ‘OK’ with smoking. That doesn’t exist.”

If you stop smoking right now and you don’t already have coronary artery disease, within two years you can reduce your heart attack risk to what it would have been if you had never smoked.

2. You skip your walk

Muscle loss as you age is a serious problem, and your heart is the most important muscle of all, says sports medicine physician Jordan D. Metzl, author of The Exercise Cure.

The AHA recommends 150 minutes a week of exercise, or 30 minutes a day at least five days a week. A 2017 study showed that people with stable coronary heart disease who increased their habitual physical activity reduced their mortality rate. The greatest benefits were seen in the most sedentary people who finally started moving regularly.

Continued on insert page
our SENIOR CENTER

A convenient source for local services

FIND AN ADVERTISER NEAR YOU
SEARCH SUPPORTERS OF OUR CENTER to find trusted services in our area!

plus Sign up to have our newsletter emailed to you!
A A R P  F o u n d a t i o n  F i g h t s  N u r s i n g  H o m e  E v i c t i o n s

A hallmark of AARP is our work on behalf of the most vulnerable members of society. Many people in nursing homes have become victims of a troubling trend: illegal evictions. Patient dumping occurs when a nursing home sends residents to institutions such as hospitals, or even homeless shelters, and refuses to readmit them. Evictions are a terrible blow to the patients and loved ones. Involuntary discharge from nursing homes is the leading complaint received by long-term care ombudsmen.

Last year, a nursing home in Sacramento, California, refused to allow 82-year-old Gloria Single, who has Alzheimer’s disease, back into the facility where she and her husband, 93, were living. The nursing home had sent her to the hospital for a psychological evaluation — neither she nor her family consented to it, by the way — and the hospital had cleared her to return the same day.

The nursing home defied the state of California, which ordered her readmission. That’s when AARP Foundation stepped in and sues the nursing home Gloria was in the hospital for three months before being admitted to a different nursing home, and by then the lack of stimulation had caused her to stop talking. Kelly Bagby, an attorney at AARP Foundation, says that “until all states take action to protect residents, our only recourse is going to be filing lawsuits for people like Mrs. Single.”

We expect a precedent-setting decision later this year.

Alison Hirschel, who directs the Michigan Elder Justice Initiative in my home state, notes that residents in facilities that accept Medicaid/Medicare have strong federal protections. Nursing home residents can be moved only if the facility can’t meet the patient’s needs, the patient doesn’t need the services, the health or safety of others is endangered, the patient won’t pay or the home closes. She says, however, that “many states do not vigorously enforce [protections], and many residents are unaware of the law or too intimidated to fight back.”

State ombudsmen can help nursing home residents who are treated unfairly. For more information, visit the National Consumer Voice for Quality Long-Term care site or call 202-332-2275.

Meanwhile, the court should rule in Gloria’s favor. She deserves to be reunited with her husband.

By Eric J. Schneidewind, AARP President,
AARP The Magazine, February 2018

To Cut Weight: Lose the Diet, Find a Lifestyle

When The New York Times hired me to write about science and health 52 years ago, I was 40 pounds overweight. I’d spent the previous three years watching my weight rise as I hopped from one diet to the next in a futile attempt to shed the pounds most recently gained.

No amount of exercise, and I did plenty of it, could compensate for how much I ate when I abandoned the latest weight loss scheme. I had become a living example of the adage: A diet is something one goes on to go off.

Even daylong fasting failed me. When I finally ate supper, I couldn’t stop eating until I fell asleep, and sometimes awoke the next morning with partly chewed food in my mouth. I had dieted myself into a binge-eating disorder, and that really scared me. Clearly, something had to change.

I finally regained control when I stopped dieting. I decided that if I was going to be fat, at least I could be healthy. I made a plan to eat three nutritious, satisfying meals every day with one small snack, which helped me overcome the temptation to binge in response to deprivation.

Much to my surprise, a month later I had lost 10 pounds — eating! Eating good food, that is, and plenty of it. I continued the regimen without difficulty because it was not a diet. It was a way to live and a healthy one at that.

And I continued to lose, about two pounds a month.

Two years later, all the excess weight was gone. I never gained it back and never again went on a diet. (Even with a twin pregnancy, I gained only 36 pounds and lost them all when my sons were born at 6 pounds 13 ounces each.)

The greatest challenge to lasting weight loss, especially for someone like me with a food addiction, is the fact that no one can give up eating. Rather, one has to learn a better — and permanent — way to handle food.

I eat everything I want, in moderation. My meals — mostly homemade — are heavily loaded with vegetables, and I choose calorie-controlled snacks like popcorn at 35 calories a cup, a graham cracker at 59 calories for two squares, and ice cream (really ice milk) at 100 to 150 calories a half cup. No seconds!

My weight maintenance secrets are simple: I read nutrition labels before I buy anything in a package, I practice portion control, and I exercise and weigh myself every day to stay within a two-pound range appropriate for my height. If the number on the scale begins to creep up, I may walk, bike or swim a little more and eat a little less for a few days.

Continued on insert page
April TRIAD

Newly installed District Attorney Paul Caccaviello will have comments of interest to Froio seniors.

Monday, April 2nd 9:00 a.m.

April Foot Clinic

499-9346

Wed April 3rd $30 By Appt.

April Breakfast Club

Always Delectable! Always Informative!

Breakfast Club always endeavors to present engaging speakers on intriguing subjects!

Thurs April 12th $3.00 8:00 a.m.

New Member Day

Find your way.

Let us know you're coming. 499-9346

10:00 Wed April 18th

April Card Party

Focus Group!

Thurs April 19th 1:00 p.m. Four-somes are best $2.00

Legal Education

Have legal questions evaluated.

1:00 p.m. By Appt 499-9346

Thurs April 19th

Molari Blood Pressure Clinic

By Appt. 499-9346

Tue April 24th

Brown Bag Day

10:30 Fri April 27th

S.H.I.N.E.
(Serving Health Insurance Needs of Everyone)

By Appointment 499-9346

Tuesdays @ 12:00
The 7 Worst Things You Can Do To Your Heart

Continued from page 2

“This can be so simple,” Metzl says. “Some people hate the word ‘exercise.’ That’s fine. Just move. Get up and get your heart pumping. It won’t care if you’re at the gym or not.” A large-scale study last year confirmed that any physical activity that gets you breathing hard, whether it’s for recreation or not, delivers the same benefits.

3. You snarf an extra cookie
One of the biggest health issues, if you’re over 50, is weight creep — gaining a pound or two every year until you tip over into obesity. Science has found that meaningful weight loss comes mostly from better eating patterns, rather than from, say, more exercise.

“You shouldn’t expect to lose weight from exercise alone,” Metzl points out. “You can erase 500 calories burned from exercise in a few minutes of eating.” So the key is to eat the right foods. And that leads us to the next common blunder.

4. You eat dinner out of a box
Foods that come in boxes and bags are more likely to make you fat and sick than foods you cook yourself. An animal study in the journal Nature showed that emulsifiers in processed foods can trigger obesity and metabolic syndrome.

“An overall healthy eating pattern emphasizes a variety of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes, and nontropical vegetable oils,” says registered dietitian Rachel Johnson, a professor of nutrition at the University of Vermont in Burlington.

5. You shun your veggies
A lot of foods seem healthy but are low in nutritional value. Some culprits: granola bars and smoothies loaded with added sugars, Johnson notes.

Try to eat a serving of fruits and vegetables with every meal (yes, including breakfast!). Fry some thinly sliced brussels sprouts with your eggs, have a healthy salad or vegetable soup for lunch, and make sure there’s a side of broccoli with your salmon. For snacks, stir some fresh berries into a cup of plain yogurt (instead of eating that sugary “fruit” on the bottom), or scoop hummus with some carrots and celery, rather than processed chips. For natural blood pressure control, Johnson recommends potassium-rich foods such as sweet potatoes, spinach, beets, beans and yogurt.

6. You lose your cool
Occasional stress isn’t necessarily a bad thing. But chronic stress can put your health at risk. One result: elevated blood pressure. Plus, according to a 2017 study of more than 2,500 people age 54 and older, chronic stress is associated with obesity.

Anti-stress techniques abound: Exercise, meditation, yoga, tai chi, enjoying nature and even creative hobbies can all help dial down your stress reaction. But one key to understanding stress is that, in the end, it’s how you react to it that makes all the difference. From that point of view, a big part of the remedy is just to ask, “Why am I so stressed about this?”

7. You overdrnk
“There are substantial data that say that a modest amount of alcohol daily, or weekly, is reasonable and might be protective of your heart,” Yancy says. “But how do we measure protective benefits on an individual basis? And here’s the really hard part: Are people disciplined enough to keep it modest?”

“Modest” shakes out to one drink per day for women and two drinks for men. If you can do that, you’re probably OK. But if you can’t? The evidence suggests that no alcohol at all is better for your heart than too much.

Bonus Blunder: You watch Kimmel
There’s one thing that makes all of the previous seven blunders more likely: not going to sleep early enough. A study of nearly 440,000 adults over 40 found that those who went to bed later were more likely to smoke, remain sedentary and skip fruits and vegetables than those who got extra shut-eye by hitting the hay early. “Good sleep is the foundation of health,” Metzl says. “When you wake up feeling good, all the healthy choices become more attractive. You feel like eating well, you feel like working out. Sleep just makes everything easier.”

By Mike Zimmerman, AARP The Magazine, March 2018

To Cut Weight: Lose the Diet, Find a Lifestyle

Continued from page 4

In a recent issue of JAMA, Dr. Eve Guth, internist at the Jesse Brown Veterans Affairs Medical Center in Chicago, basically endorsed my approach. She wrote:

“Successful long-term calorie reduction is most likely to result when patients decide for themselves which dietary changes to make and when. Essential to any effort is a clear understanding that dietary change is a slow process that requires ongoing vigilance” which, she admitted, “is not a popular concept in a world now accustomed to immediate results.”

Perhaps no one knows this better than Angelica Divinagracia, a fitness specialist in Los Angeles who at 53 still looks as good or better than she did as head cheerleader at U.C.L.A. In a posting mid-January on Facebook, she wrote, “The diet and nutrition business is a billion dollar industry because it’s designed for failure. When the diet ends, which ultimately it will, you go right back to where you were. Then you start another…."

Dr. Guth warns against numerous pitfalls, like being swayed by package claims of “low fat” or “low carbohydrate” instead of reading the facts on the nutrition label. “These foods do not necessarily have fewer total calories than the original version of the food,” she wrote, because sugar is often used to compensate for flavor lost, for example, when fat is reduced. Fruit juice may be fat-free but it is not low in calories because it contains large amounts of sugar, she noted.

Continued on insert page
**APRIL SENIOR CENTER EVENTS**

**Everyday!**  
11:30 a.m.  
**Meal Site**

Ludwig Bemelmans, Austrian born American writer, said “The true  
gourmet, like the true artist, is one of the unhappiest creatures existent.  
His trouble comes from so seldom finding what he constantly seeks:  
perfection.” Such travails shouldn’t trouble daily Meal Site attendees,  
since the sublime is so readily at hand. Reserve a day ahead,  
1-800-981-5201.

**Tuesdays!**  
12:00 p.m.  
**SHINE (by appointment)**

SHINE (Serving Health Insurance Needs of Everyone) counselors help you navigate the oft treacherous  
maze of health insurance programs. Call Froio at 499-9346, or Elder Services directly at 499-0524.

**Tuesday, April 3**  
9:00 a.m.  
**TRIAD Meeting**

Newly installed District Attorney Paul Caccaviello will have comments of interest to Froio seniors.  
TRIAD, always promoting community awareness. Refreshments too!

**Wednesday, April 4**  
8:30 a.m.  
**April Foot Clinic (by appt.)**

Professional boxer Andre Ward has noted, “It’s not just fleet of foot or speed. It’s about who gets caught  
and gets knocked out.” Agreed! Hopefully you won’t be caught without Sandra Doppels’ April Foot  
Clinic. It’s a knockout! Call for appointment, 499-9346.

**Monday, April 9 & 23**  
10:00 a.m.  
**The Councilman is In!**

The Froio Center hosts councilman Kevin Morandis’ invaluable “open office” sessions. His informal  
Q & As take place a day before City Council meetings, maximizing the potential for a responsive  
“public-to-council” conduit.

**Thursday, April 12**  
8:00 a.m.  
**Breakfast Club**

Breakfast Club always endeavors to present engaging speakers on intriguing topics. It’s always  
informative, always delectable! Call or sign up, 499-9346.

**Thursday, April 22**  
4:00 p.m.  
**Pittsfeld Tree Watch**

Tree Watch is slated to make its annual springtime renewal this month. Explore all the branches of  
your deep-rooted tree interests.

**Wednesday, April 18**  
10:00 a.m.  
**Senior Center New Member Day Tour**

Unearth the basic facts, and the nuances, of the Senior Center. There’s more than meets the eye and we  
relish the opportunity to convey the full essence de Froio. Let us know you’re coming, 499-9346.

**Thursday, April 19**  
1:00 p.m.  
**Card Party**

Medical researcher and vaccine developer Jonas Salk opined, “The reward for work well done is the  
opportunity to do more.” In Monthly Card Party context that means you’ve just won a pot and now it’s  
your deal. Bottomless coffee, prizes and snacks! Foursomes are best.

**Thursday, April 19**  
1:00 p.m.  
**Legal Education (by appt.)**

Attorneys from Pittsfeld Family and Probate Court evaluate your legal issues.  
By appointment, 499-9346.

**Tuesday, April 24**  
8:45 a.m.  
**Molari Blood Pressure Clinic (by appt.)**

Molari Health Care monitors your blood pressure. Call 49-9346 for an appointment.

**Friday, April 27**  
10:30 a.m.  
**Brown Bag**

Be a part of this budget-boosting nutritional grocery program. Inquire about Brown Bag  
and SNAP benefits.
To Cut Weight: Lose the Diet, Find a Lifestyle

Dr. Guth warns against numerous pitfalls, like being swayed by package claims of “low fat” or “low carbohydrate” instead of reading the facts on the nutrition label. “These foods do not necessarily have fewer total calories than the original version of the food,” she wrote, because sugar is often used to compensate for flavor lost, for example, when fat is reduced. Fruit juice may be fat-free but it is not low in calories because it contains large amounts of sugar, she noted.

She also urges closer attention to add-ons and condiments. “A beef patty has definite food value but after adding a large bun, dressing and extra cheese, the total calories (535) will far exceed the caloric content of the meat, pickle and tomato (240),” she wrote, adding that using butter, margarine or mayonnaise on a sandwich adds far more calories than mustard.

I don’t count calories, but I have a working knowledge of the approximate calories in nearly everything I eat. If you need to lose weight, I urge you to download a comprehensive calorie chart of common foods to help you make substitutions that will cut about 500 calories from your daily diet. You can do the same with an exercise chart, keeping in mind that the caloric cost of any activity depends on how strenuously you do it and how much you weigh.

Although most of the Jan. 16 issue of JAMA is devoted to studies of bariatric surgery, which offers the best route to permanent weight loss for some people, Dr. Guth pointed out that surgery is likely to fail too “if a patient is unwilling to make appropriate changes in food choices.”

She, like me, endorses Michael Pollan’s diet mantra: “Eat food. Not too much. Mostly plants.” And like me, she notes that slow, steady weight loss suggests that you’ve made sustainable changes in your diet and exercise habits that can become second nature and last a lifetime.

By Jane Brody, New York Times, “Well” column, March 6, 2018

When Elder Abuse Is Self-Inflicted

reporting requirements. A few states don’t include self-neglect as a form of abuse that agencies will investigate.

Even when self-neglect gets reported, state agencies are “often overworked, understaffed and underfunded,” Dr. Dong said. Moreover, with limited research and a dearth of strategies and treatments shown to help, “we really don’t know how to deal with these cases.”

Still, reporting suspected self-neglect to an agency is the starting point.

Families may hesitate to invite government involvement, “but that idea of us kicking in doors and hauling people out of nursing homes is so wrong,” Mr. Kirsch said. “Our goal is to keep people in their homes as long as humanly possible — but safely.”

Sometimes, these stories have reasonably happy endings. Dr. Dong worked for months with a depressed patient in her late 60s who suffered from chronic pain from arthritis and diabetic nerve damage but wasn’t taking her medication.

A home visit revealed that she was hoarding, and tripping over cords plugged into overloaded electrical outlets.

Her children had been selling the OxyContin Dr. Dong had prescribed, he eventually learned, but she was afraid to tell anyone. Over time, he changed her drug regimen, sent physical therapists and visiting nurses to her home, and helped her lose weight.

Her home remains cluttered with bags, boxes and newspapers. But as she became more mobile, able to join activities at her church and community center, she grew less isolated and her mood improved. “This needs to be a systemwide response,” Dr. Dong said. “It took a lot to mobilize all this.”

In San Antonio, Mr. Kirsch also has success stories — and some with more disturbing outcomes.

The 86-year-old vet, for example, rebounded during a month in a hospital nursing home. “Because he was receiving three square meals a day and wasn’t drinking, and was taking his meds, he did unbelievably well,” Mr. Kirsch said.

So well that at his next court appearance, a county judge and nursing home physicians agreed the man had regained legal capacity. He could make his own decisions — and his decision was to go home to his dogs.

Mr. Kirsch, on hand for the homecoming, saw that the man’s friend had restocked the house with alcohol. And once back in his house, the client announced that he wanted nothing further to do with offers of help from adult protective services.

“My heart sank,” Mr. Kirsch said. “You know it’s not going to get better.” But there was nothing more the agency could do.

“We had to close his case and bow out.”

By Paula Span, The New Old Age column, New York Times, March 6, 2018
When Elder Abuse Is Self-Inflicted

The man was living alone with his two dogs, in a remote area outside San Antonio, when someone called the Texas state hotline to report that a supposed friend was financially exploiting him. So the state adult protective services agency sent a caseworker to the man’s home.

She found an 86-year-old Vietnam veteran in a dirty, cluttered house full of empty liquor bottles. His legs swollen by chronic cellulitis, he could barely walk, so he used a scooter.

He missed doctor’s appointments. He had the medications he needed for cellulitis and diabetes, but didn’t take them. Though he had a functioning toilet, he preferred to urinate into plastic gallon jugs. He didn’t clean up after his dogs. He wasn’t eating well.

This behavior pointed to an underrecognized problem called self-neglect. It accounts for more calls to adult protective services agencies nationwide than any other form of elder abuse.

Yet efforts to identify and help older people who neglect themselves often collide with Americans’ emphasis on self-determination.

“If someone has decision-making capacity, do they have the right to live in squalor?” asked Dr. XinQi Dong, a researcher at the Rush Institute for Healthy Aging in Chicago. “As a society, we want to respect autonomy and independence.”

In the Texan’s case, “he wasn’t happy that A.P.S. was there, and he denied that he was being exploited,” said Raymond Kirsch, an agency investigator who became involved. “He also denied that he had a drinking problem.”

Grudgingly, he allowed the agency to set up a thorough housecleaning, to start sending a home care aide and to arrange for Meals on Wheels.

But on a follow-up visit a month later, the caseworker found her client markedly deteriorated. His swollen legs now oozed. He’d become personally filthy and was ranting incoherently. She returned with an ambulance and a doctor who determined that the client lacked the capacity to make medical decisions.

Off he went to a San Antonio hospital, under an emergency court order. The caseworker locked up the house and kenneled the dogs.

We hear much more about other kinds of elder abuse and exploitation. Perhaps it’s easier to respond when someone is being victimized by others than when he is harming himself.

“Family members get fed up and don’t want to get involved,” said Courtney Reynolds, a research analyst at the Benjamin Rose Institute on Aging in Cleveland. “They attribute it to a character issue, like stubbornness, instead of a decline in the person’s ability to manage.”

Self-neglect refers to someone whose behavior threatens her health and safety. In ongoing studies in Chicago, Dr. Dong and his colleagues look for factors like hoarding (of objects or animals), poor personal hygiene and unsanitary conditions.

“People can have sores or lice or pests in the house. They may have medical issues but not be taking medications as prescribed,” added Ms. Reynolds, who has seen self-neglect as a social worker.

“There could be piles of garbage, or food stored in a refrigerator that’s not working.”

That’s why self-neglect may go undetected at medical appointments. “If someone comes into my office wearing a clean shirt and pants, I wouldn’t know they’re hoarding at home,” said Dr. Dong, a geriatrician. “You have to observe their living environment.”

In the Chicago studies, involving more than 4,600 South Side residents over age 65, researchers who conducted in-home interviews found self-neglect unnervingly common.

It occurred in 9 to 10 percent of men and 7.5 to 8.5 percent of women, depending on age. Because some residents refused access to their homes, “it wouldn’t surprise me if the prevalence were higher,” Dr. Dong said.

Neglect was more common among those with poor health and cognitive impairment. African-Americans and those with lower income and education had far higher rates of self-neglect. (In a separate Chicago study, so did Chinese-Americans.)

Mental illness and social isolation are demonstrated risk factors, but among the many unanswered questions, Dr. Dong said, is cause and effect. Do depressed people neglect their care, or do people who self-neglect then become depressed?

Whatever the underlying causes, “it’s incredibly dangerous,” Dr. Dong said.

People who neglect themselves have higher rates of illness and death, of emergency room visits and hospitalization. They’re more apt to suffer other forms of elder abuse as well.

As the syndrome draws greater attention, the American Society on Aging’s national conference in San Francisco this month will address self-neglect, other questions arise.

Though state adult protective services agencies take on such cases, laws about reporting neglect and abuse vary widely.

“In most states, there’s a laundry list of people who have to report, typically doctors and social workers,” said Andrew Capen, former assistant director of the National Adult Protective Services Association. Several states have added financial services employees and clergy to the list.

In Texas, everybody is a mandated reporter, any relative, neighbor or even passer-by, while New York has no

Continued on insert page
Excellence in home care!
- Providing Compassionate, Reliable and Safe Quality Home Care. Our staff is dedicated to helping you stay independent at home!
  - Employees are certified, vetted & well trained.
  - Please inquire about insurance.
  - Detailed plan of care provided.
  - Affordable private pay.
Call 413-442-2888

Quality Care & Service
- Skilled nursing
- Short-term rehab
- Long-term care

Mt. Greylock Extended Care Facility
1000 North Street
Pittsfield, MA
413-499-7186
www.mountgreylockextendedcare.org

A Member of Berkshire Healthcare
Managed by an Affiliate of Berkshire Health System

Flying and Dagnoli
Funeral Homes
Serving the Berkshires and Southern Vermont
Pittsfield Chapel
5 Elm Street
Pittsfield, MA 01201
Telephone 413-663-8523

Central Chapel
74 Marshall St. • No. Adams, MA
West Chapel
521 West Main St. • No. Adams, MA

413-442-1733

Commonwealth Registry of Nurses
Rn's. Lpn's. Cna's/Chha's
Celebrating 25 Years 1989-2017
Home Care. Makes Life Easier.
Up to 24 hrs care/ 7 days a week
tailored to your needs
Call 413-627-2827
WWW.CRNHOMECARE.COM

HospiceCare
in The Berkshires, Inc.
877 South Street Suite 1W
Pittsfield, MA 01201
413-443-2994
www.hcib.org

Mona
care...because home is where the heart is!
- Personal Care
- Live-in Service
- Companionship
- Medication Reminding
- Homemaking
- Shopping & Errands
- Up to & including 24 Hour Care

137 North Street, Pittsfield, MA • www.mtviewhomecare.com
Call us to set up an appointment for a complimentary assessment! 413-484-7524

Quality Time Club®
for Greylock members age 55 and over
Join QTC and take advantage of all the benefits and services the Club has to offer.

For information about membership, visit any Greylock branch throughout Berkshire County,
or go online at www.Greylock.org.
Federally insured by NCUA

Savino
Empire
Monuments
Inc.
Donna Brewer
Owner

MONUMENTS
MARKERS
LETTERING
BRONZE PLAQUES
VASES

★ Home Visits Available ★
442-4149
100 Wahconah St., Pittsfield

Reach the Senior Market
ADVERTISE HERE

Susanne Carpenter to place an ad today!
SCarpenter@4LPl.com or (800) 477-4574 x6348

WE'RE HIRING
AD SALES EXECUTIVES
- Full-Time Position with Benefits
  - Sales Experience Preferred
  - Paid Training
  - Overnight Travel Required
  - Expense Reimbursement

CONTACT US AT: careers@4LPl.com
www.ALP.com/careers
The Councilman is In...

10:00

Mondays, April 9th and 23rd

City Councilman Kevin Morandi is available for informal Q & A.

By Victoria Passier
Senior Center Poetry Group

Convergence

Wildflowers crack the sidewalk between Wahconah Park and the garden. The now dead-headed markets stand closed. Grandmother, half French, half Native American walked me through these side show sprouts; ragged blue chicory, the root of choice to stretch the coffee, Queen Anne’s lace, starched white face, purple eye staring us down, yarrow, the prize, clustered ivories leaning from fuzzy stem. She hung them in the sunny front room to dry then used them to brew winter tea for colds. She took me home to her patterned walls and dahlia red kitchen when she was 55 and she and my grandfather raised me up when my mother died. And so today is my remembering day, convergence of blue sky and mellow mind interpreting the time of Pauline Belleaumere Parisseau, Essex Junction, Winooski, Vermont, who worked the linen mills at ten, her own mother gone, brought up by her sister Mattie Rose. She learned to read at the silent picture shows, went to work in Uncle Frank’s boarding house at 16, met the Polish immigrant who fought in World war I and then would become her husband, the ice man who harvested Richman Pond. I search the sepia tintypes to find her young, lovely in a veiled hat, long hair swooped back. Later she made the bread and fried the dough, depression staples lathered with the berries she picked and simmered into jams and jellies. She tended her gardens and raised her three children. She fed the hungry men who jumped rides on the train that ran through Richmond. I know her stories well. She taught me all she could. And today I feel her walking within me holding my hand while I pick the yarrow for our winter tea.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 TRIAD Meeting</td>
<td>9:00 Woodworking</td>
<td>8:30 Foot Clinic (by appt)</td>
<td>9:00 Beginner Osteo</td>
<td>9:00 Knitting</td>
</tr>
<tr>
<td>9:00 Advanced Osteo</td>
<td>10:00 Chess 10:30 Meditation</td>
<td>9:00 Woodworking, Beginner Osteo</td>
<td>9:00 Ceramics</td>
<td>9:00 Pitch</td>
</tr>
<tr>
<td>10:00 Poetry</td>
<td>12:00 Tai Chi w/Weights</td>
<td>10:30 Tai Chi</td>
<td>12:30 Chair Caning</td>
<td>11:00 Comedy Dungeon</td>
</tr>
<tr>
<td>10:00 Brand New Line Dancing</td>
<td>12:00 SHINE</td>
<td>12:30 Tai Chi</td>
<td>1:15 Tai Chi w/weights</td>
<td>12:30 Quilting, Woodcarving</td>
</tr>
<tr>
<td>10:30 &quot;Shake Your Soul&quot;</td>
<td>1:00 Bridge, Canasta!</td>
<td>1:00 Scrapbooking &amp; Cardmaking</td>
<td>1:00 Bingo</td>
<td>1:00 Bingo</td>
</tr>
<tr>
<td>11:00 Ladies Pool</td>
<td>1:30 From Stage to Screen</td>
<td>1:35 Yoga</td>
<td>4:00 Pittsfield Tree Watch</td>
<td>1:45 Beginner Tai Chi</td>
</tr>
<tr>
<td>12:00 Scrabble 12:00 Pinочек</td>
<td>1:00 Mah Jong, Hand &amp; Foot!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 Mah Jong, Hand &amp; Foot!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 Advanced Osteo</td>
<td>9:00 Woodworking</td>
<td>9:00 Woodworking, Beginner Osteo</td>
<td>9:00 Knitting</td>
<td>9:00 Pitch</td>
</tr>
<tr>
<td>10:00 The Councilman is In!</td>
<td>10:00 Chess 10:30 Meditation</td>
<td>10:30 Tai Chi</td>
<td>12:30 Chair Caning</td>
<td>11:00 Comedy Dungeon</td>
</tr>
<tr>
<td>10:00 Poetry</td>
<td>12:00 Tai Chi w/Weights</td>
<td>12:30 Tai Chi</td>
<td>1:15 Tai Chi w/weights</td>
<td>12:30 Quilting, Woodcarving</td>
</tr>
<tr>
<td>10:00 Brand New Line Dancing</td>
<td>12:00 SHINE</td>
<td>1:00 Scrapbooking &amp; Cardmaking</td>
<td>1:00 Bingo</td>
<td>1:00 Bingo</td>
</tr>
<tr>
<td>10:30 &quot;Shake Your Soul&quot;</td>
<td>1:00 Bridge, Canasta!</td>
<td>1:35 Yoga</td>
<td></td>
<td>1:45 Beginner Tai Chi</td>
</tr>
<tr>
<td>11:00 Ladies Pool</td>
<td>1:30 From Stage to Screen</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00 Scrabble 12:00 Pinочек</td>
<td>1:00 Mah Jong, Hand &amp; Foot!</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Senior Center CLOSED Patriots' Day**

9:00 Advanced Osteo 10:00 Poetry
10:30 "Shake Your Soul"
11:00 Ladies Pool
12:00 Scrabble 12:00 Pinочек
1:00 Poetry Reading by Froto Poetry Group in the Coffee Shop...Refreshments!

<table>
<thead>
<tr>
<th>8:45 Blood Pressure Clinic (by apt.)</th>
<th>9:00 Woodworking</th>
<th>9:00 Woodworking, Beginner Osteo</th>
<th>9:00 Beginner Osteo,</th>
<th>9:00 Knitting</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>10:00 Tai Chi</td>
<td>10:30 Tai Chi</td>
<td>9:00 Ceramics</td>
<td>9:00 Pitch</td>
</tr>
<tr>
<td>10:30 &quot;Shake Your Soul&quot;</td>
<td>12:00 Tai Chi w/Weights</td>
<td>12:30 Chair Caning</td>
<td>12:30 Quilting, Woodcarving</td>
<td>11:00 Comedy Dungeon</td>
</tr>
<tr>
<td>12:00 Scrabble 12:00 Pinочек</td>
<td>12:00 SHINE</td>
<td>1:00 Scrapbooking &amp; Cardmaking</td>
<td>1:00 Berkshire Writers Room</td>
<td>1:00 Bingo</td>
</tr>
<tr>
<td>1:00 Mah Jong, Hand &amp; Foot!</td>
<td>1:00 Bridge, Canasta!</td>
<td>1:35 Yoga</td>
<td>1:15 Tai Chi w/weights</td>
<td>1:45 Beginner Tai Chi</td>
</tr>
</tbody>
</table>

**April**

**Meal Site Daily @11:30 Call a Day Ahead! 1-800-998-5201**