

fiftyplus advocate

Meet the
owners:



Micha Shalev (left), and Ben Herlinger of Oasis at Dodge Park in Worcester.

Oasis at Dodge Park

A passion for compassionate care

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AARP Real Possibilities in
Massachusetts

Massachusetts Care Act becomes law

By MIKE FESTA, STATE DIRECTOR
AARP MASSACHUSETTS

AARP Massachusetts is thrilled to announce that the Caregiver Advise, Record, Enable (CARE)



Mike Festa

Act has been signed into law by Governor Charles Baker. AARP Massachusetts thanks Governor Baker and state lawmakers for enacting this important legislation to support family caregivers. The CARE Act, known in the Massachusetts Legislature as H.3911, recognizes the critical role family caregivers play in keeping their loved ones at home, and out of costly institutions. In 2015 in Massachusetts, family caregivers provided 786 million hours of unpaid care valued at approximately \$11.6 billion annually. Massachusetts is the 34th state to enact the CARE Act.

On behalf of our 800,000 members, AARP Massachusetts thanks lead co-sponsors Senator Linda Dorcea Fory (D-Dorchester) and Representative Chris Walsh (D-Framingham) for their leadership and tenacious advocacy on behalf of all family caregivers. This law provides essential support to family caregivers who are often called on to provide complex medical care for which they receive little or no instruction. Additionally, we thank the 16 partner organizations that supported this bill and our tireless band of volunteer advocates who stood with us and supported the CARE Act through this legislative session.

The CARE Act goes into effect in fall 2017. The law features three important provisions related to the family caregiver's role when their loved one is hospitalized:

The hospital patient is provided with an opportunity to designate a family caregiver;

The family caregiver is notified if the patient is to be discharged to another facility or back home; and,

The facility must provide an explanation and live instruction of the medical tasks – such as medication management, injections, wound care, and transfers – that the family caregiver will perform at home.

Please join AARP Massachusetts in thanking Governor Baker and the Massachusetts State Legislature for supporting the CARE Act in Massachusetts and for supporting more than 844,000 Bay State residents who are caring for an aging parent or loved one, helping them to live independently in their own homes. These family caregivers have a huge responsibility, and the CARE Act is a commonsense step that will make a world of difference to them.

Stay up to date on the latest caregiving and advocacy news with AARP Massachusetts. Visit www.aarp.org/ma or call toll free at 866-448-3621.

AARP is a nonprofit, non-partisan membership organization for people 50 and over. We have approximately 800,000 members in Massachusetts and nearly 38 million nationwide. Our state legislative priorities are consistent with AARP's all volunteer national Board of Directors and focus on removing barriers for caregivers, protecting and improving in-home and community-based long term services and supports, strengthening the financial security of 50-plus residents, improving healthcare access and quality, and making health care more affordable.

Mike Festa is the state director for AARP Massachusetts. Archives of articles from previous issues can be read at www.fiftyplusadvocate.com.



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Oasis at Dodge Park

A passion for compassionate care

BY BONNIE ADAMS
MANAGING EDITOR

WORCESTER – Under the leadership of Micha Shalev and his business partner Ben Herlinger, Dodge Park Rest Home has earned an impressive list of accolades over the years for its unique model of deeply compassionate Alzheimer's and dementia care. Now, the two are proudly celebrating the opening of their new state-of-the-art facility, Oasis at Dodge Park.

Located at the site of the former Oddfellows Home in Worcester, directly across the street from Dodge Park, the Oasis facility is specifically designed around the needs of individuals with memory loss and cognitive disabilities. It is the only rest home in the region with a dementia care special unit, Shalev said.

The Alzheimer's Program at the Oasis is designed to promote independence within a comfortable and safe "small household model," while helping individuals maintain the optimum level of function and to maintain the highest quality of life possible.

Each household has its own dining area, living room (day room), and dedicated activity spaces that will support appropriate activities for people with different cognitive abilities. There is also a residential family-style kitchen in each household that is serviced by a fully equipped commercial style serving kitchen. This model provides a warm, homelike environment that enriches quality of life for older adults living with Alzheimer's and memory disorders, Shalev said.

The recently completed Phase I will accommodate 50 residents while Phase II will accommodate another 32 when completed.



PHOTOS/ANDY WEIGL/WEIGL PHOTOGRAPHY

The Alzheimer's Program at the Oasis is designed to promote independence within a comfortable and safe "small household model."

The focus is to make sure residents wake up each day and anticipate the day.

Micha Shalev

A Career
in Elder Care

Shalev, who is originally from Israel, moved to Los Angeles, where he followed his original training as an electrical engineer. However, after being profoundly affected when several family members were diagnosed with Alzheimer's and dementia, he decided to open a facility for those suffering from those diseases.

"I saw the need and really wanted to do something positive for the community," he said.

The Shalev Family Home, Inc., which he ran with Herlinger for 20-plus years in California, became known for its quality care and pioneering philosophy of caring for those with cognitive disabilities, he said.

In 2007 the two decided to

sell the business. Due to the fact that they had a non-compete, they could not open another facility in California. Shalev had always enjoyed the four New England seasons, plus he had family in Massachusetts, so it was an easy decision, he said, to move to Massachusetts. They soon purchased Dodge Park, which had been owned by two brothers for nearly 40 years.

"I really wanted to have the same focus that I had in California – to make Dodge Park 'residence center care,'" he said.

One of the signatures of the Dodge Park/Oasis model is that each resident is carefully assessed at the time of intake and programs are tailored to their individual level of cognitive ability. Understanding that no program should be a "one size fits all,"

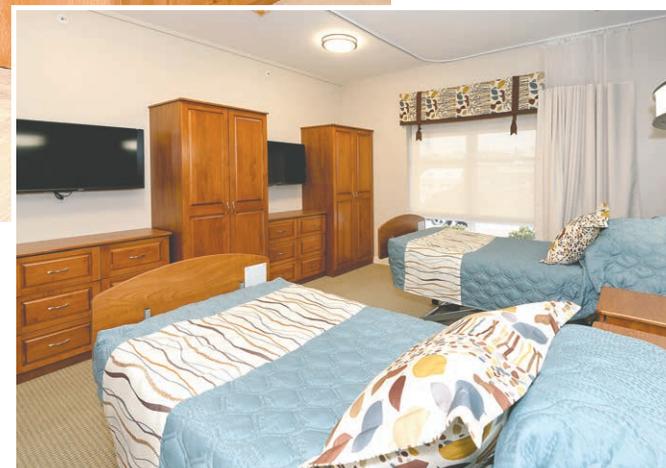
residents are provided with access to continuous activity from 5 a.m. to 11 p.m. each day to provide the maximum possible stimulation.

"We are flexible and accommodate the residents' needs. All activity is multi-level and based on their cognitive level," he said. "Low functioning residents have one-on-one accommodation while higher functioning can have more of an active group therapy."

"The focus is to make sure residents wake up each day and anticipate the day," he added.

A Reputation
for Excellence

Dodge Park has been recognized as a "Caring Superstar" by caring.com, a designation that is based on consumer ratings and
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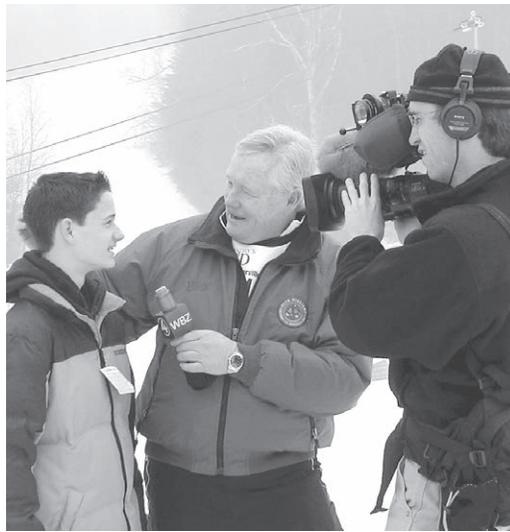


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pursue your passion

The entertaining George Cataldo

By BONNIE ADAMS
MANAGING EDITOR

When George Cataldo turns on the instrumental music on his karaoke system to sing along to the classic Italian song, “That’s Amore,” his face lights up.

“I just love singing,” he said. It is obvious that he means it.

A tall, slender man, the charming Westport resident also loves to share his talent at local senior centers, assisted living residences and private gigs, performing classics from the ‘50s and ‘60s.

And at age 89, he is having too much fun to even thinking about slowing down.

Although he loves music and always played different instruments growing up in New Bedford, it was not until he was 55, he said, that he actually started singing in public.

It was at an event in New York City shortly before he retired from a 30-year career with Sears Roebuck that he caught the singing bug, he recalled.

“It was a managers’ conference being held at a Japanese restaurant,” he said. “The disc jockey convinced me to try karaoke that night.”

As he sang the classic Dean Martin tune “Everybody Loves Somebody,” he discovered not only did he enjoy it but that he was good at it.

But before Cataldo became a



George Cataldo, aka “The Silver Foxx” is a local singing legend

PHOTOS: BONNIE ADAMS

local singing legend, his life was filled with service.

As a young man, he served in the U.S. Navy. Shortly after his stint was over, he joined Sears Roebuck, rising through the ranks to become a visual merchandiser. For 30 years he was a Brockton city councilor. He also served as an assistant to that city’s mayor and as president of the Massachusetts Municipal Association. Cataldo has also served as the national commander of the Italian American War Veterans.



He chaired the advisory board at Southeastern Regional Vocational Technical High School in Easton and was a football coach there for three years.

Cataldo was married to his sweetheart Colleen for 48 years, before her death in 1997.

“We had such a good time,” he said of his marriage. “She was so great. We really had a 50/50 relationship.”

“I always tell young people ‘you have to compromise. Do what she wants to do sometimes and then maybe she’ll do what you want to do some time.’”

The couple moved to Westport in a house that Cataldo helped to design. Sadly, Colleen was only able to enjoy it for a short time before she passed away.

Over the years, singing has given Cataldo a purpose, he said.

“I know she would want me to keep doing it,” he said of his wife.

Each week he drives the hour plus to Brockton and surrounding towns to perform at local senior centers and retirement communities. He also has a once-a-month stint at the Common Market Restaurant in Quincy. For each performance he dresses in one of his seven tuxes. For fun, he may put on a cap with a long gray pigtail on the back that also has his nickname, “The Silver Foxx.” He carries a small toy grey fox as a good luck charm as well.

His repertoire of songs includes ones made famous by many of the legendary icons of the ‘50s and ‘60s such as Tony Bennett, Frank Sinatra and Perry Como.

“But I also like Michael Buble a lot,” he said of the Canadian pop star. “He’s really very good, too.”

Besides his gigs at senior centers

and assisted living facilities, he will do the occasional party or store opening. He also goes to local karaoke nights to keep his voice limber.

Cataldo also has two other passions – golf and painting. When the weather is decent and if he is not performing, he will go to a local field and hit 100 golf balls. On occasion he will travel back to Brockton to play on a course there. And he has a small practice putting green in his home.

In his home, there are a number of paintings and sketches that he has done over the years.

But as much as he enjoys those hobbies, it is really performing that makes him the happiest.

“As long as I can, I will keep on singing!” he said.

To contact Cataldo, call 508-366-5500, ext. 14.

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A passion for compassionate care

Oasis at Dodge Park
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reviews posted on the website.

The five-star honor puts it in the top 1 percent of facilities (one of only 67 in the country) offering assisted living and memory care services nationwide, according to the website.

Most of Dodge Park's residents learn of the facility through word-of-mouth referrals, Shalev said. Oftentimes a family member will become a resident as a result of a positive experience had by a relative or friend. In fact, one particular family has had a total of seven members from their extended family become residents at Dodge Park.

Shalev's experience in the field does not stop at merely being an owner. He holds a master's degree in healthcare administration and has become a certified dementia practitioner, as a way to always ensure that he is bringing the best care to his residents and their families.

Shalev is so passionate, in fact, that he authored a book on the subject entitled "A Practical Guide for Alzheimer's & Dementia Caregivers." A free copy of the book is given to each new admission. (The book is available for purchase on Amazon.)

Ongoing education and superior resident care are two important cornerstones of Shalev's business philosophy.

"Our staff receives intensive training," he said, "more than any other assisted living or nursing facilities in the region." Al-

though the state requirement is eight hours of dementia training, Oasis requires 20 hours. Nurses receive a full month of training at the facility while every other employee, from aides to maintenance, receives two weeks.

To ensure that there is no complacency toward the mission, the facilities hold monthly staff meetings that feature guest speakers in the field. They also provide their staff with ample opportunities to advance in the organization.

This model has allowed Dodge Park to have one of the area's highest staff retentions, Shalev said.

Beyond the quality of the daily staff, residents also have access to specialists such as geriatric psychiatrists, podiatrists, and physical therapists as well as speech and occupational therapists.

Shalev and Herlinger don't just demand excellent customer service from their staff, they model it themselves every day.

"We really want to provide our extended families a level of comfort and integrity of care," said Shalev.

As such, he and Herlinger provide families with their personal cell phone numbers so they can be reached at any time.

Shalev knows that a diagnosis of Alzheimer's or dementia can be devastating for family members. So, twice a month Dodge Park and the Oasis at Dodge Park host free support groups, which are open to the public and are run by two well-known social

workers. The groups are hosted on the second Tuesday and third Wednesday of each month.

He also provides a great deal of information and resources for families on the two websites, www.dodgepark.com and www.oasisatdodgepark.com, as well as a monthly column in the Fifty Plus Advocate.

Shalev and Herlinger have

invested themselves both personally and financially in providing a new level of personalized care for individuals and families dealing with the realities of cognitive disease. The recent ribbon cutting for Oasis at Dodge Park is a significant step forward in their journey to set a new standard in the Central Massachusetts region.



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Jack Williams: a Massachusetts television icon

By BONNIE ADAMS
MANAGING EDITOR

For nearly four decades, before the advent of the internet and its various news sources, many New Englanders trusted one station, WBZ-TV in Boston, for its news. And in particular, they trusted the station's longtime anchor, Jack Williams.

Williams stepped down from the anchor desk in 2014 and officially retired in 2015. He now lives in Nevada with his wife of 43 years, Marci.

Recently, the Fifty Plus Advocate caught up with him to reminisce about his long and successful career, his inspirational charity, Wednesday's Child, and his life now.

A storied career

After several stints in Oregon, Washington and Nevada, Williams joined WBZ-TV in 1975, just in time to cover one of the area's most volatile stories, court-



Jack Williams on assignment for Wednesday's Child

ordered busing.

Throughout his career at the station he covered every significant story, including the Boston Marathon bombings, for which he received a 2014 Columbia DuPont Award and a 2013 Peabody

Award as part of WBZ-TV's team coverage.

But it was in 1980 when Williams was partnered with co-anchor Liz Walker that "magic" really happened. Along with sportscaster Bob Lobel, meteorol-

ogist Bruce Schwoegler, and arts reporter Joyce Kulhawik, the five became a "dream team" of sorts, so well-known and popular that they were often just referred to by their first names.

"It was a family atmosphere, there was a definite synergy and chemistry," Williams said.

"It was a special time – at one point we were the most popular reporting team in the country," he said.

Among the thousands of stories, one has special poignancy.

"In 1984, my dream assignment was visiting Normandy for the 40th anniversary of D-Day landings in WWII," he recalled in a letter to viewers he posted online when he announced his retirement. "I would return 10 years later, this time surrounded by New England veterans who fought in the lengthy battle to get a foothold in Fortress Europe.

"These were real heroes, just
Jack Williams page 10



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Jack Williams: a Massachusetts television icon

Jack Williams

Continued from page 9

plumb tough," he noted.

He was touched, he said, when the veterans made him an honoree member of the D Company 2nd Rangers.

During Williams' career, he has won numerous awards, including four Emmy awards, the Lifetime Achievement Award from the Radio Television Digital News Association, and the prestigious 2012 Yankee Quill Award, which is considered to be the highest individual honor awarded by fellow journalists in the region and is presented annually by the Academy of New England Journalists.

A legacy of helping others

Although Williams is an award-winning television reporter, to many he is equally known as the founder of Wednesday's Child, an organization that strives to help children with special needs get adopted.

Starting in 1981, each Wednesday Williams featured a child in a television spot on WBZ, allowing the child to share his or her story with viewers. Since its inception, over 800 children were featured with nearly 75 percent of them ultimately finding adoptive families. Williams also raised more than \$10 million dollars for special needs adoption.

In April 2000, he created the Jack Williams Endowment for Wednesday's Child, a 501(c) (3) charity, to ensure continued financial support for special needs adoption. Each year he and Marci give \$430,000 in grants to agencies and group homes helping special needs children find adoptive homes.

Marci was an integral part of the organization, he said, often doing much of the behind scenes work for the various fundraisers they held.

"I am not being falsely modest but I am no angel. My wife is a much better person than I am,"



PHOTO/SUBMITTED

Jack Williams with his wife, Marci

To those who are over 50 and might find themselves at loose ends, he encourages them to "find something that interests you."

"You can't do 100 things, so find that one thing that really interests you such as planting flowers or helping the elderly. Keep looking – be involved.

"You only have one life – this is it – it's not a dress rehearsal," he added. "Most people live in a cocoon. Challenge yourself to keep growing. Get moving and help others."

he said.

The idea for Wednesday's Child came to him, he said, when he became aware of a well-known family who had a "hush-hush part of their lives" – a child with Down syndrome.

"Kids with Down syndrome are exceedingly loving," he said. "Things are so much better for them now but there's still a ways to go. It made me realize how lucky I was and how unfair it is for these kids."

In December 1997 Williams was honored at the White House by President Bill Clinton and First Lady Hillary Clinton, with the first Adoption 2002 Excellence Award.

Finding a way to help others has benefitted his life in so many ways, he said.

Simple pleasures of retirement

Although he is now out of the spotlight, he continues to "read a lot of newspapers," he said, even the ones he doesn't agree with, in order to attempt to get both sides of an issue.

"I really worry that people, especially young people, rely on sources other than newspaper or newscasts to get news and base their decisions on headlines they see online," he said. "It's so important to get different points of view."

He also enjoys reading books, listening to classical music and playing golf.

"To quote Oscar Wilde, I adore simple pleasures. They are the last refuge of the complex," he said.

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travel and entertainment

Curaçao: tropical touches with European flair

BY VICTOR BLOCK

I knew the Caribbean island of Curaçao is unfamiliar to many Americans, but the flight attendant's announcement still caught me by surprise. As she said where the plane was heading, she stumbled over the destination, then sheepishly admitted, "I don't know how to say the name of that island."

Maybe the challenging pronunciation — cure-a-sow — is a turn-off. Perhaps its lack of as many magnificent beaches as other islands convinces sun-seekers to head elsewhere.

But the relatively few Americans who go there are richly rewarded. Begin with the island's intriguing history and cultural tapestry. Add some of the best diving and snorkeling anywhere. Throw in an architectural gem of a mini-city that combines tropical touches with European flair, along with an enticing choice of outdoor activities and extremely friendly people.

In my opinion, the beaches get a bum rap. After all, how many do you need during a short stay? The three dozen-plus on Curaçao include both expansive stretches and tiny swatches nestled in little coves.

My favorites are Grote (Big) Knip and Kleine (Little) Knip. Both offer soft white sand and shade provided by large trees,



A floating market

PHOTOS/SUBMITTED

and are lapped by stunning turquoise waters.

Grote and Klein Knip are not the only places with Dutch names, as the island's history and culture are closely entwined with what today is the Netherlands.

The earliest known inhabitants were Arawak Indians who arrived some 6,000 years ago. They were followed by Spanish explorers who came in 1499 seeking gold and other treasure. Finding none, they included Curaçao on a list of *islas inutiles*

(“useless islands”).

The Dutch were after something else. Attracted by Curaçao's deep-water port, they seized the island in the early 17th century. That launched Curaçao's long tradition as a trading center. Trade attracted immigrants from around the world, creating the ethnic melting pot that today includes people from over 50 nationalities.

Wealthy Dutch traders built stately plantation homes, some of which have been re-

stored and house restaurants, art galleries and museums. The island's history also may be explored in other ways. The obvious starting point is Willemstad, the storybook capital.

Architecture is its main claim to fame, featuring a tropical adaptation of 17th-century Dutch design adorned with fanciful gables, arcades and columns. Buildings are painted in a virtual fruit-salad of pastel colors.

That chromatic explosion is

Travel page 14

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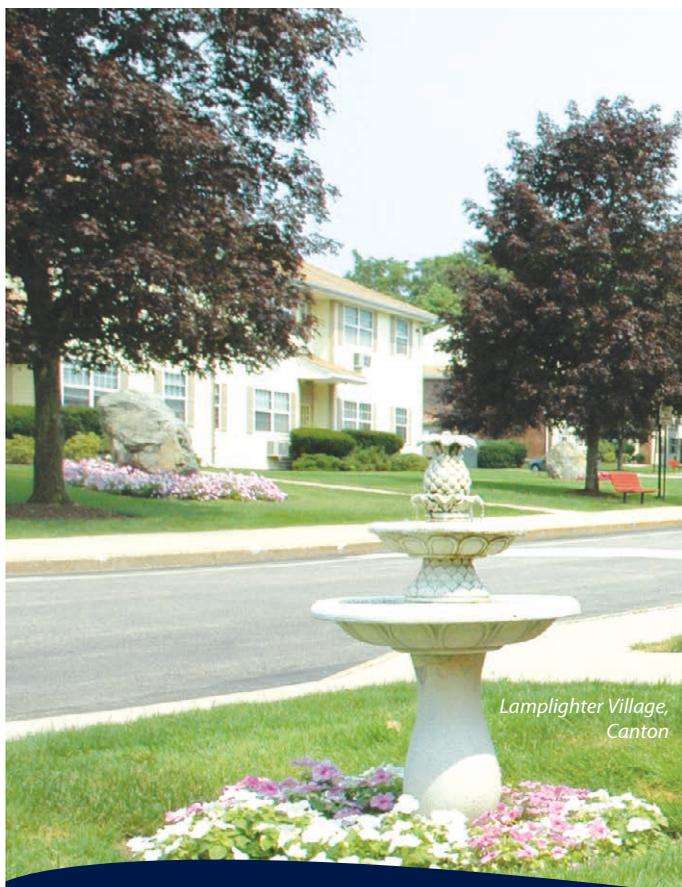
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Curaçao: tropical touches with European flair

Travel
Continued from page 12

attributed to a governor-general who suffered headaches that he blamed on the glare of white paint. He decreed that only pastel colors be used. Some accounts say the fact that he owned a paint factory contributed to his decision.

Willemstad is best seen on foot. The main neighborhoods are linked by the Queen Emma Bridge, one of three named after Dutch monarchs. The others are the Queen Juliana Bridge over the harbor, at 200 feet the highest in the Caribbean, and Queen Wilhelmina Bridge.

A floating market of small wooden boats from Venezuela overlooks a small canal. Their crews sell fresh fish, fruit and vegetables from stands erected on the sidewalk adjacent to the vessels.

Not far away, Mikve Israel-Emanuel Synagogue, built in



PHOTO/SUBMITTED

A hilltop view of Curaçao

1732, claims the honor of the oldest synagogue in continuous use in the Western Hemisphere. Sand that covers the floor is said to symbolize the wandering of Israelites in the desert during the Exodus. The congregation uses Torahs that are more than 300

years old, and keeps in protective storage several dating back to the 15th century.

A number of other small museums are little gems in terms of their collections. The Curaçao Museum provides an overview of the island's lifestyles and cus-

toms. The Maritime Museum traces more than 500 year of sea-going history with maps dating back as far as 1666, navigation equipment and highly detailed ship models.

For me, the piece de resistance is an often-overlooked gem in Willemstad. The Sonesta Kura Hulanda Village resort is a virtual neighborhood of meticulously restored 18th and 19th century Dutch Colonial houses set among lovely courtyards.

It encompasses the Kura Hulanda Museum, which focuses upon the predominant cultures of Curaçao, and their African roots. Exhibits include areas devoted to the Origin of Man, West African Empires and the African slave trade. Most moving is a full-size replica of the hold of a slave ship, which captures the horrors of how people were crowded onto wooden platforms where they could hardly

Travel page 16



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Curaçao: tropical touches with European flair

Travel
Continued from page 14
sit, much less stand.

It doesn't take long after leaving Willemstad to encounter a very different environment. In contrast to the multicolored city, much of the surrounding landscape is barren and dry, and

in places more closely resembles a moonscape than a Caribbean island.

One green oasis is Christoffel Park, which is laced with pleasant trails. Hikers are greeted by countless small lizards and an occasional iguana that slither across the path. Skipping the

heart-pounding climb to the top of 1,230-foot Mount Christoffel, I enjoyed the tranquil setting of more level terrain.

I followed my stroll with a dip in the sea. The beach from which I swam was pleasant enough and, unlike many on other Caribbean islands, virtually

deserted. Maybe, I concluded, there's something good to be said for Curaçao's low profile as an inviting Caribbean vacation destination.

For more information call the Curaçao Tourist Board at (800) 328-7222 or visit Curaçao.com.

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Middle Name: Chocolate?

By JANICE LINDSAY
CONTRIBUTING WRITER

Answer this question: In a parking lot, you stroll past a brand new Mercedes. Glancing in the passenger-side window, you see an open Hershey bar on the beige leather seat. The



Inklings

chocolate is melting in the sun, oozing onto the leather. Your first thought is: (a) How could someone be so careless with such an expensive car; or (b) What a waste of a good chocolate bar.

Second question. Chocolate should be: (a) an occasional snack; (b) a some-time dessert; (c) eaten daily as an essential nutrient in a well-balanced diet.

Third. Your favorite gourmet restaurant serves only two kinds of ice cream, vanilla and strawberry. You: (a) skip dessert; (b) settle for vanilla or strawberry; (c) cross the street to the ice cream shop where you can order hot fudge sauce on chocolate fudge brownie chocolate chip ice cream.

If you answered b, c, and c, you are a chocoholic, and don't let anyone tell you that this isn't an ancient and honorable avocation.

I don't know of a Chocoholics Anonymous (who would want to quit?) but maybe there should be a Chocoholics Unanimous because practically everyone likes the stuff, though not everyone eats it two or three times a day. This is the practice of one person I know very well. But there's no truth to the rumor that the middle initial in Janice C. Lindsay stands for Chocolate, though that's a good guess.

Nobody knows how long people have been consuming chocolate, made from the beans of a tropical tree. It might be as long as three or four millennia. The ancient people of Mexico were at it long before the arrival of sixteenth-century European explorer Cortez. The great Az-

tec emperor Montezuma sipped "chocolat" out of golden goblets. He was said to ration himself to 50 cups a day, I can't see why.

Cortez took chocolate back to Spain, along with a bunch of other things that didn't belong to him, and pretty soon drinking chocolate was the rage all over Europe. Eventually chocolate found its way back across the Atlantic to the "new world" of North America. The first chocolate mill here opened in Dorchester in 1765. By the 1870s, processing innovations had created chocolate that could be conveniently eaten and used as a coating for candy.

And just in time, too. That gave the world quite a few decades of practice so that, by the time I was born, I could enjoy my grandmother's chocolate cream pie – and chocolate cake with chocolate frosting – and the brownies so chocolatey they're called "baked fudge" – and the supply of chocolate chip super-cookies I've had in my refrigerator every day for forty years.

Imagine my delight when I determined that dark chocolate could be considered a dietary supplement. In my constant struggle with iron deficiency anemia of unknown origin, I've become a dedicated reader of nutritional labels. Dark chocolate is loaded with – guess what – iron! The darker the chocolate, the higher the iron. I need to eat only 26 squares of Lindt 90% Cocoa Supreme Dark a day to achieve my Daily Value. Not that I would do such a thing.

By now, probably every adult in America knows the iconic statement of Forrest Gump's mother in the movie by that name: "Life is like a box of chocolates. You never know what you're gonna get." She might have been right about life, but she was wrong about chocolates. Some boxes – Whitman's Samplers and Russell Stovers come to mind – have diagrams, so you know exactly what you're going to get.

But we chocoholics don't care what we get. We love them all.

Contact jlindsay@tidewater.net.

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Caregiving tips

The relationship between dietary patterns and age-related cognitive impairment

By MICHA SHALEV
MHA CDP CDCM

An estimated 5.3 million Americans of all ages have Alzheimer's disease (AD), the most common type of dementia. Due to the increasing longevity of the U.S. population, the increasing incidence with age,



Caregiving Tips

and the lack of effective treatment options for AD, a dramatic rise in AD prevalence is expected. Thus, effective strategies for early prevention or delayed onset of AD, among them identifying risk-reducing modifiable environmental/lifestyle factors such as diet, are needed.

Although a great interest on the association between diet and AD has emerged, much of the efforts have been spent over the years on studying individual nutrients or food items. However, current literature is inconsistent. This could be partly due to the fact that humans eat meals with complex combinations of nutrients or food items that are likely to be synergistic (or antagonistic) so that the action of the food matrix is different from the individual nutrients

or food items. In addition, nutrients or food items are highly correlated within foods, so it is difficult to examine their individual effects. Furthermore, the effect of a single nutrient may be too small to detect, or, a statistically significant association might be simply found by chance alone, due to an increased type 1 error in the case of multiple comparisons of a large number of nutrients.

Limited evidence suggests that a dietary pattern containing an array of vegetables, fruits, nuts, legumes and seafood consumed during adulthood are associated with lower risk of age-related cognitive impairment, dementia and Alzheimer's disease. Although the number of studies available on dietary patterns and neurodegenerative disease risk is expanding, this body of evidence, which is made up of high-quality observational studies, has appeared only in recent years and is rapidly developing. It employs a wide range of methodology in study design, definition and measurement ascertainment of cognitive outcomes and dietary pattern assessment.

Nutrition is an important modifiable risk factor that plays a role in the strategy to prevent or delay the onset of dementia. Research on nutritional effects has until now mainly focused on the role of individual nutrients and bioactive components. However,

the evidence for combined effects, such as multi-nutrient approaches, or a healthy dietary pattern, such as the Mediterranean diet, is growing. These approaches incorporate the complexity of the diet and possible interaction and synergy between nutrients. Over the past few years, dietary patterns have increasingly been investigated to better understand the link between diet, cognitive decline and dementia.

The role of the Mediterranean diet on cognitive decline and dementia risk was only recently systematically reviewed by Lourida et al. (8). This review included literature published until January 2012. In addition, Alzheimer's Disease International published a report on the available evidence on this subject in the beginning of 2014.

Still there is more unknown in the field.

Additional research is needed.

- Cognitive impairment represents an array of disease processes with unique etiologic risk factors incorporating genetic and environmental variables. Thus, future studies of dietary relationships should increasingly focus upon clearly defined disease subtypes and employ precise diagnostic criteria and quantitative outcomes relevant to the specific disease process.

- Improvements in the objective measurement of cognitive outcomes, standardization of tools and measurement over multiple time points in prospective population studies are needed. Several studies included in this review did not measure decline per se, but cognitive function at a single time point. Future studies should measure cognitive function prospectively to assess changes over time

using methods appropriate for cognitively impaired participants.

- Improve methods for assessing dietary patterns more comprehensively, precisely and with standardization so that investigators can better define habitual food intake behaviors in populations and allow more informative comparisons of results among studies. These efforts in the area of cognitive impairment may require unique tools as impaired individuals may not provide accurate data on past or current intake.

- Examine dietary patterns and associations with cognitive impairment, dementia and Alzheimer's disease in studies with strong methodological design (i.e., longer duration of follow up, assessment of dietary intake at various time points over the course of the study, adjustment for potential confounders and assessment of exposures and outcomes using validated methods). Examine a range of clearly defined patterns consumed in the United States (e.g., the Dietary Guidelines for Americans, vegan, Mediterranean).

- Determine the relationships between dietary patterns at early time points the life cycle and risk of cognitive impairment, dementia and Alzheimer's disease later in life.

- Determine if dietary patterns impact cognitive impairment, dementia and Alzheimer's disease in diverse populations with varying cultural, ethnic and socioeconomic backgrounds.

- Use the results from observational studies to design targeted interventions that test the impact of dietary pattern change on cognitive impairment, dementia and Alzheimer's disease in combination with relevant pharmacologic and behavioral interventions.

Micha Shalev MHA CDP CDCM CADDCT is the owner of The Oasis at Dodge Park, Dodge Park Rest Home and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He is a graduate of the National Council of Certified Dementia Practitioners program, and well-known speaker covering Alzheimer's and dementia training topics. He can be reached at 508-853-8180 or by e-mail at m.shalev@dodgepark.com or view more information online at www.dodgepark.com.



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money matters

Reverse mortgages: Where to start?

By ALAIN VALLES, CRMP
PRESIDENT,
DIRECT FINANCE CORP.

Almost a million people have obtained a reverse mortgage to help achieve their personal and financial goals, and an additional 20 million



Reverse Mortgage

homeowners may be eligible. Almost everyone has heard of the term “reverse mortgages,” but few really understand the pros and cons. Where does one start?

1. Gather information from trustworthy sources.

With so much news about “fake news,” be cautious of where you get your information. Here

“Almost everyone has heard of the term ‘reverse mortgages,’ but few really understand the pros and cons. Where does one start?”

are two sources to consider:

a. “Use Your Home to Stay at Home” is the official 36-page reverse mortgage consumer booklet approved by the U.S. Department of Housing & Urban Development (HUD). This is an excellent overview of the challenges of aging in place and can help you understand:

- Does your home meet your needs?
- How does a reverse mortgage work?
- What other housing options do you have?

b. “Reverse Mortgage Self-

Evaluation: A Checklist of Key Considerations” is available from the National Reverse Mortgage Lenders Association at no cost. NRMLA’s publication poses seven questions and highlights important considerations:

- How do you intend to use your reverse mortgage loan proceeds?
- Do you fully understand your obligations as a borrower under a reverse mortgage?
- If you are married, will your spouse be a co-borrower on your loan?
- How will your reverse mort-

gage loan be repaid?

• Do you receive assistance under any government programs that are based on your current income?

• How long do you, and your spouse, plan to remain in the home?

• Have you considered other strategies to supplement your retirement income?

Both publications will lead to more questions, but will also help prioritize what is most important for you. To receive both free copies, just email me at av@dfcmortgage.com or call 781-724-6221.

2. Speak with an experienced, licensed reverse mortgage loan officer, preferably one with the highest designation in the industry: Certified Reverse Mortgage Professional (CRMP).

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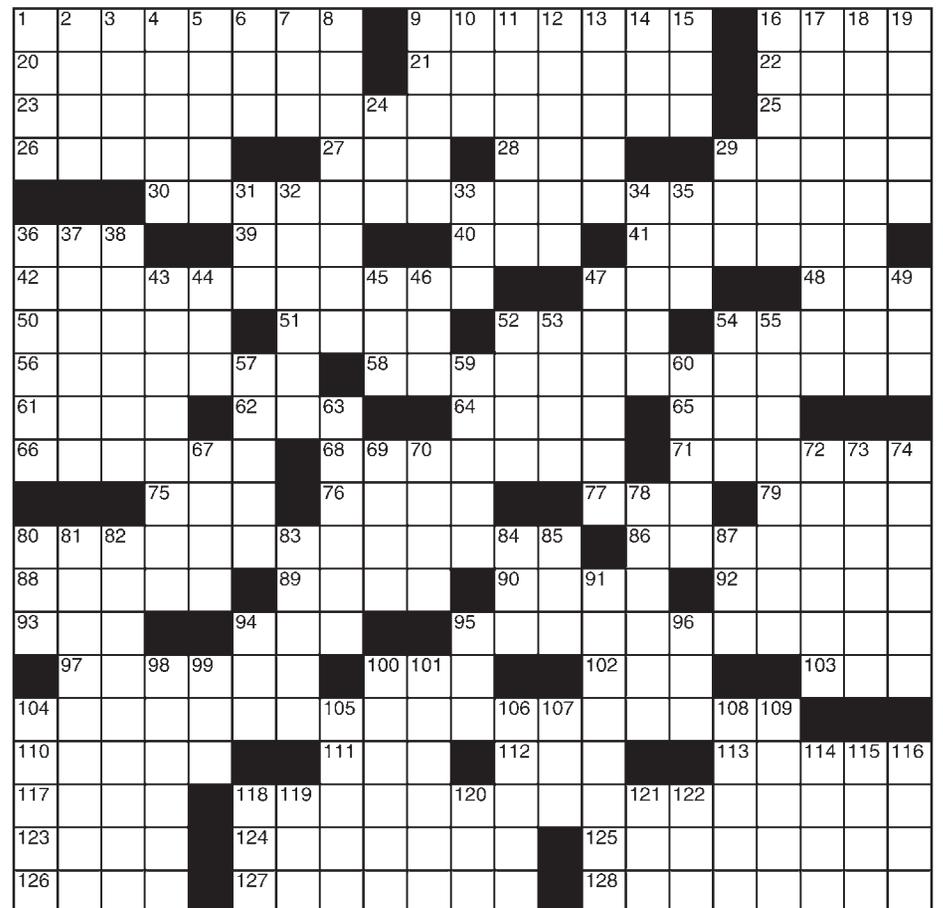
Reverse mortgage page 20

SUPER CROSSWORD PUZZLE

“Central Zoo”

(answers on page 20)

- ACROSS**
- 1 Separates by a boundary
 - 9 Rues
 - 16 “Mamma Mia!” group
 - 20 Perennial Italian encore
 - 21 Place to spend drams
 - 22 James Brown’s style
 - 23 Arriving where there’s no outlet
 - 25 Kind of wrestling
 - 26 Weak in the —
 - 27 One more than bi-
 - 28 Tight spot
 - 29 Baggins of “The Hobbit”
 - 30 “Calm down!”
 - 36 Ga. hours
 - 39 Any of les Antilles
 - 40 Works in a gallery
 - 41 Stem (from)
 - 42 One the Blessed Virgin’s titles
 - 47 “Gangnam Style” rapper
 - 48 Sit-ups work them
 - 50 River vessel
 - 51 Unrefined metals
 - 52 Like sports cars, briefly
 - 54 Common lot sizes
 - 56 Assertions
 - 58 Instruction in force
 - 61 Web programing language
 - 62 “— really help if ...”
 - 64 Day to “beware”
 - 65 Suffix with Benedict
 - 66 Ford bombs
 - 68 They’re hidden in the centers of this puzzle’s eight longest answers
 - 71 Tabloid “monster”
 - 75 Kilmer or Guest of film
 - 76 Descartes of rationalism
 - 77 Homeboys’ howdies
 - 79 Moral lapses
 - 80 Marked with a very cold iron, as cattle
 - 86 Picnics, e.g.
 - 88 In an unstrict way
 - 89 Elongated fish
 - 90 — Sea (Asian body)
 - 92 Problematic plant swelling
 - 93 Old Giants great Mel
 - 94 Vase variety
 - 95 Shout just before flying
 - 97 Small monastery
 - 100 During each
 - 102 Bullfight yell
 - 103 Decade divs.
 - 104 Celebrity advocate for UNESCO
 - 110 Torn apart
 - 111 DiFranco of folk rock
 - 112 Play scenery
 - 113 Semicolon’s cousin
 - 117 Out of port
 - 118 Hiragana or katakana, in a sense
 - 123 Injury, in law
 - 124 Dessert style
 - 125 Ticketmaster specification
 - 126 Payment to play cards
 - 127 Sorcerers
 - 128 Exits
- DOWN**
- 1 Taunt
 - 2 “I love him like —”
 - 3 “The Eternal City”
 - 4 — light (filming lamp)
 - 5 Touch, e.g.
 - 6 Texter’s “Wow!”
 - 7 Hissy
 - 8 Boots, e.g.
 - 9 Bike spokes, say
 - 10 Before, in poetry
 - 11 Key with one sharp
 - 12 Stinging insect
 - 13 Military foe
 - 14 Baking pan
 - 15 Unhappy
 - 16 Home of St. Francis
 - 17 Broad street
 - 18 Stinging insect
 - 19 Chilly
 - 24 Airport landing: Abbr.
 - 29 “It’s chilly!”
 - 31 Avila aunt
 - 32 Just about
 - 33 “N’est ce —?”
 - 34 Ingests too much of, informally
 - 35 180-degree turn, informally
 - 36 Break out of
 - 37 Fended (off)
 - 38 Voices below altos
 - 43 Not at all advanced
 - 44 Grazing spot
 - 45 Hi- — screen
 - 46 Suffix with 40- or 50-
 - 47 Oh-so-prim
 - 49 Latvia was one: Abbr.
 - 52 All that — bag of chips
 - 53 Biographer Leon
 - 54 Top-rate
 - 55 Toyota of the 1980s
 - 57 Cotton thread type
 - 59 Pointed a firearm
 - 60 Knife in old infomercials
 - 63 “Noah” director
 - 67 Sluggish
 - 69 “Hud” co-star
 - 70 Rural hotels
 - 72 Wiry
 - 73 Film director Bergman
 - 74 Elia pieces
 - 78 “Fa-a-ancy!”
 - 80 Mel’s brassy waitress
 - 81 Rodent’s last meal, maybe
 - 82 Gregarious sort
 - 83 Gem mineral
 - 84 “The Raven” poet’s initials
 - 85 — Hill (R&B quartet)
 - 87 Bill’s film bud
 - 91 Faith forsaker
 - 94 Geller of mentalism
 - 95 City area, for short
 - 96 Rorem of art songs
 - 98 Form a thought
 - 99 BYOB part
 - 100 Neighbor of Colombia
 - 101 Key with one sharp
 - 104 Persona non —
 - 105 Bolivian city
 - 106 Horse relatives
 - 107 Witness
 - 108 Earthy hue, to a Brit
 - 109 Pothole sites
 - 114 Suits’ degs.
 - 115 Portion (out)
 - 116 Comic actor Roscoe
 - 118 Maxilla locale
 - 119 Former boxing king
 - 120 Reds great Roush
 - 121 Sawmill item
 - 122 Big name in water filters



viewpoint

Combating demographic deafness

BY AL NORMAN

Over a period of seven years, I criticized former Governor Deval Patrick for rarely mentioning the elderly in his annual State of the Commonwealth speeches. In 2013, I wrote: “This is the seventh year in a row that the elderly have been invisible to this administration. Not one word about older people.”



Push Back

On Jan. 21, 2016, Governor Charlie Baker delivered his first State of the Commonwealth speech. It was a state without seniors. The word “elder” did not appear once. There were initiatives for the MBTA, for the Department of Children and Families, for solar power, for charter schools, for opioid addiction - but not one reference to the needs of older adults.

The proportion of Massa-

chusetts’ population that is 60 and older is growing more rapidly than other components of the population. The U.S. Census Bureau estimates that the 60-plus population in Massachusetts will be 25 percent by 2030 - an increase of 33 percent compared to 2012.

We are suffering from “demographic deafness,” which is a chronic condition in which public officials are unable to hear the voices of their older constituents. A case in point: “We are going to have to learn to lean on each other,” Governor Patrick said in his 2009 State of the Commonwealth speech. “That means check in on your elderly neighbor when it’s cold to make sure the heat is on.”

This January, it’s time to make sure the elderly to put the political heat on. Our state has more than 1.3 million elders, but as a constituency they are largely inaudible. There are many policy initiatives that would help older people “age in place” at home that still have not happened:

Create a 24/7 residential option for elders to live in homes

with up to four unrelated individuals as an alternative to nursing facilities;

Allow spouses to be paid caregivers as in the Veteran’s Administration;

Allow people who need cueing or supervision to get personal care attendants;

Ensure that anyone seeking a nursing facility gets free counseling on their options to live at home (already state law but not enforced);

Give elders at home access to daily medication assistance;

Guarantee that any elder in managed care has access to an independent agent to help with their care plan;

Provide coaching assistance for elders with complex functional and social support needs;

Increase the state Earned Income Tax Credit (EITC) to eliminate the upper age limit of 65 years for those people without children, allowing working individuals 65 and over to claim the state credit;

Expand access to Medicare Savings Program by increasing the income limits to 300 percent of the federal poverty level, and eliminate the asset limit;

Raise the MassHealth asset limit for seniors from \$2,000 to \$4,260 in year one, \$6,520 in year two, and \$8,780 in year three to give more low-income households access to health care.

In Massachusetts, 19.3 per-

cent of our elderly population lives below the poverty line, and 41.8 percent lives between poverty and economic security. That’s a total of 61.1 percent of the elders in Massachusetts living in economic insecurity - the second highest rate in the nation behind only Mississippi.

So I will be listening when the governor gives his second State of the Commonwealth speech in late January. I am hoping to hear the word “elderly,” and I will be waiting to hear any policy initiatives that this administration has to improve the lives of our substantial elderly population.

Let’s wipe out demographic deafness in our lifetime.

Al Norman is the executive director of Mass Home Care. He can be reached at info@masshomecare.org.

Reverse mortgages: Where to start?

Reverse mortgage
Continued from page 19

broad view information you’ve received to your unique situation and goals. A few straightforward questions such as your age, home value, balance on any current mortgage, income, and credit will help determine if you qualify, and if a reverse mortgage is the best way to meet your needs.

3. The last step before one applies for a reverse mortgage is to complete a required reverse mortgage counseling session.

In Massachusetts, this is a one-on-one in-person meeting with a HUD and Massachusetts Executive Office of Elder

Affairs-approved independent counselor. The primary goal of the counselor is to make sure you have a good understanding about the merits of a reverse mortgage.

4. Assuming all goes well, you would provide requested documentation and your application would go into processing.

Processing times vary but a typical time frame is about 45 days from the time you complete counseling to the time funds are available. Space is limited here so feel free to email or call me to have an educational discussion about if a reverse mortgage is right for you.

Alain Valles, CRMP is president of Direct Finance Corp., and a Certified Reverse Mortgage Professional. Alain can be reached at 781-724-6221, or via email at av@dfcmortgage.com.

Answers to Super Crossword

(puzzle on page 19)

M	A	R	K	S	O	F	F	R	E	G	R	E	T	S	A	B	B	A	
O	S	O	L	E	M	I	O	A	R	M	E	N	I	A	S	O	U	L	
C	O	M	I	N	G	T	O	A	D	E	A	D	E	N	D	S	U	M	O
K	N	E	E	S	T	R	I	J	A	M	B	I	L	B	O				
G	E	T	A	G	R	I	P	O	N	Y	O	U	R	S	E	L	F		
E	S	T	I	L	E	A	R	T	D	E	R	I	V	E					
S	T	E	L	L	A	M	A	R	I	S	P	S	I	A	B	S			
C	A	N	O	E	O	R	E	S	A	E	R	O	A	C	R	E	S		
A	V	O	W	A	L	S	S	T	A	N	D	I	N	G	O	R	D	E	R
P	E	R	L	I	T	D	I	D	E	S	I	N	E						
E	D	S	E	L	S	A	N	I	M	A	L	S	N	E	S	S	I	E	
V	A	L	R	E	N	E	Y	O	S	S	I	N	S						
F	R	E	E	Z	E	B	R	A	N	D	E	D	O	U	T	I	N	G	S
L	A	X	L	Y	E	E	L	S	A	R	A	L	E	D	E	M	A		
O	T	T	U	R	N	U	P	U	P	A	N	D	A	W	A	Y			
P	R	I	O	R	Y	P	E	R	O	L	E	Y	R	S					
G	O	O	D	W	I	L	L	A	M	B	A	S	S	A	D	O	R		
R	I	V	E	N	A	N	I	S	E	T	C	O	M	M	A				
A	S	E	A	J	A	P	A	N	E	S	E	A	L	P	H	A	B	E	T
T	O	R	T	A	L	A	M	O	D	E	T	O	U	R	D	A	T	E	
A	N	T	E	W	I	Z	A	R	D	S	E	G	R	E	S	S	E	S	



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Those who humble themselves will be exalted

By MARIANNE DELOREY, PH.D.

A large part of our success in aging well has to do with how we cope with changes in our bodies. All bodies change over time. There are amazing people who are able to continue using the same skills well into older adulthood. There are also some incredible people



Housing Options

who develop or hone new skills as they age. For most people, however, we need to be mindful that our changing abilities can affect our self-esteem. Those who pride themselves on their intellect may face an easier time with sore knees than memory loss, and those that were very skilled with their hands might have an easier time with cataracts than arthritis. But none of us are immune to the frustrations of changing bodies. Very often, we have to remind ourselves, if not society in general, of our own worth, even as we lose some of our functioning.

But it must not stop there. Simply insisting on being recognized for skills and experience is not enough. Someone can be important to themselves. For someone to be essential to others, they need to be invaluable. Instead

“None of us are immune to the frustrations of changing bodies. Very often, we have to remind ourselves, if not society in general, of our own worth, even as we lose some of our functioning.”

of beating our own drums, we should contemplate how we can use those drums to make music for everyone to enjoy.

Consider the difference between Stan and Tom. Stan is a former engineer and Tom was a landscaper. Both can see a building from the vantage point of someone with years of experience. On one hand, Stan likes to critique the building and those who work there. He has great ideas on how the building should be managed and is quick to suggest changes. But instead of seeking out his advice, those who work on the building avoid him.

On the other hand, meet Tom. Tom saw that the staff didn't have time to plant flowers because they were cleaning up after a bad winter. He asked for permission and planted a beautiful bed of annuals right at the entrance to bring color to the property. Not only did Tom's contribution improve the curb appeal, it had a surprising effect on Tom. Now, he is seen as a contributing member of the

community. Other residents ask his advice on what plants can tolerate shade. He feels valued and valuable.

There is nothing more amazing than watching the evolution of a community based on the impact of those who make it their own. They impact the physical property, but they also invigorate the people, improve morale, and

instill pride.

I also love seeing how those people evolve and change over time when they have a role. Research suggests that volunteering makes people happier and healthier. People who volunteer live longer and better lives. This effect may also be cyclical. Once you give back, you feel better enough to give more. Everyone benefits from elders who are viewed as more capable and productive.

My hat is tipped to anyone who can carry forward their experiences and skills into later adulthood. My hat is off to those who take an active role in doing so by looking around at what needs to be done and doing something about it instead of just saying it should be better. These people are truly invaluable.

Marianne Delorey, Ph.D. is the executive director of Colony Retirement Homes. She can be reached at 508-755-0444 or mdelorey@colonyretirement.com and www.colonyretirementhomes.com.

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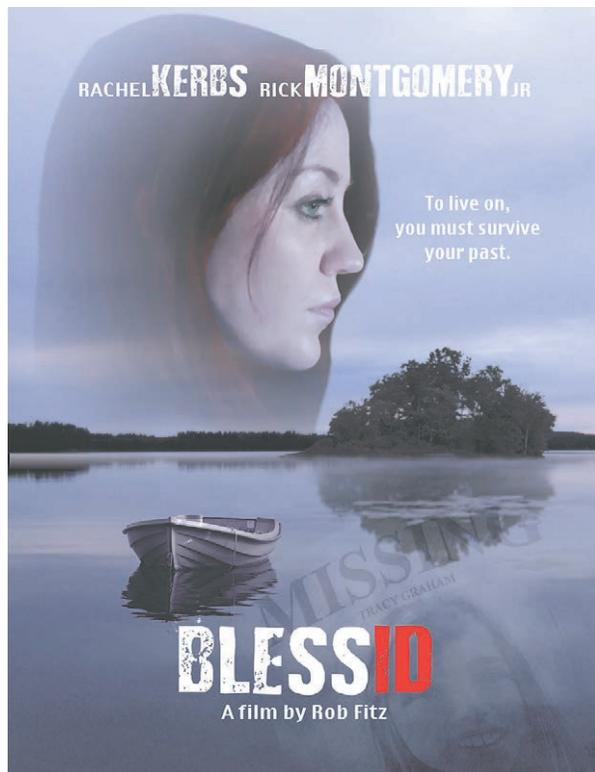
Inspired to start second career as filmmaker at age 50

By ED KARVOSKI JR.
CONTRIBUTING WRITER

SHREWSBURY — Bob Heske of Shrewsbury credits his late mother for inspiring him to pursue his dream of completing a full-length screenplay. He wrote and produced the award-winning drama “Blessid,” which is now available on Amazon Prime and Vimeo on Demand.

In 2011, Heske began writing the story of the bonding between two neighbors: a 2,000-year-old immortal man and a depressed pregnant woman. At the time, his mother was in a nursing home with Alzheimer’s disease and didn’t recognize him. The family was surprised when his father brought her a clock with Heske’s photo on it.

“I bought a cheap plastic clock with a picture of me on it for my mom back when I was about 30,” he explained. “Dad called me and said, ‘Your mom recognized you.’ She pointed at



“Blessid” poster

my picture and said, ‘That’s Robert.’ It was an inspiration that she recognized me for a moment. That motivated me to complete writing the script.”

Heske had experienced

writer’s block while in search of a visual metaphor to begin and end the film. He decided to incorporate images of the photo clock that he gave his mother.

“It’s the visual metaphor that I needed and it also gave me the push to move forward,” he said. “Making a film when you’re mostly self-funded is costly and scary. There’s a lot of uncertainty, especially if you’ve never done it before.”

Filming began when he turned age 50. Acknowledging that he’s an introvert by nature, Heske suddenly found himself constantly surrounded by actors and crew members. He learned life lessons including how to get out of his comfort zone.

“If you’re comfortable at every stage of your life, then you haven’t really taken any chances,” he said. “For some people, it’s training for a marathon or climbing a mountain. For me, it was making a film, rather than being at my computer writing. There’s tons of steps in the filmmaking process. It’s really hard when you

Filmmaker page 23



Bob Heske

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Inspired to start second career as filmmaker at age 50



Bob Heske and his mother Carlotta Maria

Filmmaker

Continued from page 22

have a fulltime job and a family to support.”

“Blessid” was filmed during Heske’s two-week vacation from his job as marketing communications manager at Broadridge Financial Solutions. Filming locations included Holden, Holliston, Salem, Shrewsbury, Spencer and Webster. Among the Shrewsbury filming locations was Heske’s home, which also served as command central.

“It puts a lot of angst on your family, and wear and tear on your house,” he said. “For part of the time we were filming, I had to have my wife and two daughters stay at a motel.”

In 2014, the trailer for “Blessid” debuted at the New England Music Awards at the Lowell Memorial Auditorium. Nominated for Song of the Year was “Shiver” sung by Sarah Blacker, which plays over the film’s final credits. Joining Heske at the ceremony to present the award for Producer of the Year were Rob Fitz, director; Rachel Kerbs, lead actress; and Rick Montgomery Jr., lead actor.

“Blessid” premiered February 2015 during the 40th annual Boston Science Fiction Film

Festival at the Somerville Theatre in Davis Square. For the first time in its four-decade history, the iconic festival introduced the Best Local Film award and presented it to “Blessid.”

Several other screenings and honors followed, most notably the Buffalo Niagara Film Festival in 2015. There, “Blessid” captured Best Picture, Best Director, Best Cinematography and Best Actor for Rick Montgomery Jr. In 2011, Montgomery retired from a business career to pursue acting.

Now, Heske is working on a documentary titled “Afraid of Nothing” about life and the afterlife seen through a paranormal lens. He’s grateful to continue his second career as a filmmaker.

“When I was visiting my mother in the nursing home, I realized that in 25 years it could be me in there with Alzheimer’s,” Heske shared. “I decided at that point to go for it and she probably would want me to do that. She was always my biggest supporter.”

He dedicated “Blessid” to his mother Carlotta Maria Heske.

For more information, visit BlessidTheMovie.com and on Facebook at [facebook.com/BlessidTheMovie](https://www.facebook.com/BlessidTheMovie).

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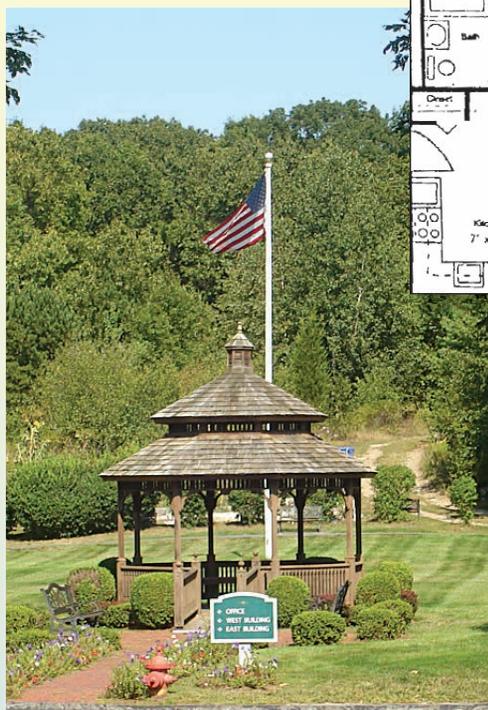
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