

Lanesborough Council on Aging
PO Box 1492
83 N Main Street
Lanesborough, MA 01237
413-448-2682

Thursdays from 9 to 11

The VFW Food Pantry is open for Lanesborough Seniors Only!

Berkshire Village
144 Old State Road.



Lorna Gayle, Director
Seniors.director@lanesborough-ma.gov

Everything Old is New...

OLD FASHIONED REMEDY FOR FLU SEASON

by Jennifer Gadbois

There are many ancient remedies for colds and flu, but one stands head and shoulders above the rest - black elderberry extract. As the need for effective alternatives to antibiotics is great, because the health of the immune system is significant and negatively impacted by antibiotics, black elderberries are experiencing renewed interest.

Sambucus nigra (black elderberry) has been studied in multiple double-blind placebo clinical trials and is highly effective against upper respiratory infections. Participants who received a 15mL dose 4 times daily for 5 days experienced reduced symptoms and significantly faster recovery time than those receiving the placebo.

Sambucus can be purchased over the counter at CVS, Target or Rite Aid. Be sure it is pure extract and not loaded with sugar or other ingredients.



AT THE LANESBOROUGH LIBRARY



Lanesborough Public Library

New Fines Policy-- effective October 15, 2019

As of October 15, there will no longer be overdue fines assessed on Books, Magazines, CD's or Audiobooks

There will still be a fine of \$1.00 per day on DVD's and Museum passes.

Any Lanesborough fines currently on a patron's account will be removed/forgiven over time when staff have time to do so (fines from other libraries will **not**).

Lost or damaged items will still be charged at the replacement cost and accounts will be blocked for lost items. Thank you!

November Book Club Selection: **THE LIBRARY BOOK**, by Susan Orlean.

Book Club meeting November 21st, 7pm

The Library is "a dazzling love letter to a beloved institution and an investigation into one of its greatest mysteries.

"Everybody who loves books should check out **The Library Book**."



UKE CLUB
Rehearsals
Every Thursday
thru November
and December
6:30 to 8 pm
Beginners 6-6:30
lpruyn@verison.net

MEDICARE OPEN
ENROLLMENT
Ending
December 7th
Enroll in a Medicare Advantage or Medicare Part D plan for the first time, change prescription drug plans, change Medicare Advantage plans, or return to Original Medicare. SHINE appointments: 448-2682

Senior Christmas at the Firehouse/Dec. 8
Share Appetizers at 12 pm
Lunch at 1 pm
Caroling, visiting, eating.
Call and reserve your place.
448-2682
The party of the year!



Lanesborough Senior News

This newsletter is produced with funding received from the Executive Office of Elder Affairs, Boston, Massachusetts.

SELF CARE: THE 'MIND DIET' MAY HELP PREVENT ALZHEIMERS

Newly published research suggests that a specific diet called the MIND diet may reduce the incidence of brain disease that increases a person's risk in developing Alzheimer's disease.

The recent study shows that the MIND diet lowered the risk of Alzheimer's by as much as 53 percent in participants who adhered to the diet rigorously, and by about 35 percent in those who followed it moderately well according to a paper published online on March 19 in the journal Alzheimer's & Dementia: The Journal of the Alzheimer's Association.

Developed by Martha Clare Morris, PhD, a Rush nutritional epidemiologist and her colleagues, the MIND diet is a hybrid of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets. Both diets have been found to reduce the risk of cardiovascular conditions, like hypertension, heart attack and stroke. Some researchers have found that the two older diets provide protection against dementia as well.

The MIND diet is also easier to follow than, say, the Mediterranean diet, which calls for daily consumption of fish and three to four daily servings of each of fruits and vegetables, Morris said. What's brain-healthy, what's not?

The MIND diet has 15 dietary components, including 10 "brain-healthy food groups:"

- Green leafy vegetables
- Other vegetables
- Nuts
- Berries

- Beans
- Whole grains
- Fish
- Poultry
- Olive oil
- Wine

The five unhealthy groups are:

- Red meats
- Butter and stick margarine
- Cheese
- Pastries and sweets
- Fried or fast food

The MIND diet includes at least three servings of whole grains, a salad and one other vegetable every day — along with a glass of wine. It also involves snacking most days on nuts and eating beans every other day or so, poultry and berries at least twice a week and fish at least once a week. Dieters must limit eating the designated unhealthy foods, especially butter (less than 1 tablespoon a day), cheese, and fried or fast food (less than a serving a week for any of the three), to have a real shot at avoiding the devastating effects of Alzheimer's, according to the study.

Blueberries are 'potent'. Berries are the only fruit specifically included in the MIND diet. "Blueberries are one of the more potent foods in terms of protecting the brain," Morris said, and strawberries have also performed well in past studies of the effect of food on cognitive function. "

One of the more exciting things about this is that people who adhered even moderately to the MIND diet had a reduction in their risk for AD," said Morris. (CONT. PAGE 3)

MOVIE NIGHT: NOVEMBER 8th 6 PM to 8 PM

The film is known for being elements of film noir mixed with a gothic mystery/thriller from former



leading man turned director, Paul Henreid. It's led by its solid cast and a dual threat performance by Bette Davis whom for the second time in her long and illustrious career plays twins, the first being in "A Stolen Life" (1946). It has become a cult classic.

"Dead Ringer" features the compelling spectacle of Bette Davis competing for screen space with the only actress capable of upstaging her: Bette Davis.

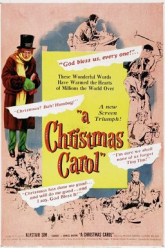
Slate Magazine

MOVIE NIGHT: DECEMBER 14th, 6pm to 8pm

This is the best Christmas Carol ever!

A Christmas Carol is a treasure of spirit and good will with which any holiday season is incomplete. Alastair Sim plays Scrooge so magnificently his performance has become the standard by which all other Scrooges are compared. The spirits of Christmas Past, Present and Yet to Come gave Scrooge the gift of redemption. The 1951 **A Christmas Carol** gives the gift of entertainment, laughter and joy to all of us. Everyone.

"Other Christmas Carols need not apply."
Entertainment Weekly



WEEKLY ON GOING ACTIVITIES		To RSVP: 448-2682
Tuesdays and Thursdays	Gente Chair Pilates from 10:15 to 11am, Lunch from 11:30 to 12 PM	Community Room
Wednesdays	Gente Pilates Mat Class from 2:00 to 2:45 PM	Community Room
1st Thursdays	Mobile devices, Tablets and E readers, explained and questions answered. 9:30 to 10. Appt. nec.	Community Room
3rd Thursdays	Legal Clinic from 5:30 to 7 pm. Please call to make a private appointment 11/21 and 12/19	Council on Aging Office
4th Tuesdays	Wellness Clinic with Nurse Nancy from 9am to Noon. Blood pressure and more.	Community Room
SPECIAL EVENTS: NOVEMBER AND DECEMBER		
November 9th	MOVIE NIGHT : "DEAD RINGER" with Bette Davis. Popcorn, a sweet and a beverage. \$2 donation. 6pm.	Community Room
November 14th	HANDMADE JEWELRY FOR THE HOLIDAYS. All materials supplied. \$7 fee. 1-3 PM	Community Room
November 21st	TABLE TOP HOLIDAY DECOR AND REALLY COOL XMAS SOFT FABRIC NECKLACE \$5 1-3PM	Community Room
November 22nd	Lunch Bunch Outing: A 2 Hour Break From Holiday Preparations. RSVP 448-2682. 12 PM - 2PM	99 Restaurant in Pittsfield
November 23rd	It's that time of year to start thinking about ordering your Christmas Wreaths to support the Lanesborough-New Ashford 'Dollars for Scholars' scholarship program. November 23rd is Wreath Making and Pick up Day from 7AM - 3PM. To pre order your wreath call Jan at 413-442-2338. Small \$25, Medium \$35 and Large \$50	Lanesborough Elementary School Cafeteria
November 28th	HAPPY THANKSGIVING EVERYONE!	
December 1 st	Carol Sing & Tree Lighting followed by Pizza and a visit from St. Nicholas 5pm	St Luke's Church, S. Main Street
December 7th	HOLIDAY CRAFTS FAIR FROM 10 AM TO 3PM. CRAFTS, FOOD (PEROGIES ON SALE), AND ENTERTAINMENT	Lanesborough Elementary School
DECEMBER 8TH	THE SENIOR CHRISTMAS PARTY AT THE FIREHOUSE. APPETIZER AND PRIME RIB! RSVP!!!!!!	Lanesborough Firehouse
December 14th	MOVIE NIGHT : "A CHRISTMAS CAROL" with Alister Sim. Popcorn, a sweet and a beverage. \$2 Donation. 6PM. This is THE Christmas Carol. No Hunchbug.	Community Room
December 22nd	Not everyone is joyous during the holidays. Join the 'Blue Christmas' gathering. 9 AM	St Luke's Church, S.Main Street
December 25th	Happy Holidays	

CENSUS 2020 Are You a SNOW Bird...if so read on...

Do you live or sleep at more than one address?

Well, if you live in Massachusetts 6 month and one day each year you need to fill out the 2020 Census form from your Mass address.

Why? Because the information on the Census will be used for the next ten years to determine what monies will be given to Massachusetts (and Lanesborough) for state and federal programs, as well as define your political representation.

Don’t give away money we can sorely use, here in Massachusetts.

This year filling in your Census info can be done online, over the phone or on traditional paper.

And, please understand that your response does not affect your property tax or insurance premiums, and the information is used for statistical purposes only.

\$16 billion

in federal funding to Massachusetts programs is at stake in the 2020 Census.

early education

Section 8 housing

Medicaid, Medicare, children's health insurance

public transportation and infrastructure



THE MIND DIET ...Continued from page 1

"I think that will motivate people."

Morris and her colleagues developed the MIND diet based on information that has accrued from years’ worth of past research about what foods and nutrients have good, and bad, effects on the functioning of the brain over time. This is the first study that related the MIND diet to Alzheimer’s disease.

Alzheimer’s disease, which takes a devastating toll on cognitive function, is not unlike heart disease in that there appear to be “many factors that play into who gets the disease,” including behavioral, environmental and genetic components, Morris said.

“With late-onset AD, with the older group of people, genetic risk factors are a small piece of the picture,” she said. Past studies have yielded evidence that suggests that what we eat may play a significant role in determining who gets AD and who doesn’t,” Morris said

When the researchers in the new study left out of the analyses those participants who changed their diets somewhere along the line — say, on a doctor’s orders after a stroke — they found that “the association became stronger between the MIND diet and (favorable) outcomes” in terms of Alzheimer’s disease, Morris said. “That probably means that people who eat this diet consistently over the years get the best protection.”

In other words, it looks like the longer a person eats the MIND diet, the less risk that person will have of developing Alzheimer’s, Morris said. As is the case with many health related habits, including physical exercise, she said, “You’ll be healthier if you’ve been doing the right thing for a long time.”

The study was funded by the National Institute on Aging. All the researchers on this study were from Rush except for Frank M. Sacks MD, professor of cardiovascular disease prevention, Department of Nutrition, at the Harvard School of Public Health. Sacks chaired the committee that developed the DASH diet.

Article Author: **By Nancy Di Fiore**

.Further Information: www.healthline.com/nutrition/mind-diet

Sample MIND Diet Meal Plan:

Here's a day of typical meals, which was developed by U.S. News and based on the Mediterranean and DASH diets.

Breakfast
6 ounces Greek yogurt topped with 1/2 cup blueberries and 1/2 cup strawberries
1 slice whole-grain toast with half an avocado, mashed

Snack
1/3 cup almonds, unsalted

Lunch
Sandwich:

2 slices whole-wheat bread
3/4 cup cooked chicken breast
1 teaspoon Dijon mustard

Salad:
1 cup romaine lettuce
1 cup fresh cucumber slices
1/2 cup tomato wedges
1 tablespoon sunflower seeds
1 teaspoon low-calorie Italian dressing

Dinner
Salad:

- 1/2 cup arugula
- 1/2 cup baby spinach
- 1 tablespoon vinaigrette dressing made with olive oil
- 3-ounce salmon topped with 1 teaspoon tarragon and 1 teaspoon mustard
- 1/2 cup couscous, 1/2 cup zucchini and 4 asparagus spears
- 1 cup lima beans
- 5 ounces red wine

Snack
1/2 cup sliced almonds

