



Elderly Commission

Boston Seniority



Thomas M. Menino, Mayor of Boston



Alice Hodges (left) recounts memories of her childhood with Michelle Seaton, instructor (center), and Daisy Janie (right)

Memoir Project Rounds Third Base

Mayor Menino and Grub Street's Memoir Project which began this summer kicked off in Roxbury on October 10th. The participants shared stories of growing up, their jobs, their proms and for most, the discrimination they faced as African Americans. The class was, to say the least, incredibly moving.

Roxbury will be the last of the neighborhoods featured in the pilot program which includes the North End and South Boston. A book will be published in May. If success continues, the project will make further strides to include more of Boston's neighborhoods.

For more information, please contact Commissioner Eliza Greenberg or Kaysea Cole at (617) 635-3244.

Boston Seniority

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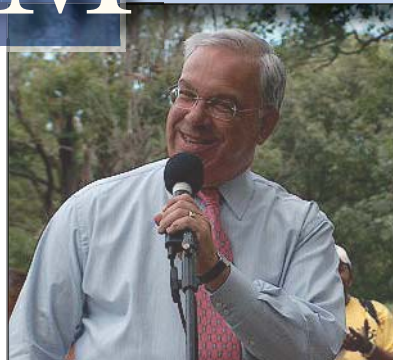


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Commission on Affairs of the Elderly

Mayor's Spotlight



Mayor Menino Announces First Hybrid Taxi in Boston

Mayor Thomas M. Menino recently announced that the City of Boston has a new accomplishment to add to its list of sustainability initiatives — Boston CleanAir Cabs, a program to replace ordinary taxis with cleaner vehicle technology. Mayor Menino made the announcement as he kicked-off the Alt Wheels Festival on City Hall Plaza, which runs Friday, September 22nd and Saturday, September 23rd from 10 a.m. to 6 p.m. Meanwhile, Boston's first Hybrid Taxi, a hybrid electric Toyota Camry vehicle owned by Boston Cab Association, took to the streets of Boston.

"This is yet another example of how we can partner with an important industry serving Boston's residents and visitors to reduce impacts on public health and the environment," said Mayor Menino. "We are constantly examining ways to reduce the effect of vehicle emissions have on our air quality, and the associated health

impacts for Boston's children and elderly people."

Boston taxi owners can now replace ordinary vehicles with hybrid-electric or alternative fuel vehicles. In addition to the public benefit of reduced tailpipe emissions, the fuel savings and resulting cost savings provide a financial benefit to the drivers of these vehicles. The Boston Police Department's Hackney Division has committed to allow three pre-approved vehicle models to be used as taxis for the Boston CleanAir Cabs program: the hybrid Toyota Camry, the hybrid Ford Escape and the CNG Ford Crown Victoria. Boston CleanAir Cabs will have a unique green stripe on the vehicle, indicating that the taxi is cleaner for the environment and reduces public health impacts.

Boston Cab Association has already placed one hybrid Toyota Camry into service as a taxi in Boston, with an eye towards using more. Massport, a project partner on Boston CleanAir Cabs, has committed to develop incentives such as reduced airport access fees and reduced queuing time for drivers at Logan Airport.

"The use of alternative, clean fuels plays a big part in Massport's environmental management plans," said Massport CEO and Executive Director Thomas J.

Kinton, Jr. "The introduction of clean vehicle taxis to the city's fleet is a landmark initiative and one that we look forward to promoting at Boston Logan International Airport."

The Boston CleanAir Cabs program is the most recent demonstration of Mayor Menino's commitment to sustainable transportation. Recently, the City of Boston reached a benchmark in its use of biodiesel by the diesel engine fleet—250,000 blended gallons of ultra low sulfur diesel (ULSD) the cleanest petroleum-based diesel available mixed with biodiesel (B5). Other initiatives include Mayor Menino's choice to use a dedicated compressed natural gas (CNG) vehicle and his amendment of the city's vehicle procurement policy to require new purchases to be alternative fuel vehicles, hybrid-electric vehicles, or vehicles of higher fuel economy.

"This is yet another example of how Mayor Menino is helping make Boston the most sustainable city in the U.S.," said James W. Hunt III, Chief of Environment and Energy for the City of Boston. "This is an exciting public-private partnership where the taxi industry is stepping up to the plate to reduce impacts on our environment and public health, while at the same time introducing passengers to the importance of sustainability."

City of Boston Elderly Commission Services

Do you know what services the Elderly Commission offers?

Below is a listing of free services and programs that are available to all seniors living in Boston.

Community Service Advocates/Direct Services Unit

Through this unit, a myriad of services is available to Boston's senior community, among them emergency home health and well-being visits, government benefits and form preparation assistance, and tenant/homeowner issue support, as well as general information and referral assistance. Community Service Advocates manage specific resources, and are available to meet seniors' needs during weather and other emergencies. Advocates act as an information resource as well as proponent for seniors' rights.

Serving the Health Information Needs of Elders (SHINE)

The SHINE Program offers seniors free health insurance counseling benefits, oral and dental screening and referrals, fitness programs, health information and access to the Mayor's Neighborhood Pharmacy Plan. This program gives seniors access to information essential in maintaining and improving health for a better quality of life.

Nutrition

The Elderly Nutrition Program ensures nutritional meals for income eligible seniors, who may dine at any of 40 area congregate lunch sites or receive home meal delivery anywhere in Boston. Considering special dietary requirements for seniors is a top priority. This ensures that everyone has access to the essential nutrients specific to their needs.

Caregiver Support Service

The Commission on Affairs of the Elderly provides Caregiver Support Services including information and referral, assistance in gaining access to support services, support groups, educational trainings, respite scholarship and information to caregivers who need a helping hand.

Notary Public

Free notary service is provided to eligible residents through The Elderly Commission. Please call in advance to schedule an appointment.

Employment and Volunteer Programs

Senior Companion Program

This program allows seniors to help other seniors by serving as one-on-one companions, helping with everyday life. Both companion and senior benefit from this program, making meaningful relationships along with impacts on one another's lives.

Seniors Training for Employment Program (STEP)

This federally funded employment training program empowers low-income seniors to rejoin the work force: giving them the extra edge needed in today's work force. Participants perform 20 hours of community service weekly in non-profit, business and government agencies while seeking employment.

Retired and Senior Volunteer Program (RSVP)

Knowing the rewards of volunteering, the Elderly Commission provides seniors the chance to make an impact with their skills and experience through one of the many meaningful opportunities available through the City of Boston and the RSVP Program. Along with helping local non-profits, RSVP participants benefit from the unique fulfillment that comes with volunteering.

Senior Shuttle

Free curb-to-curb rides are provided to non-emergency medical appointments, grocery shopping and other activities within the City of Boston. Please call (617) 635-3000 at least three days in advance to schedule an appointment. Rides are scheduled on a first-come, first-served basis and are available to anyone over age 60.

Taxi Discount Coupon Program

The Elderly Commission partners with the Boston Police Department Hackney Division to provide an affordable transportation option. Coupon books are worth \$10 at a cost of \$5 per book for all taxis licensed by the City of Boston. Coupon books are available at Boston City Hall and at various sites throughout the city.

Community Relations Unit

Communications

It's important to the Elderly Commission that Boston's seniors are up to date with services, issues, and all things relevant to senior living. *Boston Seniority* magazine is published 10 times per year and is available free at senior centers, libraries, elder housing complexes and other locations throughout Boston. "Boston Seniors Count" is an informational TV program for area seniors broadcast live on Tuesdays at 3:30 p.m. on Boston Neighborhood Network TV Channel 9.

Events

Over 100 education, recreational, and social events for seniors are offered each year by the Commission and other organizations. Held throughout the City's neighborhoods, these gatherings offer Boston seniors opportunities to learn and socialize with new and old friends, thus decreasing isolation and loneliness.

Remembering Special Events

Seniors celebrating special events in their lives, such as retirements, notable achievements, anniversaries or birthdays, can receive special recognition from the Mayor and the Elderly Commission.

Advocacy

The **Mayor's Advisory Council** is a group of over 100 Boston seniors and senior service agency representatives who represent and advocate for Boston seniors. This group advises the Commission on policy, legislation and service areas for future funding.

Health and Long Term Care Task Force is a large group of both seniors and agency representatives who work to better the quality of life for Boston seniors by advocating for better health and long term care options and coordination of services.

Housing Task Force Group is a small group who are very active in planning and coordinating more options for senior housing in Boston.

Advocacy Task Force Group is a medium sized group made of both seniors and agency representatives who work to support legislation that will benefit Boston seniors and advocate for positive changes to the senior service network.

The Elderly Commission is also home to two other organizations serving seniors:

Boston Area Agency on Aging

The AAA plans, coordinates and advocates services on behalf of the City of Boston's older population, as well as monitors and evaluates other local senior service non-profits which are supported by funds provided through the Older Americans Act.

Council on Aging

This group promotes the active involvement of seniors in the life and health of their neighborhoods essential in preventing isolation and providing information and referral services.

For information on all programs and services, please call (617) 635-4366
or visit us on the world wide web at : www.cityofboston.gov/elderly

The City of Boston Commission on Affairs of the Elderly says “Good-Bye” to its Senior AIDES Program

by Kenya Elisa-McLaren, MPH Senior AIDES Director

Senior Community Service Employment Program (SCSEP) facts:

- Established in 1965 by Lady Bird Johnson to provide relief to farmers.

- Funded under Title V of the Older Americans Act (OAA).

- 1966 the City of Boston is among the first national grantees of the Senior AIDES Program.

- In 2000 the OAA was expanded to include unsubsidized employment as a requirement of the program.

On September 30, 2006, the City of Boston said “good-bye” to its landmark employment training program serving senior residents for the past 40 years!

The Seniors Training for Employment Program (nationally known as the Senior AIDES Program) worked with non-profit and government agencies throughout every neighborhood in Boston to provide valuable community service training for income eligible participants. The “aide” reported to their host agency for 20 hours each week and received minimum wage (currently \$6.75 per hour) for their service. In addition, aides were required to actively seek unsubsidized employment and ultimately transition off of the program into a permanent full-time or part-time job.

The program’s success is demonstrated in the number of host

agencies that provided training and even hired some of the participants. Agencies like Adaptive Environments, Jamaica Plain Head Start, and Jewish Memorial Hospital have each hired two or more senior aides as part-time employees over the past year.

On behalf of Mayor Menino, the Elderly Commission, and the City of Boston, I would like to thank all of the nonprofit and government agencies, senior aides, host agency supervisors, employers, and especially our funder- Senior Service America, Inc. who have supported the Senior AIDES Program.

For more information on the Senior AIDES Program contact the new sponsor Urban League of Massachusetts, 88 Warren Street, Roxbury, MA 02119 (617) 442-4519.



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Commission on Affairs of the Elderly

Eliza F. Greenberg, Commissioner

A Visit to Old Persia

by Paul Schratter

My wife and I had an occasion to visit Iran before the revolution that brought on today's regime. In earlier days, the country was known as Persia, with a culture that reaches back some 2500 years and a history that clashed with the ancient Greeks as well as the Roman Empire. We were interested in remnants of those earlier days as well as its present life.

The capital Tehran appeared to be utterly peaceful. Life in its streets, markets and mosques flowed smoothly. Street vendors sold roasted beets and fresh peeled cucumbers. In the large courtyard of the main mosque, the faithful washed their faces, arms and feet in the gathering dusk before their evening prayer. Bearded religious teachers (mullahs or ayatollahs) wore white turbans and flowing brown wool capes over black or white robes, some of them conversing seated in mosque entrances. Many women wore chadors, the black tent covering all but the eyes that were accentuated with dark

make-up. Others were in fashionable Western dress. We were introduced to a remarkable delicacy: Chelo Kebab. Sausages of ground lamb, strips of lamb filet, onions and tomatoes, all charcoal grilled, surround a mound of hot rice with a lump of fresh butter, chutney and raw egg yolk in a depression, then sprinkled with sumac, a slightly bitter, dark red, aromatic spice.



A flight over snowy mountains delivered us to Esfahan, once the capital of Persia. Near our hotel, converted from a three-centuries-old caravanserai, a broad avenue led past a seven-story palace with a decorated roof supported by high wooden columns. From its huge verandah, Shah Abbas the Great, warrior and patron of the arts in the sixteenth century, could watch the throng of his subjects, travelers, camels and horses below. Across the way, the exterior of a mosque is covered with large blue and yellow tile panels, inscribed with sacred messages in graceful Arabic letters. In its interior, walls inlaid with marvelous tiles, alabaster and marble supports rise from a blue

and green floor. Twisted ceramic columns surround each gate inside and outside. At the entrance to Esfahan's central bazaar, silver- and tinsmiths chased designs into platters with fluttering hammer strokes. A teahouse was filled with smoke from water pipes (hookahs) and the sound of their bubbling. In shadowy shops, men picked wool and bakers labored at their ovens.

Shiraz, near the Persian Gulf, was known as Persia's city of flowers and nightingales, immortalized by the profusion of colorful ceramic panels on its mosques, showing carnations, tulips, lilies and intertwined rose bushes with birds in their branches. At dawn one morning, we visited Persepolis. Entirely alone, chilled and hungry but soon warmed by the rising sun, we entered the awesome site of the ruined palace of the ancient kings of Persia, intended for special ceremonial occasions. It was torched by Alexander the Great in 331 B.C. Nearby, the tombs of the kings known from Greek history were hewn in the fourth century B.C. out of a vertical rock wall high above the plain. Carvings show each king meeting the God Ahura Mazda. Being the only persons among the luminous rocks, the deep blue sky and the tombs of the kings of antiquity above us made the impact of the scene doubly powerful.

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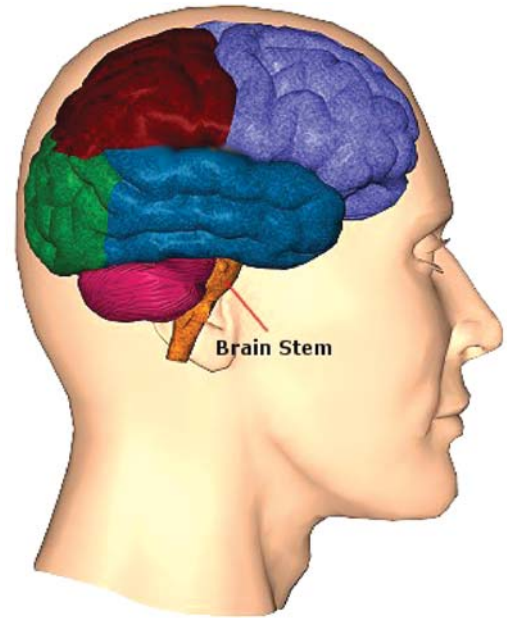
Zoning in When You're Zoned Out

by Kali Borrowman

The mind is a mysterious being that sometimes seems to wander off on its own. In fact, most people would say that their mind wanders more often than not, sometimes without them even realizing it. It's not uncommon to burn dinner or forget what you just read because your thoughts drifted away without you. Good concentration can not only make you more productive, but also helps to improve memory. While memory and concentration are two separate tasks, they work hand-in-hand to help the brain store and retrieve information.

Most people who have concentration issues can usually attribute those towards immediate distractions (a noisy office), lack of sleep, a significant change in their life, erratic eating behaviors, etc. However, as the human mind and body ages, lack of concentration may be attributed to a natural progression that many people experience. According to the University of

Alabama at Huntsville, the old saying "use it or lose it" still applies. In fact, in a cognitive skills study done in 2005, UAH found that in as little as five weeks of "training" a senior can improve their concentration skills. Having good concentration skills can not only aide in everyday life such as reading your favorite book or the instructions on your medication, but can also help in completing seemingly difficult tasks like dealing with grief or severe pain. Using concentration as a tool to set your mind to work on a pleasant task can help overcome even the most difficult obstacles.



Concentration Exercises:

Every morning while reading your newspaper, go through an article and cross out all the u's or o's. For a real challenge try the f's or t's. (F's can be tricky because they are pronounced with a v sound and t's are tricky because they can be found paired with an h or in many smaller, more frequent words.)

The following is a table of numbers starting at 00 and ending at 99. Beginning with 00, go through and cross out each box in numerical order. Make a copy of this puzzle before you mark on it and complete it once a week. Once you've done this one several times- make your own!



Concentration Table...

00	80	71	32	99	11	67	27	51	41
45	26	58	08	40	55	34	87	38	19
66	03	94	63	22	92	01	62	82	77
54	79	18	47	57	16	75	37	14	25
95	36	89	02	50	06	46	21	84	93
13	24	49	85	15	65	61	78	70	05
31	83	96	72	44	10	56	09	91	42
74	43	07	23	90	81	29	69	52	86
12	64	60	88	39	59	73	04	97	20
35	48	28	76	53	17	33	98	30	68

Volunteers Wanted

Elderly Commission's RSVP Program has the following volunteer opportunities for Boston Seniors

Humanities International

Assisting with ElderHostel travel programs. Comfortable with public speaking. Must be physically able to assist on field trips, also friendly and outgoing. Knowledge of City of Boston & Mass Transportation system. Must live on site Sunday—Friday (Charlestown). Various opportunities plus \$100 to cover added expenses. Must be flexible and able to volunteer two weeks out of calendar year.

Horizon's for Homeless Children

Looking for caring, dependable individuals to interact and play with children living in homeless shelters in the Greater Boston community. Volunteers are asked to commit 2 hours a week for 6 months. Days and evening hours are available on weekdays. (Dorchester and seven other sites throughout City of Boston.)

Community Servings

Reception volunteers are responsible for two primary tasks: answering incoming phone calls, greeting and directing volunteers, clients and guests. Volunteers are asked to commit 2 days a week. (Roxbury)

Debt Collection - Know Your Rights

by Wynn Gerhart, Managing Attorney Greater Boston Legal Services



Credit card debt among people over the age of 65 increased 89% between 1992 and 2001. The Federal Trade Commission receives more complaints about debt collectors than any other industry.

Debt Collection activities are covered by the federal Fair Debt Collection Practices Act ("FDCPA"), Massachusetts General Laws chapter 93A ("M.G.L. c. 93A"), and the Massachusetts Attorney General's regulations.

When a debt collector first contacts you they must identify themselves as a debt collector attempting to collect an unpaid debt and that any information you provide them will be used for debt collection purposes. This statement is required regardless of whether the debt collector is calling, writing, or visiting you in person.

The debt collector must then notify you of your right to dispute the validity of the debt, this is known

as a "validation notice." The validation notice must be given to you during the initial contact or within five days thereafter. The notice must include: the name and address of the creditor to whom the debt is owed, the amount of the debt and that disputes about the debt must be in writing within 30 days of receipt of the validation notice.

Once you dispute the debt, the debt collector must stop collection efforts until they provide you verification of the debt or a copy of a judgment from a court. Generally, verifying documents could include a signed copy of the agreement, a copy of a statement itemizing charges, listing dates of transactions, and the name of the consumer.

Debt collectors must not contact you at any unusual time or place, or any time or place that is inconvenient to you. These prohibited times and places can be any that

you have told the debt collector are inconvenient, such as your place of employment.

The debt collector may contact a third party only to obtain information on your location in order to contact you. However, the debt collector cannot disclose that you owe any money and must not identify themselves as a debt collection company unless that information is requested.

If you are represented by an attorney, the debt collector cannot contact you directly. However, the debt collector may contact your attorney, a credit reporting agency, co-debtors or your guardian.

Threatening any action which the debt collector cannot legally take or does not intend to take are violations of the debt collection laws. Attempts to mislead

continued on next page...



Senior Companion Program

Become a Senior Companion and become a friend.

Senior Companions bring a *friendly face* into the homes of homebound elderly.

For information on how you can *brighten a senior's day* call (617) 635-3987.

continued from last page...

or deceive you are also, in general, a violation of the laws.

The debt collector may not harass, oppress, or abuse any person in the process of collecting a debt by utilizing threats to contact third parties, or with intimidating, belittling, and/or insulting behavior.

You can stop a debt collector's calls by writing a "cease" letter, which requests that the debt collector no longer contact you. However, you should be aware that a cease letter may speed up the collection process, and cause the creditor or collector to bring a case to court sooner.

In addition to writing a cease letter,

you can protect yourself by keeping an accurate record of events as proof of any illegal acts by a debt collector. Keep a log of all calls from the collector including the date and time of the call, the name of the collector, what was discussed, and any details that indicate a violation of the law such as profane language or threats. It is also important to keep records of all expenses you incurred as a result of the debt collector's actions such as any resulting medical treatment.

You have a right to one free copy of their credit report each year. You also have a right to dispute entries on your credit report. If there is an inaccuracy on your credit report, you should write to the debt collector and credit re-

porting agency to request a correction.

Greater Boston Legal Services (located at 197 Friend Street, Boston) is a non-profit legal assistance agency providing free legal assistance and representation in civil cases to qualified individuals within Suffolk, Middlesex and Norfolk counties. Specifically, the Elder Unit within GBLS focuses on helping elders age 60 and above who demonstrate either economic need and/or great social need with a variety of legal matters which include consumer issues. See our website at <http://www.gbls.org> or contact us at (617) 371-1234.



Do you have Knee Arthritis?

Boston University Medical Center is looking for people with knee arthritis to be part of a research study to evaluate new ways that do not use medicine to relieve the pain that comes with knee arthritis.

If you are interested, please call Kathy at (617) 414-2400 for more information.



Maintaining a Healthy Weight

By Melissa Carlson, MS, RD

In our society weight loss and dieting is all the rage. People of all ages want to be slimmer, skinnier, or smaller. The desire to be thin is not good for older adults. As we age our body composition changes. We lose muscle mass. Research shows, after the age of 60 years body weight tends to decrease. Aging healthfully should be our goal. You can do this by focusing on healthy activities and eating a healthy diet.

Once a person reaches about 70 years old they should try to maintain their weight. Research shows a 10% loss of body weight over 10 years is consistently associated with increased mortality and functional decline. When an older person experiences an unintentional loss in weight they should speak with their physician.

As I have learned from seniors, the desire to lose just 5 or 10 pounds does not stop once we have lived a full fruitful life. Instead of focusing on weight loss older adults should focus on how they feel physically. Can you go up a flight or 2 of stairs without being winded? Are you doing weight-bearing activities to build muscle mass and help your bones? Examples included- lifting weights, carrying your groceries or laundry, taking out the trash or are you able to pick up

your grand or great-grandchildren? Are you able to walk down the street (at a steady pace) and chat with a friend without stopping or being out of breath? Are you happy and/or content with your life? If you cannot do any of these activities start slowly and talk to your physician about your desire to be more active. If you are a truly active senior and all of these activities don't challenge you (or don't interest you), try something new. Organize a dancing hour at your local senior center. Try yoga, aerobics, or martial arts, there are many different styles of each. Try recumbent bicycling, hiking, tai chi, self-defense classes, or pilates. Swimming is a great whole body workout. Remember the goal is to feel strong physically and to get regular physical activity.

Along with how you feel physically you need to routinely see your doctor for check ups on your heart, blood pressure, cholesterol, blood sugars and bone density to name a few. If you are on medication and experiencing weight loss, mood changes or other side effects, speak with your doctor to see if changes can be made. There is a plethora of medicine available if something is not working, speak with your physician.

A healthy diet can help us maintain our weight, blood sugar, blood

pressure and cholesterol. Try to eat a diet with lots of fruits and vegetables, equaling 4-5 servings a day. Remember one serving of most fruits and vegetables equals about ½ a cup. They will provide you with essential vitamins, minerals and fiber that are needed daily. When eating breads and pastas try whole-wheat versions and double check the portion size of foods. You can learn if a food is whole-wheat by looking at the ingredients for "whole-wheat flour". On meats, try to cut back on the amount of red meat eaten to 2-3 times per week. Instead use chicken, ground turkey, fish, tofu, buffalo, beans and other alternatives. Another challenge is to not add salt to your food. This can be hard, start by reducing the amount you add. A low-sodium diet is important for lowering blood pressure.

Trying a few of the suggestions for healthy activities and a healthy diet will help you maintain your weight. If you have troubles sticking with a healthy menu or exercise program don't worry, keep trying different things. As we age our tastes and physical abilities change so try something new or something from your childhood that you enjoyed.

If you want to read about a specific nutrition topic or have recipe ideas please let me know. Call me at (617) 635-1838.

Boston Senior Home Care Eldercare Q&A Dental, Vision Restored

Q: Has MassHealth restored dental and vision services for older adults?

A: Yes, effective July 1, 2006, MassHealth has restored a number of services for adults age 21 or older, that had been eliminated. Here is a list of eight services that seniors on MassHealth can now get again---as long as the services are considered “medically necessary.”

***Dental Services:** exams, preventive services, restorations, root canals, and dentures. Some of these services must be approved in advance by MassHealth.

***Vision Services:** vision exams, eyeglasses, eyeglass parts, eyeglass dispensing, certain contact lenses, and other visual aids, such as magnifying aids.

***Orthodontics:** mechanical devices, such as braces, or orthodontic shoes, to support or correct weakened body parts.

***Prosthetics:** an artificial extension that replaces a missing part of the body, like an artificial leg or arm.

***24-hour substance abuse treatment services.** MassHealth will cover certain 24-hour post-medical detoxification substance abuse treatment services.

***Acute hospital inpatient administratively necessary days.** MassHealth will cover all administratively necessary inpatient stays, which are days in which a person is in a hospital awaiting relocation to another setting.

***Chiropractor Services:** MassHealth will now cover the services of a chiropractor.

***Smoking Cessation Services:** group or individual counseling to stop smoking, nicotine replacement prescriptions, such as patches, gum and lozenges. MassHealth will also pay for bupropion, a non-nicotine drug.

Most elders who are on MassHealth are also on Medicare, and many of the restored services listed here are important, because Medicare does not cover them. For example, Medicare does not cover dental care and dentures, or orthopedic shoes, or routine foot care, routine eye care and most eyeglasses. Even with this list of restored services, there are still some “gaps” in health care services, which neither Medicare, nor MassHealth will cover, such as hearing aids or hearing exams for the purpose of fitting a hearing aid.

Elders on MassHealth who have any questions about specific services that have been restored as of July 1, 2006, should call the MassHealth Customer Service Center at 1-800-841-2900 (TTY: 1-800-497-4648). The Customer Service Center hours are weekdays between 8:00 A.M. and 5:00 P.M. Or call 1-800-Age-Info, then press “3” and ask to speak

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



*Brandywyne Village, East Boston
Burbank Apartments, East Fenway
Camelot Court, Brighton
Cummins Towers, Roslindale
High Point Village, Roslindale*



First Impressions

Tattoos: No Longer Taboo

When I was younger, only bikers and sailors got tattoos! Many admitted they got tattoos when they had been heavily drinking.

Today, estimates are that one in seven adults has a tattoo.

Several studies have shown that tattooing, body piercing and branding are here to stay.

Why would you get a tattoo?

Television has brought tattooing to the forefront. You may not watch these shows yet I am sure your grandchildren have watched them. Many movie stars/celebrities have them, including the women. They say that tattooing helps them to express their identity and uniqueness. Now they are special in their own eyes.

Is one tattoo enough? Probably not! In fact, if one has a good experience with the first tattoo, they may get more. Does that explain why so many men are “covered” with tattoos from head to toe? Women prefer smaller tattoos which they consider “mementos” of a special event or a significant person.

Peer pressure is an important factor. A group of young people go to a tattoo parlor and one doesn’t want to be considered a wimp. Some want to be the first “rebel” in their crowd to get one.

Much of this happens when a person is a youth. In some circles, tattoos

are a right of passage. Once this person becomes an adult, he/she may have a change of heart. A spider on the neck, a photo of Elvis tattooed on the wrist or a heart on the chest does not look very good when you enter the work force. It may be a hindrance if one must dress professionally for a prestigious job, especially if co-workers have no obvious tattoos. Often times, a spouse does not like the tattoo.

Approximately, 55,000 procedures to remove tattoos were performed in 2005. According to the American Society for Dermatologic Surgery, laser tattoo removal procedures were up 17% between 2001 and 2005.

It is expensive to remove a tattoo. It is more difficult and costly to remove a tattoo than to get one.

Pigment-specific lasers can get rid of more colors. Black, blue, red and purple are easier than other colors. Yellow and green are more difficult to remove.

Remember, there will always be a faint shadow where the tattoo was. The owner of the tattoo will always know where the tattoo was.

What you should know before getting a tattoo? Consider tattooing a permanent “decoration” on your body. Settle for a small tattoo with only a few colors. Can you cover it with clothing?

Be sure a professional gives you the tattoo.

An ankh from the 1960s is so passe. So may be the fad tattoo of 2006.

There is a slight chance of getting a serious infection. Increased redness or soreness are serious signs.

Follow closely the directions you are given for the care for new tattoos. Stay out of the sunlight.

Planning to remove your tattoo? Be sure the doctor who removes the tattoo is specially trained and certified.

Do they use sterile equipment on each customer or could you be a candidate for hepatitis C?

Should you decide to have your tattoo removed, you can have more than several sessions at the dermatologist to have one tattoo removed.

Each session can cost up to \$500.00. Many insurance companies do not pay for removal.

You may not be interested in getting or removing a tattoo. You may have grandchildren who are interested.

Be pro-active. Share this information with grandchildren before they think of getting tattoos.

If needed, have them talk to a dermatologist before they get a tattoo. This info may discourage them from making a tattoo mistake.

Need A d v i c e ? Health Beat is a new column that is featured in each issue of the Seniority. Write into the Seniority and ask Dr. Nancy Norman a question on health issues. Remember please consult with your physician before taking any health advice, to make sure what is right for you!

To ask Dr. Norman, mail your questions to:

The Boston Seniority

Attn: Health Beat

One City Hall Plaza, Rm 271

Boston City Hall

Boston, MA 02201

or email your questions to

kaysea.cole@cityofboston.gov



Marion B., Dorchester- Recently I went to the doctor to have a bone density test and my bones were extremely fragile. Is it possible to restore lost bone density?

Dr. Norman- Great question Marion! Bone health is an important issue across the lifespan. Even as we age, it is never too late to think about implementing change in our daily routine that can improve bone health. If bones aren't maintained they can become more frail and weak resulting in a greater risk of fracture and disability. Regular exercise, including resistance training with light weights, and dietary modification are vitally important. Talk with your medical provider and establish a plan for how it would be best for you to move forward with a bone health plan that might include dietary choices, calcium supplements and exercise.

Sandy M., Charlestown- My kids keep telling me I should join a gym. I am 75 years old and let's say I have a few pounds to loose! Would you advise this? Is it safe at my age?

Dr. Norman- Sandy, it might be painful to hear this but your kids are right! There are a number of excellent structured exercise programs and activities in the city for seniors. Currently I think my own mother gets more exercise than any of her children by participating in a number of these programs. Local Y's and community centers have specific classes for seniors at all levels of difficulty encompassing a variety of different activities (i.e. synchronized swimming, stretching, yoga, dance or Tai-Chi). A number of these activities are free, several have a nominal fee. As a senior you could also take advantage of discounts that many of the neighborhood gyms and health clubs offer to seniors.

You can also reassure your children that you get enough exercise by walking or participating in other activities without joining a gym. The most important thing is to keep active!

FIT TIPS

Strong Upper Body: With or Without Weights

By D. Vanessa Wilson-Howard, M.S., Certified Fitness Specialist

Director, Project Healthy Plus/Project Healthy Exercise Plus, ABCD, Inc. Elder Services

Remember: always consult your physician before beginning any exercise regime.

As we age, two things happen to decrease our physical strength:

- The decline in the size of our muscles
- Having the tendency to fall into a sedentary (inactive) lifestyle.

A regular exercise and strength training regime slows down muscle loss. Actually, it can increase muscle!

To be as self sufficient as possible, it is important to prevent muscle weakness...a contributor to disabilities and injuries associated with aging. The weaker we are, the more we rely on others to assist us even with the basic of daily chores. If we don't have to, why put ourselves in such a predicament?

We can start using our own natural resistance and gradually move onto free weights (dumb bells) and machines. Your own resistance is simply using your muscle to work themselves. This is simply done by contracting (squeezing) the muscle during the exercise.

Alternate the days between upper and lower body muscle groups. For example, on the days that we exercise our upper body, we minimize injury risk by allowing our lower body to rest, recover and benefit from the exercises executed the day prior and vice-versa.

Remember: starting slowly is smart, particularly for those of us with high blood pressure, heart disease, arthritis or lower back problems.

Let's begin with a few upper body routines. Stay strong!

Bicep curls (great for strong arms):



*Sit or stand

*(if seated, make sure your back is supported by back of chair).

Keep feet even with shoulders, *keeping knees relaxed, not locked.

Bend from elbow, while contracting your muscle, bring both forearms toward chest on a 3 second count. Rotate palms to face shoulders and hold.

Slowly lower on a 3 second count to starting position.

Repeat 8 to 15 times.

(Option: alternate each arm)

Lateral arm raises:



*Sit or stand.

Keep feet even with shoulders.

Begin with arms down at sides with palms inward.

Contract your muscles and slowly raise both arms to shoulder height.

Hold for 1 second and lower arms to side on a 3 second count.

Repeat 8 to 15 times.

Reference: "Active Older Adult in the YMCA & Exercise: A Guide from the National Institute on Aging."

Peripheral Arterial Disease

Seniors pictured above are from the North End ABCD.

If you're past age 50, you may have resigned yourself to feeling a few more aches these days. However, if you've had pain or cramping in your legs when you're walking that goes away when you stop, don't shrug it off. It might be an early warning signal of a serious and sometimes-silent disorder called peripheral arterial disease (PAD).

Just like arteries in the heart, those in the lower legs can become clogged with fatty deposits. Imagine your arteries are a complex highway system. Fatty deposits, also known as plaque, are the traffic jams that limit blood flow. Clogged arteries—blood-flow traffic jams—anywhere in the body increase the risk of heart attack and stroke.

Between 8 million and 12 million people over age 50 have PAD. Many never notice any symptoms. PAD symptoms include heaviness in your legs, awakening at night with pain in your lower legs, and pain or cramping in the legs when you're walking that seems to lessen with rest. A lot of people who have these symptoms don't tell their doctors. They simply accept the discomfort as part of growing older. Another sign of PAD that people may notice but dismiss is a change in the color of their feet.

Whether painful or silent, undi-

agnosed PAD is too dangerous to ignore. That's why NIH's National Heart, Lung, and Blood Institute (NHLBI) recently started a campaign to tell more people about the disorder, joining with 40 other organizations across the U.S. to raise awareness about PAD. Campaign organizers want people to recognize the signs and alert their doctor if they notice the symptoms in themselves.

Those most at risk for PAD are people over age 50, especially African Americans. Smokers and former smokers, and people who have diabetes, high cholesterol or high blood pressure are also at risk. Those who have had vascular disease, heart attack or stroke, or have a family history of those disorders should also be on the lookout for PAD.

If you're over 50 or otherwise at risk, ask your doctor about being tested for PAD. A simple test called the ankle brachial index (ABI) can identify the problem. The ABI test compares the blood pressure in your arm with blood pressure in your legs. Reduced blood flow in the legs could signal artery disease.

Once PAD is detected, your doctor will offer several treatments to help clear out the blockages before they lead to more serious problems. Your doctor may tell you to get more exercise, if you don't have an active lifestyle. Recent results from a study of

people with PAD showed that daily physical activity improves survival rates. Your doctor may also recommend changes to your diet and other efforts to lower high cholesterol and high blood pressure. Medications and surgery are also treatment options that can improve blood flow in the vessels.

What's most important is to take those aches seriously and seek help from your doctor.

Questions to Ask Your Health Care Provider:

Am I at risk for PAD?

How can I lower my risk?

Which screening tests or exams are right for me?

What is my blood sugar level? If it's too high or if I have diabetes, what should I do about it?

What is my blood pressure? Do I need to do anything about it?

What are my cholesterol numbers? Do I need to do anything about them?

If I have PAD, what steps should I take to treat it?

This article was adopted from the News in Health Newsletter, October 2006 with permission from National Institutes on Health. The NIH News in Health: <http://news-inhealth.nih.gov/>

NOVEMBER

ALZHEIMER'S AWARENESS MONTH

Cranberry and Herb Turkey Burgers

- ¼ cup plus 2 tablespoons whole-wheat couscous
- ½ cup boiling water
- 2 tablespoons extra-virgin olive oil
- 1 small onion, finely chopped
- 1 stalk celery, minced
- 1 tablespoon chopped fresh thyme
- 1 ½ teaspoons chopped fresh sage
- ½ teaspoon fresh ground pepper
- ¼ cup dried cranberries, finely chopped
- 1 pound 93%-lean ground turkey

Place couscous in a large bowl. Pour in boiling water, stir and set aside until the water is absorbed, about 5 minutes. If grilling the burgers, preheat grill to medium-high.

Meanwhile, heat oil in a large skillet over medium heat. Add onion and cook, stirring, for 1 minute. Add celery; cook, stirring, until softened, about 3 minutes. Add thyme, sage, and pepper; cook until fragrant, about 20 seconds more. Transfer the mixture to the bowl with the couscous, add cranberries and stir to combine. Let cool for 5 minutes. Add turkey and stir until combined; do not over mix. Form the mixture into 6 patties.

To cook on the stovetop: Coat a large nonstick skillet, preferably cast-iron, with cooking spray and set over medium-high heat for 2 minutes. Add the patties, reduce heat to medium, and cook for 4 minutes. Turn and cook on the other side for 2 minutes. Cover and continue to cook until lightly browned but still juicy (the juices should run clear, not pink), about 4 minutes more. (An instant-read thermometer inserted in the center should read 165° F.) To grill: Oil the grill rack and grill the burgers for 5 to 6 minutes per side, flipping gently to avoid breaking them. Serve immediately.

NOVEMBER

NATIONAL CAREGIVER'S MONTH

CAREGIVING IS EVERYONE'S RESPONSIBILITY.

Baked Rice with Butternut Squash

- 1 butternut squash (about 1 ½ pounds)
- 2 cups fat-free, less-sodium chicken broth
- 1 cup water
- 1 tablespoon chopped fresh or 1 teaspoon dried rubbed sage
- 1 teaspoon olive oil
- 1 cup diced onion
- 2 garlic cloves, minced
- 1 cup uncooked Arborio or other short-grain rice
- ¼ cup dry white wine
- 1 teaspoon chopped fresh or ¼ teaspoon dried thyme
- ¼ teaspoon black pepper
- Cooking spray
- ¼ cup (1 oz) grated fresh Parmesan cheese

Preheat oven to 350°.

Place squash on a baking sheet. Bake at 350° for 30 minutes or until tender; cool. Peel squash; cut in half lengthwise. Discard seeds and membranes; cut into ½-inch cubes. Increase oven temperature to 400°. **You can bake, peel and cube the squash up to two days ahead.

Bring broth, water, and sage to a simmer in a medium saucepan (do not boil). Heat oil in a large non-stick skillet over medium-high heat. Add onion; sauté 6 minutes. Add garlic; sauté 2 minutes. Add rice; sauté 1 minute. Stir in squash, broth mixture, wine, chopped thyme, and pepper; cook 5 minutes, stirring occasionally.

Place rice mixture in a 13x9-inch baking dish coated with cooking spray. Bake at 400° for 30 minutes. Stir mixture gently. Sprinkle with cheese; bake an additional 5 minutes until cheese melts. Garnish with fresh thyme sprigs, if desired.

Cover up, Ladies! Fall is here and **Big** Sweaters ARE BACK!



Fall is clearly a favorite season for New Englanders. We put away our shorts and T-shirts and get comfy and cozy in our favorite big sweaters. Good news, this year... big sweaters are the latest trend. Not only are we comfortable, we are stylish too!

That's right, bigger is better and luckily for us it is not that tight sweater that is going to turn heads this year! Loose and roomy is what is in and we'll take it!

(Above) Louise Taglieri of the North End is always put together.

Compliment your sweater with a big leather belt. I bet you have one in your closet. Spice that outfit up even more by sporting the biggest earrings you have because they are in, too. Have fun and remember - THINK BIG!

Just Browsing

by Mel Goldstein



It's been 27 years since I first came to work for the City of Boston. Kevin White was Mayor, and I was going to work for the Elderly Commission. The date was February 21, 1979 - what were you doing at that time of your life? The city was in a state of flux: the riots were over and peace had come at last... hopefully.

Then, in 1983 a new Mayor, Ray Flynn was elected and I went from the Elderly Commission to the Assessing Department and then on to Neighborhood Development. Upward I went to the Boston Redevelopment Authority in 1985 with more changes ahead; Flynn was going to run for Governor in 1986. I was told "Mel get on your track shoes the Mayor is going to run for Governor," never happened! Instead he was appointed by President Clinton as Ambassador to the Vatican (1993-1997). Enter, Thomas M. Menino. Boston has become a real first class City with a first class Mayor. The elderly are now front and center, a Mayor that is totally committed to their well-being.

Once again, it was SHOW

TIME on City Hall Plaza. This was our year to shine on Thursday, August 17th, 2006. Our multicultural talent show luncheon and fair was held for the 10th and final year. As this was our swan song we made it our grandest. We featured the finest talent that Boston had to offer, bringing to your attention the various talents that exist within our ethnic groups that comprise this fair city. We brought to the floor entertainment that is endemic to the immigrant experience. Shaw's Supermarket agreed to supply food for 1,000 people and transportation was available.

Now back to nostalgia and old neighborhood haunts. How about the Alibi, Jack's Lighthouse, and Old City Square in the townies town of Charlestown? The uptown known as Scollay Square, The Old Howard, Epstein's Drugstore, Bowdoin Square Theater, Scollay Square Theater "featured top talent." The bars, clubs and tattoo parlors. The sailors, hookers and all the characters that make Old Scollay Square. Old Hanover St. with Wal-

dron's Casino Theater - where I was MC for 7 weeks and was all of 13 years old. The plethora of Italian bakeries and deli's that flooded the good ol' North End. The aromas of the imported cheeses and salamis that permeated the fall air. What wonderful memories!

Let us visit the other end of our fair City in the 1920s, 30s, 40s and all the way up to the early 70s. The South End was as colorful and as shady with those terrific houses of chicken and ribs, Slades for BBQ's and Estelle's for fried. The clubs, the High Hat, the Little Dixie, Eddies Lounge, Morley's, the Rainbow and so many more. How about those great dance palaces, the RayMore- PlayMore, the State Ballroom, Uptown Ballroom, the Tent, and Child's Old France? On Washington- the Langham and Woodcock Hotels, the Prime Restaurant, Checker Smoker, Harry the Greeks Army and Navy Store. We could go on and on to Roxbury with the Rivoli and Roxy Theaters, Blairs and Wellworth Markets, Timothy Smiths, Fredninsads, the Beacon Stores, Mickey's Lounge, Highland Tap, Swains and Tiffany's. Where have they gone but to that BIG barrel of beer in the sky!

I love Franklin Park. It was the oasis in the sea of despair. Right across from the park on

Blue Hill Avenue was one of the busiest soup kitchens of the 1930s. Don't ever say to me that "good old days" but on to happier days and places. Who among us can remember the many stores that comprised the busy Blue Hill Avenue? The famous G&G Restaurant that situated next to a Chinese Restaurant was visited by all the politicians from FDR to Wendell Wilkie. I can still recall when I was Ward 14 Democratic Committee Chairperson during the Presidential campaign of Republican Ike Eisenhower. Enough of politics and on to what comprised Mattapan and Cleary Square in Hyde Park. Do any of you out there remember Kennedy's Clothing Stores, the Flagship Facility was on Summer Street in downtown Boston. But Hyde Park's Cleary Square was considered such an integral part of the city that Kennedy's had a branch store there at the corner of River Street and Hyde Park Avenue. Mattapan had landmark businesses from Sunny's Cigar Store to Jimmy's Diner. Many great women's stores. Also men's clothing, Brigham's ice cream, the Embers Restaurant, Capital Electric and who knows what else.

The wonderful and colorful West End- the restaurants and deli's on Causeway Street,

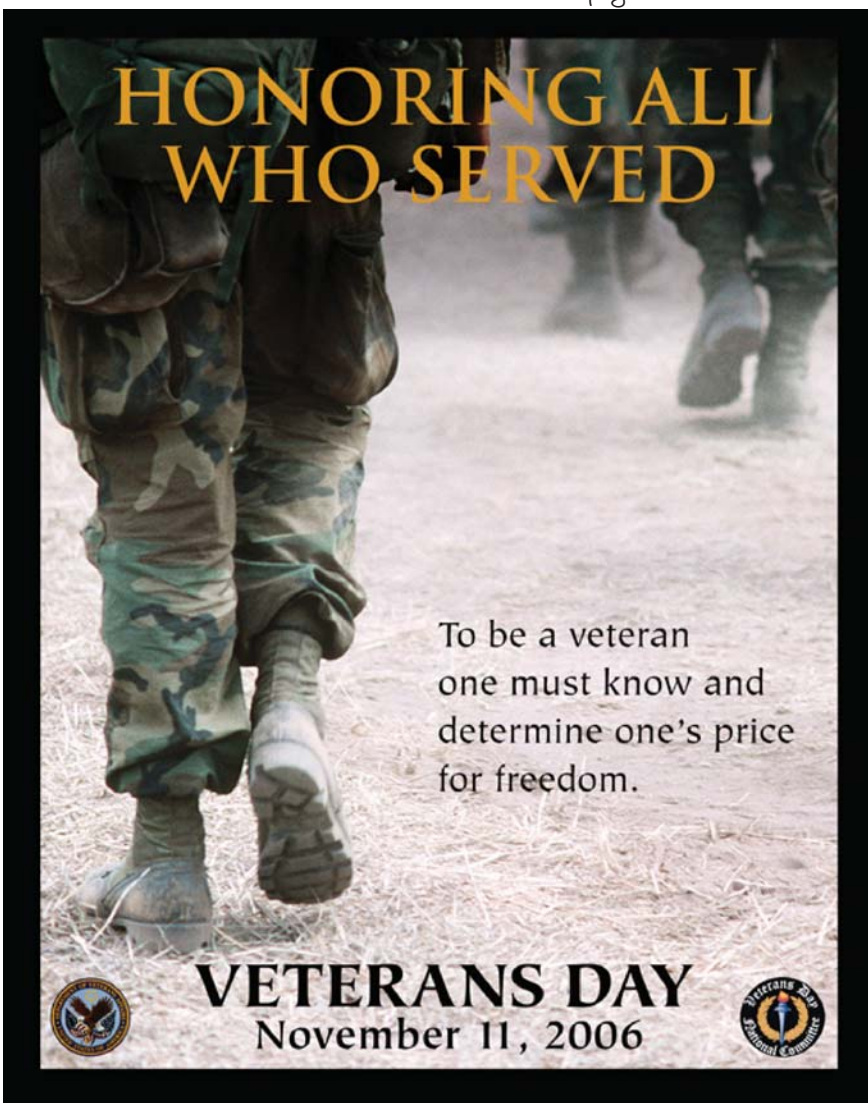
the great hotels, the Manger- it was demolished by implosion, Morton's Dress Shop- known through out the city, The Old Boston Garden, North Station Concourse, the Lancaster Theater. Who can recall them all?

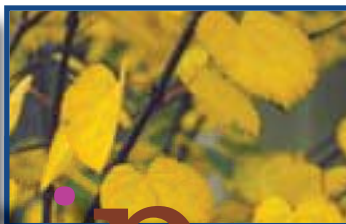
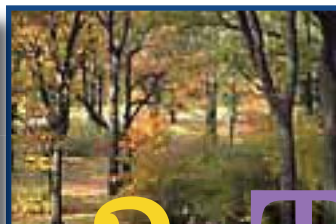
On to that garden spot- East Boston with Ivey's in Maverick Square, Lombardo's in Central Square, Spinelli's in Day Square and all those lovely bakeries in between. How about Sammy Arkin's Clothing Store, Phillip's Furniture Store and Lacey's Department Store? What memories of what comprised great neighborhoods!

I think, today there is resurgence among our youth feeling of not only nostalgia but of caring a deep sense of community. I see and feel it among the guys and girls with whom I have the pleasure of working. I admire their dedication, the sense of giving of themselves, their unselfishness and especially the warmth and tenderness towards the elderly and infirm, their insatiable curiosity as to what once was.

Now that Filenes is no longer with us what downtown buildings or facilities are left? Where is Gilchrist's, R H White, Ray-

continued on page 29





Take a Trip

Arnold Arboretum

By John H. O'Neill III

The Arnold Arboretum is a famous collection of plants and trees occupying 265 acres in Jamaica Plain. The arboretum has been an interesting place. People living in the Jamaica Plain area have enjoyed visiting the arboretum throughout the years. Many have travelled from afar to see the arboretum. It is owned by Harvard University through a thousand-year lease agreement between the City of Boston and Harvard in 1882. According to the terms of the lease, the Harvard-owned land on which the Arnold Arboretum was established became part of the City Park system, but control of the collections continued to reside with the Arboretum staff. The city was to maintain the perimeter walls, gates, and roadway system and provide police surveillance, while the Arboretum agreed to keep the grounds open to the general public, free of charge, from sunrise to sunset every day of the year. As a result of this unique arrangement the Arboretum became part of the famous "Emerald Necklace," the 7-mile-long network of parks and parkways.

Scientists From the university gather throughout the year to study the trees. James Arnold, a whaling merchant, donated land for the arboretum. He donated

265 acres in 1872. It was to be used for research. Different medicines were developed after studying plants and trees.

Having lived in Jamaica Plain, I know the arboretum is quite a place. It has special events, depending on the time of year. For instance, there is Lilac Sunday, a Day when the lilacs are in bloom. Many people travel to see the lilacs at the arboretum. It is a popular event. The visitors arrive, park their cars, enter the arboretum, and enjoy seeing the lilacs.

The Arnold Arboretum has become larger over time. A road system was started by the city in 1883. It helped visitors navigate the arboretum. In 1894, the Peters Hill Trust added 67 acres. That must have been exciting. Furthermore, In 1942, the Arnold Arboretum acquired the Case Estates, which is located in Woburn.

Traveling to the Arnold Arboretum is not hard. By car, one would drive south along the Jamaicaway, continue south along the Arborway, then park along the arboretum and enter. By public transportation, one would take the MBTA Orange Line to Forest Hills station. The arboretum has an entrance across the street from Forest Hills Station. Cross Washington Street, walk a short distance, away from Forest Hills Station, and then enter the arboretum. There is an MBTA bus, number 38, which people can

board at Forest Hills station, ride to Hillcroft Road, cross Centre Street and then enter the arboretum.

In 1993, the Hunnewell Building was renovated at the Arboretum. Bad weather, at different times over the years, had an effect on the buildings at the Arboretum. After repairs, the buildings were as good as new.

Different groups have visited the Arnold Arboretum. They might have youngsters. They might have seniors. A visit to the Arnold Arboretum is quite enjoyable.

The grounds are open from sunrise to sunset every day of the year. There is no admission charge, but donations are welcome. The Visitor Center in the Hunnewell Building is open 9 AM – 4 PM weekdays and 10 AM – 4 PM Saturday's noon – 4 PM Sunday's, closed holidays.

Services available in the Visitor Center include staff assistance to help you make the most of your visit, maps and self-guided tour brochures, a bookstore featuring a variety of references on woody plants and arboretum history, restroom facilities.

**The Arnold Arboretum of Harvard University, 125 Arborway
Jamaica Plain, MA 02130-3500**

phone: 617.524.1718

fax: 617.524.1418

email:

arbweb@arnarb.harvard.edu



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A Smart Decision

Did you know?

It costs 77 cents more to issue a federal benefit payment check than to issue an electronic payment. The government mails more than 150 million benefit checks each year, at a cost of about \$120 million more than the cost of direct deposit.

The government has saved \$6 billion since 1986 due to direct deposit.

Direct deposit is significantly safer than checks -- in fact, you are 30 times more likely to have a problem with your check than

with your direct deposit payment.

Check fraud and identity theft are growing risks for all Americans, including people who receive federal benefits. In 2005, about 65,000 checks issued by the U.S. Department of the Treasury fell prey to endorsement forgeries. These checks totaled \$60 million in estimated value.

Currently, almost 50 million people receive Social Security payments each month. Social Security recipients are the largest group to receive government payments.

There are about 4.5 million people who receive federal benefit checks who don't have bank or credit union accounts.

By promoting direct deposit today, the government is planning ahead for the first wave of Baby Boomers that will become eligible for retirement in 2008. There are about 77 million Baby Boomers -- individuals born between 1946 and 1964.

Men and women age 65 who begin receiving benefit payments in 2005 should be expected to receive benefits for 17 and 19.7 years, respectively, based on life expectancies from actuarial estimates.

Benefit recipients who use direct deposit can access their payments as soon as their bank or credit union opens on payment day.

GO DIRECT OVERVIEW

What: Having your Social Security check directly deposited into your checking account.

Why: Direct deposit is simply the best way for people to get their Social Security and SSI payments because it eliminates the risk of stolen checks, reduces fraud and gives them more control over their money. Plus, direct deposit allows immediate access to funds from virtually anywhere.

A simple action like enrolling in direct deposit can offer much needed peace of mind to people who rely on federal benefits, most of whom are seniors and people with disabilities.

In addition, direct deposit saves taxpayers money -- if everyone who currently gets a federal benefit check switched to direct deposit, it would save taxpayers millions of dollars annually. The money saved as a result of Go Direct will be used to cover the costs of future Social Security payments -- a benefit to all Americans for generations to come. This is especially relevant today, given that baby boomers will start reaching retirement age in 2008.

Who: The Treasury's Financial Management Service and the Federal Reserve Banks are working with partners to implement the campaign. Partnerships with banks, credit unions, volunteer tax preparation sites, social service agencies, community-based groups, and other organizations are vital to the campaign's success in communicating the Go Direct message.

How: People who get Social Security and SSI checks are culturally, economically, geographically and socially diverse. To reach all of them, the campaign relies on partners to communicate the Go Direct message, along with media outreach, direct mail and Web sites in English and Spanish (www.GoDirect.org and www.DirectoA-SuCuenta.org).

The campaign makes it easy for people to sign up for direct deposit -- they can call the Go Direct helpline at (800) 333-1795, visit www.GoDirect.org to sign up online or stop in their local financial institution or Social Security Administration office to sign up.

Mayor Thomas M. Menino, Commissioner Eliza Greenberg and all of her friends at the Elderly Commission want to thank Janet Spence of Mattapan for her years of service to Boston seniors and congratulate her on a well earned retirement.

Mrs. Spence retired from her position as Senior Director of ABCD Mattapan Family Service Center.

It's her time to relax and enjoy. She has certainly earned it!



*Ms. Spence with friend and party organizer
Audrey Downey*



*Janet Spence (center) with, from left to right, Elderly Commission staff; Marie Barry,
Eddie Haskins, Marybeth Kelly, Elizabeth Downton and Carloyn Barnes*



*Eddie Haskins, from the Elderly Commission, presents Janet with an appreciation
award from Mayor Menino*



GET FRESH!

Boston Farmers Market Locations, Days, Times, and Seasons

Boston City Hall, City Hall Plaza, along Cambridge Street
Mondays and Wednesdays 11:00 am to 6:00 pm
(After 10/30, 11:00 am to 5:00 pm) May 22 - Nov 22

Boston-Copley Square-Along Saint James Ave., in front of the
Trinity Church. Tuesdays and Fridays 11:00 am to 6:00 pm (After
10/30, 11:00 am to 5:00 pm) May 23 - Nov 21

Boston Public Market - Dewey Square
Wednesdays 11:30 am to 7:00 pm, June 14 - Nov 8

Boston Public Market - Old Northern Avenue Bridge (off Atlantic Avenue)
Thursdays 11:30 am to 7:00 pm, June 8 - Nov 2

WHAT HAPPENS WHEN COPS BECOME FILM MAKERS, TEENS BE-
COME SCRIPT WRITERS, AND ELDERS DO THE ACTING?
It's all about respect!



Boston, MA. August 30, 2006 - The Got Respect Coalition (GRC) - a unique collaboration of the Boston Partnership for Older Adults (BPOA), Boston Police Department's School and Video Units, Boston Public Schools, City of Boston's Elderly Commission, Juvenile Justice Center at Suffolk Law School, Kit Clark Senior Services, Mayor's Youth Council and the MBTA Transit Police Department announces the launching of a unique public awareness and education campaign aimed at decreasing mistrust through understanding, tolerance and respect. The campaign slogan, "Got Respect? Give it to Get it," will soon be heard and seen in classrooms, on city sidewalks and on the MBTA.

This initiative seeks to build positive bridges of communication and trust between urban youth and senior citizens in Boston's neighborhoods, on the public transit system, in the schools, and in other public places. Through a

series of meetings from July 2005 to January 2006, the Got Respect Coalition held discussions with senior citizens and teens on ways to convey the message of respect. Findings from these informal focus groups revealed that teens and senior citizens are afraid of the same things, disgusted by the same types of behavior, and have more in common than they have differences. Building on these findings, the GRC decided to create a public awareness and education campaign. What makes this initiative unique and gives it integrity is senior citizens and teens working together to solve problems, support one another, and connect to one another. "If mistrust and misunderstanding are separating teens and older adults then maybe, just maybe, this campaign is the answer and this small band of senior citizens, police officers and teens will help to bridge the gap through messages about respect" said BPOA Executive Director, Emily Shea. The production team of Sergeant Detective Michael Stratton and Police Officer Nadine Taylor-

Miller of the BPD School Police Unit and Usope Civilus of the BPD Video Unit developed and produced the first 30 PSA's for the campaign - "Got Respect? Give it to Get it." The first spot features teens and seniors as they give their personal definitions of respect. Under the direction of BPOA's Lois Roach, the teens and seniors worked together to write the scripts for a 15 minute video which was produced by the Boston Police production team with two Madison Park Media Arts students. Funding for these teens was provided by the BPOA. These products will be part of a training that will be presented to principals and students throughout the school year in the Boston Public Schools. The Boston Police and MBTA Transit Police will be joined by seniors and teens during these in-school discussions. These materials will also be used in congregate housing for seniors and other gatherings of seniors across the city. According to Shenandoah Titus, Deputy Director, Transit Police Department "MBTA Transit Police Chief Joseph Carter, in his publicized Plan of Action, acknowledged that developing and maintaining community partnerships is the key to the future. The Transit Police Department's Office of Community Partnerships is a founding partner of the Got Respect Coalition, and the Department shares the MBTA's commitment to promoting civility and basic courtesy not only on the MBTA system, but indeed everywhere. The GRC furthers their mantra: "working together to protect us all."

A BOSTON LANDMARK REMEMBERED



Does any one remember DuBarry's Mural on Newbury Street in the Back Bay? It became visible when an inside wall of DuBarry's restaurant became an outside wall in 1991. Located at the corner of Dartmouth and Arlington streets, for many years passers by could test there knowledge of Boston history and try to identify the characters in the painting by well-known muralist Joshua Winer. Including such

Boston icons as; John F. Kennedy, Nathaniel Hawthorne, Bette Davis, Babe Ruth with Alexander Graham Bell and, of course, the infamous Bostonian Isabella Stewart Gardner.

Rain and snow has taken its toll on buildings in Boston and many cities. Outdoor murals have been hurt by bad weather and sadly, the Dubarry Mural is no exception. Wear and tear caused the mural to go into disrepair, which is why the building's owners the Back Bay Restaurant Group did not restore it. Sadly, the mural was forever erased but not forgotten.

Just Browsing from page 23

mond's, Wolfording's Costumes, the Restaurants of Warmuth's, Rosoff's, the Essex Deli, Joe and Nemo's, Shulte Cigar Stores, Bond's, Crawford's, Howard's, Scott's Clothing Stores and Homer's Jewelry Store. Who can recall them all? I hate to bring this up again, but when I think of all those cafeterias that are gone and forgotten - Apple Pie Ala Mod at the Waldorf's 15 cent special, Albiani's spaghetti and meat ball, Walton's fig squares, Hayes and Bickford's

custard pudding, upscale Pieroni's lobsters for \$2.95 complete diner, Durgin Park's roast beef \$2.95 (the side of a cow), Pie Alley, Thompson's Spa - LET'S EAT!

Boston is still well known for its dining, which has gone significantly upscale how can you compare now to the Essex Deli with its pickles, coleslaw and sour tomatoes on the counter, Joe and Nemo's hot dogs and root beer, Mondo's in Quincy Market famous anti-pastos, Thompson's Spa from 9 pm on was Taxi heaven pies,

heroes sandwiches all at \$.25. Can Radius, Lydia Shire and Locke Ober compare to those gourmet bastions? In closing, come see me for a good joke!

Mel Goldstein
Elderly and Russian Liaison
Mayor's Office of Neighborhood Services 617-635-4834

The Annual Edward L. Cooper Awards

The Cooper Awards honor the legacy of Edward L. Cooper, founder and creator of the Community Gardens and Education Center and the President of the Boston Urban Gardeners. Zealous in his efforts to inform people of the importance of open spaces in an urban setting, he is best remembered for his commitment to both the young and senior populations in the City of Boston. He was a member of the Mayor's Senior Advisory Council for many years and served with distinction as the Council's President.

Mayor Thomas M. Menino and the Commission on Affairs of the Elderly were honored to award this year's recipients.



Outstanding Civic Leader
Thomas H. "Scotty" Scott
(Posthumously) accepting,
his sister Cicilia Griffin



Outstanding Civic Leader
Sergeant Michael P. O'Connor, Jr.



Outstanding Business Organization
City Fresh Foods



Outstanding Advocate
Daniel Richardson



Outstanding Senior Advocate
Arthur Chi



Outstanding Senior Advocate
Paul Schratter (left) with wife
Marlis (center)



Outstanding Neighborhood
Senior Service Agency
United South End Settlements



Outstanding Volunteer
Lillian Moore



Ed Cooper's grandson with
Mayor Menino

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A NEW LOOK ON CAUSEWAY STREET

By Mike Flynn



The big bad Bruins were just that. If you went into the corner with Wayne Cashman, Ken Hodge or Johnnie Bucyk in the late 60s, early 70s, you came out bruised. If you came out at all. In 1966-67, a teenager from Parry Sound, Ontario made his debut with Boston. He was going to be the savior for a team which perennially finished at the bottom of a six team league. But Bobby Orr could not do it all himself and in his rookie year the Bruins again finished last.

The 1967-68 season would change all of that. Boston made a trade with the Chicago Black Hawks and received three players, one who would become a superstar at the old Garden. With the addition of Phil Esposito, Ken Hodge and Fred Stanfield the Bruins moved from last to third and into the playoffs for the first time in a decade. They lose to the Montreal Canadiens in four straight, but you could just feel the momentum building. This team could be good. Esposito scores 84 points; Orr wins the Norris Trophy as best defenseman and Boston is suddenly a hockey town. Dozens of rinks are built. Every kid learns to skate.

Hockey moms learn what 4 a.m. ice time means.

The next year was incredibly exciting. We had a couple of bone fide super stars in town. Esposito becomes the first player to score over 100 points. Cars had bumper stickers which read "Jesus saves Esposito scores on the rebound". He is named the League's most valuable player. Bobby Orr sets records for goals and assists and again wins the Norris Trophy. But once again Boston is eliminated by Montreal in the playoffs.

Every game is sold out for the 1969-70 season and this time the Bruins do not disappoint winning their first Stanley Cup in almost three decades on a goal by Bobby Orr on a pass from Derek Sanderson which produced the most famous hockey picture of all time. In 1972 they win the Cup again with Orr once more getting the deciding score along with another truck full of trophies.

But even adding stars like Terry O'Reilly, Rick Middleton, Ray Borque and Cam Neely in the 70s, 80s and 90s along with latter day Joe Thornton and Sergei Samsonov, they were never able to reach the top again. Came real close a couple of times, but...

Throughout the decades there has been one constant figure who has been essential to professional hockey in Boston. Harry Sinden started as a minor league player coach with the Boston organization in the early 60s. He began coaching the big club when Bobby Orr came up. He guided the Bruins to their first Stanley Cup in 28 years then retired to private business. That only lasted a couple of years, because he was picked to coach Team Canada in the highly anticipated Canada Cup against Russia in 1972. This was sure to be an easy series for Canada to win against the unproven Russians. Well, it turned out to be anything but when Russia came to Canada and won three games. People were calling for Sinden's head when Esposito went on Canadian National T.V. and blasted the populace for not supporting the team and its coach. That did the trick. 2500 Canadians showed up in Moscow

to watch their boys rally back and take the series with three one goal wins. National pride was restored and Sinden and his team were heroes.

The next year he returned to the Bruins as General Manager, a post he would hold for 28 years before becoming team President for the past 17. This year Harry announced his retirement. The owner's son Charlie Jacobs will take over as Executive Vice President. But Sinden is not going to pull a Paul Gauguin and retire to Tahiti to paint. Owner Jeremy Jacobs has known Sinden since he bought the team 32 years ago and knows his keen hockey mind is invaluable. He has asked him to stay on as Senior Advisor.

Peter Chiarelli replaces Mike O'Connell as General Manager after two years as Assistant General Manager of the Ottawa Senators. Don Sweeney, who played over 1000 games as a defenseman for the Bruins, will be the Director of Player Development. The twenty-seventh Head Coach of the team is Dave Lewis who comes over from Detroit after 20 years of coaching and front office experience.

Since camp is just beginning, we cannot yet gauge what this edition will be like. So let's see what this new leadership can put together and hope they can get Harry another Cup before he

does decide to sail off to the South Pacific.

For those of you who may be reality show fans as well as sports fans, Harry Sinden and a few ex-Bruins have come up with a unique idea. "Be a Bruin" will be an 8 week television series featuring 36 players vying for a spot in the pre-season camp to compete against the pros and a chance to actually make the team. Former Bruin greats Terry O'Reilly, Brad Park and Gerry Cheevers will test players' ability to skate, shoot, stickhandle and tend goal. At the end of the

two months, one forward, one defenseman and one goaltender will be given a shot at proving to the coaching staff that they should be wearing the Black and Gold on opening night. The series begins Thursday Night November 2 at 10:30 P.M. following the Bruins match against Buffalo on New England Sports Channel and new episodes air every Thursday, same time. They will be repeated throughout the Bruins season so if you miss one you can catch up. This should be fun!

Diabetics Suffering From Lower Extremity Pain are Needed!

The Translational Pain Research Group at the Brigham and Women's Hospital is conducting a research study to evaluate an investigational drug for treating pain caused by nerve damage as a result of diabetes. Individuals between the ages of 18 and 75 with Diabetes who have pain in the feet may be eligible.

This 11-week long study requires 8 outpatient hospital visits, in which each visit will last about 2 hours.

For information about this study, please contact Erin Driscoll at
(617) 525-PAIN (7246) or email
paintrials@partners.org



Yvonne Holbrooke (left) and Angela Hatch at the RSVP Recognition Luncheon.

Mayor Menino gives thanks to Rose Finklestein (100 years old) for her many years of volunteer service with the City's RSVP program at their annual luncheon.



Handsome couple Thomas and Marguerite Loflin

Mayor Menino and RSVP Director Fran Johnene (far right) take time for a photo with the Quilting group.





Mayor Menino and City Councilor Mike Ross congratulate Paul and Marlis Schratter for their outstanding advocacy work.



Looking healthier than ever Florence Deagle shines at the Annual Ed Cooper awards ceremony with companion Teresa Daniels



Roxbury Seniors take part in The Memoir Project



Rose Finklestein (left) whoopin it up with Doris Babbitt at the RSVP luncheon



The jetsetters exercise with Vanessa Wilson Howard in South Boston



Mel Goldstein celebrating senior volunteers as always the best dressed man in Boston

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17th 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 28, 2006-- 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, December 1, 2006 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 Bennet St.
Boston – Park Street Station – MBTA (Tremont and Park)	Readville – St. Ann's Church, 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 – Condon Comm. Center, 200 D St.
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 – Cheriton Grove, 20 Cheriton Road
Jamaica Plain – Curtis Hall, 20 South St.	West Roxbury – Corey Street 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.

