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

AN INSIDE LOOK AT . . .
Still  Page 1
Still Moving  Page 2
Still Dignified  Page 3
Still Influential  Page 3
Still Musing  Page 4
Still Refining  Page 5

Froioibity:
The Capacity to Distill Socialization From Activity!

AARP tax preparation
Are You OK? wake-up program
Bingo
Birthday Celebration-Monthly
Card Games, Bridge, Pitch
Ceramics
Chair Caning
Coffee Shop
Comedy Workshop!
Community Outreach
Computer Workshops
Craft Group
Exercise Classes-Osteo
From Stage to Screen
Gift Shop
“Hand and Foot” card game
Health Education Workshops
Income Tax Preparation
Information/Referrals
Knitting and Crochet
Legal Assistance Phone Number
Line Dancing
Lunch Served Daily
Mah Jongg
Molari Nurse Visits
Outdoor Concerts
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 Seniors
TRIAD
Volunteer Opportunities
Weekly Movies
Woodcarving
Woodworking

Harry Campbell for The New York Times
10 Creative and Cheap Ways to Exercise at Home

No Problem Tone up while doing everyday activities, no equipment needed

No Gym?
Exercise is crucial to the health of your brain and body, but that doesn’t mean you have to work out at the gym. These 10 moves can boost your metabolism, improve your memory, combat stress and slim your waistline. Even gym regulars can benefit from adding a few of these moves to their daily routines. “If we had a pill that could give all the benefits that regular physical activity provides, it would be the No. 1–selling pill in the world,” says Edward Laskowski, codirector of the Mayo Clinic Sports Medicine Center.

Extra Steps
The Centers for Disease Control and Prevention recommends at least 150 minutes of exercise each week. Break that into chunks and take extra steps each day by moving around the house while doing everyday chores, such as putting up groceries or folding laundry. Do a “small dose of fitness” each day, even when you don’t feel like it, says Leslie Sansone, creator of the Walk at Home fitness program.

TV Stepping
Americans watch an average of three hours of TV per day, according to the American Time Use Survey, conducted annually by the Bureau of Labor Statistics. You can enjoy your leisure time and still get in some exercise by standing up and walking in place during commercials, says Jeremy Steeves, an associate professor at the University of Wisconsin-Milwaukee. “The key is creating a cue, such as the commercial break, to trigger your new habit,” he adds.

Island Ballet
Don’t stand around the kitchen and wait for water to boil — practice your ballet moves. Stand in front of a kitchen counter or stool and place your hands on the surface for balance. Stand on your toes to work your calves, or do pliés by turning out your toes and lowering your knees over your toes to work your thighs. By the time that water boils, you can get in several sets of 10.

Sofa Squats
To break up couch time, stand up and move. The ability to rise from a seated position is a crucial measure of longevity, says a Brazilian study. Squat down until your butt touches the sofa, tighten the muscles around your core and stand back up again. “Just trying to stand more throughout the day and disrupt those long periods of extended sitting will provide health benefits,” says Peter Katzmarzyk, a public health professor at Pennington Biomedical Research Center in Baton Rouge, La. This move works great on a chair as well.

Stair Push-Ups
Strengthen your arms with angled push-ups at the stairs. Face the staircase with both feet on the floor. Place your hands shoulder-width apart on a step so your body is roughly at a 45-degree angle. Keeping your body straight and abs tight, lower yourself slowly, then push back up. The lower the step, the harder it will be.

Chair Dips
Studies show we should take a break each hour from the computer screen to stretch and move. Sit on the chair with your hands holding the edge of the seat. Scoot to the front of the chair so that your butt is on the edge. Lower yourself off the chair and bend your elbows to work your arms. Repeat five to 10 times. “By moving just a bit more, you can move the needle on your health and burn calories,” UW-Milwaukee’s Steeves says.

Singing Aerobics
While completing everyday chores such as vacuuming or mopping, tighten your core as you move forward and backward, exaggerating your movements and changing hands to give both sides of your body a workout and burn more than 40 calories each 15 minutes. Crank up your favorite tunes and belt them out to get motivated and amp up the cardio factor, Walk at Home’s Sansone says singing burns 130 calories an hour. Can’t do that at the gym.

Activity Bursts
While walking around your home, make an effort to step up your fitness level and raise your heart rate. The new cardio trend is high-intensity interval training (HIIT), which you can adapt at home. Jog to your mailbox in the afternoon and then lunge from side to side before sitting...
Palliative Care: A Key to Living With Dignity

This growing approach to care is not limited to end-of-life cases

One of my favorite things about being AARP president is talking with members from around the country. And in those conversations, a certain theme comes up over and over: People want to live their lives with dignity.

So it troubles me that our health care system sometimes stands in the way. And that brings me to a topic that is extremely important, yet not well understood: palliative care.

Palliative care is a specialized approach to easing suffering for people with serious illness. It's about relieving pain, reducing symptoms and easing stress. It's about honoring people's personal wishes and values. This may include a need for medications, counseling, faith-based support and better communication with health care providers about treatment options.

As the Center to Advance Palliative Care explains it, the goal is to enhance quality of life — for the person and his or her family.

Research suggests that palliative care may even prolong a person's life. It has been shown to ease symptoms such as fatigue, shortness of breath and depression. Further, it can reduce wasteful spending — on avoidable hospital costs, for instance.

But I want to be clear: Palliative care is not limited to end-of-life issues. It does not preclude treatment to cure the underlying problem or prolong life. Whatever the situation, it makes a top priority of comfort and well-being, and empowers individuals to choose their options.

As the boomer generation ages and longevity increases, more and more Americans will be contending with serious, chronic conditions. In a great many cases, palliative care can help ease their pain.

That is why AARP believes Medicare should facilitate more appropriate use of palliative care outside of hospice and let beneficiaries know about it as an option. All hospitals and nursing homes should offer palliative care teams, and this type of care should play a greater role in medical, nursing and social work education.

People can empower themselves by learning more about this growing approach to care. You may need to remind your (or your loved one's) doctor that palliative care is about quality of life and providing an added layer of support during serious illness — not just at the end of life. For a directory of palliative care options, go to getpalliativecare.org.

AARP President Jeannine English, December 2015

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Boomers Turn 70

How this generation has influenced us all... and how it will change the world again

When Kathleen Casey-Kirschling was born seconds past midnight on Jan. 1, 1946, in Philadelphia, she was at the head of a very long parade. About 3.4 million babies arrived in that first year of what became known as the baby boom generation.

This year Casey-Kirschling and others in the boomer vanguard turn 70. Their life's course took the nation on a great adventure, rewriting attitudes on race, gender and sex, dictating musical taste, and changing just about everything in the world they inherited. To quote the Grateful Dead, one of their cultural icons, "What a long, strange trip it's been."

So, what does it mean to turn 70 in 2016?

For some of the 2.5 million living boomers who will make that milestone this year, it means aging in a world where the change they embraced — and even fought for — in their youth has seemed to accelerate, sometimes in uncomfortable ways.

For instance, people born in 1946 grew up in a country where Caucasians were an estimated 90 percent majority, and most families consisted of man (who went to work), woman (who stayed home) and children (3.5).

Today, with the accelerated immigration of the last few years coupled with the change in social mores, it is a different world. Whites are on their way to becoming a minority in America by 2044. And only 19 percent of all families are the classic nuclear combination. "All of this can be quite disorienting for 70-year-olds," says Paul Taylor, author of The Next America: Boomers, Millennials, and the Looming Generational Showdown. "Some of them feel like the cultural values they grew up with are shifting all around them."

But for others turning 70, the demographic changes, and the shifts in attitude growing out of the civil rights movement, meant their lives were filled with more opportunity. "When Barack Obama came along, my joke was, 'If he gets elected, I'll be home watching pigs fly by my window,'" says Beverly Smith of Boston, who along with her twin sister, Barbara, was a feminist and civil rights activist in the 1970s. "But of course, it did happen, and it was tremendously exciting." Barbara, who with Beverly turns 70 in November, still sees the influence of their activism today. "There's a direct line between the organizing we as black feminists did and the Black Lives Matter movement today."

Continued on insert page
Purpose Primeval
By Pauline T. Asher
Senior Center Poetry Group

Pens spread wings when words eagerly combine as they leave their chambers to tour the halls of a poetic mind.

The muse’s spa, where poets, inspired with wonder, drink and embrace life’s nectar then deposit a gift of their own original poems, footprints of a full harvest sown.

Words, purposely voiced primitive in choice so all may enjoy and come to love poetry.

Senior Spirit Editor: Joseph Major
Board Members of the Pittsfield Council on Aging:
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Lisa Lungo, Secretary
Paul Callahan, Treasurer
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Senior Spirit Summa Cum Laude, Supernova, All-Star Coordinating Collators
Barbara Kornn & Robert Kornn
Rico Spagnuolo

The Councilman is In...
City Councilman Kevin Morandi is available for informal Q & A.
10:00
Mon, Feb. 8th Mon, Feb. 22nd

Froio Surf Club
Don’t be the absolute last person on Earth to enter computer-world.
Tue & Wed 10 & 11
Take a byte!

Legislative Forum
The Berkshire County Legislative Delegation welcomes the public to what will be a probing, wide-ranging and informative “listening session.”

Friday, February 12th
1:00 p.m.
Froio Senior Center, 2nd Floor Main Room

Diversity is good...
“Well”

Develop a Whole New You

Proof that an entrepreneur’s system of goal-based thinking can have personal benefits.

A strategy called “design thinking” has helped numerous entrepreneurs and engineers develop successful new products and businesses. But can design thinking help you create healthful habits?

Bernard Roth, a prominent Stanford engineering professor, says that design thinking can help everyone form the kind of lifelong habits that solve problems, achieve goals and help make our lives better.

“We are all capable of reinvention,” says Dr. Roth, a founder of the Hasso Plattner Institute of Design at Stanford and author of the book, “The Achievement Habit.”

I’ve applied design thinking to my own life the past few months, and it seems to be working. I’ve lost 25 pounds, reconnected with close friends and refocused my energy on specific goals and habits.

Design thinking has helped me identify the obstacles that were stopping me from achieving my goals, and it’s helped me reframe my problems to make them easier to solve.

In the words of Dr. Roth, design thinking helped me “get unstuck.”

To get started, design thinkers focus on five steps, but the first two are the most important. Step 1 is to “empathize” — learn what the real issues are that need to be solved. Next, “define the problem” — a surprisingly tough task. The third step is to “ideate” — brainstorm, make lists, write down ideas and generate possible solutions. Step 4 is to build a prototype or create a plan. The final step is to test the idea and seek feedback from others.

Design thinking is normally applied by people who are trying to create a new product or solve a social problem or meet a consumer need.

For instance, Stanford students went to Myanmar to work on an irrigation project. The first two steps of design thinking, empathize and define the problem, meant that the students spent time with the farmers to understand their problems with watering crops.

In doing so, they discovered that the farmers’ real problem was not irrigation but light. The farmers used candles or kerosene lanterns, and the fumes filled their small huts. Managing their needs for light without electric power consumed a great deal of time and income.

As a result, the design-thinking students used empathy to shift their focus to the actual problem that needed solving. They developed affordable, solar-powered LED task lights. They have since provided millions of lights to 42 countries, creating an affordable lighting solution in parts of the world that don’t have electricity, or have spotty service.

Dr. Roth says the same type of thinking that solved the lighting problem for the poor farmers can be applied inward. To start, think about the problem you want to solve. Then ask yourself, “What would it do for me if I solved this problem?”

One example Dr. Roth uses is a person who wants to find a life partner. Ask yourself, “What would finding a partner or spouse do for me?”

One answer might be that it would bring you companionship. The next step is to reframe the problem: “How can I find companionship?” There are more and easier answers to the new question, you can meet friends online, take classes, join a club, take a group trip, join a running group, get a pet and spend time at the dog park.

“Finding a spouse now becomes simply one of many possible ways to find companionship,” Dr. Roth says. “By changing the question, I have altered my point of view and dramatically expanded the number of possible solutions.”

For years, I would have told you that my biggest problem was being overweight, but I simply could not find a diet that worked. But design thinking helped me reframe my problem.

It happened a few months ago when I declined an invitation to a party with many of my favorite people who I hadn’t seen in years. I didn’t go because I was embarrassed by my weight, and I just didn’t feel up to seeing people who knew me when I was thinner. I realized that my issues with my weight were getting in the way of me living my life.

It was time for design thinking. At this point, a design thinker would ask “What would losing weight really do for you?”

The answer surprised me. I wanted to feel better about myself, feel less tired and have more energy and confidence to socialize and reconnect with friends. Conducting my own personal empathy exercise helped me realize that weight loss was really not my problem. Instead, I needed to focus on my friendships, on boosting my energy and getting better sleep.

So reconnecting with friends and getting better sleep became my focus. I bought new clothes, which made it easier to make social plans.

And surprisingly, this new, more empathetic approach to my own needs also illuminated some ways to improve my diet. I realized a carb crash around lunchtime was making me very tired during the day, so I eliminated...
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**Meal Site**

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(by 11:30 a.m.)

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