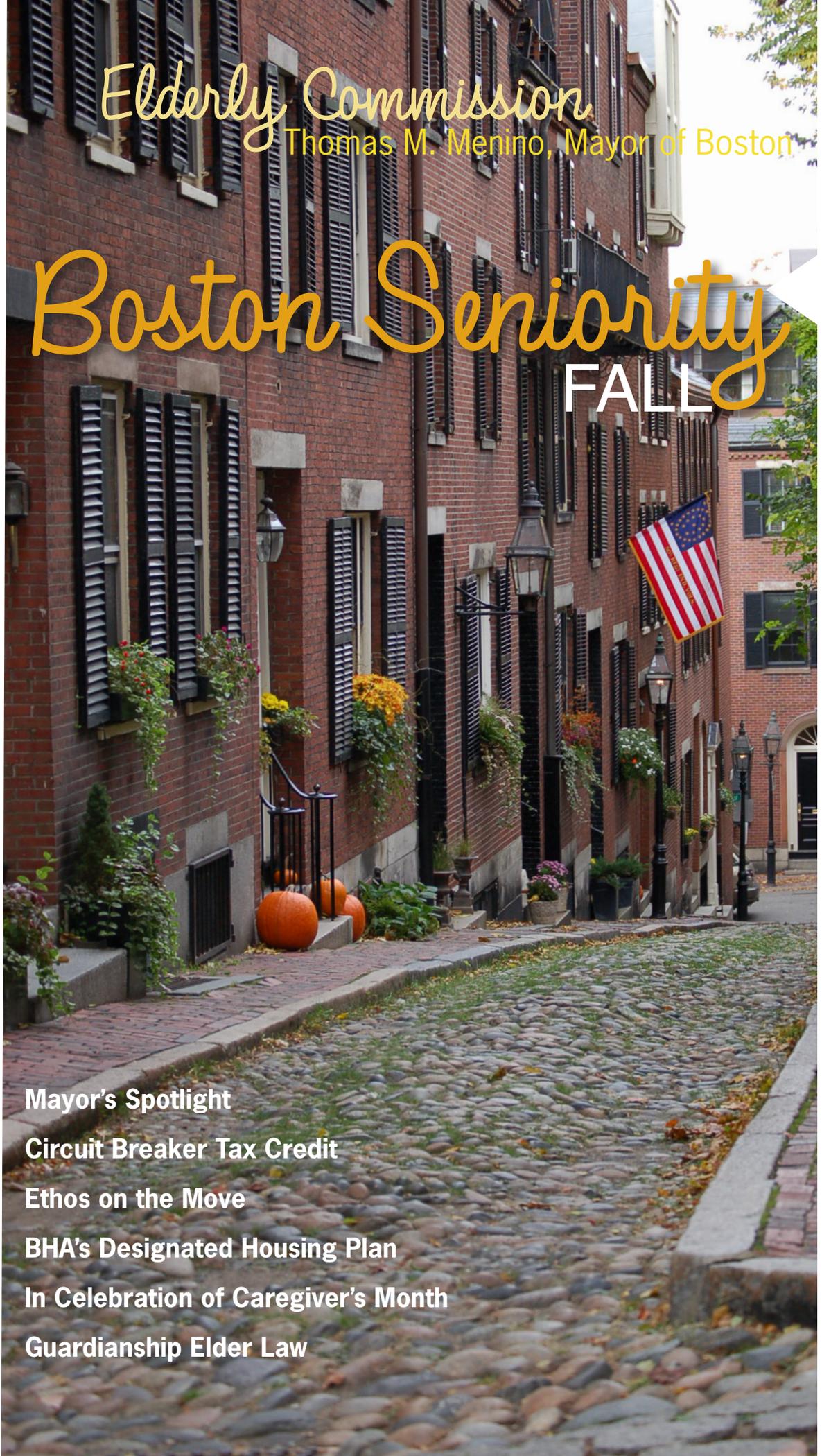




Elderly Commission

Thomas M. Menino, Mayor of Boston

Boston Seniority FALL



Mayor's Spotlight

Circuit Breaker Tax Credit

Ethos on the Move

BHA's Designated Housing Plan

In Celebration of Caregiver's Month

Guardianship Elder Law

2007
Volume 31
Issue 8

FREE

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Email articles and comments to

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Mayor's Spotlight



With estimates that the cost of heating oil and natural gas will increase this year, Mayor Thomas M. Menino and his staff want to remind residents to plan ahead. Mayor Menino wants residents to know there are programs available through City, state and community partners for those who need financial assistance this winter to heat their homes.

“The main message here is plan ahead,” Mayor Menino said. “If you think you’ll have a problem this winter, I urge you to use this information and make arrangements now. We don’t want anyone choosing between heating and eating.”

Because of an expected colder winter, U.S. heating fuel consumption is projected to increase compared with last winter. The U.S. Department of Energy predicts that heating your home with oil will cost 22% more than last year, natural gas 10% more and electricity 4% more.

Several City departments work on heating issues - both the Mayor’s Office of Consumer Affairs and Licensing and the Inspectional Services Department (ISD) make sure oil companies are properly charging and serving customers. ISD also makes sure landlords are complying

with the law to heat their buildings. Both the Department of Neighborhood Development (DND) and the Environment and Energy Department help with financial assistance for emergency heating problems.

- If you are a tenant, your unit should be heated to 68 degrees during the day and 64 degrees at night. Alert your landlord first to correct any issues. If your landlord does not respond, call the City’s “No Heat” hotline 617 635 5300. ISD will investigate the situation and work with the landlord to correct it;

- If you have a complaint about your oil dealer’s service, call Mayor Menino’s Office of Consumer Affairs and Licensing at 617-635-3834.

- If you need emergency financial heating assistance, call DND’s Heat Works program at 617-635-4500.

- Beginning October 1st and until March 31st, ISD’s Weights & Measures Inspectors will conduct home heating oil delivery inspections, checking that oil companies are properly delivering oil.

(Any City program or department can be reached through the Mayor’s 24 - hour hotline at 617-635-4500). There are many home improvements one can make to make their home more efficient, among them:

- Caulk and weather strip windows and exterior doors to block drafts;
- Install window treatments or coverings;
- Insulate your water heater and pipes;
- Cut down on hot water usage and lower your thermostat;
- Open drapes during the day to capture heat of the sun and close

them at night;

- Unplug appliances and turn off lights when not in use

Some general safety tips for winter weather from the Boston Fire Department:

- Never use your oven for heat;
- Never leave electric powered portable heaters on while sleeping and they should be kept at least 3 feet away from combustible materials;
- Do not overload electrical sockets;
- Never leave candles unattended;
- CO2 detectors are now required in homes by law. They must be within 10 feet of sleeping areas;
- Working smoking detectors should be on each floor of your home, particularly near bedrooms;
- In case of a power outage, stock up on batteries, flashlights and canned goods

Other sources to call for heating assistance are listed below, these programs all have eligibility requirements:

ABCD (Action for Boston Community Development), 617-357-6012, www.bostonabcd.org/programs/crisis/fuel-assistance/

Citizens Energy Oil Heat Program, toll-free hotline at 1-877-JOE-4-OIL, 1-877-563-4645

Mass. Dept. of Housing - COLD RELIEF: Energy Assistance Programs Heat Line 1-800-632-8175

Salvation Army’s Good Neighbor Energy Fund: 1-800-334-3047

The Circuit Breaker Tax Credit

may save senior homeowners and renters 960.00 dollars a year

What is the Circuit Breaker Tax Credit?

The Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. Even though the credit is based on property taxes, it is the state government, not the city or town, that pays the credit.

The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water and sewer debt charges. Renters can count 25% of their rent as real estate tax payments.

You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file otherwise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the difference. The maximum credit for tax year 2006 is \$870.

Am I eligible?

The Circuit Breaker Tax Credit is for low and moderate income seniors whose real estate tax payments are greater than 10% of their income. Homeowners and renters can claim the credit.

To qualify:

- you or your spouse must be age 65 or older by the end of the tax year
- if married, you must file jointly
- you cannot be the dependent of another taxpayer
- you must rent or own a home in Massachusetts that is your principal residence
- if you are a homeowner, your property's assessed value cannot be greater than \$684,000 on January 1, 2006
- if you are a renter, you cannot be getting a federal or state rent subsidy (such as Section 8), and your landlord must pay property taxes
- you must meet the income limits
- the amount you paid for real estate taxes must be greater than 10% of your total income

What are the income limits

Your total income cannot be greater than these limits for the 2006 tax year:

\$46,000 single

\$58,000 head of household

\$70,000 married filing jointly

“Total income” includes some types of non-taxable income, such as social security, retirement, pensions and annuities, cash public assistance, tax-exempt interest and dividends, and certain other income. For details, see the list of specific items included in total income and specific items excluded from total income on the DOR website.

How do I calculate real estate tax payments?

To calculate your real estate tax payments:

Homeowners should include all real estate tax payments (minus any abatements or exemptions) actually paid during the tax year

Homeowners may also add 50% of the water and sewer charges paid during the year (unless they live in one of the following communities that includes water and sewer debt charges in the real estate taxes: Arlington, Avon, Easthampton, Hadley, Hatfield, Webster, and Winchester)

Renters should count 25% of the rent payments they actually paid during the tax year as real estate tax payments.

What benefits will I get?

The maximum tax credit you can get is \$870 for tax year 2006. The actual credit you will get depends on your income and your real estate tax payments.

If your real estate tax payments for the year were less than or equal to 10% of your total income, you do not qualify for the circuit breaker tax credit.

If your real estate tax payments were greater than 10% of your total income, subtract 10% of your income from your real estate tax payments to find the amount of your tax credit, up to a maximum of \$870 for tax year 2006.

If you did not claim the circuit breaker tax credit in previous years, you can go back and claim the credit now. You are allowed to file back three years to claim the credit. The circuit breaker credit was started in 2001.

How do I apply?

You must file a Massachusetts state income tax return to claim the Circuit Breaker Credit, whether or not you normally file a state tax return. You must include Schedule CB, Circuit Breaker Credit, with Form 1.

Form 1 and Schedule CB for tax year 2006 are available online from the Department of Revenue:

2006 Form 1, Schedules, and Instructions

2006 Schedule CB

(All forms require Adobe Reader.)

You may also order tax forms by calling the Department of Revenue's 24-hour automated telephone assistance toll-free at 1-800-392-6089.

If you do not wish to use paper forms, you may file electronically.

For tax filing options, see Income Tax Filing Options on the DOR website.

For mailing addresses for paper forms, see DOR's Massachusetts Forms Filing Addresses.

How do I claim the credit from a previous year?

To claim the Circuit Breaker Credit from a previous year:

If you filed a Form 1 for that year, you should file a Form CA-6 (Application for Abatement/Amended Return) and a Schedule CB from that year.

If you did not file a Form 1, you must file a Form 1 from that year now, including Schedule CB.

You can file back three years to claim the credit.

To get the proper forms and help, call the DOR toll-free at
1-800-392-6089



Governor Patrick swears in Mike Festa
Photo credit: Mass Home Care

BOSTON – Secretary of Health and Human Services Dr. JudyAnn Bigby announced today that the Patrick Administration has appointed Michael E. Festa as Secretary, and Sandra K. Albright as Undersecretary for the Massachusetts Executive Office of Elder Affairs. Mr. Festa will begin on October 9 and Ms. Albright starts on October 29.

“Both Mike and Sandra bring a high level of experience and deep commitment to Elder Affairs, ensuring we continue to do all we can to assist our older citizens in the Commonwealth live healthy and active lives,” said Governor Deval L. Patrick.

“We are very pleased to have such strong leadership at Elder Affairs and look forward to working with Mr. Festa and Ms. Albright in our continued efforts to ensure that Massachusetts’ elders receive the most comprehensive and high

PATRICK ADMINISTRATION APPOINTS SECRETARY AND UNDERSECRETARY FOR EXECUTIVE OFFICE OF ELDER AFFAIRS

quality services that help to enhance their lives,” said Bigby.

For the past eight years, Mr. Festa has represented the 32nd Middlesex district in the Massachusetts House of Representatives. Since 2005, he has been acting Vice-Chair on the Committee on State Administration & Regulatory Oversight. During his tenure, Mr. Festa was the lead sponsor of “Equal Choice for Seniors” bill and received the Outstanding Achievement and Representative of the Year awards from the Silver Haired Legislature in 2006. He was also



Above Sandra Albright (left) with Commissioner Greenberg

recognized as Elder Advocate of the Year by the Massachusetts Home Care Federation in 1999 and 2006.

Since 1989, Ms. Albright has

been a senior member of the executive team at the Kit Clark Senior Services in Dorchester. Most recently, Ms. Albright served as Chief Executive Officer of the organization, acting as senior operating manager and policy director of the community-based, multi-service agency serving Boston’s elderly residents.

Among her many accomplishments at Kit Clark, Ms. Albright initiated and developed an affiliation with an urban hospital system to enhance the agency continuum of health care and health care initiatives. She also established a model geriatric primary care health center targeting bilingual and bicultural seniors. Ms. Albright sits on the boards of the Eastern Massachusetts Alzheimer’s Association and The Boston Partnership of Older Adults.

The Executive Office of Elder Affairs promotes the independence and well-being of Massachusetts’ elders and people needing medical and social supportive services. By providing advocacy, leadership, and management expertise, Elder Affairs is able to maintain a continuum of services responsive to the needs of their constituents, their families, and caregivers.

The Top 10 Reasons to Join Prescription Advantage

10. There is no monthly premium.
 9. Prescription Advantage helps to lower co-payments.
 8. You may qualify to have Prescription Advantage help pay your Part D premium.
 7. Coverage available to individuals not eligible for Medicare.
 6. As a Prescription Advantage member, you can change your Part D plan without waiting for Medicare's open enrollment.
 5. Live customer service.
 4. Prescription Advantage will cover a 72-hour emergency supply of medication if the pharmacy is unable to bill your Part D plan.
 3. Prescription Advantage puts a limit on what you will spend each year for your prescription drugs.
 2. With Prescription Advantage there is no need to worry about the "donut hole."
- And, the # 1 reason to join Prescription Advantage.....**
1. There is no reason not to join!

You no longer have to wait for an open enrollment to apply for Prescription Advantage. You can apply at any time, so call today for an application form.

You can reach Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

The City of Boston *Elderly Commission* Senior Companion Program



Senior Companion Director, Gloria Rice Stuart with Genoveva Ramos.
[Thanks for making a difference!](#)

For more information on how you can get involved, please call (617) 635-3987

*"I volunteer because I have the time now and I like knowing that I am making a difference".
- Senior Companion*



Ethos on the Move

We all know how hard it is to move - sorting your things, packing fragile china, looking through old photos, letters, and books trying to decide what to keep. It is not an easy job even for a young and healthy person. Just imagine how hard it is for a frail, low-income elder who might have lived in the same house for over 40 years, and now has to move to a smaller apartment because of a problem, like eviction or loss of a spouse.

Many elders have no family or friends left to help them, or enough money to hire professional movers. Fortunately, Ethos Volunteer Services Program can come to the rescue. In August alone, I received three referrals, two of which were protective services clients, who had to move to better, safer homes. It is never easy to organize these proj-

ects, but, at least in Boston, it is not hard to find excellent hard-working volunteers who know firsthand how to pack and move boxes and furniture – college students!

This marks my second year of working with students from my own alma mater, Boston University through its Community Service Center (CSC). The program offers incoming freshmen a chance to experience life in Boston through making a difference in the community. Ethos' focus on direct service to the clients is quite different from CSC typical volunteer opportunities, like working at a shelter or a food bank.

On a hot August day, I met with the BU CSC volunteers at our Ethos office, briefed the team on the sensitive and confi-

dential nature of our three projects, and accompanied them to the elders' homes. One of the elders was a Protective Services client. In order for the case to be closed, the client had to be moved within a few days. Working under this deadline, the volunteers packed and labeled all of the client's belongings, cleaned, and got the house ready for the movers. Client's Attorney from Greater Boston Legal Services Betsey Crimmins was impressed that the volunteers behaved with such respect, patience and sensitivity while working really hard and expeditiously.

Heavy chore projects like this one are a new component of the Ethos Volunteer Services Program. Established in 1977, our Program, which is partially funded by the City of Boston, is growing rapidly. As the number of elders increases in our catchment area – Jamaica Plain, Roslindale, Hyde Park, So. Mattapan and West Roxbury, their needs grow as well. This year, Ethos Volunteer Services Program has served over 600 with a large and diverse pool of volunteers.

To learn more about Ethos, please visit us at www.ethocare.org.

If you wish to be involved in our Volunteer Program, or know an elder in our catchment area that needs help, please call Ethos at 617-522-6700.

The Elderly Commission

Volunteers Wanted

The Retired Senior Volunteer Program

is a great way to get out, socialize, and contribute to something good.



Boston

Public Relations Assistant needed for Boston based non-profit human services and property management company to help develop a strategic company plan and create a public relations image. (Allston)

Boston Medical Center reach out and read program is looking for volunteers to help increase literacy in the Boston area. BMC also has a variety of in house positions throughout the hospital for those interested. (Boston)

Friday Night Supper Program serves dinner every Friday to the homeless and is looking for you. Can you help to prepare meals in the daytime or serve meals in the evening time? Volunteers for both are needed. (Back Bay)

Up to \$15 reimbursement for transportation and/or food. Volunteers also receive free supplemental accident insurance while on duty.

For more information call Fran @ 617-635-3988



Volunteers from the Peoples Baptist Church at the Annual RSVP Recognition

RSVP VOLUNTEER OPPORTUNITIES

Seniors Corps and Tenacity: Recruiting tutors/mentors for an after school program needed various times throughout the week. A minimum of 1.5 hours a week or preferably 3 hours in a set schedule so that you may

work with the same students each week. Tutor/mentor topics include literacy instruction, tennis instruction, and character development. (East Boston, South Boston, Roxbury, Dorchester, Brighton)



Elderly Commission Staff and RSVP Program Director Fran Johnene (in red) at the Annual Recognition Luncheon.

Is “Don’t Worry Be Happy” Always That Simple?

By: Amalia Serafim

We all worry about different things, that get under our skin. Who hasn’t driven off on a road trip, only to return to the house to check the garage door and toaster? I wake up routinely at 4 a.m. to make sure that I have dead-bolted all the doors, including the pantry door. I have a friend who likes to triple check that the car is locked, even though it is a 1991 Corolla and worth less than the coffee I am drinking, as I write this article.

There is a difference between your average worry warts and clinical anxiety. Anxiety disorders cause people “to become preoccupied with their thoughts to such an extent that it disrupts their everyday lives and drains their mental energy”. “Anxiety Disorder” can be used to describe phobias, panic disorder, obsessive compulsive disorder, and generalized anxiety disorder, also known as “a constant state of worry”.

If you think you might have anxiety, ask yourself three questions. Have you been worrying about a number of things? Is there a major issue in your life that is causing you concern or are you worried something bad is going to happen? Are you having a lot of trouble putting your worries

out of your mind?

Anxiety can manifest itself with physical symptoms as well. You may become irritable, have trouble concentrating or staying asleep, muscle tension and headaches, or rapidity in the heart rate and trouble breathing.

Anxiety is not an insubstantial concern among the elderly. According to the study, “Mental Health: A Report of the Surgeon General”, anxiety disorders are “the most common form of mental illness among adults”. During any one year, 11.4% of adults 55 and older have anxiety, while only 4.4% have a mood order such as depression.

Why do seniors end up with more than their fair share of anxiety disorders? The stress of aging can lead to anxiety disorders. Think of all the issues that seniors might have to contend with in their recent years, such as a change in health, or the loss of a loved one. There is also all the stress that a senior might have experienced over a lifetime. One study shows that trauma experienced in the adult years affects us more than trauma experienced during childhood.

Many times seniors can suffer for years without know-

ing that they have a treatable problem. Alternatively, they might feel stigmatized and embarrassed by what they perceive as a potential weakness.

How can we help our loved ones to deal with what might be an anxiety disorder? Has there been a change in the seniors’ daily routines and activities? Does it seem like the senior is worrying more than before and that these worries are out of proportion with the issue at hand? Is the senior taking more medication than before or using a new medication, that might have a side effect of anxiety? Generally, if a senior is experiencing anxiety, his or her overall mood will deteriorate.

Suppose that I do have an anxiety disorder and the re-checking of the deadbolts in the wee hours is out of hand - this not the end of the world. First, I would try some simple, non-pharmaceutical coping strategies. Investigate what is causing you stress and try to change your lifestyle to avoid these stressors. There is no need to put yourself in a position which causes you undue stress.

Try to have a healthy diet and regular exercise. “Do the hustle” advices one article, be-

cause even a 15-minute walk around the block can relieve tension, through the release of endorphins. One article suggests that you fill in the gaps in your life by staying active, through exercise and activity. “Do and be as much as you can, and there won’t be holes in your life where fear can seep in.”

Watch that caffeine, as after 60, even a single cup of coffee can trigger anxiety. We become more caffeine sensitive as we get older. Try to only have one cup of caffeinated coffee, tea or soda a day.

Be careful with alcohol. While it may make you feel more relaxed at first, as it wears off, it can, in fact, trigger more anxiety than before your first drink.

Talk to your friends and your family, because talking about these things can help you put them into proportion. Talk to a counselor or a religious figure if you find this helpful. Talk to yourself, as backwards as this seems. Talking ourselves down and “reality-checks” are good methods to prevent over-worry and over-reaction, generally. What is the worst thing that can happen and realistically, what is the likelihood of it happening to me.

Sometimes these simpler coping mechanisms are

not enough, and medical intervention is necessary. Doctors might recommend either medication or psychosocial therapies. Cognitive Behavioral Therapy (CBT) is becoming a favored treatment for seniors. “Relaxation training” is an example of CBT. It can also involve “cognitive restructuring” – which is replacing anxiety-producing thoughts with more realistic, less catastrophic ones. “Exposure” uses systematic encounters with the object of ones fears.

If a doctor does prescribe medication, remember that risks accompany medications of all kinds. Women pay heed - seniors who received psychiatric medications were usually white females, between 65 and 74 years old. Amazingly, anxiety is a common side effect of more than 15 prescribed and over-the counter medications! Even anti-anxiety medications, “benzodiazepines”, can cause anxiety. Occasionally, medications can be wrongly prescribed or over-prescribed to seniors. Seniors have different adverse reactions and different metabolic rates than the younger folk. According to one study, in 27.2% of visits, inappropriate medications were prescribed. Surprisingly, anti-depressant and anti-anxiety medications were most often inappropriately prescribed. This is dangerous because excessive use of benzodiazepines

can lead to memory problems, sedation, falls and fractures in the elderly.

Beware of potential addiction to anti-anxiety drugs. The director of the Center for Substance Abuse Prevention, calls it the “silent epidemic”. Benzodiazepines and other anti-anxiety drugs are most commonly linked to abuse in seniors. The abuse is on the rise and can trigger other addictions, such as alcohol addiction. A doctor will prescribe these drugs, for example, after a personal tragedy, and continue to refill the prescription. The National Institute on Drug Abuse recommends only taking these medications for four months, but with seniors, they are often prescribed for longer. Seniors metabolize drugs less efficiently and also do not realize the addictive qualities of these drugs. Family members do not look away, if you perceive that there is such abuse.

If you do have an anxiety disorder, try and take steps to recognizing it as such. Anxiety is a real disorder, and it can be treated whether through lifestyle change, cognitive therapy or possible medication. Life is too short for me to check if the iron is on ten times an hour. I don’t even iron. As seniors, you may have more accumulated worries over a lifetime, but they don’t have to rule your world.



Tax Deferral



Are you 65 or older and having trouble paying your property tax bills?

There's a way to defer your taxes and remain in your home.

For more information and to see if you qualify, contact the Taxpayer Referral & Assistance Center (TRAC) at:

617-635-4287

The TRAC office is located in City Hall on the Mezzanine level. Office hours are Monday – Friday, 9 AM – 5 PM. Obtain information about the Tax Deferral program on line at: www.cityofboston.gov/assessing

FY 2008 New Interest Rate!

The tax deferral program should be considered when a taxpayer's current expenses make the continued ownership of his/her home difficult.

For fiscal year 2008, a 4% interest charge is applied to the deferred taxes. In 2007, Boston Mayor Thomas M. Menino and the City Council decreased the 41A interest rate from 8% to 4%.

Requirements:

- Reached the age of 65 as of July of the tax year
- Owned and occupied the property for at least 5 years as of July 1, of the tax year
- Resided in Massachusetts for at least 10 years
- a gross income not exceeding \$40,000

How long can I defer my taxes?

Taxes may be deferred annually until the taxes due, including accrued interest, equal 50% of the then assessed value of the property.

When must the deferred taxes be repaid?

The deferred taxes must be repaid when the property is sold, transferred or upon the demise of the owner.

When/where do I file?

Applications may be filed with the Assessing Department, Room 301, City Hall, Boston, MA 02201 within three months of the mailing date of the third quarter tax bill for Fiscal Year 2008.

For FY 2008, the filing period deadline will be **March 31, 2008**.

I deferred my taxes prior to fiscal year 2008 and was paying at an 8% interest rate. How can I get the new 4% interest rate?

Seniors who have previously deferred their taxes at the rate of 8% will have any new taxes deferred at 4%. However, previously deferred taxes will remain at 8%.

If enrolled in the deferral program, can I still receive other exemptions (i.e. elderly, veterans, blind, residential)?

Yes, you may be enrolled in the deferral program and also receive other exemptions.



Promoting Awareness for DVT

The Commission on Affairs of the Elderly was honored by a special interview for Boston Seniority with actress/singer Lainie Kazan who stopped by during the morning of September 7, 2007. Lainie is the spokesperson for DVT which stands for Deep Vein Thrombosis and she was in town to attend Life @50+ / National Event and Expo. "I am very passionate about spreading the word and educating the public about DVT" Lainie goes on to say with sincere conviction. This is a personal matter that Lainie has experienced which is why she is so avid in promoting awareness so that people who do have it can recognize their symptoms and seek medical attention.

On WWW.DVT.NET you can view information about DVT where it is defined as being a condition resulting from the formation of a blood clot thrombus inside a deep vein, commonly located in the calf or thigh. DVT occurs when the blood clot either partially or completely blocks the flow of blood in the vein. DVT is most susceptible to people who are 60 years of age or older but that is not always the case.

In 1971 Lainie broke her foot and had a cast put on in the

emergency room because she was working at a photo shoot. After shooting all day she returned home. She says, "My foot was very blown up and started to get discolored and I just didn't feel well and I started to feel like something was wrong with me but I ignored it. I went to make my plane." She was set to do an Australian tour with her musicians and staff, but she says, "I missed my plane cause I couldn't get it together." She went back home and started to feel like she was getting the flu.

Determined to make an 8 a.m. flight she called her doctor early in the morning. She mentioned how she broke her foot and that she believed she was getting the flu so she wanted to get a shot for it before she made her flight. Fortunately, she notes that her doctor was very savvy and he was able to diagnose her over the phone. He told her she wasn't going anywhere and had her come in to see him. Lainie's doctor gave her an x-ray which showed she had a PE (Pulmonary Embolism) which she says "came from my lower extremity from the broken foot in this case and the blood coagulated in the calf and moved through the veins and into my lungs." She ended up spending more than a month in the hospital and luckily she was alright because it was caught on time.

PE is a complication of DVT where a blood clot breaks loose from the wall of a vein and

travels to the lungs blocking the pulmonary artery by one or more of its branches. This causes blood flow from the heart to be blocked. If a large pulmonary artery is blocked by one or more of these migrating clots it may be life threatening.

Lainie advises, "Be aware of what you put your body thru. Exercise and move." Some causes of DVT are immobility, surgery, injury, and many other factors. It's not good to be in the same position for a long period of time. You need to move around. Yearly in the U.S. up to 200,000 people die because of complications from DVT which is more than AIDS and breast cancer combined. Many people are walking around with DVT and they do not even realize it. Symptoms are not always noticeable but to name a few there is pain, swelling, and skin that is warm to the touch. If you should experience any of these you should be wary and contact your doctor. You should seek immediate medical attention if you experience unexplained coughing, shortness of breath, coughing up blood, rapid heart rate, chest pain or breathing. For more information on DVT please go to WWW.DVT.NET or you can call 1-866-MY-DVT-RISK.



Holiday Phone-a-Thon

Sponsored by

Mayor Thomas M. Menino
The Commission on Affairs of the Elderly

AT&T and Merill Lynch

Choose one

Friday, December 14th
8:00 a.m. - 3:00 p.m.
Boston City Hall

Saturday, December 15th
8:00 a.m. - 12:30 p.m.
Merrill Lynch 125 High St.,
Boston

Call anywhere in the world for FREE
RESERVE YOUR SPOT NOW

The Holiday Phone-A-Thon gives senior citizens a chance to reconnect with family and friends around the globe who, due to the high cost of such calls, might not otherwise be able to connect with their loved ones during the holiday season. Recognizing the importance of maintaining these relationships, Mayor Menino is proud to enable seniors a means to make it happen. Each person will be allowed to make as many telephone calls as they wish for one half (1/2) hour -- *free of charge.*

Pre-registration Is Required. To Register Please Complete the form below and mail It to:

Marie Barry
The Elderly Commission
Boston City Hall • Boston • Massachusetts • 02201
Phone • 617-635-4366 • Fax 617-635-3213

First Name:

Last Name:

Address:

Zip Code:

Neighborhood:

Transportation: Y / N (circle one)

Telephone #:

Time I would like to call:

Friday AT&T or Saturday Merill Lynch (circle one)

Countries I wish to call:



Congratulations to the graduating class (left) of the Suffolk University Computer Class.

Don't be left in the dark ages

Learn how to use the computer... What are you waiting for?
Free introductory Computer classes for senior citizens at Suffolk University

Call Kate at 617- 573-8251

General Takes Command

By: John H. O'Neill III

Governor Deval Patrick has appointed Brigadier General Joseph C. Carter to lead The Massachusetts National Guard. Carter spent at least twenty years with the Boston Police. He rose to the level of superintendent. At one point, he left the Boston Police to become Chief of the Oak Bluffs Police on Martha's Vineyard. Later, he became Chief of the MBTA Police.

Carter received several awards. Carter believes in community partnerships. He is a graduate of the US Army War College and the FBI National Academy's 140th

Session. General Carter served in the Massachusetts Army National Guard and the Army Reserves since 1974. He is a resident of Oak Bluffs.

The Massachusetts National Guard was founded in 1636. At that time, it was called The Massachusetts Bay Colonial Militia. Since then, the Guard helped during World War II, storming the Beaches of Normandy. Later, The Guard helped secure the peace in Bosnia.

In emergencies, the Guard can be called to help with floods, and other disasters. The Massachusetts National Guard offers education scholarships to those who serve. Participants have a chance to further their education, while serving their

country.

General Joseph C. Carter is the first African American to lead the Massachusetts National Guard. He has served for many years. It is not surprising he is now being asked to lead The Guard. Many wish him well.

In an effort to keep Boston residents safe, the Boston Fire Department with the Commission on Affairs of the Elderly introduced the Fire Safety Program in 2000.

The City of Boston Fire Safety Program provides
FREE SMOKE DETECTORS
for seniors living in the City of Boston.



For information on how you can get a
FREE SMOKE DETECTOR call (617) 635-2359.

Appreciating Studio Art...

Without Donald Trump's

BANKROLL

By: Amalia Serafim

We are all tired of paying Museum of Fine Arts prices to see art. Once I have seen that one Renoir at the MFA, I do not feel the need to pay \$27 to see it again. So, I prefer alternative art shows – like flea markets and studio openings. In a little publicized artistic event, the Boston Open Studios Coalition sponsors “Open Studios”, in neighborhoods all over Boston, over the next few months.

Boston hosts the largest Open Studios event in the country. You can listen to music, while meeting the artists and visiting their galleries. I have my old college posters still up in my apartment, but even I feel cultured at the Open Studios.

No matter where you live in the city, you will be near an Open Studio event, some time this fall. They take place in the South End, Jamaica Plain, Roslindale, Fort Point, Dorchester, Roxbury, South Boston, Hyde Park, Allston,

Fenway and Charlestown. The event dates are staggered, so you can drop by- multiple venues.

Whatever art medium you prefer, I can guarantee it will be on display at one or more of the Open Studios (except for paper clip art which is my specialty). For instance, at the Jamaica Plain Open Studio, featured is “painting, photography, printmaking, sculpture, glass, fiber, jewelry, furniture and ceramics”. I am not sure how anyone can make art out of furniture. My futon certainly is not art, except for the notable dent in the corner from too much time couching in it.

Seeing an artist in their own gallery is much different than seeing art in the sterile environment of a museum. I once saw a children’s illustrator, who had used the upper floor of her home to display her art and I think I got so comfortable I outstayed my welcome.

At Open Studios, you might see a form of art you never would have experienced

otherwise. I always go to sculptural exhibits, but always blast right past the pewter pots. You men-folk may not be crazy for beaded jewelry, but there are also screenings of film and video art for the more media inclined. Of course, there will be art from numerous, diverse cultures on display. The Dorchester Arts Collaborative features an “African Winter Gallery”. And you might find an artist from a different era, younger or older, whose style you might want to explore further. I have to admit, despite my father’s penchant for Winslow Homer, I’ve had quite enough of his sailboats.

Use Open Studios to explore a neighborhood you would never investigate otherwise. I was trying to visit some senior housing sites in Brighton the other day and got comically lost. I only found my way there, through some combination of serendipity and accident. There are definitely areas I need to know about. Visiting an Open Studio, can be an ex-

Appreciating Studio Art...

cuse to try a local coffee shop or a new ethnic restaurant.

These gallery events are not just about art. At Dorchester Open Studios, there is an “Art and Architecture” bike tour, planned by Hub on Wheels, as well as an all-star comedy revue, where local Dorchester comics will entertain. In Roslindale, Open Studio takes place concurrently with the Roslindale Harvest Festival on October 6th, where there will be live music, a farmer’s market and children’s activities. If you prefer current events to art, you will find many of the installations, remarkably modern and relevant. At the Seven Fort Point Open Studios, there was an exhibit on Darfur, a visual commentary on the current humanitarian situation in the Sudan.

These Open Studios boast of enough history, that you won’t be bored. The Seven Fort Point Artists Studios is the original event. It features 200 artists, and is the longest running event, taking place in historic warehouses. The Fenway Studios are in a Parisian-style studio complex, built in 1905. I remember seeing an Open Studios event in DC, which took place in a torpedo factory, which made me feel like a cast member on “The Hunt for the Red October”. And did you know that the Allston area was named after a famous American artist?

Most of us are just amateur art collectors. I am trying to cut down on the amount of “art” I buy at IKEA, although it does make fine bathroom artwork for only twelve dollars. At Open Studios, you will be able to purchase a piece for much less than you would at a gallery or a retail store.

This works for someone like me - every time I go to a gallery opening, it seems the artist suspects I am there for wine and cheese, not to purchase a \$50,000 vase.

Consider Open Studios an alternative fall event this year, aside from apple picking and butter churning. The openings continue all the way into December, with an open studio and holiday show in Charlestown. Go to www.bostonopenstudios.org, which lists each studio event, a description, times and locations. There is information on how to work as a volunteer, if you have chronic volunteer syndrome, as my friends do. You can also exhibit your own art, if you have artistic flare or like myself, think you do. Enjoy yourself, expand your artistic vistas, and find something to replace that lurid Target floral panel.

First Realty Management salutes all the competitors in the Mayor’s Health & Fitness Walk, especially our senior residents of the following apartment communities:



First Realty
Management

Brandywyne Village, East Boston
Burbank Apartments, East Fenway
Camelot Court, Brighton
Cummins Towers, Roslindale
Stony Brook Commons, Roslindale



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Make sure to give at least 3 days advanced notice. Priority is given to seniors scheduling rides for medical appointments.

Here's your chance to be a

Crime Scene Investigator!

The Museum of Science has a special new exhibit which is very exciting. It is called CSI: The Experience which is mostly based around the popular CBS television series CSI: Crime Scene Investigation. This is a fun and exciting exhibit for the public to partake as forensic scientists. You first enter a small theater where you watch a quick video to get you started. You then move on to begin your new voyage as a crime scene investigator. When you enter one of three different crime scenes you are completely immersed with what is in front of you and you become determined to figure out what has happened so that you may be able to solve the case. After viewing the crime scene you move on to numer-

ous stations so that you may begin investigating clues and analyzing various pieces of evidence which pertain to your case. When you are done you go to a touch screen where you answer multiple-choice questions based on your findings. Once you have finished putting your answers in you receive feedback and find out if you were able to successfully crack the case.

Do not miss this highly entertaining and educational experience which will be on exhibit until January 1, 2008.

For more information please call The Museum of Science at 617-723-2500 or you can visit their website at www.mos.org.

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www.SafeMedication.com.



BHA's Designated Housing Plan

may help you or someone you know

The Boston Housing Authority is implementing a new Designated Housing Plan for its federally funded elderly/disabled public housing developments on November 26, 2007. A Designated Housing Plan, which governs the percentage of elderly and non-elderly disabled households in these developments, is required by the US Department of Housing and Urban Development.

Under the new Plan, the BHA will implement a point system that we hope will result in a ratio of 70 percent elderly households to 30 percent non-elderly disabled households occupying each of our federally funded elderly/disabled developments. Elderly applicants are applicants who are 62 years of age and older. Non-elderly disabled applicants are those applicants who are under 62 years of age and are disabled.

Developments in which the percentage of elderly residents is below 70 percent will be determined to be "designated" developments. Elderly applicants who choose to apply to "designated" developments will receive extra points for these developments; this will

result in a shifting of placement on BHA elderly/disabled waiting lists and in many instances, will provide elderly applicants with a shorter waiting time at designated developments.

As the 70/30 percentages change when residents move in and/or vacate each site, waiting times will shift accordingly. For this reason, applicants hoping to be housed quickly should consider applying to more than one development if they wish to do so.

A complete copy of the Designated Housing Plan, information about which developments are designated, answers to commonly asked questions, and application information can be found on the BHA's website at www.bostonhousing.org under the Housing Services section.

Persons interested in applying who have questions or would like an application packet mailed to them may call 617-988-4200 and a BHA staff member will assist you.



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Eat Healthy

Southwestern Stuffed Acorn Squash

Ingredients

- 3 acorn squash ($\frac{3}{4}$ -1 pound each)
- 5 ounces bulk turkey sausage (2.5 sausage links)
- 1 small onion, chopped
- $\frac{1}{2}$ medium red bell pepper, chopped
- 1 clove garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 2 cups chopped cherry tomatoes
- 1 15-ounce can black beans, rinsed
- $\frac{1}{2}$ teaspoon salt
- Several dashes hot red pepper sauce, to taste
- 1 cup shredded Swiss cheese

Directions

Preheat oven to 375°F. Lightly coat a large baking sheet with cooking spray.

Cut squash in half horizontally. Scoop out and discard seeds. Place the squash cut-side down on the prepared baking sheet. Bake until tender, about 45 minutes.

Meanwhile, lightly coat a large skillet with cooking spray; heat over medium heat. Add turkey sausage and cook, stirring and breaking up with a wooden spoon, until lightly browned, 3 to 5 minutes. Add onion and bell pepper; cook, stirring often, until softened, 3 to 5 minutes. Stir in garlic, chili powder and cumin; cook for 30 seconds. Stir in tomatoes, beans, salt and hot sauce, scraping up any browned bits. Cover, reduce heat, and simmer until the tomatoes are broken down, 10 to 12 minutes.

When the squash are tender, reduce oven temperature to 325°. Fill the squash halves with the turkey mixture. Top with cheese. Place on the baking sheet and bake until the filling is heated through and the cheese is melted, 8 to 10 minutes.

Serves 6

Note: Turkey Sausage, if you want brown an entire package of turkey sausage but set aside half of the meat for a different recipe. Or use 3 sausage links. Six servings is a lot for 2 people. We made the entire stuffing recipe but only baked and stuffed one acorn squash. We used the remaining stuffing to make stuffed peppers later in the week.

Recipes

Southwestern Cornmeal Muffins

Ingredients

- 1 cups all- purpose flour
- ¼ cup sugar
- 2 teaspoons baking powder
- 1 cup fat-free milk
- 4 Tablespoons trans-free margarine, melted
- ½ cup egg substitute
- 1 ¼ cup stone-ground cornmeal
- 1 cup fresh or cream-style corn
- ½ green bell pepper, chopped

Directions

Preheat the oven to 400 F. Line a muffin pan with paper or foil liners.

In a large bowl, add the flour, sugar and baking powder. Stir to mix evenly.

In a separate bowl, combine the milk, margarine, egg substitute, cornmeal, corn and green pepper. Add to the flour mixture and blend just until moistened but still slightly lumpy.

Spoon the batter into muffin cups, filling each cup about 2/3 full. Bake until golden brown, about 20 to 25 minutes. Let cool for 5 minutes, then transfer the muffins to a wire rack and let cool completely.

Serves 12

SALUTE TO SEN. EDWARD MOORE KENNEDY

BY: BETTY NISSEN PALMER-CRAIG

THERE'S A LIGHT IN THE WINDOWS OF EVENING;
THERE IS JOY IN EACH HEART THAT I SCAN,
FOR WE KNOW THAT THIS LEADER IS CARING,
AND HE FIGHTS... FOR THE COMMON MAN!

Healthy Wealthy and Wyse

End of Life Issues

By Geraldine Wyse R.N.

No one really likes to talk about “the end”. The end is so permanent but there are some issues that should be discussed with loved ones while you are healthy and you can make good decisions.

Some people never “get around” to doing a will, health care proxy, power of attorney or think their children will not fight over your house or your diamond ring!!

Some families refuse to discuss end of life issues. They avoid discussing death, debilitating/incapacitating illnesses and “what if” scenarios of car crashes, fire, suicide type sudden tragedies will never happen to their families. Some members walk out of the room until uncomfortable topics are finished!

When these episodes occur in their families, some members collapse and leave all the decision to other family members and friends.

To avoid emotional upheaval, family division and unnecessary anger, discuss some of these issues in advance.

Many seniors have already planned their own will to include: funeral, services, burial site and even the color of the dress or tie they will wear.

For those who are very anxious to even think about end of life or death, spend some time thinking about what you want in your final days. Write it down so you can

formulate a good plan. Then you can share your wishes with your loved ones. Once you have ideas on paper, you can discuss these issues with your attorney and your financial advisor.

Several important issues to think about first

Get together with your family (spouse, children, grandchildren, best friends) to discuss your thoughts about your own wishes. You may want to meet them as a group or individually. You might ask them to decide what family keepsake they may want as a memento of you.

Do you want artificial life support (machines to keep you alive)?

Do you want to be resuscitated? Do you want CPR? How many times?

Do you want to donate organs? Did you sign the card?

Where do you want to be buried?

Do you want to be cremated?

Who do you want to be your health care proxy? Health care power of attorney? Pick someone who will carry out your wishes. By writing your plan down, there will be no second guessing about what your family thinks you meant!

Who do you want to make your decisions if you are unable? It may not be your spouse. It may be your grandchild who makes sound, practical decisions.

While you are in good health, you may want to meet with your minis-

ter, priest or rabbi about the protocols in your faith.

Your funeral director can also guide you through the procedure of burials. You may choose a different funeral home than the family usually chooses. In lieu of flowers, does your family know your favorite charity to send donations?

Be sure you have all the legal forms signed and notarized if necessary.

Put your will and papers in a spot that is easily accessible to your family with copies to those who should be aware of your wishes. On the front of the envelope, write the names of people who should be notified immediately after your death, example, a relative, funeral home director, lawyer or other designated people.

When all this is completed, possibly in less than a week, have your family back to your house for a small party as a “celebration of your life”, while you are still in good health.

Hopefully, they will understand that you are just tying all your loose ends up while you are in good health. You will be saving them a lot of heartache by preplanning your final days.

W

The Elderly Commission

Mayor Thomas M. Menino

Food Stamp Program

Seniors - are you eligible?

The average MA Food Stamp benefit is \$75!

Less than one third of qualified seniors are enrolled in food stamps!

To receive assistance with a Food Stamp application, please contact:

Amalia Serafim

Commission on Affairs of the Elderly, City of Boston
Amalia.Serafim@cityofboston.gov

617-635-3989



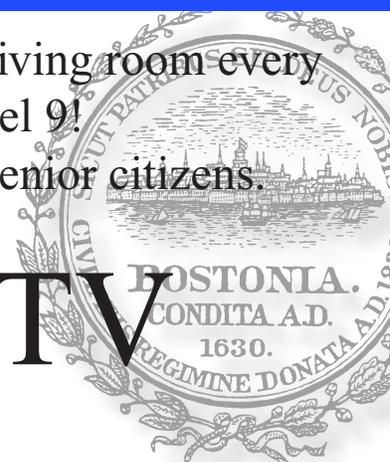
The Elderly Commission is *LIVE* in your living room every Tuesday at 3:30 p.m. on Channel 9!

Find out what's going on with Boston's senior citizens.

The Elderly Commission

On TV

For more information on how to get involved please contact Kathleen Giordano, Deputy Commissioner of Community Relations at 617-635-4362.





The Elderly Commission

Thomas M. Menino, Mayor
Eliza F. Greenberg, Commissioner

Mayor's **Memoir Project** coming to Mattapan

The Memoir Project

aims to capture the stories of Boston seniors systematically and over an extended period of time by teaching senior residents the rudiments of memoir writing. Learning these skills will give seniors a practical and meaningful way to turn memories into coherent narratives with lasting value. By capturing these stories, we intend to document the living history of Boston and, by doing so, provide a greater understanding of the city's past and present for all its residents.

The class will start in November and will meet one day a week for eight weeks. Lunch will be provided.

For questions or to sign up please call
Kaysea Cole at 617-635-3244

Sponsored by Mayor Menino, Grub Street Writers
and the Elderly Commission

Boston City Hall, One City Hall Plaza,
Suite 271, Boston, Massachusetts 02201
Phone: 617-635-4366 Fax: 617-635-3216
website: www.cityofboston.gov/elderly

In Celebration of Caregiver's Month

By Marion Eisenberg

Director, Caregiver Alliance of Suffolk County

November is Caregiver's Month in Massachusetts. This is a tribute to the many families across the state whose care enables their elderly spouses, relatives and friends to remain in their homes. Across the country, family caregivers, in fact, constitute the primary source of support for elders. And they often do this while leading demanding, complex lives of their own. Caregivers are also grandparents with the responsibility for raising their grandchildren.

As the population gets older and baby boomers begin to retire, many more of us will assume increasing responsibilities for our parents and other older relatives and friends.

Perhaps we will be checking

in on them regularly to make sure they are taking their medications or have enough food to eat. In the event of an illness, we will attend to their health needs, consult with doctors, worry about how to help them through recovery. If they can no longer live independently, we may take our relatives into our homes or seek other housing options. Perhaps we are caring for an aging spouse or partner, or for our grandchildren, who depend on us for their daily well-being.

The Caregiver Alliance of Suffolk County applauds and honors your efforts! The care you provide is not only important for your loved one. It reminds us that family relationships are the glue that holds our society together. We have obligations, as a society, to care for one an-

other. We hope you will, therefore, join us in celebrating and recognizing the caregivers in all our lives and communities.

If you are a caregiver, we can help you face some of the challenges of caregiving. Our Care Advisors can: help you plan for services, learn about available resources to meet your specific needs, relieve the stress of caregiving, and meet others in similar situations. Our services are free to caregivers who live or work in Suffolk County. Please contact us at Boston Elder Info (617) 292-6211 and ask for a referral to the Caregiver Alliance.

Interested in placing an ad in *Boston Seniority*?

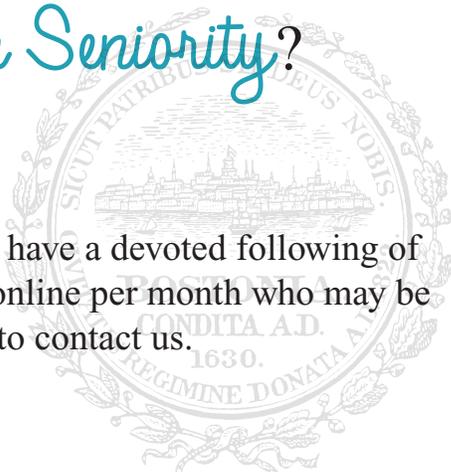
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Email us at: BostonSeniority@cityofboston.gov

or call Martha Rios at (617)635-2360.

If your core audience are seniors you're in the right place. We have a devoted following of seniors with a distribution of 25,000 in print and 15,000 hits online per month who may be your intended audience. For more information do not hesitate to contact us.

We accept editorial articles.





Greater Boston Legal Services Elder Law Unit Saves Client from Guardianship Abuse

by Wynn Gerhard, Managing Attorney of our Elder Law Unit

In November 2006, 74-year-old “Grace Carr” was taken out of her apartment in Charlestown and to a Boston hospital suffering from a stress-related heart condition. She had had problems with the landlord due to the large number of pets her daughter kept there. Hospital staff wanted to perform surgery, but Mrs. Carr told them her primary care doctor had previously advised her that surgery could further jeopardize her health.

The hospital filed a petition for a permanent guardian to be able to make a decision about the surgery, accompanied by a psychiatrist’s medical certificate stating that Mrs. Carr suffers from mental illness although the doctor never diagnosed her nor stated that she suffers from mental illness symptoms. Hospital staff then filed a motion for a temporary guardian, without notifying Mrs. Carr. The petitioner’s attorney stated as the emergency

reason requiring appointment of a temporary that the proposed ward “suffered cognitive decline.” The judge granted the motion without any further evidence or findings.

At the hospital, Mrs. Carr was not given the clothing in which she arrived at the hospital nor her purse and wallet. She contacted GBLS from the hospital for help with her predicament, and was assigned to GBLS Elder Law Unit Attorneys Betsey Crimmins and Alex Munevar who intervened on Mrs. Carr’s behalf after the temporary guardian had been appointed.

Mrs. Carr was sent to a nursing home, even though she expressed a strong preference for returning to her home and even though a Boston elder protective services agency, Ethos, became involved in her case and was willing to get a broad array of services into her home for her. She remained in the nursing home against her will and without access to her personal belongings or own clothing from December 18, 2006 until March 9, 2007.

With the help of her GBLS attorney, Mrs. Carr filed an objection to the guardianship petition and a motion for an in-

dependent competency evaluation. A psychiatrist evaluated the client and found her to be competent. Her primary care doctor of twelve years also supplied a letter stating that she was quite capable of making informed medical decisions. On the basis of this evidence, the hospital agreed to dismiss the underlying guardianship petition.

Mrs. Carr’s story does not end there. After the daughter who shared her subsidized, 2-bedroom apartment was moved to a psychiatric hospital, Mrs. Carr was unable to return home and ended up in an assisted living facility. She came back to GBLS because her landlord in Charlestown moved to evict her because her personal possessions remained in the apartment, despite the guardian’s claim that she had cleaned it out.

Meanwhile, Mrs. Carr was doing her own housing search so she could leave her assisted living unit. Knowing that an eviction would harm her housing record, and prevent her from moving to alternative housing, attorneys Betsey Crimmins and Wynn Gerhard and Elder Law Unit intern Heidi Schmerbeck worked with Ethos, Gentle Gi-

ant, and 15 Boston University freshmen, on their freshman week orientation/community service project, to pack up and move all of Mrs. Carr's belongings.

Mrs. Carr, the allegedly "incompetent" woman, on her own found another subsidized apartment. She is now happily living in her new apartment in Somerville with home care services.

This case perfectly illustrates all the problems with guardianship procedure in the Probate Courts that have led to GBLS' long-standing efforts at legislative reform of the guardianship laws. For several legislative sessions, the bill co-authored by Wynn Gerhard have been assigned to the Legislature's Joint Committee on the Judiciary and it has been a challenge each year to have the bills given its due attention. GBLS staff and Mrs. Carr recently met with Rep. Eugene O'Flaherty, Mrs. Carr's long-

time state representative, and co-chair of the Judiciary Committee, to tell him how Mrs. Carr and others are harmed by the current guardianship laws. Rep. O'Flaherty committed to working to move the bill through the Judiciary Committee. GBLS staff and our partners will continue to fight for guardianship reform on behalf of the many seniors like Mrs. Carr who are the victims of the current procedures.



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Joe Chaisson of Dorchester assists a constituent at the information desk in City Hall.

Senior Citizens Property Tax Work-Off Program

The program will re-open in January of 2008.

Mayor Menino's Property Tax-Work-off Program is up and running. The program which started in September will re-open in 2008 to the first 50 applicants. Call now to get your name on the waitlist.

The Mayor, with help from City Councilor, Robert Consalvo, and the Elderly Commission passed this program into city law in January of 2007.

Through work by the City's Elderly Commission and Assessing Department and Molly Dunford from Inter Governmental Relations, the program became reality in September.

"This program is a win win situation. Seniors will benefit by a reduction in their annual property tax payment and the

City will benefit by the help of experienced volunteers." Menino said.

The Senior Citizens property tax work-off program gives qualifying applicants, who must be at least 60 years of age or older by July 1, 2007, the opportunity to offset his or her property tax through part time employment. In order to apply you must own and occupy residential property in the City of Boston for at least 3 years.

Income restrictions are \$30,000 for single applicants and 45,000 for married applicants including gross income from all sources. There is no home value limit and there is no asset limit for this program. Under these guidelines the Mayor and his staff are hoping to help a rapidly growing population of Seniors Citizens who are house rich and cash poor; and people who do not quite qualify for the existing elderly and hardship property tax exemptions.

The first fifty applicants who qualify for round two in 2008 will be placed in a suitable position within the City's participating departments. These positions require all types of skills and experiences. There is no requirement for hours per week however; in order to receive the maximum benefit of \$750.00 (maximum benefit is set by state law), at \$7.50 an hour you must volunteer one hundred hours.

All departments will work as much as possible with schedules and availability of volunteers. For more information on this please contact Shelia Lawn at 617-635-4366.

MR. CELTIC – RED AUERBACH

By
MIKE FLYNN

The plume of smoke swirling around his head was the signal that Red Auerbach and the Boston Celtics had clinched another victory in the old Boston Garden. Imagine him lighting up today? Boy would he have heard about it. But in those days a lot of people, even coaches, smoked cigarettes. But by puffing on that big stogie, other coaches felt he was belittling them. Probably was a bit of that, trash talking without talking, but he did love a good cigar and was actually paid by a manufacturer to light up. Many a transaction, signed and sealed, culminated with the sharing of a fine cigar by many a businessman, so Red just brought it to the sporting arena. But he was about more than a good smoke. He was the definitive basketball coach.

Arnold Auerbach was born and raised in Brooklyn to Russian-Jewish immigrants in 1917. His passion became basketball even though he grew to only 5'9". He obtained his nickname not only from a head full of red hair but also because of a fiery temper on the court. He became a standout player at George Washington University in D.C. Upon graduation he coached high school ball

before joining the Navy and coaching the Norfolk Naval Shipyard team. After his discharge he became a coach in the fledgling Basketball Association of America where he stayed four years.

In 1950, Walter Brown, owner of the Boston Celtics convinced Red to try and turn his losing franchise into a winner. In that year's draft he signed Chuck Cooper, the first African-American to play in the N.B.A. He also riled Celtics fans by refusing to draft local Holy Cross College star Bob Cousy, calling him and his fans local yokels. (Through a series of moves, Cousy did wind up anyway with Boston that year.) Auerbach was the first proponent of the fast break, getting the ball down the court as quickly as possible before the opponent has the time to set a defense. The Celtics would make the playoffs every year but would flounder because they were exhausted from all the running and fast breaking. They needed a big man in the middle to snare the defensive rebounds and take the pressure off the fast guys.

Bill Russell was drafted in 1956 along with future Hall of Famers Tom Heinshon and

K.C. Jones. By forcing turnovers and rebounding the boards, Red turned the Celtics into a defensive power and the best conditioned team in the league. He emphasized that basketball was a team sport and not a game where individual accolades were a priority. If you play as a team within a system you would win and those accolades would come. He was proud that he had very few players in the top ten of scoring. He told his players to needle opponents if they had a high scorer, asking why he got to take all the shots. He was the first coach to tell his players to grab opponent's jerseys just enough to distract them. All these little tricks to psych out other teams.

From 1956 to 1966 The Boston Celtics were the N.B.A. Champions nine of those ten years. During that streak they had won eight titles in a row which is a record. Auerbach was the first to play an all African-American team when, in 1964, he sent Bill Russell, K.C. Jones, Sam Jones, Tom Sanders and Willie Naulls to the court together. During those years, nine future Hall of Famers played under Auerbach and four would go on to be

Championship coaches. He was the first to install a system to use a “sixth man”, which is still widely used today. He was ejected from games more than any other coach, re-enforcing how he acquired that nickname.

When Auerbach retired from coaching and took over the General Manager duties, he named Bill Russell as Player-Coach, the first black coach in the N.B.A. Under Red and Russell the Celtics won it all again in 1968 and 1969. The next year rebuilding of the team was needed and Red drafted Dave Cowens, Don Cheney and JoJo White. With Russell now retired, Red named Tom Heinshon coach and again they won it all in 1974 and 1976. In the late 70’s Red knew it was again time for a makeover. He took a real gamble and drafted with their first pick a player who still a year of college left to go. But boy did that coup pay off, because in the next year’s draft, with a lot of wheeling and dealing, he managed to get Kevin McHale and Robert Parish and along with the now graduated Larry Bird, those three formed the best front line in history. That team went on to two more titles, in 1981 and 1984.

Red had a legendary fondness for Chinese food, so much so he bought into a restaurant. He would take groups out to

eat, always ordering for the table. He was a notoriously bad driver. When Kevin McHale was drafted by the Celts, Red picked him up at Logan for the drive to Brookline and the first practice. They dodged cars all the way and when they finally arrived McHale bolted from the car vowing to walk rather than get back in a car with him. He was an avid collector of vintage letter openers. Yes, letter openers! He could also be tough. When he did not think one of his players was recovering quickly enough from a knee injury, he shipped him out of town. He would not speak to him for twenty years. Well into his 70s, he came out of the stands during a game and tried to get into it with 30 year old seven foot tall Moses Malone. He was always gruff to women. When Larry Bird showed up at rookie camp with his girlfriend he chased her out of the building, but he always turned to mush around his two daughters. His wife did not want to move from her native Washington, so Red commuted.

When Red Auerbach passed away at Suburban Hospital in Bethesda, Maryland he left a lasting legacy. Can his records as a coach, general manager or President of a franchise be duplicated? Will there ever be a more inventive sporting pioneer? Sure he had a temper and ruffled a lot of feathers, but

when he died tributes poured in from around the country.

Bill Russell: “He was the best coach in the history of basketball. Period”

Sportswriter John Feinstein: “The man for all intents and purposes invented professional basketball”

Tom Heinshon: “He was the Godfather of the Celtics”

Ted Kennedy: “Red was a true champion and one whose legacy transcends the Celtics and basketball.”

Red was once considering moving down to New York to take over the Knicks. Many rumors persisted that a local cabbie talked him out of it or even of his wife telling him that he was not a Knick or anything else. Only a Celtic. It was probably his loyalty and his heart that kept him here. His coffin liner was Celtic green. No other coach comes close to symbolizing a team or a city as Red does the Celtics and Boston.

In Quincy Market at Faneuil Hall there is a bronze bench. On the bench sits the figure of Red Auerbach. Between his fingers is a Hoyo de Monterey Excalibur cigar. The plume of smoke no longer swirls above his head, but the memories of the man and his accomplishments will not soon fade.



Elaine McCarthy of Charlestown with Commissioner Greenberg.



Isabella poses in one of her famous outfits at the Kit Clark Picnic at Marine Park.



Janice Locke visits with Mary Hurley at the Zelma Lacey House!



Pretty ladies; Kathy Dash and Marsha Colbert.



Rita and Gerry from the South Boston task force group with Street Magic a cappella group at South Boston Italian Pride Night.



Peter Cardinale reads stories from his past at the Memoir Project in East Boston.



Mayor Menino takes a break from dancing to get a picture with his new pal at the City Fresh Picnic in Franklin Park.



City Councilor Rob Consalvo (center) visits with Anne Fields and Al Gricus at the RSVP Recognition Luncheon.



Zelma Lacey house resident all smiles for the camera.



Greater Boston Aid to the Blind staff and volunteers at the RSVP Recognition Luncheon.



Sandra Albright new undersecretary at EOEA cuts a rug at her Annual Kit Clark Picnic in South Boston.



Marie Diccio writing down her memories at the Memoir Project now in East Boston.



Go Lois! Go Lois! Lois Epps living proof that indeed somethings do get better with age!



Marion and Hank Fuoco at the RSVP Luncheon.



Paul calls Bingo at SUPER BINGO in Dorchester.



Rosemary Yannetty and Phyllis Ferrola at the AARP event at the Convention Center.



Yeonne Lain shows off her Recognition Certificate from the Mayor for her volunteer commitment to the Boston RSVP Program.



Mayor Menino presents RSVP Volunteer Anita Jones with a signed baseball compliments of the Red Sox.



All Star volunteer Angela Hatch with Commissioner Eliza Greenberg at the Annual RSVP Recognition Luncheon at Florian Hall.



Michelle Seaton, Memoir Project instructor sits with a spry Anna Moliano 96 years young at the East Boston Memoir Project.



A special thanks to DJ Stephen for helping make the RSVP Luncheon a huge success.



Elderly Commission staff congratulate Cynthia Liu on her many years of Service.

**First Come
First Served**

MAYOR THOMAS M. MENINO PRESENTS

18th Annual First Night Celebration

**Admission by
ticket only!!**

Sponsored by the Commission on Affairs of the Elderly

at the **SEAPORT WORLD TRADE CENTER, Seaport Blvd**
Thursday, December 27, 2007-- 11:00 a.m. – 2:00 p.m.

TRANSPORTATION SIGN UP SHEET

INDIVIDUAL APPLICATION ONLY - NO GROUP REGISTRATION ALLOWED

REGISTRATION BY FAX OR MAIL ONLY - NO PHONE REGISTRATIONS ACCEPTED

TRANSPORTATION PICK-UPS BEGIN AT 10:30 a.m. - DOORS DO NOT OPEN UNTIL 11:00 a.m.

ADMISSION BY TICKET ONLY - TICKETS ARE LIMITED

Please complete and return registration form by **Friday, November 30, 2007** to: **Fax 617-635-3213** or mail to **1st Night, Elderly Commission, One City Hall Plaza, Room 271, Boston, MA 02201**

Last Name:	First Name:	Tel:
Address:		Apt. #
Neighborhood:		Zip Code:
Language Spoken:		

CENTRALIZED PICK UP LOCATIONS

Allston/Brighton – Covenant House, 30 Washington St.	Mattapan – Church of the Holy Spirit, River St.
Allston/Brighton – JCHE Housing, 20 Wallingford Rd.	Mission Hill – Flynn House, 835 Huntington Ave.
Allston/Brighton – Veronica Smith, 20 Chestnut Hill Ave.	North End – Nazzaro Center, 30 North Bennett St.
Boston – Park Street Station – MBTA (Tremont and Park)	Readville – St. Ann’s Church, 82 West Milton St.
Charlestown – Golden Age Center, 382 Main St.	Roslindale – Roslindale Municipal Bldg, Roslindale Sq.
Charlestown – 100 Ferrin Street	Roxbury – Freedom House, 14 Crawford St.
East Boston – E.B. Social Center, 68 Central Sq.	Roxbury – Council of Towers, 2875 Washington St.
East Boston – Brandy Wine, 88 Brandy Wine Drive	South Boston – West Broadway Take Force, 81 Orton Marrotta Way
Dorchester – Keystone Apts. 151 Hallet St.	South Boston – St. Monica’s Church, Old Colony Ave.
Dorchester – Kit Clark Services, 1500 Dorchester Ave.	South Boston – S.B. Neighborhood House, 136 H St.
Dorchester – St. Brendan’s Church, 589 Gallivan Blvd.	South End – Castle Square Apts. 484 Tremont St.
Fenway/Kenmore – Kenmore Abbey, Kenmore Sq.	South End – Harriet Tubman, 566 Columbus Ave.
Hyde Park – Blake Estates, 1344 Hyde Park Ave.	South End/Chinatown – 5 Oak St.
Hyde Park – Georgetown Apts. 400A Georgetown Dr.	West End – Blackstone Apts. 33 Blossom St.
Hyde Park – H.P. Municipal Parking Lot, Cleary Sq.	West Roxbury – Holy Name Church, Centre St. & W. R. Parkway
Jamaica Plain – Julia Martin House, 90 Bickford St.	West Roxbury – CVS & Walgreens Parking Lot
Jamaica Plain – Back of the Hill Apartments	I DO NOT NEED TRANSPORTATION

Once this registration form is received an admission ticket will be issued in the name of the registrant and mailed to the above noted address.

