AN INSIDE LOOK AT.....

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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

JUNE 2016

PITTSFIELD

AARP tax preparation
Are You OK? wake-up program
Berkshire Writers Room
Bingo
Bowling
Breakfast Club
Brown Bag
Card Games, Bridge, Pitch
Ceramics
Chair Caning
Coffee Shop
Comedy Workshop!
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
Molari Blood Pressure Visits
Monthly Movie
Poetry
Pool Tables
Quality Time Club
Quilting
Seasonal Celebrations
Scrapping & Card Making
Scribble
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

Froioactive!

Radiating Socialization!
What to Eat and When

5 tips for timing your meals for better health

You know that a healthy diet has a balance of nutrients. But when you eat is also important. In fact, the timing of your meals has an impact on everything from weight loss to insomnia.

Here are five tips that will help you make the most of your meals.

1. For more energy, a protein-packed breakfast. Maintaining steady blood sugar levels all day is crucial to avoiding energy slumps. Sweet foods — muffins or sugary cereals — may give you a quick energy spike, but the following drop in blood sugar can leave you feeling wiped out. Instead, eat protein as part of the morning meal. In a University of Missouri study, people with Type 2 diabetes who ate a 500-calorie breakfast with 35 percent protein had fewer glucose spikes than those who consumed less protein and more carbohydrates. Also, "protein stimulates hormones that increase fullness while inhibiting hormones that stimulate hunger," says study author Heather J. Leidy, an assistant professor of nutrition at Missouri.
   Try this: a spinach, tofu and cheese omelet.

2. To refuel after a workout, try a carb-protein combo. Research shows that a snack containing both carbohydrates and protein is best for recovery after exercise. Carbs help boost flagging energy levels, while protein builds muscle mass. Stuart Phillips, director of the McMaster Centre for Nutrition, Exercise and Health Research at McMaster University in Hamilton, Ontario, says that for maximum effect, eat a post-workout snack within an hour of exercising that emphasizes the three R's: water to rehydrate, carbohydrates to refuel and protein to repair muscles. People need more protein as muscle mass declines with age, Phillips says. Yet a recent AARP-Abbott survey found that just 17 percent of respondents knew how much protein they needed — 46 grams a day for women and 56 grams for men. Active older adults may need more.
   Try this: Aim for a recovery snack with 30 grams of protein, like a protein shake or grilled chicken wrap with whole wheat tortilla.

3. For weight loss, load up at lunchtime. Eating your biggest meal earlier in the day may help with weight loss. In a 2013 study published in the International Journal of Obesity, researchers found that overweight and obese adults who ate their biggest meal earlier in the day lost more weight than those who ate their main meal later, despite similar activity levels and calories. Your body burns twice as many calories after an earlier meal than a later one, says Frank Scheer, director of the Medical Chronobiology Program at Brigham and Women's Hospital in Boston.
   Try this: whole grain pasta topped with roasted tomatoes, basil, parsley and pine nuts.

4. For an afternoon brain boost, grab a handful of nuts. Not only are nuts good for heart health, but a 2015 Spanish study found that older adults who ate a handful of nuts daily improved their memory over four years. Lead author Emilio Ros, M.D., a researcher at the Hospital Clinic of Barcelona, said eating nuts may help prevent cognitive decline in older people — especially when they're combined with a healthy Mediterranean diet. In addition, "eating nuts also reduces the brain responses that typically stimulate food consumption," Leidy says, so snacking on nuts can help with weight loss as well.
   Try this: 25 pistachios, which are packed with potassium and protein.

5. For better sleep, fill up on fiber. A 2016 study published in the Journal of Clinical Sleep Medicine found that eating a meal high in fiber and low in saturated fat and sugar helped subjects fall asleep in less than 20 minutes, compared with 30 minutes for those who ate more fat and sugar than fiber. A high-fiber dinner was also associated with more time in slow-wave deep sleep, which is essential for immune function, says study author Marie-Pierre St-Onge, assistant professor at Columbia University Medical Center in New York. Steering clear of the refrigerator after supper can also improve sleep, as snacking signals to the body that it's time to be awake and active, according to a 2014 study published in Current Obesity Reports.
   Try this: salmon broiled in sesame seed oil, quinoa, roasted cauliflower and an arugula tossed salad.

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Angie Lingoski

In Memory of James Mooney
The Estate of James Mooney
Computers, Crafts, Games, Social Activities May Help Protect Memory

Online shopping, playing cards and spending time with friends are all linked to better brain health as we age.

What you are doing right now may help protect your memory. A new study finds that computer use, whether checking Facebook, sending emails or paying bills online, seems to be particularly effective for keeping your brain sharp. Playing cards or board games, reading magazines, knitting or painting, and chatting with friends are also good for your brain health.

The study of about 2,000 men and women age 70 and older participating in the long-running Mayo Clinic Study of Aging showed that those who used the computer at least once a week were 42 percent less likely to develop memory and thinking problems than those who rarely logged on.

Those who engaged in a variety of other activities were 23 percent less likely to develop memory problems than those who were less engaged in fewer activities.

"The results show the importance of keeping the mind active as we age," said study author Janina Krell-Roesch, with the Mayo Clinic in Scottsdale, Ariz, who presented the study at American Academy of Neurology annual meeting this week in Vancouver, Canada.

Researchers followed the study participants for an average of four years and tested whether they developed mild cognitive impairment, a condition that is often, but not always, a precursor to Alzheimer’s disease.

Here’s what they found:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Reduced risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer use</td>
<td>44 percent</td>
</tr>
<tr>
<td>Reading magazines</td>
<td>30 percent</td>
</tr>
<tr>
<td>Crafts (e.g., knitting)</td>
<td>16 percent</td>
</tr>
<tr>
<td>Playing games</td>
<td>14 percent</td>
</tr>
</tbody>
</table>

Ronald Petersen, M.D., director of the Mayo Clinic Alzheimer’s Disease Research Center and another study author, noted that even the men and women in the study who carry a gene that makes them more likely to get Alzheimer’s disease had a reduced risk of memory problems if they regularly used the computer and took part in social activities. (The other types of activities weren’t linked to a lower risk of memory problems for those with the gene.)

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The Ins and Outs of Online Banking

Thousands shift to Internet-only banks for higher returns

You have probably noticed that most banks are paying next to nothing in interest on savings deposits and even CDs. And you may have seen commercials for so-called online-only banks, which pay higher rates than most local banks, yet offer the same FDIC-insured security. If you've been tempted by the yields but afraid to take the plunge, here's what you need to know.

Banks that operate entirely online—no brick-and-mortar branches, no branch staff to pay—can save a bundle, and they sometimes pass their savings on to you in higher interest rates on your savings.

How much more? Internet-only banks are paying as much as 1.1 percent on savings accounts, at a time when local banks are paying about 0.01 percent. True, 1.1 percent is still low, but it goes a long way toward keeping up with inflation, compared with the alternative. And most Internet banks offering savings accounts are "huge and well-capitalized operations no different from your typical bank," says Jeff Reeves, executive editor of InvestorPlace.com. "They have pedigrees consumers feel comfortable with and boast billions in assets."

Nurturing your inner piggy

Gary Weiner, 66, of Franklin Park, New Jersey, opened a savings account at an Internet-only bank some six years ago and hasn't looked back. He says his decision was based on receiving a better rate with a low balance requirement, and the ability to link the account to existing ones at his local brick-and-mortar bank. "I can move money back and forth safely and easily from home," Weiner says. "I also like no fees, and the security and privacy of my account."

Weiner's online bank lets him divide the account into subaccounts. "I can earmark my savings for different purposes," he says. Plus, he appreciates the customer-service phone reps.

Setups such as Weiner's — putting a portion of your money into an Internet-only savings account — can make you a better saver, suggests Nicole Lorch, senior vice president of retail banking for Indianapolis-based First Internet Bank: "If you keep a savings account in a separate institution from the one where you do your day-to-day banking, you won't be tempted to borrow from your savings account as often."

Caveats to consider

Not every saver is a good candidate for an Internet bank.

If you are not comfortable with technology or have qualms about the safety of the Internet, you should probably avoid using an online-only bank. "Your local bank can be a better choice if you are more traditional and prefer working with..."
The Councilman is In...

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

Monday, June 27th
10:00

Rainbow Seniors

Rainbow Seniors
of Berkshire County presents
“Straight Answers to Gay Questions.”
Members of our county’s program for
lesbian, gay, bisexual and transgender
seniors answer the questions
you thought were too rude to ask.

Monday, June 20th
10:00 a.m.

The Bright Side

By Victoria Passier
Senior Center Poetry Group

Today the light shines brightly outside
our bedroom window.

It is heartbreakingly peaceful this morning
time of day when all things seem possible;
hope, a better world, healing, a better self,
love, reconciliation.

The birds offer up their spring concert again,
warbling their joy to the blue sky
and upper branches of trees.

For this brief time my soul is free
of worry and fear.

There is only now, this moment that hangs
gracefully on the edge of the day
like a tiny spider glistening with
rainbow reflections balanced
on a silver fragile orb.
Worried? You’re Not Alone

I’m a worrier. Deadlines, my children, all the time they spend online, you name it, it’s on my list of worries. I even worry when I’m not worried. What am I forgetting to worry about?

Turns out I’m not alone. Two out of five Americans say they worry every day, according to a new white paper released by Liberty Mutual Insurance. Among the findings in the “Worry Less Report”: Millennials worry about money. Single people worry about housing (and money). Women generally worry more than men do and often about interpersonal relationships. The good news: We all worry less as we get older.

“People have a love-hate relationship with worry,” said Michelle Newman, a professor of psychology and psychiatry at Pennsylvania State University, who was not involved in the writing of the report. “They think at some level that it helps them.”

The belief that worrying somehow helps to prevent bad things from happening is more common than you might think. Researchers say the notion is reinforced by the fact that we tend to worry about rare events, like plane crashes, and are reassured when they don’t happen, but we worry less about common events, like car accidents.

But that doesn’t mean all worrying is futile. “Some worry is actually good for you,” said Simon A. Rego, the author of the new report and a cognitive behavioral psychologist who specializes in anxiety disorders and analyzed decades of research on worrying for the paper. “It’s what we call productive or instructive worry, that can help us take steps to solve a problem.”

One study published in 2002 recruited 57 young adults and asked them to list their worries in a diary for seven days and rate each worrying episode.

When the researchers analyzed the results, they determined that about 20 percent of the worries were about anticipating a negative outcome in the future. But nearly half of all the documented worries reflected a process of problem solving. While that can be constructive, people who worried a lot couldn’t control their worrying were less likely to find a solution to their problem. The researchers, Marianna Szabo, now at the University of Sydney, and Peter F. Lovibond of the University of New South Wales in Australia, concluded that failing to come up with solutions may actually lead to more pathological worrying.

In 2007, the same researchers tried to correlate aspects of worrying with specific components of problem solving, like defining the problem, gathering information, generating solutions, evaluating and choosing a solution. Once again, they concluded about half the cognitive content of the worry episodes included attempts to solve a problem. Once people devise a solution, they quit worrying one-third of the time. But people found it hard to stop worrying if they weren’t satisfied with the solution they came up with.

People “get caught up in the worry itself,” Dr. Newman said. “It becomes so habitual, I call it ‘a process looking for content.’”

That kind of worrying can get out of hand. “Excessive worriers have multiple domains that they worry about, and if something triggers a worry in one domain, it can seep into other areas,” Dr. Rego said, “and things can move back and forth like wildfires — once one gets going, it can start other fires as well.”

Worrying, a cognitive process, should not be confused with anxiety, which generally refers to an emotional state of unease that also includes worry. While 38 percent of people worry every day, most of them do not have anxiety. Generalized anxiety disorder, the primary feature of which is excessive and uncontrollable worrying, affects only 2 to 5 percent of the population.

Liberty Mutual Insurance officials commissioned the report to better understand how Americans can “break the worry cycle,” since the insurance business is designed “around helping people live with less worry,” said Margaret Dillon, the company’s exec vice president and chief customer officer for the United States, adding that it could also help them develop the most appropriate products. The report noted, for example, that top worries for people ages 25 to 44 are about finances and housing, she said.

If you’re worried about your worrying, the report suggests some coping strategies, including:

**Divide and conquer** Try to come up with a solution to a worrisome problem by breaking it down into four parts: defining the problem, clarifying your goals, generating solutions and experimenting with solutions. Grab a pen and paper and brainstorm, the report suggests. Studies have shown this approach can help ease depression and anxiety.

**Practice mindfulness** Choose a routine activity or part of the day and try to experience it fully. Set aside concerns, and try to be “in the moment.”

**Schedule a worry session** Pick a designated time of day to mull your problems. If a worrying thought enters your mind outside of your scheduled worry session, jot it down so you can think about it during your scheduled worry time. Then get back to your day.

**Practice accepting uncertainty** Notice your thoughts and label them (as in, “there is the thought that I can’t manage”). Let go of tension in your body; soften your forehead, drop your shoulders and relax your grip.

By Roni Caryn Rabin, May 10, 2016
New York Times Science Section, Well Column: “Mind”
### June

**Monday**
- 9:00 Advanced Osteo
- 9:30 Bowling
- 10:00 Poetry
- 10:15 “Shake Your Soul” NOT TODAY
- 11:00 Ladies Pool
- 12:00 Scrabble 12:00 Pinochle
- 1:00 Mah Jong, Hand & Foot!

**Tuesday**
- 9:00 Woodworking
- **9:30 TRIAD**
- 10:00 Chess 10:30 Core, Flexible Feet!
- 10:30 Meditation
- 12:00 Tai Chi w/Weights
- **12:15 SHINE 1:00 Bridge, Canasta!**
- 1:30 From Stage to Screen

**Wednesday**
- **8:30** Foot Clinic (by appt)
- 9:00 Woodworking, Beginner Osteo
- 10:00 Oh Hell!
- 10:30 Tai Chi
- 12:30 Tai Chi
- 1:00 Bingo, Scrapbooking & Cardmaking
- 1:35 Yoga

**Thursday**
- 9:00 Beginner Osteo, Ceramics
- 10:30 Flexible Feet mats & blankets
- 12:30 Chair Caning
- 1:15 Tai Chi w/Weights
- **2:30 Jeannie Compter’s Line Dancing Demo!**
- Let’s bring line dancing back!

**Friday**
- 9:00 Pitch, Knitting
- 10:30 Comedy Workshop
- 12:30 Quilting, Woodcarving
- 1:00 Bingo
- 1:45 Beginner Tai Chi

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**Weekend Events**

- **Blood Pressure Clinic (by appt)**
- **8:45 The Councilman is In!**
- **8:00 Breakfast Club**
- **8:30 Meet Your Neighbor**
- **9:00 The Community is In!**

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**Volunteer Appreciation Luncheon**

- All Programs Cancelled

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**Meal Site**

- **Daily At 11:30**
- Reserve Day Ahead! (by 11:30 a.m.)