PITTSFIELD SENIOR CENTER
330 NORTH STREET
PITTSFIELD, MA 01201
413-499-9346 Fax # 413-442-8531

You’ve Got...
Senior Spirit

AN INSIDE LOOK AT.....
Browse Page 1
It’s a SNAP Page 2
Gird Yourself Page 4
Oomph! Page 4
Less is More Page 5
 Interruption Page 7

PITTSFIELD

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
Molar 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
Yoga

Froio speaks volumes!
The Spirit of Yoga

You don’t need to bend over backward to celebrate International Day of Yoga on June 21. In 2015, the United Nations decided to create a day honoring this ancient Indian practice devoted to uniting body, mind, and spirit.

As yoga has grown in popularity, most people have understood its practice as a series of stretches ranging from the easy to the physically challenging. In many ways, yoga is a vigorous form of physical activity that demands athleticism and flexibility. Yoga, however, is much more than physical exercise. As one of its most famous practitioners, B. K. S. Iyengar, stated, “Yoga cultivates the way of maintaining a balanced attitude in day-to-day life.” It is this balance of mind that makes yoga a spiritual as well as physical exercise.

Yoga was developed 5,000 years ago by mystics seeking harmony between their body and spirit as a way of achieving divine enlightenment. So while yoga may be practiced today as merely a physical exercise, this is just one side of the practice. Yoga also touches the soul.

Yoga postures, or poses, require focused attention and intention. Slow, careful breathing and an inward focus akin to meditation help yoga practitioners clear their minds of worry and become present in the now. These practitioners shed their daily worries the way a snake sheds its skin, and become energized. Some even feel a greater sense of creativity, insight, imagination, and intuition. These are the gifts that yoga can give to our spirits, while our bodies enjoy the gifts of endurance, flexibility, and stamina.

Not everyone is interested in yoga as a spiritual practice, though. Luckily, there is no penalty for those who wish to use yoga solely as exercise. The yogi and spiritual guide Amit Ray perhaps defined yoga best when he stated, “Yoga means addition—addition of energy, strength, and beauty to body, mind, and soul.” For these reasons, everyone should add this holiday to their calendars.

Activity Connection, June 2019

Seniors and Farmers Markets

Although Senior Farmers Market Coupons aren’t available until July, some seniors have other options to help them buy nutritious produce at local farmers markets. Starting May 25th, seniors who use SNAP (Supplemental Nutrition Assistance Program) benefits at HIP (Healthy Incentives Program)-approved vendors at MA farmers markets can get up to $40 per month instantly added back onto their SNAP cards as a reward for buying local fruits and vegetables! SNAP clients are automatically enrolled in HIP, no additional paperwork is needed. Once your HIP rewards are used up for the month, many local farmers markets will then double the value of SNAP dollars: swipe your SNAP card for $10 at the farmers market and get $20 in tokens to spend.

PLEASE NOTE: all Berkshire County farmers markets accept SNAP cards, but only certain vendors at these markets are HIP-approved. Check at the farmers market Manager’s Table to learn which ones are HIP-approved at your market. For more information about HIP, or to sign up for SNAP benefits, call The Food Bank of Western Mass at (413) 247-9738, extension 117. You can eat more locally grown produce AND help support our local farmers!

Jennifer Munoz.
Growing Healthy Garden Program Manager

Operation Overlord

Operation Overlord, the invasion most familiarly known as D-Day, commenced on the morning of June 6, 1944. Forces of Nazi Germany held the beaches of France’s Normandy coastline. Allied forces numbering 156,000 American, British, and Canadian troops landed en masse to retake the beaches.

D-Day has been called the largest amphibious assault in history, and its success was largely due to both the heroism of the Allied soldiers and months of planning.

General Dwight D. Eisenhower enacted a masterful plan of deception that left the Germans unaware of where the Allies would strike. Fake radio transmissions detailed the movement of a phantom army. Even fake supplies and equipment were routed to misleading locations. Within a week, despite heavy losses, the beaches were within Allied control. It was the beginning of the end of the war in Europe.

Activity Connection, June 2019
Live Independently
Without Fear!
With Companion Medical Alert, just push a button and our professional, local operator will be on the line to summon help!

• Simple and Affordable
• On Call 24 Hours Every Day

Call (800) 367-7243 Today!

Reach the Senior Market
ADVERTISE HERE

CONTACT

Susanne Carpenter to place an ad today!
scarpenter@lpiseniors.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@4LPI.com • www.4LPi.com/careers

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!

Sign up to have our newsletter emailed to you! ourseniortcenter.com

Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4LPi.com Pittsfield Council on Aging, Pittsfield, MA 06-5153
A Guide to Protecting Yourself From Fraud

15 ways to prevent identity theft and protect your personal data

Secure Your Paperwork

1. Opt for electronic statements. Thieves can steal bank account statements, bills and other documents from your home mailbox. Instead, says Paige Hanson, chief of identity education at Norton LifeLock, choose electronic statements that get delivered via email or directly into your online banking account. Bonus: You may be able to avoid paper statement fees or get billing discounts by going electronic.

2. Keep a shredder handy. Shred all bills and financial documents to keep thieves from fishing them out of your trash. Hanson recommends using a cross-cut shredder, which cuts the paper into smaller pieces than a strip-cut shredder.

Keep your personal information safe

3. Freeze your credit report. This keeps creditors and others from “running credit” on you, protecting you from scammers who try to use your information to set up phony accounts. It’s now free, but you need to contact three credit reporting bureaus: Equifax, Experian and Transunion. You can always unfreeze it temporarily to allow legitimate access to your credit, such as when you apply for a loan.

4. Stop entering sweepstakes. You may be enticed by the vacation prize at the mall kiosk, but before you enter personal details on the form, ask, “What are you going to do with it?” advises Amy Noziger, director of AARP’s Fraud Watch Network helpline.

5. Stop giving out your Social Security number. Some businesses, such as banks, credit agencies and government agencies, legitimately need your Social Security number for reporting purposes. But that’s about it. “I often hear this question, ‘If my doctor doesn’t need my SSN, why are they asking for it?’” Noziger says. “I have been to many new doctors, and I have never once been asked for the SSN after I left the question blank on the form.”

Guard your money

6. Use a credit card whenever possible, not a debit card. If you have a problem, you’ll be covered if you use a credit card, but not as much for a debit card, says Frank Abagnale, AARP Fraud Watch Network ambassador. But be sure that you can pay the credit card balance in full every month. Do not trade deeper debt for an incremental improvement in security.

How Exercise Affects Our Memory

Even a single workout may make our brain’s memory centers, like our muscles, more fit.

A single, moderate workout may immediately change how our brains function and how well we recognize common names and similar information, according to a promising new study of exercise, memory and aging. The study adds to growing evidence that exercise can have rapid effects on brain function and also that these effects could accumulate and lead to long-term improvements in how our brains operate and we remember.

Until recently, scientists thought that by adulthood, human brains were relatively fixed in their structure and function, especially compared to malleable tissues, like muscle, that continually grow and shrivel in direct response to how we live our lives. But multiple, newer experiments have shown that adult brains, in fact, can be quite plastic, rewiring and reshaping themselves in various ways, depending on our lifestyles.

Exercise, for instance, is known to affect our brains. In animal experiments, exercise increases the production of neurochemicals and the numbers of newborn neurons in mature brains and improves the animals’ thinking abilities. Similarly, in people, studies show that regular exercise over time increases the volume of the hippocampus, a key part of the brain’s memory networks. It also improves many aspects of people’s thinking.

But substantial questions remain about exercise and the brain, including the time course of any changes and whether they are short-term or, with continued training, become lasting.

That particular issue intrigued scientists at the University of Maryland. They already had published a study in 2013 with older adults looking at the long-term effects of exercise on portions of the brain involved in semantic-memory processing.

Semantic memory is, in essence, our knowledge of the world and culture of which we are a part. It represents the context of our lives — a buildup of common names and concepts, such as “what is the color blue?” or “who is Ringo Starr?”

It also can be ephemeral. As people age, semantic memory often is one of the first forms of memory to fade. But the Maryland scientists had found in their earlier study that a 12-week program of treadmill walking changed the working of portions of the brain involved in semantic memory. After four months of exercise, those parts of the brain became less active during semantic-memory tests.
Volunteer Appreciation Luncheon
Thursday, June 6th
By invitation, 12:00 p.m.

Fathers’ Day
Meal Site
Thurs, June 13th
11:30
Reserve a day ahead

Foot Clinic
By Appointment
499-9346
Thurs June 6th
9:00

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

New Member Day
Find your way.
Let us know you’re coming.
Wed 10:00 a.m.
June 19th
499-9346

June Breakfast Club
Delectable eats!
Intriguing guest speakers!
Thurs 8:00 a.m.
June 20th
$3.00

June Card Party
Wishin’ & Hopin’
Fours are Best!
Thurs 1:00 p.m.
June 20th
$2.00

Legal Education
Have legal questions evaluated.
Thurs 1:00 p.m.
June 20th
By Appt
499-9346

MOLARI Blood Pressure Clinic
By Appt
499-9346

Brown Bag Day
Fri 10:30 a.m.
June 28th
7. Better yet, use mobile payments. Setting up payments from your phone, to use at retailers that accept Apple Pay or Google Pay, can help protect you from fraud. “You don’t swipe cards that could be compromised by skimmers or expose your card numbers and security codes at the point of sale,” says Rod Griffin, director of consumer education at Experian. These mobile payments are linked to a debit card or credit card, so the money comes from the same account.

Watch out for scam calls

8. Add your name to the Do Not Call Registry. “While it may not block all calls, it can help reduce the number of unwanted calls,” Griffin says. Call the FTC toll-free at 888-382-1222 from the phone you want to register, or go to donotcall.gov.

9. Don’t answer calls from numbers you don’t recognize. The best way to do this is to adjust the Do Not Disturb setting on your phone so that only calls from people on your contacts list will even ring. Everyone else will go straight to voicemail. If it’s important, they’ll leave a message.

10. Be prepared to hang up. If you do answer and hear a robocall, don’t say anything, just hang up. Do not respond to questions, especially those answered with a “yes,” as your response could be recorded and used by someone else to authorize fraudulent charges over the telephone, Hanson says. And don’t hit a button when prompted to stop getting calls. That could lead to more calls. “Scammers often use this trick to identify potential targets,” Hanson says.

Protect yourself online

11. Be wary of public Wi-Fi. Scammers can tap into public Wi-Fi accounts and access information you receive and send. “Using your phone’s cellular data rather than public Wi-Fi is the best way to prevent this,” says Sarah Hofmann, public information officer for the Association of Certified Fraud Examiners. If you’re using a laptop, you should be able to use your cellphone as a personal hot spot for internet access. If you must use public Wi-Fi, at least install a virtual private network (VPN) on your devices. VPN services such as Hotspot Shield, NordVPN or CyberGhost will encrypt your data.

12. Watch what you share on social media. Scammers can find a lot about you on social media, says Rebecca Herold, CEO of the Privacy Professor. “To protect yourself, don’t share your phone number, your home address, anything related to your work, payment information, relationship status, health information, birthday or Social Security number. Yes, I’ve seen people do this!” Herold says.

13. Don’t reveal your location. Posting photos in real time of your restaurant meal or hike reveals to the world you aren’t home, and won’t be for a while. Similarly, wait until the vacation is over before sharing your stories and images.

Stay updated on the latest scams

14. Don’t fall prey to fear-based scams. AARP’s Fraud Watch Network helpline has been receiving calls lately from people who have gotten emails that threaten to broadcast evidence that they view pornography online. In some cases, the emails contain the person’s email password, obtained from a data breach, making it even more frightening. “Even though most of our callers said they have never visited these websites, they said they were close to sending money just to avoid any further harassment,” Nozfiger says.

15. Don’t respond to scam-recovery pitches. These are called reload scams: The scammers know you’ve been a victim (at their hand), and to get more money from you, they will make an offer to help you recover your money, Nozfiger says. Do not respond. In general, “pay attention to red flags and your gut if you get an email or request that seems suspicious or out of the ordinary,” she says.

By Lance Whitney, AARP Bulletin, April 10, 2019
JUNE SENIOR CENTER EVENTS

Everyday!  11:30 a.m.  Meal Site
“The ultimate auteur,” Orson Welles, renowned as a quadruple threat in radio, theater and film, summed it up nicely when he quipped, “Ask not what you can do for your country. Ask what’s for lunch.” Let’s all rearrange our priorities and place daily Meal Site smack dab in the center of our target zone! Enjoy, 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, June 6  9:00 a.m.  Foot Clinic …kickin’ it!
The Foot Clinic is alive and kickin’! Step by step, 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.

Thursday, June 6  12:00 p.m.  Volunteer Appreciation Luncheon
Annually we welcome the opportunity to acknowledge the tireless volunteer effort that lies at the heart of the Froio experience.

Monday, June 10 & 24  10:00 a.m.  The Councilman is In!
The Froio Center hosts councilman Kevin Morandi’s invaluable “open office” sessions. His informal Q & A’s take place a day before City Council meetings, maximizing the potential for a responsive “public-to-council” conduit.

Thursday, June 13  11:30 a.m.  Fathers’ Day Party @ Meal Site!
Let’s celebrate fathers, memories of fathers, and the welcome advent of spring! Our Froio specials are regaled for their gala, atmospheric tributes. Join us so that we can shine even brighter! Call a day ahead to reserve, you’ll be glad you did. 1-800-981-5201

Thursday, June 13  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

Wednesday, June 19  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, June 20  8:00 a.m.  June Breakfast Club
June will be the last meeting this season (see you in September), and as usual it will be an engaging speaker presenting an intriguing topic. Breakfast Club; always delectable, always informative!

Thursday, June 20  1:00 p.m.  June Card Party
Poet Emily Dickinson remarked that, “Luck is not chance, it’s toil: fortune’s expensive smile is earned.” A tenacious, resourceful aesthetic like that will serve one well at monthly Card Party! Bottomless coffee, prizes and snacks. Unless otherwise arranged, foursomes are best. “Earned!” Who would’ve thought.

Thursday, June 20  1:00 p.m.  Legal Education (by apt.)
Attorneys from Pittsfield Family and Probate Court evaluate your legal issues. By appointment, 499-9346.

Tuesday, June 25  8:45 a.m.  Blood Pressure Clinic (by apt.)
MOLARI Health Care monitors your blood pressure. Call 499-9346 for an appointment.

Friday, June 28  10:30 a.m.  Brown Bag
Be a part of this monthly nutritional grocery program. Inquire about Brown Bag and SNAP benefits.
How Exercise Affects Our Memory
Continued from page 4

which is a desirable outcome. Less activity suggests that the brain had become more efficient at semantic-memory processing as a result of the exercise, requiring fewer resources to access the memories.

Now, for the new study, which was published in April in The Journal of the International Neuropsychological Society, the scientists decided to backtrack and parse the steps involved in getting to that state. Specifically, they wanted to see how a single workout might change the way the brain processed semantic memories.

So, they recruited 26 healthy men and women aged between 55 and 85, who had no serious memory problems and asked them to visit the exercise lab twice. There, they rested quietly or rode an exercise bike for 30 minutes, a workout the scientists hoped would stimulate but not exhaust them.

Afterward, the volunteers lay inside an M.R.I. brain scanner and watched names flash across a computer screen overhead. Some of the names were famous, such as, say, Ringo Starr, while others were lifted from the local phone book.

Famous names are an important element of semantic memory, and the volunteers were asked to press one key onscreen when they recognized celebrities’ names, and a different key when the name was unfamiliar. Meanwhile, the researchers tracked their brain activity over all, as well as in the portions involved in semantic-memory processing.

The scientists had expected that the areas needed for semantic memory work would be quieter after the exercise, just as they were after weeks of working out, says J. Carson Smith, an associate professor of kinesiology and director of the Exercise for Brain Health Laboratory at the University of Maryland School of Public Health, who oversaw the new study.

But that is not what happened. Instead, those parts of the brains most involved in semantic memory fizzed with far more activity after people had exercised than when they had rested.

At first, the researchers were surprised and puzzled by the results, Dr. Smith says. But then they began to surmise that they were watching the start of a training response.

“There is an analogy to what happens with muscles,” Dr. Smith says.

When people first begin exercising, he points out, their muscles strain and burn through energy. But as they become fitter, those same muscles respond more efficiently, using less energy for the same work.

The scientists suspect that, in the same way, the spike in brain activity after a first session of biking is the prelude to tissue remodeling that, with continued exercise, improves the function of those areas.

Our brain’s memory centers become, in other words, more fit.

This study is short-term, though, and does not show the intervening steps involved in changing the brain with regular exercise. It also does not explain how activity alters the brain, although Dr. Smith believes that a surge in certain neurotransmitters and other biochemicals after workouts must play a role.

He and his colleagues are hoping to examine those issues in future studies and also zero in on the best types and amounts of exercise to help us maintain our memories of that genial Beatles drummer and all the other touchstones of our pasts.

By Gretchen Reynolds, New York Times, Phys Ed column, May 7, 2019

A New Rx for Diabetes: Lighten Up
Continued from page 5

The guidelines emphasize, however, that reasonable A1c and glucose ranges can vary for individuals.

Those targets still seem too low to some proponents of moderate glycemic control, like Dr. Sei Lee, a geriatrician at U.C.S.F.

Dr. Lee, a diabetes treatment researcher, helped draft the American Geriatrics Society’s “Choosing Wisely” recommendations, which suggested a higher A1c of 8 to 9 percent for those with multiple illnesses and shorter life expectancies.

Over all, however, he approves of the Endocrine Society recommendations. “They’re absolutely a step in the right direction, an improvement,” he said.

He thinks the society’s 40-page document overemphasizes so-called pre-diabetes, in which people have elevated blood sugar that’s not high enough for a diabetes diagnosis. It’s been a contentious topic.

“I worry we’re over-medicalizing, especially for someone in their 80s,” Dr. Lee said. “They usually have plenty of other conditions to worry about.”

But he appreciates the society’s suggestion that instead of following strict diabetic diets, older patients with diabetes should eat healthily and limit simple sugars.

“Especially in a nursing home, the range of joys of life gets narrower, and food is one that remains,” said Dr. Lee. Pushing a restrictive diet simply to lower blood glucose readings can make older people miserable without measurably improving their health.

De-intensification for older diabetics has gained traction slowly, “a lost opportunity to reduce overtreatment,” a 2015 study in JAMA Internal Medicine reported.

So “patients should be pushing their physicians on this issue,” Dr. LeRoith said.

Managing diabetes takes considerable work; it’s not surprising that patients who’ve spent years achieving low blood sugar might be reluctant to lessen their vigilance.

“We’ve built a system where they feel good or bad about themselves based on a single number,” Dr. Lipska said.

Dr. Chen’s patient, however, eventually agreed that higher blood sugar was preferable to feeling sickened by hypoglycemia. She reduced her insulin dosage and allowed her A1c to climb above 7.

Yielding to her family’s wishes, she also began dialysis. She died last month at 90.

By Paula Span, New York Times, The New Old Age column, April 12, 2019
A New Rx for Diabetes: Lighten Up

In older patients, rigorous lowering of blood sugar may offer few benefits and pose unexpected risks.

Visit after visit, Dr. Pei Chen hoped to persuade a patient with Type 2 diabetes to allow her blood sugar levels to rise. Yes, rise.

The woman, who was 84 when she first came to the geriatric clinic at the University of California, San Francisco, had been coping with the disease for decades, following a complex regimen of frequent finger sticks and daily injections involving two types of insulin.

Geriatricians often encourage older and frailer patients with diabetes to ease up on efforts to achieve very low blood sugar levels (an approach called “de-intensification”), pointing out that the balance between benefits and risks shifts with age and illness.

You might think those patients would be delighted to take less medication and maybe enjoy the occasional cookie. But older people with diabetes often have long histories of striving to keep their hemoglobin A1c levels (a two- or three-month average measuring blood sugar control) below the once-standard 7 percent.

So they may respond the way this patient did. “She said, ‘I’ve been doing this for 25 years,’” recalled Dr. Chen, a geriatrician. “You don’t need to tell me what to do. I can handle it.”

The patient stuck with her routine and kept her A1c and glucose levels very low, an impasse that lasted until her kidneys began to fail, a common complication of diabetes. The metabolic changes of kidney failure, along with her high insulin doses, reduced her blood sugar so severely that she began experiencing frequent episodes of hypoglycemia, or low blood sugar.

“She was feeling lightheaded and nauseated, sweaty,” Dr. Chen said. Hypoglycemia also increases the risks of falls and fractures. Only at that point did the patient, then 87, agree to relax her insistence on strict control.

About a third of Americans over age 65 have diabetes; last month, the Endocrine Society unveiled new guidelines for their treatment.

Its recommendations included higher glucose and A1c targets for older people with diabetes, particularly those with several other chronic illnesses and cognitive impairment, or those having difficulty handling daily activities.

“This is personalized medicine, taking each patient individually and deciding what’s appropriate,” said Dr. Derek LeRoith, who led the committee that reviewed the evidence and prepared the guidelines. “You can have a 75-year-old who is healthy and can deal with tight control, but that’s probably the minority.”

In recent years, a number of medical groups have advocated more moderate blood sugar targets for older patients, including the American Geriatrics Society, the American College of Physicians, the American Diabetes Association and the Veterans Affairs medical system.

Having the Endocrine Society also weigh in, its membership includes most endocrinologists treating patients in the United States, may help spread the word.

“It’s important in shifting the thinking that lower is always better,” said Dr. Kasia Lipska, an endocrinologist at the Yale School of Medicine. Her research has shown that overtreatment remains common in older diabetics, most of whom see primary care doctors for their diabetes care.

To be clear, none of these groups advises ignoring high blood sugar at older ages. Diabetes can lead to grim complications, from heart attacks and strokes to blindness and amputations. It’s also associated with cognitive decline.

With lengthening life spans, said Dr. LeRoith, “we know that 70- to 75-year-olds can live for 10 years or longer” and reduced blood sugar may help lower their risk of complications. But, he added, “one should go very slowly with this age group.”

Age and life expectancy matter in diabetes treatment because of the so-called time to benefit. “You need to control blood sugar for five to 10 years before you see real benefits, like reducing the risk of amputation or the need for dialysis,” Dr. Lipska said.

On the other hand, the harms that can accompany treatment show up right away — “primarily hypoglycemia, but also the risks of polypharmacy, more drugs, more chance for error and more expense,” Dr. Lipska said. “They have immediate impact on how people feel and function.”

That’s why the Endocrine Society guidelines and others recommend lower blood glucose levels and hemoglobin A1c ranges for older adults in good health, but higher targets for those with other illnesses and limited life expectancies. They likely won’t survive long enough to benefit from strict glycemic control; in the meantime, it could hurt them.

The Endocrine Society suggests an A1c from 7 to 7.5 percent for the healthiest older people, depending on whether they’re taking drugs that can cause hypoglycemia. The ranges increase to 7.5 to 8 percent for those with several chronic illnesses or with early dementia and other impairments, and to 8 to 8.5 percent for those in poor health.

The last category includes those with end-stage diseases or moderate to severe dementia, as well as nursing home residents.

Continued on insert page
By Victoria Passier
Senior Center Poetry Group

The Power of One

The power of one is killing us.
No one has protection from the metastasizing cells that invade us and eat us inside out.
The power of one strikes in times of dispossession and possesses us within a reign of terror.

Its insanity is spawned by grievances held too long and nursed into hurricane velocity.
It envisions itself a hero to its cause, disregarding the innocent blood it spills.
The power of one destroys many before it burns out or is interrupted and more evil spreads from its ashes.

We need to learn how to fight the power of one with love and strength and discover the power of one.
Humanity working together for the Good of all.
<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 Knitting</td>
<td>9:00 Knitting</td>
</tr>
<tr>
<td>10:00 Brand New Line Dancing</td>
<td>10:15 Meditation (new time)</td>
<td>9:00 Beginner Osteo</td>
<td>10:00 Comedy Dungeon</td>
<td>11:00 Knitting</td>
</tr>
<tr>
<td>10:00 Poetry</td>
<td>12:00 Tai Chi w/weights</td>
<td>10:30 Tai Chi</td>
<td>11:45 Flexible Feet &amp; Core Stability</td>
<td>11:00 Comedy Dungeon</td>
</tr>
<tr>
<td>10:30 No &quot;Shake Your Soul&quot; Today</td>
<td>12:00 SHINE</td>
<td>11:30 Flexible Feet &amp; Core Stability</td>
<td>12:30 Quilting, Woodcarving</td>
<td>11:45 Flexible Feet &amp; Core Stability</td>
</tr>
<tr>
<td>11:00 Ladies Pool</td>
<td>1:00 Bridge, Canasta!</td>
<td>12:30 Tai Chi</td>
<td>1:00 Bingo</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 Scrapbooking &amp; Cardmaking</td>
<td>1:15 Bingo</td>
<td>1:00 Bingo</td>
</tr>
<tr>
<td>1:30 Mah Jong,</td>
<td></td>
<td>1:00 Bingo</td>
<td>1:35 Yoga</td>
<td>1:45 Beginner Tai Chi</td>
</tr>
<tr>
<td>1:30 Hand &amp; Foot!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 Art Studio!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 Advanced Osteo</td>
<td>9:00 Woodworking 10:00 Beginner Chess</td>
<td>9:00 Woodworking</td>
<td>9:00 Knitting</td>
<td>9:00 Knitting</td>
</tr>
<tr>
<td>10:00 The Councellman is in!</td>
<td>10:15 Meditation (new time)</td>
<td>9:00 Beginner Osteo</td>
<td>11:00 Comedy Dungeon</td>
<td>11:00 Knitting</td>
</tr>
<tr>
<td>10:00 Brand New Line Dancing</td>
<td>12:00 Tai Chi w/weights</td>
<td>10:30 Tai Chi</td>
<td>11:45 Flexible Feet &amp; Core Stability</td>
<td>11:00 Comedy Dungeon</td>
</tr>
<tr>
<td>10:00 Poetry</td>
<td>12:00 SHINE</td>
<td>11:30 Flexible Feet &amp; Core Stability</td>
<td>12:30 Quilting, Woodcarving</td>
<td>11:45 Flexible Feet &amp; Core Stability</td>
</tr>
<tr>
<td>10:30 &quot;Shake Your Soul&quot; Today</td>
<td>1:00 Bridge, Canasta!</td>
<td>12:30 Tai Chi</td>
<td>1:00 Bingo</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 Scrapbooking &amp; Cardmaking</td>
<td>1:15 Bingo</td>
<td>1:00 Bingo</td>
</tr>
<tr>
<td>12:00 Scrabble 12:00 Pinochle</td>
<td></td>
<td>1:00 Bingo</td>
<td>1:35 Yoga</td>
<td>1:45 Beginner Tai Chi</td>
</tr>
<tr>
<td>1:30 Mah Jong,</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 Hand &amp; Foot!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 Art Studio!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 Advanced Osteo</td>
<td>9:00 Woodworking 10:00 Beginner Chess</td>
<td>9:00 Woodworking</td>
<td>9:00 Knitting</td>
<td>9:00 Knitting</td>
</tr>
<tr>
<td>10:00 Brand New Line Dancing</td>
<td>10:15 Meditation (new time)</td>
<td>9:00 Beginner Osteo</td>
<td>11:00 Comedy Dungeon</td>
<td>11:00 Knitting</td>
</tr>
<tr>
<td>10:00 Poetry</td>
<td>12:00 Tai Chi w/weights</td>
<td>10:30 Tai Chi</td>
<td>11:45 Flexible Feet &amp; Core Stability</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 Quilting, Woodcarving</td>
<td>12:30 Quilting, Woodcarving</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 Bingo</td>
<td>1:00 Bingo</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>1:35 Yoga</td>
<td>1:45 Beginner Tai Chi</td>
</tr>
<tr>
<td>1:30 Mah Jong,</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 Hand &amp; Foot!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 Art Studio!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 Advanced Osteo</td>
<td>8:45 Blood Pressure Clinic (by apt.)</td>
<td>9:00 Woodworking</td>
<td>9:00 Knitting</td>
<td>9:00 Knitting</td>
</tr>
<tr>
<td>10:00 The Councellman is in!</td>
<td>9:00 Woodworking 10:00 Beginner Chess</td>
<td>9:00 Beginner Osteo</td>
<td>10:00 Comedy Dungeon</td>
<td>11:00 Knitting</td>
</tr>
<tr>
<td>10:00 Brand New Line Dancing</td>
<td>10:15 Meditation (new time)</td>
<td>10:30 Tai Chi</td>
<td>11:45 Flexible Feet &amp; Core Stability</td>
<td>11:00 Comedy Dungeon</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>12:30 Quilting, Woodcarving</td>
<td>11:45 Flexible Feet &amp; Core Stability</td>
</tr>
<tr>
<td>10:30 &quot;Shake Your Soul&quot; Today</td>
<td>12:00 SHINE</td>
<td>12:30 Tai Chi</td>
<td>12:30 Quilting, Woodcarving</td>
<td>12:30 Quilting, Woodcarving</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 Bingo</td>
<td>1:00 Bingo</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>1:35 Yoga</td>
<td>1:45 Beginner Tai Chi</td>
</tr>
<tr>
<td>1:30 Mah Jong,</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 Hand &amp; Foot!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 Art Studio!</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Volunteer Appreciation Luncheon**

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