AARP tax preparation
Are You OK? wake-up program
Art du Jure!
Berkshire Writers Room
Bingo
Breakfast Club
Brown Bag
Card Games, Bridge, Pitch
Ceramics
Chair Caning
Coffee Shop
Comedy Dungeon!
Community Outreach
Computer Workshop
Exercise Classes-Osteo
Foot Clinic
From Stage to Screen
Gift Shop
“Hand and Foot” card game
Health Education Workshops
Income Tax Preparation
Information/Referrals
Knitting and Crochet
“Legal Education”
Line Dancing
Lunch Served Daily
Mah Jongg
Meditation
Molari Blood Pressure Visits
Pinochle
Poetry
Pool Tables
Quality Time Club
Quilting
Seasonal Celebrations
Scrapbooking & Card Making
Scrabble
Shake Your Soul dance-exercise
SHINE Medicare Counseling
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APRIL 2019

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Orbit the Info
Social
Froio-Sphere!
Understanding the Complex Issue of Pain

Experts share how new research is shaping the medical understanding of chronic pain

Pain is not just a symptom: Experts now believe that it is a disease in its own right, a complex condition that involves a combination of biological, psychological and social factors. Only 58 percent of patients say prescription painkillers effectively treat their pain, according to the American Academy of Pain Medicine. About 100 million Americans experience serious pain at some time in their lives, whether from an aching back, recovery from surgery or the aftermath of a car accident.

About 1 in 5 American adults, roughly 50 million, have chronic pain, and up to half of adults over 65 suffer from it.

Physical pain can lead to other misery. Xavier Jimenez, a physician with the Center for Neuro-Restoration at the Cleveland Clinic, calls pain symptoms a big bucket of related psychological problems: social isolation, insomnia, depression and trauma. Acute pain typically is the body’s method of helping it heal; for example, by training you to avoid movements that may exacerbate an injury. Chronic pain doesn’t serve any purpose for survival, says Jeannie Sperry, a psychologist who co-chairs the division of addictions, pain and transplant at the Mayo Clinic in Rochester, Minn.

Worry, sadness, stress and anger can worsen pain. So can obesity, which is a growing issue in the United States. And advances in medicine mean that Americans may live longer but not always better. A confluence of circumstances have created what seems like a perfect storm of pain, says Sean Mackey, chief of the division of pain medicine at Stanford University and a past president of the American Academy of Pain Medicine.

Treatment beyond painkillers

The Cleveland Clinic’s pain-management protocol has entailed intense sessions that can last for weeks, weaning patients off opiates by using exercise and emotional tools to deal with pain. Sessions include occupational and physical therapy, psychotherapy and meditation. "The program felt like boot camp, but it changed my life," says Lisa Carter, 54, who has suffered chronic pain from multiple illnesses as well as a 1999 traffic accident. “I’ll always be in pain. and some days are better than others. But now I can manage it.”

By Linda Marsa, AARP The Magazine, February 8, 2019

7 Heart Numbers That May Reveal Health Risks

Do you know the chances of having a heart attack or stroke?

These measurements offer important clues

Debby Schrecengast knows she should have seen the warning signs. When she looks back at 2014, the year she suffered a stroke, Schrecengast, 56, sees a “stubborn old donkey” in denial about her health. “I had let my blood pressure go uncontrolled, and I remained overweight for so long,” she says.

Schrecengast, who lives in LaFargeville, N.Y., joined an American Heart Association program, sponsored by her hospital, that eased her into an exercise routine. She took nutrition classes, dropped 30 pounds and no longer needs blood pressure medication.

Of course, it’s easy to measure how much weight you’ve lost or how much faster you can jog a mile. It’s harder to calculate whether your heart is getting healthier. But if you know what markers to keep an eye on with your doctor, you can tell whether your ticker is getting stronger or weaker as time goes by. Here are the numbers you need to know.

Cholesterol

The body produces two main types of cholesterol: LDL, the “bad” cholesterol, and HDL, the “good” type. Measured together, along with 20 percent of your triglyceride score, they add up to your total cholesterol level. An ideal cholesterol score is 200 or less; between 200 and 239 is borderline high. Go over 240, however, and you have high cholesterol.

In most cases your physician will be focused on tamping down your LDL, which can clog up arteries — including those that feed your heart and brain. The good cholesterol can help eliminate the bad, but only to a degree.

You know the diet drill: Limit red meat and full-fat dairy foods, and eat more whole grains and produce. To make it easier, try celebrating Meatless Monday. Originally conceived to aid the war effort in World War I, it was revived by health advocates in 2003 to fight a different enemy. Just one meatless day a week will help; next week, see if you can make it two. And get more exercise. Exercise appears to enhance your muscles’ ability to use blood lipids for energy. Studies suggest that the ideal workout plan consists of 30 minutes of exercise five days a week, combining moderate aerobic activity and moderate-to high-intensity resistance training.

Blood pressure

Blood pressure is the force of blood pushing against the walls of your blood vessels. When it runs consistently high,
Supplements Won't Prevent Dementia. But These Steps Might.

Scientists still have no magic shield against Alzheimer’s disease and other dementias. Yet there is evidence that some strategies may help.

Donna Kaye Hill realized that her 80-year-old mother was faltering cognitively when her phone suddenly stopped working. When Ms. Hill called the phone company, “they told me she hadn’t paid her bill in three months.”

Finding other alarming evidence of memory gaps, she took her mother, Katie, to a memory clinic. A geriatrician there diagnosed dementia and recommended two prescription drugs and a dietary supplement, a form of vitamin E.

Katie Hill dutifully took vitamin E capsules, along with a host of other medications, until she died four years later. As she declined, her daughter didn’t think the vitamin, or the two prescription medications, was making much difference.

“But if it doesn’t hurt, if there’s a chance it helps even a tiny bit, why not?” she reasoned. Ms. Hill, 62, a retired public employee in Danville, Va., takes fish oil capsules daily herself, hoping they’ll help ward off the disease that killed her mother.

The elder Ms. Hill was unusual only in that a doctor had recommended the supplement; most older Americans are taking them without medical guidance. The Food and Drug Administration estimates that 80 percent of older adults rely on dietary supplements, many purporting to prevent or treat Alzheimer’s and other forms of dementia.

Last month, the F.D.A. cracked down on this burgeoning market, sending warning letters or advisories to 17 companies selling about 60 supplements with names like Cogni-Flex and Mind Ignite.

The warnings pointed out that the companies had touted these products as working like Alzheimer’s drugs, “but naturally and without side effects.” Or as “clinically shown to help diseases of the brain, such as Alzheimer’s.” The pills, oils and capsules were said to treat other diseases, too, from stroke to erectile dysfunction.

Claiming that these-products were intended for “the cure, mitigation, treatment or prevention of disease” meant that they were drugs, the agency’s letters said.

And since they were drugs the F.D.A. had never reviewed or approved for safety and effectiveness, the companies now must submit applications for approval or stop making such claims. Over the past five years, the agency has taken action against 40 other products making Alzheimer’s claims.

The supplements’ appeal is understandable. A growing older population with longer life spans means more people with dementia, though in population-based studies in this and other Western countries, its prevalence has fallen.

More of us have seen the devastation up close and would do almost anything to evade it. But so far, the news about drugs and supplements has been discouraging.

Although scientists have learned much more about dementia, the research literature and large pharmaceutical trials have mostly served to tell worried Americans about the many substances that don’t appear to prevent, treat or slow dementia.

Vitamins, various antioxidants, concoctions derived from animals and plants — “we see plenty of ads on TV, but we have no evidence that any of these things are preventive,” said Dr. Steven DeKosky, a neurologist and deputy director of the McKnight Brain Institute at the University of Florida.

Dr. DeKosky led a federally supported study of Ginkgo biloba extract, for instance, following more than 3,000 people for seven years to see if it reduced dementia. It didn’t.

“No effects at all,” he said. “But look on the shelves. Many companies still sell ginkgo — if there’s really any in there, because supplements don’t always have the contents they say they have.”

Moreover, “some of these supplements are biologically active and can cause toxicity when you take other drugs,” said Dr. DeKosky. Supplements can be costly, too.

But there are other ways people can reduce their risk of dementia. Two prestigious panels, reviewing many prevention studies, recently came up with several recommendations.

The more conservative report, from the National Academies of Sciences, Engineering and Medicine in 2017, relied primarily on large randomized clinical trials.

There aren’t many of those, so the panel endorsed just three interventions “supported by encouraging but inconclusive evidence,” to prevent, delay or slow cognitive decline.

The three:
- Increased physical activity;
- Blood pressure management for people with hypertension, particularly in midlife;
- And cognitive training.

That last recommendation doesn’t necessarily refer to commercial online brain games, said Dr. Kristine Yaffe, a neuropsychiatrist and epidemiologist at the University of California, San Francisco, who served on the panel.

“It’s really the concept of being mentally active,” she said. “Find something you enjoy where you’re learning something new, challenging and stimulating your brain.”

Continued on insert page
Gather Your Act! Variety Show Coming!

The Froio Variety Show is coming in May!

Calling all interested actors, singers, dancers, readers, musicians.... you name it!

You know the drill... contact Florence Brett at: flobeechat@hotmail.com

Foot Clinic
By Appointment
499-9346
Thurs April 4th

Easter Party @ Meal Site
Thurs April 11th 11:30

Pittsfield Tree Watch
Nurture the roots of your tree interest!
Thurs 4:00 April Coffee Shop

New Member Day
Find your way.
Let us know you're coming.
Wed April 17th 10:00 a.m. 499-9346

April Breakfast Club
Delectable eats and intriguing guest speakers!
Thurs April 18th 8:00 a.m. $3.00

April Card Party
Sit for a portrait
Thurs Four aces are best. 1:00 p.m.
April 18th

Legal Education
Have legal questions evaluated.
Thurs 1:00 p.m.
April By Appt 499-9346

Molari Blood Pressure Clinic
By Appt 499-9346
Tues April 23rd 1:00 p.m.

Brown Bag Day
Fri April 26th 10:30 a.m.
it strains the heart and arteries. High blood pressure, or hypertension, is often called the silent killer because it usually lacks obvious symptoms. Yet nearly half of all U.S. adults have high blood pressure; when left uncontrolled, it is a major risk factor for heart attack, stroke, heart failure and kidney disease. Blood pressure is defined as high if the top number is 130 or above, or the bottom number is 80 or higher.

You’re familiar with the link between sodium and blood pressure, and why it’s important to cut down on salt. What you might not know is that more than 70 percent of your sodium intake comes from food prepared outside the home—ordered in a restaurant or bought in a package. Cooking with simple, healthy ingredients is the biggest dietary step you can take toward lowering your blood pressure and improving your heart health. While you’re at it, look for sources of potassium, a mineral found in many fruits and vegetables, especially sweet potatoes, bananas, spinach and avocados. Increasing your potassium can help to lower your sodium level.

**Resting heart rate**

Your resting heart rate is simply how many times your heart beats per minute while you’re at rest. A lower resting heart rate is associated with a lower risk of death. That’s because a lower rate is usually a sign of greater cardiovascular fitness. Athletes, for example, are more likely to have a low resting heart rate because they’re in better physical shape. (Certain medications, including beta-blockers used to control blood pressure, can also lower heart rate.) A condition known as bradycardia, in which the heart rate is too slow, occurs most often in older people.

A good time to check your resting heart rate is first thing in the morning, before getting out of bed. Check it regularly; an exercise monitor can help, but you can do it easily without one. Just take your pulse for 15 seconds and multiply by 4. If you notice that the rate is beginning to trend upward, you may need to boost how much you’re exercising. A rise in resting heart rate over a 10-year period was associated with an increased risk of death, according to a study of more than 29,000 participants that was published in the medical journal JAMA.

For most people, a resting heart rate between 60 and 100 beats per minute is considered normal, but stress, hormones and medication can affect your rate. Although taking a brisk walk, swim or bike ride raises your heart rate temporarily, these activities make the heart more efficient over time. They may also help you lose weight, which can reduce your risk. If you are overweight or obese, your heart has to work to pump extra blood through your larger frame. Over time, an overworked heart muscle gets thicker, which can lead to heart failure.

**Blood glucose level**

Your blood sugar level can fluctuate depending on the time of day, what you eat and when you eat. That’s why a fasting blood glucose test is the most commonly used way to take a reading. You want to see a number less than 100. The body’s inability to regulate blood glucose is the primary component of diabetes. As the digestive system breaks down food into sugar, insulin — a hormone made by the pancreas — helps transport blood glucose into your cells. Diabetes develops when there is too much sugar in the blood because the body either fails to make enough insulin or because the body’s cells become resistant to it. Your doctor may also order an A1c blood test, which is the primary screening used in diagnosing and managing diabetes. The A1c test measures a person’s blood sugar levels over the previous three months, and a normal A1c reading is below 5.7 percent. A low-fat, low-sugar, high-protein diet with plenty of fruits, vegetables and whole grains is the best dietary prescription for keeping blood sugar in check. Ensuring you get enough vitamin D is also critical; in studies, those with the highest levels of vitamin D in their bodies had the lowest risk of developing diabetes. Consider taking a D supplement of between 800 and 2,000 IU per day, and focus on eating high-protein foods such as dairy products fortified with vitamin D.

**Body mass index**

Body mass index, or BMI, is a screening tool often used to determine body fat. It’s a ratio of weight to height that, when too high, can classify someone as overweight or obese. The higher the BMI, the greater the risk for heart disease, stroke, high blood pressure, certain cancers and other chronic illnesses. The National Heart, Lung, and Blood Institute offers an online calculator to estimate your BMI. Generally, a BMI score between 18.5 and 24.9 indicates normal weight. Someone with a BMI between 25 and 29.9 is considered overweight; a score of 30 or higher is considered obese, a major risk factor for heart disease.

But BMI doesn’t always accurately reflect a person’s body composition. Athletes and other people with very muscular builds may have a high BMI but little body fat. On the other end of the spectrum, BMI may underestimate body fat in older individuals who have lost a lot of muscle mass.

If your BMI is too high, set realistic short- and long-term goals for dropping the excess pounds through healthy eating and exercise. Shedding as little as 5 percent of your body weight can result in significant changes to your health.

**Waist circumference**

Some experts consider waist circumference a better way to measure body fat than relying on BMI alone, and people who carry fat around their abdomen, instead of on the hips or elsewhere, are at greater risk for heart disease and type 2 diabetes. To measure your natural waist, grab an old-fashioned tape measure and stand without pushing out or sucking in your belly. Wrap the tape measure around your torso just above your hip bones. (If you lean to one side, a crease forms at the point of your natural waist.) Exhale, then measure. In general, men should aim for a waist circumference of less than 40 inches, while women should shoot for less than 35 inches.

Studies have found that mixing brief bouts of fast walking, running or biking with longer stretches of slower-paced exercise is more effective at burning abdominal fat than only steady-state exercise.

**VO2 max**

Unless you’re an athlete, you’ve probably never been tested for VO2 max. But this measurement can give you a unique perspective on your aerobic fitness. The higher the number, the healthier your overall cardiovascular system. (The numbers above represent the 50th percentile of fitness for 70-year-olds in the United States.)

VO2 max is typically measured by having the subject run on a treadmill to the point of exhaustion. But researchers have developed a calculator that allows you to plug in numbers such as your waist circumference and resting heart rate to determine your VO2 max at home. When the researchers tested their calculations against participants’ actual VO2 max tests, the results were remarkably accurate. The online calculator at worldfitnesslevel.org will tell you both your VO2 max score and your “fitness age,” giving you an idea of whether you’re as young as you feel.

Any kind of cardiovascular exercise — whether it’s running, biking, even weight training — done at a high enough intensity will help to improve your overall VO2 max score.

By Stephen Perrine, AARP, February 8, 2019
APRIL SENIOR CENTER EVENTS

Everyday! 11:30 a.m. Meal Site
American mystery writer Dorothy Gilman noted that “People need dreams, there’s as much nourishment in ’em as food.” Can’t you just imagine a Froio Daily Dream Site! Enjoy sweet dreams and reserve a day ahead. 1-800-981-5201.

Tuesdays! 12:00 p.m. SHINE (by appt.)
S.H.I.N.E. (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.

Thursday, April 4 9:00 a.m. Foot Clinic ...kicking it!
The Foot Clinic is alive and kickin’! Step by step (“slowly I turn”), in the capable hands of Lisa Christman, R.N., you’ll find that all of your foot care needs are thoroughly managed. Her attentive ministrations are good for the sole, and the soul! Please call for appointment, 499-9346.

Monday, April 8 & 22 10:00 a.m. The Councilman is in!
(Note: These are correct dates!)
The Froio Center hosts councilman Kevin Morandi’s 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.

Tuesday, April 11 11:30 a.m. Easter Party @ Meal Site!
(Note: This is the correct date!)
Make way for the mountains of jelly beans strewn along the bunny trail and all the joyous, revered aspects of an oncoming springtime. Call a day ahead to reserve, you’ll be glad you did. 1-800-981-5201

Thursday, April 11 4:00 p.m. Pittsfield Tree Watch
Tree Watch explores your deep-rooted tree interests. Keep counsel with a cabal of committed tree enthusiasts. 4:00 p.m. in the Coffee Shop

Monday, April 15 Senior Center CLOSED Patriots’ Day

Wednesday, April 17 10:00 a.m. New Member Day Tour (Tour du Jour!)
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 18 8:00 a.m. April Breakfast Club
(Note: This is the correct date!)
Breakfast Club features intriguing speakers from the realms of senior-med, senior-law, senior-cultural, and senior-general interest! Couple that with a scrumptious meal and it’s quite the floor show. Breakfast Club; always delectable, always informative!

Thursday, April 18 1:00 p.m. April Card Party
Singer and actor Jimmy Dean realized “You gotta try your luck at least once a day, because you could be going around lucky all day and not even know it.” Don’t risk letting your possible good fortune go unrecognized. Exercise it at monthly Card Party! Bottomless coffee, prizes and snacks. Unless otherwise arranged, foursomes are best.

Thursday, April 18 1:00 p.m. Legal Education (by apt.)
Attorneys from Pittsfield Family and Probate Court evaluate your legal issues. By appointment, 499-9346.

Tuesday, April 23 8:45 a.m. Blood Pressure Clinic (by appt.)
Molari Health Care monitors your blood pressure. Call 499-9346 for an appointment.

Friday, April 26 10:30 a.m. Brown Bag
Be a part of this monthly nutritional grocery program. Inquire about Brown Bag and SNAP benefits.
Supplements Won’t Prevent Dementia. But These Steps Might.

Continued from page 4

Though the evidence to date doesn’t establish which mental workouts have the greatest impact or how often people should engage in them, “they’re not expensive and they don’t cause side effects,” Dr. Yaffe pointed out.

The blood pressure recommendation got a boost in January with the latest findings from the Sprint trial, a multisite study stopped early in 2015 when intensive treatment of hypertension (a systolic blood pressure goal of less than 120, compared to the standard 140) was shown to reduce cardiovascular events and deaths.

The investigators continued the trial, however, with 9,361 participants who had hypertension (average age: 68) and completed follow-up cognitive assessments.

Their results, published in JAMA, showed the intensive treatment group less likely to develop dementia than those in standard treatment, though not by a statistically significant margin. Intensive treatment did, however, significantly reduce participants’ risk of mild cognitive impairment, a frequent precursor to dementia.

“To me, it was one of the most exciting findings to come along in years,” said Dr. Yaffe, who noted in an accompanying editorial that this was the first large trial to demonstrate an effective strategy for preventing age-related cognitive impairment.

“The same things we recommend for heart health turn out to be important for cognition,” she told me. “It’s a blossoming field.”

The Lancet Commission on Dementia Prevention, Intervention and Care also recommended hypertension treatment for the middle-aged, along with exercise, social engagement and smoking cessation, as well as management of obesity, diabetes, hearing loss and depression. Such steps could prevent or delay a third of dementia cases, the commission estimated.

When Dr. Yaffe gives talks on dementia prevention, she also mentions good sleep hygiene and urges listeners to protect themselves against brain injuries.

It’s important advice, but disappointingly undramatic. Where’s the magic bullet? Don’t we already know to stay physically and mentally active, maintain a normal weight, treat high blood pressure and so on?

Moreover, “it’s not foolproof,” Dr. Yaffe acknowledged. In the lottery of dementia, “there’s a role for genetics. There’s a role for bad luck.”

Still, she added, “The concept is important. You can do something about this. You can lower your risk.”

That’s why the most helpful approach Donna Kaye Hill uses to protect herself from dementia probably isn’t taking fish oil.

It includes using medication to control her blood pressure. And reading biographies and mysteries and joining a book group with friends. And taking a four- or five-mile walk, five days a week, with a yellow Labrador named Annie.

By Paula Span, New York Times, The New Old Age, March 5, 2019

Want to Leave a Legacy? Be a Mentor

Continued from page 5

centers. The older adults get supplemental income, relief from isolation and youthful stimulation by providing affordable child care and engaging in creative and educational activities with young children from low-income families.

A British program called Now Teach creates an avenue for retired professionals to impart their hard-earned life lessons to those starting out on life’s often challenging journey. The program’s motto: “You’ve had a successful career. Now do something more important. Now teach.”

Alas, Mr. Freedman wrote, what we’ve been doing in recent decades in this country is “pushing older people to disengage from society, extolling a ‘golden years’ existence around graying as playing, peddling age-segregated playgrounds,” which he says is “at odds with the developmental imperatives of older generations, the needs of younger ones, and the requirements of a society that for the first time ever has more of the former than the latter.”

So consider, if you will, becoming a member of a kind of intergenerational Peace Corps. It’s a great way to secure a legacy that eases the pain of knowing that all lives must come to an end. One possibility is to become a Foster Grandparent in the national program that engages adults 55 and older with limited incomes to serve as role models, mentors and friends to children with exceptional or special needs.

By Jane Brody, New York Times, Tuesday, March 5th, 2019. She’s the Personal Health columnist, a position she has held since 1976. She’s written more than a dozen books including “Jane Brody’s Nutrition Book” and “Jane Brody’s Good Food Book.”
Want to Leave a Legacy?  
Be a Mentor

Encouraged by a grandfatherly professor at Cornell, in my sophomore year I gave a speech asking my fellow students “when you come to the end of your days, will you be able to write your own epitaph?”

I urged them to focus on establishing meaningful goals and the legacy they may want to leave when their physical lives end. By legacy, I did not mean money, structures or any other tangible object. I meant the positive impact they might have that would help to keep them alive in the memories and lives of others.

Thus, when I read Marc Freedman’s new book, “How to Live Forever: The Enduring Power of Connecting the Generations,” it spoke volumes to me. It reminded me of that dear professor, George Eric Peabody, who was in effect my mentor, encouraging me to step out of my comfort zone and develop talents I never knew I had.

Professor Peabody, who died in 1967 at age 70, did indeed leave an enviable legacy. As stated in the university’s memorial, he was “an inspiring and challenging teacher in helping thousands of students develop poise, self-confidence and, in his concise words, the ability to ‘stand up — speak up — and shut up.’”

Mr. Freedman, the founder of Encore.org and co-founder of Experience Corps, both dedicated to helping older adults find purpose later in life, calls himself a social entrepreneur. Asked what it takes to be a mentor, he said succinctly, “Showing up and shutting up: Being consistent and listening. You don’t have to be a charismatic superhero. You don’t need an advanced degree. It’s more about the relationship than imparting sage advice. The key is not being interesting. The real key is being interested — being present and paying attention.”

Mr. Freedman points to a vast untapped resource of mentors in this country that could be deployed, to the mutual benefit of mentor and mentee. All it takes is getting the two together, a task made more challenging by the growing segregation of older adults in senior citizen communities devoid of children.

“Older people are uniquely suited for a mentoring role,” he said in an interview. “The critical skills for nurturing relationships — emotional regulation and empathy — blossom as we age.” And, of course, those who are retired also have more time to devote to younger people, be they grandchildren, neighbors or strangers.

Mr. Freedman’s latest endeavor, now in its second year, is called Generation to Generation, a foundation-supported nationwide project that aims to “build a movement of older people focused on the well-being of future generations.”

The annual increase in life expectancy attests to the importance of this effort. More and more people are living 20 or 30 years beyond traditional retirement age. Do they all want to spend those “golden years” watching TV, playing cards or golf, reading or traveling? Or might some prefer a more productive and meaningful old age, one that could enrich them physically, mentally and socially, and in some cases economically?

“The real fountain of youth is the fountain with youth,” Mr. Freedman said. “It’s spending less time focused on being young and more time focused on being there for the next generation.” As the developmental psychologist and psychoanalyst Erik Erikson said nearly 70 years ago, “I am what survives me.”

Lest you think this is all for the benefit of young people, major long-term studies have demonstrated the incomparable value of such a personal investment to the health of older people.

Social engagement is a well-established benefit to the well-being and longevity of senior citizens. In Alameda, Calif., researchers found that those with better social connections were 80 percent less likely to die during a nine-year study.

Dr. Robert Waldinger, psychiatrist at Harvard Medical School and director of the Harvard Study of Adult Development, now in its 81st year, reports that as people age, close ties help sustain vitality and happiness and forestall decline. Dr. George Vaillant, psychiatrist and professor at Harvard Medical School, who led the study for four decades, reported in his book “Aging Well” that middle-aged and older people who invested in the well-being of the next generation were three times as likely to be happy as those who didn’t make such an effort. They also lived longer.

At Washington University in St. Louis, researchers found that older volunteers who participated in an Experience Corps program to improve students’ academic achievement were less likely than a matched comparison group to be depressed and to decline physically.

In a study of people recruited to help low-income children thrive, Michelle C. Carlson at the Johns Hopkins Bloomberg School of Public Health and co-authors showed that by participating in Experience Corps, older, poorly educated African-American women with signs of cognitive decline improved their decision-making ability and brain function while the schoolchildren they interacted with improved academically.

One of the co-authors of that study, Linda Fried, dean of the Mailman School of Public Health at Columbia University, put it this way: Participation in Experience Corps dusted off the cobwebs in their brains.

Even living in an age-segregated facility need not preclude a mutually profitable interaction between seniors and children. In the Little Havana neighborhood of Miami, the Rainbow International Learning Center & Child Care Program operates side-by-side with senior

Continued on insert page
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*THERE WERE LOVELY, TALL, BLUE CREATURES THAT MOVED WITH GRACE, DEFYING SPACE AND FORM.*

*THEY SANG IN PERFECT HARMONY WITH NATURE'S RETURNING MELODY, "TAKE ONLY WHAT YOU NEED, RETURN THE REST."*

*THESE NATIVES SAW, HEARD, FELT THE WORD.*

*BUT EVEN FROM WITHIN THE FRAGILE BEAUTY OF THEIR TRIBE, THEY COULD NOT HIDE NOR PROTECT WHAT WAS THEIR OWN UNTIL THE AVATAR, HALF MAN HALF ALIEN, INCREASED THE POWER POTENTIAL OF ALL THEY HAD EVER KNOWN.*

*THEY STOOD TOGETHER, BEAT BACK THE FOE, RECAPTURED THEIR PLANET.*

*THE AVATAR WAS CHOSEN TO BE ONE OF THEIR OWN.*

*Perhaps this is the only way to overcome the enemy within: TO MERGE WITH THE PURE OF HEART.*
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Senior Center</strong></td>
<td><strong>CLOSED</strong></td>
<td><strong>Patriots' Day</strong></td>
<td><strong>FOOT CLINIC! (by apt.)</strong></td>
<td><strong>Pitch, Knitting</strong></td>
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<tr>
<td>9:00 Advanced Osteo</td>
<td>9:00 Woodworking 10:00 Beginner Chess</td>
<td>9:00 Woodworking</td>
<td>9:00 Beginner Osteo</td>
<td>9:30 Pitch, Knitting</td>
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<tr>
<td>10:00 Brand New Line Dancing</td>
<td>10:15 Meditation (new time)</td>
<td>9:00 Beginner Osteo</td>
<td>9:00 Ceramics</td>
<td>11:00 Comedy Dungeon</td>
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<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>11:45 Flexible Feet &amp; Core Stability</td>
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<tr>
<td>10:00 The Counselman is In!</td>
<td>12:00 SHINE</td>
<td>11:30 Flexible Feet &amp; Core Stability</td>
<td>1:15 Tai Chi w/weights</td>
<td>12:30 Quilting, Woodcarving</td>
</tr>
<tr>
<td>10:00 Shake Your Soul</td>
<td>1:00 Bridge, Canasta!</td>
<td>12:30 Tai Chi</td>
<td>1:00 Bingo</td>
<td>1:00 Bingo</td>
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<tr>
<td>11:00 Ladies Pool</td>
<td>1:30 From Stage to Screen</td>
<td>1:00 Scrapbooking &amp; Cardmaking</td>
<td>1:45 Beginner Tai Chi</td>
<td>1:45 Beginner Tai Chi</td>
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<tr>
<td>12:00 Scrabble 12:00 Pinochle</td>
<td>1:00 Yoga</td>
<td>1:35 Yoga</td>
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<tr>
<td>1:00 Mah Jong, Hand &amp; Foot!</td>
<td>1:00 Art Studio!</td>
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<td>1:00 Art Studio!</td>
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</table>

**APRIL**

Meal Site Daily @ 11:30
Call a Day Ahead!
1-800-981-5201