CITY OF PITTSFIELD, MA

You've Got...

Senior Spirit

COUNCIL ON AGING, Inc.
PITTSFIELD SENIOR CENTER
330 NORTH STREET
PITTSFIELD, MA 01201
413-499-9346 Fax # 413-442-8531

FEBRUARY 2019

AN INSIDE LOOK AT.....

- Play Your Cards Right Page 1
- Grump Stumped Page 2
- Weight Page 4
- Weighty Page 4
- Weightier Page 5
- Wait Page 7

PITTSFIELD

Senior Center Activities

- 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
- Supportive Day Program
- Tai Chi, Tai Chi w/ weights
- Transportation
- Traveling Friends
- TRIAD
- Volunteer Opportunities
- Woodcarving, Woodworking

PITTSFIELD

Pick a Froio, any Froio!
The Truth About Grumpy Old Men (and Women)

Who you calling irritable?
How to know if a bad mood is bad for your health, or just par for the course

Reach a certain age, and it’s almost expected that if you’re not, say, the sweet old granny happily baking strudel, you’re more than likely to become the cranky, cane-waving curmudgeon. No wonder the 1993 film Grumpy Old Men is getting retooled for a new generation, this time starring Eddie Murphy.

But the assumption that a grumpier outlook accompanies wrinkles and gray hair is simply wrong. “Older people tend to be happier than the general population,” says Heidi White, M.D., a professor of medicine in the geriatrics division of Duke University School of Medicine. “So why do we have that stereotype? Because we’re an ageist and we misunderstand older adults.”

Empirically, older people are no more likely to be irritable or unpleasant than anyone else. If anything, research shows that overall, they tend to be relatively content and patient. Among other factors, a phenomenon known as the Positivity Effect sets in, where we tend to remember the good over the bad.

For many, lifestyle shifts also can favor a slight mellowing in attitude. Being able to retire means you no longer have to spar with a demanding boss or chase around a brood of unruly children. Instead, you can drop in on the grandchildren at your leisure or take off for a spontaneous weekend getaway without telling anyone.

If a well-oiled retirement can remove certain mood-hampering stress, old age can, of course, present its own kind. And certain temperaments may struggle more than others with age-related challenges.

Consider a typical dinner out. On the plus side, you may now have more time to dine at a new restaurant in town. But once you arrive, you’re reminded of just how noisy many new places are — making it difficult to hear conversation if your hearing is compromised. Dim lighting can make it hard to read a menu. A busy server may get impatient if you have trouble hearing the specials. Narrow walkways pose trip hazards if you’re navigating past tables and chairs with a cane or walker. Anyone could feel cranky by the time the dessert menu rolls around. “The irritable old man is really about the lack of accommodation that we make for older adults,” White notes.

It’s also possible that you’re not more grumpy, just more vocal. Certain natural changes that occur as we age, like impulse control, can make you more sharp-tongued than before, and more likely to say what is on your mind, for good or bad.

David Rosenberg, 75, noticed his personality starting to change about five years ago, soon after he retired. He stopped wanting to please people so much, and stopped holding back when someone said or did something that bothered him. “You get to a point where you say, ’I don’t need to put up with this anymore,’ ” says Rosenberg, who lives in Boca Raton, Fla., with his wife, Marsha Dubrow, 69. “I have my wife, I have my friends, I don’t need to do it.”

Dubrow noticed the change, too, and sees it as a positive one overall, allowing them to focus on what they want to as a couple. “He has changed, but he was a patient person,” Dubrow said. “I was never a patient person, so I haven’t changed very much. I’m as impatient as always.”

But if moodiness isn’t always an ailment, it can be a symptom. In general, experts say, when an older person becomes moodier than he used to be, there may be a good reason — and those close to him should pay attention.

“We have to look at irritability as a sign of something else going on,” says Mark R. Nathanson, geriatric psychiatrist at Columbia University. The root cause, experts say, could potentially be one of the following:

Dementia: Research has linked mood changes with early signs of Alzheimer’s disease and some symptoms of dementia overlap with common signs of depression, like apathy, social withdrawal and isolation.

Hormonal changes: We’re all well aware that falling estrogen levels during menopause can make a woman feel irritable, sad and anxious. But a gradual decline in testosterone levels in men, known as andropause, is being researched as a possible linked to depression. Also as we age, our dopamine levels decline, too, making us vulnerable to dopamine-deficient depression.

Chronic pain: Pain, particularly chronic pain, can make a person irritable. Dealing with pain saps your energy, leaving little room for niceties and patience. It can also interfere with sleep. “Pain makes people irritable and it fatigues people quickly,” White says.

Loneliness: Social isolation and loneliness is a national epidemic, affecting a third of older adults. If you have no one to talk to, and no one to visit, depression can creep in. Spend little time with other people, and you lose the social skills that keep you engaged with the world. Loneliness can be a vicious cycle. Feel down and you don’t want to see anyone. But if you don’t see anyone, you only feel worse and become more irritable.

So what to do if you’re the one who feels like a grumpy old man (or woman)? While you can’t change the reality of age-related hardships such as the deaths of friends and loved ones, there are concrete ways to step back, take a deep breath and regain control over your outlook and mood.

Learn to adapt: Aging often means handling an onslaught of changes, many of which you may not want to accept. But pound your stake in the ground and refuse to budge and you may find that the world moves on without you. People who can adapt to a changing environment fare better.

Continued on insert page
The Myth of Exercise, Metabolism and Weight Loss

Evolutionary anthropologist Herman Pontzer explains why you can’t run away from your fat

In Tanzania, members of the Hadza tribe hunt their food with simple tools and build their huts from mud; working day and night for survival, they must burn a lot of calories, right? Surprisingly, no. When Duke University anthropologist Herman Pontzer measured their metabolic rates, he discovered that the average Hadza burns no more calories in a day than the average American couch potato. Pontzer, who has traveled the world studying the metabolisms of different cultures, explains why it’s so hard to burn calories through exercise and why extreme dieting is so dangerous.

Q: You claim that exercising more won’t increase how many calories I burn. How is that possible?
A: The number of calories you burn per day stays pretty consistent regardless of activity level; the average adult over age 50 burns about 2,500 calories a day, depending primarily on body size. That’s your daily calorie budget. When you exercise more, your body simply lowers the number of calories it burns performing other functions, such as respiration or hormone production. So the number of calories you burn per day — your metabolism — remains constant, whether you work out or not.

Q: Yet exercise is linked to weight loss. If I’m not burning calories, how am I losing weight?
A: When people exercise, inflammation levels go down. That’s because your body is spending your energy budget on exercise and not on creating chronic inflammation. Think of inflammation as a luxury — it’s what your body will do with extra calories if you have them. And it’s inflammation that causes most of the diseases of aging, including obesity.

Q: Extreme diets (The Biggest Loser type) can lower metabolism. If a diet can lower metabolism, why can’t we increase it?
A: From an evolutionary standpoint, it makes sense that we can turn our metabolism down, because that preserves our life in times of famine. But it makes no sense to turn your metabolism up, because once you do that, you need more food, and you increase your risk of starvation.

Q: Superathletes such as swimmer Michael Phelps eat and burn tons of calories. They’ve turned up their metabolism, right?
A: No. If you ramp up your training to an astronomical level, you can boost your energy burn for a bit, but even elite athletes settle back into the same range. Even Phelps.

Continued on insert page
S.H.I.N.E. (Serving Health Insurance Needs of Everyone)
Call for appt. 499-9346
Tuesdays @ 12:00

Atty. General’s Community Engagement Office
God Questions? Get Answers
Fri Feb. 1st

Foot Clinic
By Appointment 499-9346
Thur Feb. 7th

Pittsfield Tree Watch
Nurture the roots of your tree interest!
Thur Feb. 14th 4:00 Coffee Shop

Valentine’s Party
Join-us-saurus!
Thur Feb. 14th
11:30 call day ahead

New Member Day
Find your way.
Wed Feb. 20th
Let us know you're coming.
10:00 a.m. 499-9346

Legal Education
Have legal questions evaluated.
Thur Feb. 21st
1:00 p.m. By Appt 499-9346

February Breakfast Club
Let's get physical!
Froio physical activity instructors describe their exercise programs!
Thur Feb. 21st
8:00 a.m. $3.00

February Card Party
Agony & Ecstacy!
Thur Feb. 21st
Four-somes are best. $2.00

Brown Bag Day
Fri Feb. 22nd
10:00 a.m.

Molari Blood Pressure Clinic
By Appt 499-9346
Tue Feb. 26th
How Do Scammers Know So Much About Me?

They’re good sleuths, but too often we give our data away

A recent caller to the AARP Fraud Watch Network helpline was being tormented with fake emails and trolling phone calls from scammers who seemed to specifically target him. He asked, “How do these people know so much about me?” We get that call a lot. Many don’t understand how they get on the radar of crooks. Here are some of the ways.

I frequently enter contests. Online contests are gateways to unwanted sales pitches. Not only do marketers collect information like name, age and address, they may learn other things — that you like to travel or are buying a car. Also, they know you believe in luck. That could make you a target.

I mail in warranty cards. Ever notice when you fill out a warranty card for a toaster or coffee maker that it requests information like how much money you make? It is likely that your information is being sold to others, either legitimately or as part of a scam.

I fill out lots of surveys. Did you recently fill out a questionnaire rating your stay at a hotel or the service at a restaurant? Selling survey data is big business, and marketing firms and even criminals can learn a lot about you based on travel preferences, what type of home you own or what car you drive.

Don’t post personal info, narrow who can see your posts and avoid posting real-time updates about your whereabouts.

I share personal updates on Facebook. Scammers turn to social media postings to learn more about those they’ve targeted. So be prudent: Don’t post personal info, narrow who can see your posts and avoid posting real-time updates about your whereabouts.

I live in the United States. Many public records are available at the federal, state, county and city levels, including census data, property information, criminal records, bankruptcies and tax liens. Private companies can pull together all this information on you and sell it to anyone. And it’s 100 percent legal.

I toss my mail. Shred all mail that has your name; address; account numbers; personal data. If you don’t have a home shredder, save your papers for a neighborhood shredding event. (AARP sponsors these in many communities.) Messy garbage won’t deter a bad guy.

Someone in my family has died recently. Obituaries are prime hunting ground for scammers, who learn the names of vulnerable widows, widowers, children or grandchildren. Honor the dead, but keep personal information in obituaries to a minimum.

By Amy Noziger and Mark Fetterhoff, AARP, January 9, 2019
**February Senior Center Events**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Everyday!</strong></td>
<td>11:30 a.m.</td>
<td><strong>Meal Site</strong></td>
</tr>
<tr>
<td>Artist and engineer Natalie Jeremiakenko’s position is: “I believe in a tongue-first exploration of the world. Food is our most immediate daily relationship to our ecosystem, and there is something delectable and intriguing about it.” Likewise at our daily Meal Site ecosystem. Froio strives to create an environment that’s habitable and inviting! Enjoy! Reserve a day ahead, 1-800-981-5201.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tuesdays!</strong></td>
<td>12:00 p.m.</td>
<td><strong>SHINE (by appt.)</strong></td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TRIAD Meetings</strong></td>
<td>9:00 a.m.</td>
<td><strong>(To Be Determined)</strong></td>
</tr>
<tr>
<td>In our effort to provide TRIAD speakers of the highest relevance quotient, we often bump against the rocky shores of scheduling availability. We’re committed to connecting vibrant presenters to our focused audiences, so please bear with us and keep a keen eye on flyers posted around the Senior Center to know when these often irregular meetings will crop up!</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Friday, February 1</strong></td>
<td>8:30 to 10:30 a.m.</td>
<td><strong>Attorney General’s Community Engagement</strong></td>
</tr>
<tr>
<td>Take advantage of this new outreach effort by the Attorney General’s Community Engagement Office. Have a consultation regarding your civic or legal concerns. For these inaugural rounds at least, no appointments are necessary.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thursday, February 7</strong></td>
<td>9:00 a.m.</td>
<td><strong>Foot Clinic ...kickin’ it!</strong></td>
</tr>
<tr>
<td>The Foot Clinic is alive and kickin’! In the capable hands of Lisa Christman, R.N., you’ll find that all of your foot care needs will be thoroughly managed. Her attentive ministrations are good for the sole and the soul! Please call for appointment, 499-9346.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Monday, February 11 &amp; 25</strong></td>
<td>10:00 a.m.</td>
<td><strong>The Councilman is In!</strong></td>
</tr>
<tr>
<td>The Froio Center hosts councilman Kevin Morandi’s invaluable “open office” sessions. His informal Q &amp; As take place a day before City Council meetings, maximizing the potential for a responsive “public-to-council” conduit.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thursday, February 14</strong></td>
<td>11:30 a.m.</td>
<td><strong>Valentine’s Day Party!</strong></td>
</tr>
<tr>
<td>“Who’s your little who-zis / Ah, your little turtle dove / Who’s your little who-zis / Who do you love?” The answer to the immortal question posed by Bernie, Goering and Hirsch in the 1932 film “Night World,” is simple: Froio! We’re your who-zis, your what-ziz and your where-ziz. And we’ve got a heartfelt, irresistible V-Day festivity in store for you. Call a day ahead to reserve, 1-800-981-5201.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thursday, February 14</strong></td>
<td>4:00 p.m.</td>
<td><strong>Pittsfield Tree Watch</strong></td>
</tr>
<tr>
<td>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</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Monday, February 18</strong></td>
<td><strong>Closed</strong></td>
<td><strong>Presidents’ Day</strong></td>
</tr>
<tr>
<td><strong>Wednesday, February 20</strong></td>
<td>10:00 a.m.</td>
<td><strong>New Member Day Tour (Tour du Jour!)</strong></td>
</tr>
<tr>
<td>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.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thursday, February 21</strong></td>
<td>1:00 p.m.</td>
<td><strong>Legal Education (by apt.)</strong></td>
</tr>
<tr>
<td>Attorneys from Pittsfield Family and Probate Court evaluate your legal issues. By appointment, 499-9346.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thursday, February 21</strong></td>
<td>1:00 p.m.</td>
<td><strong>Card Party</strong></td>
</tr>
<tr>
<td>English author J. R. R. Tolkien noted that “It does not do to leave a live dragon out of your calculations, if you live near him.” The same might be said of a crafty card table seat-mate at monthly Card Party! Beware, while enjoying bottomless coffee, prizes and snacks! Unless otherwise arranged, foursomes are best.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thursday, February 21</strong></td>
<td>8:00 a.m.</td>
<td><strong>February Breakfast Club</strong></td>
</tr>
<tr>
<td>Let’s get physical. Froio physical activity instructors describe their exercise programs! Breakfast Club; always delectable, always informative!</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Friday, February 22</strong></td>
<td>10:30 a.m.</td>
<td><strong>Brown Bag</strong></td>
</tr>
<tr>
<td>Be a part of this monthly nutritional grocery program. Inquire about Brown Bag and SNAP benefits.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday, February 26</strong></td>
<td>8:45 a.m.</td>
<td><strong>Blood Pressure Clinic (by appt.)</strong></td>
</tr>
<tr>
<td>Molari Health Care monitors your blood pressure. Call 499-9346 for an appointment.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Sign These Papers
5 Estate Planning Documents

Continued from page 4

**Will**
When you have a will, you can head off potential family squabbles (or worse) by clearly spelling out whom you want to inherit items that might not be in your trust — your home or car, for example, or even specific keepsakes such as your china or tools.

**Durable financial power of attorney**
Not all your financial assets can or should be in a living trust. If you’re alive yet incapacitated, the only way a trusted person, acting on your behalf, can access an IRA, pension or other financial account in your name is through a durable financial power of attorney. If you want your spouse to talk to your credit card company or the mortgage or utility folks and both your names aren’t on these accounts, the companies won’t speak to him or her without a durable financial power of attorney.

In addition, many brokerages and other financial institutions have their own power of attorney forms. So check to see if you’ll need those, too.

These five documents (sometimes four, when the advance directive and health care power of attorney are bundled together) help you live a happier, less stressful life, knowing you’ve taken the steps to make navigating tomorrow as smooth as possible. These documents are part of your legacy. By making your intentions clear and easing the inheritance process as much as you can, you’re taking care of your family.

By Suze Orman, AARP The Magazine, Aug/Sept 2018

---

Dementia May Never Improve,
But Many Patients Still Can Learn

Continued from page 5

sometimes with follow-up “booster” visits, sometimes not. The studies haven’t followed patients beyond a year to see how long their improvements last, or whether more sessions might bolster those results.

The cost for the T.A.P. intervention, Dr. Gitlin’s analysis shows, was a comparatively modest $942 per person in 2009. If her program or cognitive rehab helps keep people at home, or prevents hospitalizations or emergency room visits, it might actually save money.

One could argue that even when it works, cognitive rehab has only a modest impact. Compared to the devastation dementia eventually inflicts — the yearslong toll on family caregivers, the health care costs — how much of a triumph is it to be able to use a TV remote for a few additional months or a year? To make a cup of tea or walk the dog?

But there’s so little good news for people with dementia. They and their families might welcome reports of a rehabilitative approach that could reduce frustrations and make life easier, even for a limited time.

“It’s so sensible,” said Steven Zarit, a longtime researcher of dementia and caregiving at Pennsylvania State University. “Instead of trying to delay changes in cognition, it tries to delay changes in function. People can do more for themselves, and have a better life because of it.”

The retired factory worker in Wales, for instance, decided he wanted to be able to go out alone, but “he was terrified of the mobile phone, thinking he’d do something wrong and break it,” Dr. Clare said. His wife had bought a simplified phone, but he couldn’t remember how to use it.

“The therapist taught him each step in sequence,” Dr. Clare said. The man wrote down the instructions, then practiced over several weeks using a technique called “expanding rehearsal.” He tried placing calls in the house, then from outside in the yard, then from down the street.

Once he felt confident about being able to call his wife if he needed her, he had to remember to take his phone when he ventured out. He and his therapist developed a mnemonic, the letters BMW, to remind him he needed his bus pass, mobile phone and wallet.

He returned to choir rehearsals and walked to nearby shops. He and his therapist moved on to demystifying the washing machine and the microwave, using color-coded controls.

Over several months, to his wife’s relief, the man regained some independence, Dr. Clare said. He told his therapist, “My fear has gone.”

By Paula Span, New York Times, January 4, 2019
Dementia May Never Improve, but Many Patients Still Can Learn

In “cognitive rehabilitation,” therapists train patients in simple tasks that can make daily life much easier.

He was a retired factory worker, living with his wife outside a small town in Wales, in the United Kingdom. Once outgoing and sociable, engaged in local activities including a community choir, he’d been jolted by a diagnosis of early dementia.

A few months later, at 70, he wouldn’t leave the house alone, fearful that if he needed help, he couldn’t manage to use a cellphone to call his wife. He avoided household chores he’d previously undertaken, such as doing laundry. When his frustrated wife tried to show him how to use the washer, he couldn’t remember her instructions.

“He’d lost a lot of confidence,” said Linda Clare, a clinical psychologist at the University of Exeter. “He was actually capable, but he was frightened of making a mistake, getting it wrong.”

Dr. Clare directed a recent trial of cognitive rehabilitation in England and Wales in which the patient was enrolled. Cognitive rehabilitation, which Dr. Clare has been researching for 20 years, evolved from methods used to help people with brain injuries.

The practice brings occupational and other therapists into the homes of dementia patients to learn which everyday activities they’re struggling with and which abilities they want to preserve or improve upon. Organizing a visit with a friend, perhaps. Keeping track of the day’s appointments and plans. Heating a prepared lunch without burning it.

In weekly sessions over several months, the therapists devise individual strategies that can help, at least in the early and moderate stages of the disease. The therapists show patients how to compensate for memory problems and to practice new techniques.

Cognitive rehab has its limitations. “We never suggest this can reverse the effects of dementia,” Dr. Clare said. It will not raise participants’ scores on tests of mental ability.

But she and other European researchers have demonstrated that people with dementia can significantly improve their ability to do the tasks they’ve opted to tackle, their chosen priorities. Those improvements persist over months, perhaps up to a year, even as participants’ cognition declines in other ways.

“They want to be enabled to manage their lives,” said Dr. Clare. “It gives hope that they can handle everyday challenges.”

This approach may represent the future for the growing number of older adults around the world with dementia. Trials of drugs to prevent or treat dementia have failed over and over. Even if some future treatment demonstrated effectiveness, millions of people and their stressed family caregivers need help now.

“We can’t wait another 20 years for some magic pill,” said Laura Gitlin, dean of the College of Nursing and Health Professions at Drexel University. She has developed something called the Tailored Activity Program (T.A.P.), somewhat similar to cognitive rehab, which also brings occupational therapists into people’s homes.

“We’re trying to lay the scientific basis for nonpharmacological approaches,” Dr. Gitlin said. “These studies signal that they can have powerful effects on peoples’ lives.”

In the United Kingdom, for instance, a government-supported trial involving 475 people with early-stage dementia found that after cognitive rehab, most participants attained their goals, while those in a control group did not, and they maintained improvement at three months and at nine months. (The study has not yet been published; Dr. Clare presented the results at a conference last year.)

A smaller trial of cognitive rehab by Belgian researchers, recently published in the Journal of Geriatric Psychiatry and Neurology, found that patients with early Alzheimer’s disease remained better able to do their chosen activities after a year.

“More and more, people will understand how many preserved abilities there are in dementia, and that will help change minds,” said Eric Salmon, director of the memory clinic at the University of Liege in Belgium and the senior author of that study.

In the United States, Dr. Gitlin’s T.A.P. program includes more patients with serious cognitive loss than cognitive rehab does. And it takes a somewhat different tack: T.A.P. aims to reduce the troubling behaviors that can accompany dementia: repeated questions, wandering, rejecting assistance, verbal or physical aggression.

A pilot study found that with T.A.P., the frequency of such behaviors decreased compared to a control group, allowing family members to spend fewer daily hours caring for patients.

Since then, Dr. Gitlin and her team have used T.A.P. (and a related rehabilitative program called Cope) in a variety of settings: hospitals, assisted living and nursing homes, with veterans, in community and volunteer groups.

“Let’s think of these as treatments, with the same level of evidence as if you went to a doctor and got a pill, but with no adverse effects,” Dr. Gitlin said. “This is what’s effective.”

Many researchers are still unaware of cognitive rehab and its variants. Programs use different numbers of sessions,
**Senior Spirit Editor:** Joseph Major

**Board Members of the Pittsfield Council on Aging:**

Theresa H. Bianchi, Chairperson
Vacant, Vice Chairperson
Lisa Lungo, Secretary
Albert A. Ingegni III, Treasurer

Atty. Paula K. Almgren,
Geoffrey Doscher, Joy Engles,
Christopher Flynn, Maryann Hyatt,
Randy Kinnas, Cheryl Nolan,
Jody Phillips, Jeff Roucoluet
Councilman Anthony Simonelli,

**Ex. Officio Members:**
Linda Tyer, Mayor
Jim Clark, Senior Center Director

---

**By Victoria Passier**
Senior Center Poetry Group

**Hyperventilate, Man**

Everybody's just trying
to tell their story man
the best they can.

Can't you tell that man?

It's all in the way they talk man,
ask directions to a place
they've lost before
they've found it,
begin their second sentence
with how it all began man
after they've just been
introduced man
try to tell you about
their pain, no gain,
it's there man.

Everybody's just trying
to tell their story.

Do you listen man?

Do you shut them up
without a glance
a second chance
to hyperventilate
their souls man?

Or do you smile
and wait awhile
and listen man
because you can?

Do you understand man?

Do you dig it?

Somebody up there does.
<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 Advanced Osteo</td>
<td>9:00 Woodworking 10:00 Beginner Chess</td>
<td>9:00 Woodworking</td>
<td>9:00 FOOT CLINIC! (by apt.)</td>
<td>8:30 Attorney General’s Community Engagement Office</td>
</tr>
<tr>
<td>9:30 Brand New Line Dancing</td>
<td>10:15 Meditation (new time)</td>
<td>9:00 Beginner Osteo</td>
<td>9:00 Beginner Osteo</td>
<td>9:00 Pitch, Knitting</td>
</tr>
<tr>
<td>10:00 Poetry</td>
<td>12:00 Tai Chi w/weights</td>
<td>11:30 Flexible Feet &amp; Core Stability</td>
<td>9:00 Ceramics</td>
<td>11:00 Comedy Dungeon</td>
</tr>
<tr>
<td>10:30 “Shake Your Soul”</td>
<td>12:00 SHINE</td>
<td>12:30 Tai Chi</td>
<td>12:30 Chair Caning</td>
<td>11:30 Flexible Feet &amp; Core Stability</td>
</tr>
<tr>
<td>11:00 Ladies Pool</td>
<td>1:00 Bridge, Canasta!</td>
<td>1:00 Scrapbooking &amp; Cardmaking</td>
<td>1:15 Tai Chi w/weights</td>
<td>12:30 Quilting, Woodcarving</td>
</tr>
<tr>
<td>12:00 Scrabble 12:00 Pinochle</td>
<td>1:30 From Stage to Screen</td>
<td>1:00 Bingo</td>
<td>1:45 Beginner Tai Chi</td>
<td>1:00 Bingo</td>
</tr>
<tr>
<td>1:00 Mah Jong, Hand &amp; Foot!</td>
<td></td>
<td>1:35 Yoga</td>
<td></td>
<td>1:45 Beginner Tai Chi</td>
</tr>
<tr>
<td>1:00 Art Studio!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Senior Center CLOSED**

**Presidents’ Day**

<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 Advanced Osteo</td>
<td>9:00 Woodworking 10:00 Beginner Chess</td>
<td>9:00 Woodworking</td>
<td>9:00 FOOT CLINIC! (by apt.)</td>
<td>8:30 Attorney General’s Community Engagement Office</td>
</tr>
<tr>
<td>9:30 Brand New Line Dancing</td>
<td>10:15 Meditation (new time)</td>
<td>9:00 Beginner Osteo</td>
<td>9:00 Beginner Osteo</td>
<td>9:00 Pitch, Knitting</td>
</tr>
<tr>
<td>10:00 The Councillor is In!</td>
<td>12:00 Tai Chi w/weights</td>
<td>11:30 Flexible Feet &amp; Core Stability</td>
<td>9:00 Ceramics</td>
<td>11:00 Comedy Dungeon</td>
</tr>
<tr>
<td>10:00 Poetry</td>
<td>12:00 SHINE</td>
<td>12:30 Tai Chi</td>
<td>12:30 Chair Caning</td>
<td>11:30 Flexible Feet &amp; Core Stability</td>
</tr>
<tr>
<td>10:30 No Shake Your Soul Today!</td>
<td>1:00 Bridge, Canasta!</td>
<td>1:00 Scrapbooking &amp; Cardmaking</td>
<td>1:15 Tai Chi w/weights</td>
<td>12:30 Quilting, Woodcarving</td>
</tr>
<tr>
<td>11:00 Ladies Pool</td>
<td>1:30 From Stage to Screen</td>
<td>1:00 Bingo</td>
<td>1:45 Beginner Tai Chi</td>
<td>1:00 Bingo</td>
</tr>
<tr>
<td>12:00 Scrabble 12:00 Pinochle</td>
<td></td>
<td>1:35 Yoga</td>
<td></td>
<td>1:45 Beginner Tai Chi</td>
</tr>
<tr>
<td>1:00 Mah Jong, Hand &amp; Foot!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 Art Studio!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Senior Center CLOSED**

**Presidents’ Day**

**Senior Center CLOSED**

**Presidents’ Day**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 Blood Pressure Clinic (by apt.)</td>
<td>9:00 Woodworking 10:00 Beginner Chess</td>
<td>9:00 Woodworking</td>
<td>9:00 FOOT CLINIC! (by apt.)</td>
<td>8:30 Attorney General’s Community Engagement Office</td>
</tr>
<tr>
<td>9:00 Woodworking 10:00 Beginner Chess</td>
<td>10:15 Meditation (new time)</td>
<td>9:00 Beginner Osteo</td>
<td>9:00 Beginner Osteo</td>
<td>9:00 Pitch, Knitting</td>
</tr>
<tr>
<td>10:15 Meditation (new time)</td>
<td>12:00 Tai Chi w/weights</td>
<td>11:30 Flexible Feet &amp; Core Stability</td>
<td>9:00 Ceramics</td>
<td>11:00 Comedy Dungeon</td>
</tr>
<tr>
<td>12:00 Tai Chi w/weights</td>
<td>12:30 Tai Chi</td>
<td>12:30 Tai Chi</td>
<td>12:30 Chair Caning</td>
<td>11:30 Flexible Feet &amp; Core Stability</td>
</tr>
<tr>
<td>12:00 SHINE</td>
<td>1:00 Scrapbooking &amp; Cardmaking</td>
<td>1:00 Scrapbooking &amp; Cardmaking</td>
<td>1:15 Tai Chi w/weights</td>
<td>12:30 Quilting, Woodcarving</td>
</tr>
<tr>
<td>1:00 Bridge, Canasta!</td>
<td>1:00 Bingo</td>
<td>1:00 Bingo</td>
<td>1:45 Beginner Tai Chi</td>
<td>1:00 Bingo</td>
</tr>
<tr>
<td>1:30 From Stage to Screen</td>
<td></td>
<td>1:35 Yoga</td>
<td></td>
<td>1:45 Beginner Tai Chi</td>
</tr>
<tr>
<td>1:00 Art Studio!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Meal Site**

**Daily @ 11:30**

**Call a Day Ahead! 1-800-981-5201**