Dartmouth Council on Aging

628 Dartmouth St. Dartmouth, MA 02748
P: 508-999-4717 - F: 508-999-0754

December 2019

"Not Your Mother's Senior Center"

Our schedule is posted daily on Instagram: dartmouthcoa

As we all prepare for the Holiday season, let's take some time to look back over the past year and reflect on all the positive that has come our way. We met new friends, took part in different classes and learned something new. The Dartmouth "Center" has provided a wide variety of classes, seminars and resources. It is our goal to continue providing you with the support you need to continue living your best life! When we are focused on the positive we feel happy, confident and energized.

May your Holiday Season be blessed with Peace, Love and Joy.

Happy Holidays!! ***Amy***

"Bridging the Future"

Episode 2 - The Great Rock Cemetery, Russell's Mills Village and 'Find A Grave'

Friday, December 20th at 9:30

Join us on this historical journey... In this DCT video, you'll learn interesting stories about events that were experienced by **Russell's Mills Village** members during the height of our area's Whaling era. They are brought to life in this second episode of ***Bridging the Future!*** This program explores the lives and family associations of village members who were buried in the **Great Rock Cemetery**, located in back of the **Grange Hall**.

An online database called **'Find A Grave',** was used to research the information, and a short tutorial on its use will be included at the end of the program.

Continental Breakfast is Included

Note: Local historical sources and authorities have contributed to this program. This program is a partnership between the Dartmouth Council on Aging and Dartmouth Community Television. Feedback and the sharing of ideas is encouraged.

Holiday Events

Dartmouth High School's

A capella Singing Group

will be spreading joy at the Center on

Friday, December 13th 9:00 - 9:30am

They are also called "The Harmonix". We look forward to their appearance every holiday season!

Walk-Ins Welcome

Let It Snow... Paper Snowflakes

Come and create beautiful jumbo snowflakes with local artist *Jane Bregoli.*

Monday, December 16th 1pm

Use them for decoration, share them with family and friends, or *we will use them to decorate the Center for the Holidays!*

We will provide the supplies, holiday music and refreshments.

FREE, Sign-Up at the Front Desk now.

Annual Holiday Party

Thursday, December 19th at 12 noon

Tickets $5 (in advance). Sign-up at the front desk.

Dinner

followed by Entertainment by **The Relics**

50 / 50 Raffle

Cost: $5

Tickets will be available for sale at the Front Desk beginning Monday, December 2nd.

Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POUND BY POUND Mondays @ 10am Weight Loss Support We encourage healthy lifestyle changes. Facilitator: Nancy Miller This month: December 16th Dietician Visit Katlynn Ferreira Topic: The ABC's of a Healthy Holiday Feast	**ALZHEIMER'S SUPPORT** Every other Tuesday: Tuesday December 10th @ 3pm Facilitator: Carolyn Greany 508-304-4587 *Please call before 1st meeting.* For more information on Alzheimer's call 1-800-272-3900 or visit the web page at www.alz.org	**DIABETES WELLNESS** Last Wednesday of the Month: @ 8:30am Facilitator: Patricia Jeffries Zukowski Walk-Ins welcome. There will be no Diabetes Wellness Support Group This month.	**PARKINSON'S SUPPORT** Second Thursday of the Month: @ 1pm Facilitator: Maxwell Polans 508-692-6422	**WIDOWED SUPPORT** 1st and 3rd Fridays at @8:15am for recently widowed, and 10:00am for others Director: Linda Rose 508-999-3255 **CAREGIVER SUPPORT** First Friday of the month @1:00 Facilitator: Stephanie Gibson 508-999-6400

Upcoming Clinics

Podiatrist
Please call Center for appt
first Thursday, last Tuesday
Last Tues cancelled due to Holiday schedule

Blood Pressure Clinic
2nd Friday at 9am
last Friday at 9am

Converse w/ the Nurse
last Friday at 10am

Justice Bridge (affiliated w/ UMASS Law)
Last Wednesday at 2pm
Always the last Wednesday of the month.
** Moved to December 18th due to holiday.*

FREE Pain Screening at the Center by Bay State Physical Therapy
2nd Thursday by appt from 1-2pm

Diabetic Shoe Clinic
2nd Thursday at 11am
Walk-Ins Welcome

Dental Clinic by appt
Monday, January 20th
Call Holly Petruzzo for Appt At 774-766-7238

Nutrition Clinic by Appt
2nd Tuesday 9-12
Call Nancy at the Center to schedule.

Hearing Screening by Appt 10-12noon
Last Thursday: December 26th
Call the Center to schedule.

100 Cups of Coffee

We are 1 cup closer to our goal of sharing 100 cups of coffee with community members to educate them about all that the Dartmouth Council on Aging has to offer and find ways to work together.

Pic: COA Director Amy DiPietro shares a cup of coffee with local business owner, Joseph O'Neil.

Joseph O'Neil is a local independent broker of Medicare insurance programs. His company is called Medicare Help 65. He presented a program at the Center last month.

Monthly Hearing Evaluations & Hearing Aid Checks and Cleanings with **At Home Healthcare**
Thursday, December 26th
10am-12noon by Appointment
Call the Center to Register.

MONTHLY RAFFLE
Congratulations to
William Hargreaves
You are this month's Raffle Winner!
See Nancy Miller to collect your gift card.
Scan in with your key card every time you visit the Center and you too, could be a winner.
Look for the RAFFLE prompt - always first in the list of activities. ***Good Luck!***

Monthly Programming

Travel the World Through the Eyes of an International Student

UMASS Dartmouth Students will be visiting the Dartmouth Council on Aging on

Tuesday, December 3rd at 4:00pm

to present a program that is part of their

UMASS International Speaker Series

"As globalization has changed the panorama of education, this program is an opportunity for international students to speak about themselves, their culture and their transition into the American lifestyle through their personal life experiences."

December Speakers

Aditya Shah
Home Country: ***India***
M.S. Electrical Engineering

To be determined
Home Country:

Call or visit the Center to Sign-Up now.
Refreshments will be served.

Give yourself a Holiday Present !

Maintain Youth & Beauty with Hypnosis

Tuesday, December 10th 2-3:30pm

You will never be as young as you are right now. Learn how to maintain your youthful appearance and positive energy. Hypnosis and acupressure facial rejuvenation points will help you feel and look younger, healthier and more energetic. You will participate in applying the acupressure points to your face. Lorraine will then guide you in meditation to a beautiful relaxing scene where you will look and feel healthy, relaxed, and rejuvenated. You will leave the session uplifted.
Cost: $10.

Sign-Up at Now

Instructor: Lorraine Stewart, MA Hypnotist

I-Phone Tutoring with the *Experts*

Wednesday, December 11th & Wednesday, December 18th at 3:30 pm

two sessions with volunteer

Dartmouth High School Students

Walk-Ins are Welcome!

Art For Your Mind LLC
ART HISTORY PRESENTATIONS

Famous Impressions

Thursday, December 5th at 1:30 pm

Call or Sign up at the Front Desk

Enjoy the work of famous Impressionist painters such as Monet, Renoir, Degas and others. Learn what the Impressionists believed, how they worked, and how their creations stirred the art world, inspiring so many artists - from the post-impressionists onward.

Enrich Your Mind...

Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!

Art For Your Mind is an engaging, educational art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds - artists and non-artists alike. In just one hour you'll discover ways to get more out of looking at art. The guided format and carefully selected images reveal clues and meaningful connections.

December Movie

A Cinderella Story: Christmas Wish is is the fifth installment of A Cinderella Story film series comedy musical film. It was written and directed by Michelle Johnston and stars Laura Marano and Gregg Sulkin. Rated PG, **93 minutes**

SIGN UP AT THE FRONT DESK

ABC's of a Healthy Holiday Feast

with Katlynn Ferreira

Monday, December 16th at 10am

Coastline dietician, Katlynn Ferreira joins us again this month to give us some tips for mindful food choices and self-care while enjoying holiday gatherings.

Her presentation will include a healthy cooking demo, and a sampling of a dish that is easy to prepare for any upcoming events!

Space is limited, sign-up at the front desk now.

Coastline Elderly Services, Inc.

Holiday Dessert Cooking Demo

with Cedar Dell

Tuesday, December 17th at 12:30pm

Culinary Director, Krystal Rezendes, will be preparing

Dark Chocolate Peppermint Pots de Crème.

She will demonstrate the process of making the dessert and provide **samples for tasting**.
Space is limited, sign-up at the front desk now.

THE RESIDENCE at Cedar Dell

Ongoing Programs

Relax with Ava

Every Tuesday of the month 10-10:30am

Please refrain from petting Ava when she is at work & her vest is on.

Thank-you!

Does everything just seem so fast? Come and pet a gentle giant who emanates calmness.

Ava is a Great Dane service dog who helps Cindy with balance.

When Ava's vest is off (as shown in pic) it is time for socializing. She loves to be petted!

When her vest is on, however, she knows its time for work and she has to focus on her owner, Cindy and no petting allowed.

Dance for PD®

What is Dance for PD? The Dance for PD® program was developed by David Leventhal and John Heginbotham from the Mark Morris Dance Group as a dance class for people with Parkinson's and their Caregivers. The program was started in Brooklyn in 2002 at the Mark Morris Dance Center and has led to replication classes around the world. The classes are an artistic activity that incorporates physical exercise, cognitive tasks, social interactions, music, and expression. In Dance for PD® classes, participants are empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative.

This grant supported program is FREE, Walk-Ins are Welcome!

Every Monday except the 3rd 10:30-11:30 am

Led by Rachel Balaban, Regional Coordinator for Dance for PD®.
No experience required. Caregivers welcome.

Coming Soon

Veteran's Billiards Tournament

Thursday, January 23rd at 2:30 pm
Snow date January 30th

1ST PRIZE $150.
2ND PRIZE $100.
3RD PRIZE $50.

All are invited to come and watch Dartmouth veterans compete for cash prizes. and enjoy hors d'oeuvres.

Pre-registration will be required.

Dartmouth Veterans, please see Nancy at the Center to sign-up to compete now. The number of participants and matches we can accommodate is limited. All skill levels are welcome!

Sponsored by the Dartmouth Veterans Office, the Friends of the Elderly and the Dartmouth Council on Aging. Contact Nancy at the Center for details.

Dartmouth Veterans, Sign Up Now to Compete !

Coming Soon (cont.)

Tuesday, January 21st from 1pm to 6pm

Please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org and enter: DARTMOUTH COA to schedule an appointment.

You can streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.

Walk-Ins are also welcome.

Lunch & Learn

Join us on

Thursday, January 16th at 12:30

Board-Certified Hearing Instrument Specialist, Michael Schmit of **At Home Hearing Healthcare** will discuss everything you want to know about hearing...

How do we hear? ***Why does it happen?***
What is hearing loss? ***Can it be corrected?***

After the discussion, he will offer options available to those who have been diagnosed by a specialist with a hearing loss.

He will also provide information about different types of technology and hearing aids that are used today to resolve hearing related issues.

Michael Schmit of **At Home Hearing Healthcare** detects and resolves issues with hearing loss.

Sign up at front desk starting Wednesday, Jan. 2nd

Highlights - So Much to be Thankful for….

Veteran's Day Breakfast

125 Dartmouth vets and spouses attended our annual Veteran's Day Breakfast. ***Thank you*** **to US Coast Guard Lt. Jordan Ortiz** (USCG Marine Safety Detachment, NB) who was the guest speaker.
Thank you **to Chris Markey and The Dartmouth Friends of the Elderly** for sponsoring the event again this year.

Breakfast with Town Assessor & Tax Collector

Thank you
Richard Gonsalves, Administrator of Assessing, Gary J. Carreiro, Town Tax Collector, and Mary Levesque, Principal Clerk addressed a group of 40 Dartmouth residents with detailed information about Abatements, Exemptions and Taxes. A question and answer session followed.

Halloween Ghost Stories & Dessert Buffet Party

Thank you SCORE (SouthCoast Optimal Resources for Elders) for providing our Halloween Ghost Stories & Dessert Buffet Party last month! We had over 100 seniors in attendance.

COA Lending Library

Thank you **Southworth Library** for passing along one of the library carts from the old North Dartmouth branch.
The lending library at the Center is a very popular offering. Dolores O'Mailley, our volunteer librarian, finds the cart very helpful while she stocks, rotates and organizes the books.

Thank-you Dolores!

Please note: We are always looking to expand our large print collection of books. Please keep the Center in mind!!

Monday	Tuesday	Wednesday
2 9-11 Hand Quilting 9-10 Gentle Yoga with Nanci $3 9:30 Billiards 10-11 **Pound by Pound** 10-1:00 Senior ID Cards $4 10:15 -11:15 Osteo Exercise 10:30 **Dance for PD** 12-3:30 Bridge 12:30-1:30 Strong & Steady 2:30 Walk it Off $5	**3** 9-10 Tai Chi $30/8 wks 9-12 Art Class $10 9:30 Billiards / Cribbage 10-10:30 **Relax w/ Ava** 11-12 Zumba Gold $6 1:00 Music and Mandalas 1-2 Throw A Punch at Parkinsons 4:00 **Travel the World Speakers with Refreshments**	9:00 **Veteran's Corner** 9-11 Chair Massage $3/15 mins 9-10 *KEEP MOVING* (w Norman) 9:15-10:15 Strength & Flex $1 9:30 Billiards 10:15-11:15 Osteo Exercise 12-1 Cam's Fall Prevention Program $2 1-3 Knitters/Crafters 1:00 Poetry Circle 3:00 Yoga for Parkinson's $75/ 6wks 4:30-5:30 Baby Boomer Yoga $5 **SHINE by appt.**
9 9-11 Hand Quilting 9-10 ~~Gentle Yoga with Nanci $3~~ *cancelled* 9:30 Billiards 10-11 **Pound by Pound** 10-1:00 Senior ID Cards $4 10:15 -11:15 Osteo Exercise 10:30 **Dance for PD** 12-3:30 Bridge 12:~~30-1:30 Strong & Steady~~ *cancelled* 1-3 Book Club 2:30 Walk it Off $5	**10** 9-10 Tai Chi $30/8 9-12 Art Class $10 9:30 Billiards / Cribbage 10-10:30 **Relax w/ Ava** 11-12 Zumba Gold $6 1:00 Music and Mandalas 1-2 Throw A Punch at Parkinsons 2:00-3:30 **Youth & Beauty Workshop** 3:00 **Alzheimer's Support Group** **Nutrition Clinic by appt.**	**1** 9-10 *KEEP MOVING* (w Norman) 9:15-10:15 Strength & Flex $1 9:30 Billiards 10:15-11:15 Osteo Exercise 12-1 Cam's Fall Prevention Program $2 1-3 Knitters/Crafters 3:00 Yoga for Parkinson's $75/ 6wks 3:30 **iPhone Tutoring w/ the Experts** 4:30-5:30 Baby Boomer Yoga $5 **SHINE by appt.**
16 9-11 Hand Quilting 9-10 Gentle Yoga with Nanci $3 9:30 Billiards 10-11 **Pound by Pound** 10-11 **ABC's of Healthy Holiday Feast** 10-1:00 Senior ID Cards $4 10:15 -11:15 Osteo Exercise 12-3:30 Bridge 12:30-1:30 Strong & Steady 1:00 **Let It Snow Paper Snowflakes** 2:3~~0 Walk it Off $5~~ *cancelled*	**17** 9-10 Tai Chi $30/8 9-12 Art Class $10 9:30 Billiards / Cribbage 10-10:30 **Relax w/ Ava** 11-12 Zumba Gold $6 12:30 **Holiday Dessert Cooking Demo w/ Cedar Dell** 1:00 Music and Mandalas 1-2 Throw A Punch at Parkinsons	**18** 9-10 *KEEP MOVING* (w Norman) 9-11 Chair Massage $3/15 mins 9:15-10:15 Strength & Flex $1 9:30 Billiards 10:00 **Shopping at Market Basket** 10:15-11:15 Osteo Exercise 12-1 Cam's Fall Prevention Program $2 1-3 Knitters/Crafters 3:00 Yoga for Parkinson's $75/ 6wks 3:30 **iPhone Tutoring w/ the Experts** 4:30-5:30 Baby Boomer Yoga $5 **Justice Bridge by appt.** **SHINE by app**
23 9-11 Hand Quilting 9-10 Gentle Yoga with Nanci $3 9:30 Billiards 10-11 **Pound by Pound** 10-1:00 Senior ID Cards $4 10:15 -11:15 Osteo Exercise 10:30 **Dance for PD** 12-3:30 Bridge 12:30-1:30 Strong & Steady 2:3~~0 Walk it Off $5~~ *cancelled*	**24** 9-10 Tai Chi $30/8 wks 9-12 Art Class $10 9:30 Billiards / Cribbage 10-10:30 **Relax w/ Ava** Center Closes at noon today - all programs after 12pm are cancelled	**2** Christmas Day Center is Closed all programs are cancelled
30 9-11 Hand Quilting 9-10 Gentle Yoga with Nanci $3 9:30 Billiards 10-11 **Pound by Pound** 10-1:00 Senior ID Cards $4 10:15 -11:15 Osteo Exercise 10:30 **Dance for PD** 12-3:30 Bridge 12:30-1:30 Strong & Steady 2:~~30 Walk it Off $5~~ *cancelled*	**31** 9-10 Tai Chi $30/8 wks 9-12 Art Class $10 9:30 Billiards / Cribbage 10-10:30 **Relax w/ Ava** New Year's Eve Day Center Closes at noon today - all programs after 12pm are cancelled	Remember, you can verify *T* *Dartn* De

	Thursday	Friday
4	9-11 Needleworkers 9:30 Billiards 10-11 Gentle Yoga w/ Joan $4 10-12 Cards 11:00 Basic Sewing 1-4 Bliss Corner Club 1:30 **Art for your Mind-** ***Famous Impressions***	**5** 8:15 & 10:00 **Widowed Support** 9:15-10:15 Strength & Flex $1 9:30 Billiards 10:15-11:15 Osteo Exercise 11:30-3 Mah Jongg 12-1 Cam's Fall Prevention Program $2 12:30-3:00 Line Dancing $2 1:00 **Caregiver Support Group**
	Shopping at Stop & Shop **Podiatrist by appt.**	**SHINE by appt.**
1	9-11 Needleworkers 9:30 Billiards 10-11 Gentle Yoga w/ Joan $4 10-12 Cards 11:00 Basic Sewing 1-4 Bliss Corner Club 1;00 **Parkinson's Support Group** 1:30 **December Movie -** ***Cinderella Story***	**12** 9:00 **Blood Pressure Clinic** 9-9:30 **A Capella Singing Group** 9:15-10:15 Strength & Flex $1 9:30 Billiards 10:15-11:15 Osteo Exercise 11:30-3 Mah Jongg 12-1 Cam's Fall Prevention Program $2 ~~12:30-3:00 Line Dancing $2~~ *cancelled* **SHINE by appt.**
	Diabetic Shoe Clinic Walk-In **Pain Screening BayState PT by appt**	Center Closes at 2 pm today - all programs after 2 pm are cancelled
8	9-11 Needleworkers 9-11 Reiki by appt. or Walk–In $5/30min 9:30 Billiards 10-11 Gentle Yoga w/ Joan $4 10-12 Cards 11:00 Basic Sewing 12:00 **Annual Holiday Party - w/ the Relics** 1-4 Bliss Corner Club	**19** 8:15 & 10:00 **Widowed Support** 9:15-10:15 Strength & Flex $1 9:30 Billiards 9:30 **Bridging the Future: Episode 2** 10:15-11:15 Osteo Exercise 11:30-3 Mah Jongg 12-1 Cam's Fall Prevention Program $2 12:30-3:00 Line Dancing $2
t.	**Shopping at Stop & Shop**	**SHINE by appt.**
5	9-11 Needleworkers 9:30 Billiards 10-11 Gentle Yoga w/ Joan $4 10-12 Cards 11:00 Basic Sewing 1-4 Bliss Corner Club	**26** 9:00 **Blood Pressure Clinic** 9:15-10:15 Strength & Flex $1 9:30 Billiards 10:00 ***"Converse w/ the Nurse"*** 10:15 - 11:15 Osteo Exercise 11:30-3 Mah Jongg 12-1 Cam's Fall Prevention Program $2 12:30-3:00 Line Dancing $2
	Hearing Screening by appt (see p.2)	**SHINE by appt.**

our daily schedule of programs & events on Instagram at dartmouthCOA

The entire staff of the Dartmouth Council on Aging and the mouth Friends of the Elderly wish you a happy holiday season!

ecember 2019

BIG VALUE

THIS SPACE IS AVAILABLE

Call LPi at 1.800.477.4574 for more information.

Lunch Menu

Coastline
Caring for the community.
"Celebrating 40 Years of Caring"

December 2019

www.coastlinenb.org
508-999-6400

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sodium (mg): Na*	**3** Sodium (mg): Na*	**4** Sodium (mg): Na*	**5** Sodium (mg): Na*	**6** Sodium (mg): N
Beef & Cabbage 300	Mini Ravioli w/ 238	Carribean Chicken 381	High Sodium Meal	Fish Sandwich 19
Casserole	Pesto Sauce 117	Pineapple Rice 35	Hot Dog *550	Tartar Sauce 26
Red Bliss Potatoes 4	Genoa Blend 40	Italian Veggies 26	Mustard/Relish 136	Mash. Sweet Potato 3
Dinner Roll 160	WW Roll 160	Multigrain Bread 190	Hashbrowns 136	Fall Blend 1
Fig Bar 35	Fresh Orange 0	Pears 4	Cabbage & Carrots 47	WW HB Roll 23
Diet: Graham Wafers 85	Yogurt Cup 50		Hot Dog Roll 210	Peaches
			Cinnamon Apples 4	
Total Sodium: 499	Total Sodium: 606	Total Sodium: 636	Total Sodium: 1083	Total Sodium: 73
Calories: 649 Carbs: 92	Calories: 522 Carbs: 86	Calories: 466 Carbs: 71	Calories: 576 Carbs: 65	Calories: 579 Carbs: 8
9 B	**10** B	**11** B	**12** B	**13**
Chicken Cacciatore 446	Beef Picadillo 251	Cream of Carrot & 130	Greek Meatballs 354	Crustless 27
Italian Penne 1	Rice 36	Celery Soup	Rice Pilaf 134	Chicken Pot Pie
Peas & Mushrooms 133	Mixed Veggie 41	Pork w/ 71	Malibu Blend 59	Mashed Potatoes 6
Scali Bread 190	Oatmeal Bread 121	Rosemary Gravy	Multigrain Bread 190	Asparagus
Pineapple 1	Mandarin Oranges 6	Au Gratin Potatoes 154	Banana 1	Biscuit 34
		WW Roll 160		Applesauce 1
		Pistachio Pudding 110		
Total Sodium: 771	Total Sodium: 455	Total Sodium: 749	Total Sodium: 739	Total Sodium: 69
Calories: 485 Carbs: 77	Calories: 411 Carbs: 57	Calories: 668 Carbs: 63	Calories: 605 Carbs: 80	Calories: 598 Carbs: 7
16 A	**17** A	**18** A	**19** A	**20**
American Chop Suey 211	Pot Roast 241	Cherry Glazed Chicken 359	French Meat Pie 297	"Catch of the Day" 6
Broccoli 12	Garlic Mash. Potatoes 62	Rice Florentine 112	Mashed Potatoes 62	Lemon Dill Sauce 11
Honey Wheat Roll 135	Garlic Green Beans 3	Tuscany Blend 56	Scandinavian Blend 42	Roasted Potatoes 3
Mixed Fruit 10	WW Bread 115	Oatmeal Bread 121	Multigrain Bread 190	Roman Blend 2
	Fresh Apple 2	Pears 4	Cherry Crisp 190	Potato Bread 12
			Diet: Pound Cake 210	Peaches
Total Sodium: 368	Total Sodium: 424	Total Sodium: 651	Total Sodium: 781	Total Sodium: 36
Calories: 436 Carbs: 64	Calories: 610 Carbs: 80	Calories: 408 Carbs: 51	Calories: 896 Carbs: 114	Calories: 432 Carbs: 5
23 B	**24** B	**25** B	**26** B	**27**
Sausage w/ *520	Curry Chicken 375		Mac n' Cheese 403	Cheeseburger 38
Pepper & Onions	Lentil Pilaf 134		Escalloped Tomatoes 143	Ketchup 8
Pasta Alfredo 116	Winter Squash 13		Italian Green Beans 3	Mustard 5
Mini Sub Roll 162	WW Roll 160		Fruit Loaf 160	Potato Wedges 3
Applesauce 15	Fresh Orange 0		Pineapple 1	Cabbage & Carrots 4
				WW HB Roll 23
				Mixed Fruit 1
Total Sodium: 814	Total Sodium: 682		Total Sodium: 710	Total Sodium: 84
Calories: 491 Carbs: 69	Calories: 473 Carbs: 76		Calories: 735 Carbs: 102	Calories: 631 Carbs: 6
30 A	**31** High Sodium Meal	All Meals include:	For weather emergencies and cancellations, please check 1420 AM WBSM radio.	We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.
BBQ Pork Rib 457	Turkey Stew *571	**Milk:**		
Baked Beans 36	Mashed Potatoes 62	110 Calories	For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.	Congregate Meal participants may take home packaged bread, desserts and milk.
Hot German Slaw 81	Multigrain Roll 190	125mg Sodium		
Dinner Roll 160	Mini Red Velvet Cake 209	13g Carbs		
Peaches 5	Diet: Low Sugar Cake 210	**Margarine:**		
		36 Calories		
		47mg Sodium		
Total Sodium: 739	Total Sodium: 1032			
Calories: 477 Carbs: 72	Calories: 616 Carbs: 100			

* Indicates a food with more than 500 mg sodium.
Please inform Coastline if you have any food allergies.

Menu is subject to change without notic
Catch of the Day will vary based on availabilit

Your voluntary $2 donation today, provides more meals tomorrow. 5

Call Coastline at 508-999-6400 to sign-up.

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THE RESIDENCE at Cedar Dell
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Dartmouth, MA | 508-636-0590

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AT HOME HEARING HEALTHCARE

FREE HEARING CLINIC
10 -12 PM
Last Thursday
Of Each Month
At your Dartmouth COA

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Whether down-sizing or finding a perfect retirement or vacation home, the dedicated professionals at Milbury and Company are ready to assist you. We're open seven days a week and offer an array of services, from consulting to simple Opinions of Value to assisting you with buying or selling .... We offer staging, professional photography and general moving concierge that will make finding your next home easier than you could ever imagine. Put the SOUTHCOAST'S #1 BROKERAGE of distinctive properties to work for you.

Spotlight on HIDDEN BAY...

Hidden Bay is a gated, seaside community located in South Dartmouth on the shores of Clarks Cove and Buzzards Bay beyond. Carefree condominium style living is yours together with a seaside lifestyle. Community amenities include tennis court, pool, and sandy beach. Current offerings include this two-bedroom townhouse home, offered at $439,000.

Outreach

Veterans Take Notice

If you are a veteran or the dependent of a deceased Veteran, you may qualify for financial assistance for you and your family that could be used for food, shelter, clothing and/or medical care. Eligibility for this program, called "Chapter 15" is based on your level of income.

Upcoming Chapter 115 deposit dates:

December 16th 2019	May 18th 2020
January 20th 2020	June 15th 2020
February 17th 2020	July 20th 2020
March 16th 2020	

Contact Dartmouth's Veteran Agent, Matt Brouillette at 508-910-1818 for information.

Walk MA Challenge

Dartmouth COA team won the $250K prize!

Thank you Walk MA Challenge team!

The team laced up their sneakers, from April 1st through September 30th, and participated and completed one of the three walking challenges through the Massachusetts Councils on Aging. The Dartmouth COA team was the chosen winner of $250.00 prize that will be put toward fitness programming at the Center.

The team:

Cheryl Abrantes
Keven Abrantes
Mary Jane Mello
Richard Mello
Kathleen Rymszewicz
Paul Rymszewicz
Judith Mateus

53rd Annual Christmas Day Dinner

Wednesday, December 25th at 10am

The 53rd Annual Christmas Day Dinner, sponsored by the Jewish Community of Greater New Bedford, will again be celebrated at the

Holy Name of the Sacred Heart of Jesus Church

at 121 Mt Pleasant Street, New Bedford for all seniors wanting to join us.

Call the Dartmouth COA at 508-999-7714 to make a reservation. Dinner will be served at Noon. Doors open at 10am on December 25th, Christmas Day.

The Dartmouth Council on Aging is a
DISCOVERY CENTER FOR CIVIC ENGAGEMENT

Natalie & Bailey

The **Discovery Center for Civic Engagement** is open for appointments. Call the Center to schedule.

As a resource for volunteering, Natalie and Bailey have the skills to thoughtfully match a prospective volunteer with non profit organizations. Our Discovery Center is here to guide you if you are looking to make a difference or you are wondering what the next chapter in your life might look like!

Volunteer at the Dartmouth COA

Have you ever thought of volunteering at the Council On Aging? It can be A rich and rewarding experience. We have come up with specific jobs that we need help with - each with its own degree of commitment. Read on and see on what appeals to you!

Movie Usher *Do you enjoy movies? Our monthly movie is scheduled on the 2nd Thursday of each month at 1:30pm. Please arrive at least 30 minutes early to help set up our folding chairs, pop the popcorn and serve 25-30 guests. Then take a seat and enjoy the show!*

Experienced Server/Hostess - *Do you have server/hostess experience?* **Come and help out at the Center's new Café 628 which is held on the 2nd Friday of every month from 9:00 -10:30.**

Coffee Club Host/Hostess - *Do you have a friendly personality?* **Come and serve Coffee and Danish at our Coffee Club on selected mornings from 9am-11am.**

Thrift Shop Help - *Do you love thrift stores?* **Assist with waiting on patrons and organizing shop while you make new friends.**

Please contact Nancy, the Program Coordinator, for more information.
Call her at 508-999-4717 ext 3305 or email her at nmiller@town.dartmouth.ma.us

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The Dartmouth Adult Social Day is a flexible program of supportive services and activities designed for seniors 60+ who would benefit from companionship.

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ADULT SOCIAL DAY

Monday thru Friday
8:30am to 2:30pm

- **Socialization**
- **Light breakfast, lunch, & snacks**
- **Exercise, games, crafts, & other activities**
- **Outings, entertainment, & MUCH MORE!**
- **Respite for Caregivers**
- **Transportation provided**

located at the Dartmouth Council on Aging

CALL for your FREE trial day
(508) 991-6018

Program Director
Maria Aguiar

Email: MAguiar@town.dartmouth.ma.us

The Council On Aging would like to extend a sincere thanks to the following people and organizations:

- Programs offered at the Dartmouth COA are made possible, in part, by **Title III funding** through **Coastline Services**, **ARAW of New Bedford**, **Massachusetts Councils on Aging (MCOA)** and The **Executive Office of Elder Affairs**. *Thank-you.*
- Thank you to **Rep. Chris Markey** and the **Friends of the Elderly** for sponsoring the Veterans Breakfast.
- Thank you to **The Cottages at Dartmouth Village** for providing the turkeys for our Thanksgiving party.
- A **big** Thank-you to our dedicated **volunteer SHINE counselor, Peggy Vollmer** and **Jane Jacobsen** for Dedication during Medicare Open Enrollment.
- Thank-you to **Share the Harvest Farm** for the last of the season donation of fresh vegetables.
- Thank-you to **Shaws**, **BJ's**, **NY Bagel** for your weekly donations of bread and goodies.
- Thank-you to **all our volunteers** who donate their time and good will.
- Thank-you to **all that donated to our food pantry** in November.

Council On Aging
628 Dartmouth St., Dartmouth MA
STAFF CONTACT INFORMATION

Director
Amy DiPietro (508) 999-4717 **x3302**
adipietro@town.dartmouth.ma.us

Program Coordinator
Nancy Miller (508) 999-4717 **x3305**
nmiller@town.dartmouth.ma.us

Outreach Coordinators
Ellen Hull (508) 999-4717 **x3304**
ehull@town.dartmouth.ma.us
Ann Harb Raymond 999-4717 **x3312**
araymond@town.dartmouth.ma.us

Administrative Clerk
Angela Botelho (508) 999-4717 x**3301**
abotelho@town.dartmouth.ma.us

Custodian Bronson Collins
bcollins@town.dartmouth.ma.us

COA BOARD MEMBERS

Kathleen Denizard
Ouida Dowd
Daniel Fournier
Edward F. Iacaponi
Jacquelyn McDonald
Alison Nastanski
Eleanor J. White,
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Tech Tips

Android (Google) phones and **iPhones** (Apple) come equipped with many useful basic apps such as maps, mail, calendar, calculator and more. We have been discussing additional apps that make your phone even *more* useful. This month we'll take a brief look at a **popular app to count calories and help you track your diet**.

MyFitnessPal has a free version and it is available for **android**, **IOS** and Windows 10. The thing most people like about **MyFitnessPal** is that once you get it set up it is simple to use and its tracking features motivate you to reach your goals.

First you enter basic information about yourself: height, weight, sex, age, how active you are, and what your goal is: gain or lose how many pounds per week, or maintain your current weight, but eat healthier. Based on this information, **MyFitnessPal calculates an optimal calorie count to reach each day** to help you reach your goal. As you eat and drink food and exercise during the day, you log it in, and the app calculates how many calories are left for the day.

MyFitnessPal also breaks your food down into **macro ingredients like fat, carbs, protein, fiber** (you can choose from a list) and tracks those for you as well. A feature that is unique to this app that is very popular is that you can see a **detailed graphical history of your progress.** Another feature that is well liked is that **you can enter food several ways**: scan from **IPC code**, enter your own **single items**, or as a **portion of a recipe you enter** and then can ***save to refer to again***.

The **DARTMOUTH COUNCIL ON AGING NEWSLETTER** is composed and edited by Nancy Miller and Sheridan Smith. We would like to hear from *you* about our Newsletter. Is there anything you would like to see in the newsletter that would make you enjoy reading it more, or make it more useful to you?

Contact Nancy at the Center with all your comments. Mail, stop by, call, or email. Thank-you!