

Elderly Commission

Thomas M. Menino, Mayor of Boston

Boston Seniority May

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Mayor's Spotlight

Protecting Elders

Senior Companion

May Has Arrived!

Senior Samaritan

2008
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FREE

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Mayor's Spotlight



The New England Office of the U.S. Environmental Protection Agency (EPA) has selected the City of Boston to receive an Environmental Merit Award in recognition of the City's exceptional work and commitment to the environment in 2007. The Environmental Merit Award is an annual award that recognizes outstanding environmental advocates who have made significant contributions toward preserving and protecting our natural resources.

"I am so proud that the City of Boston has been recognized not only as a leader in the state, but as an example for all of New England," Mayor Menino said. "This most recent award demonstrates our commitment to truly transform Beantown into Greentown, and we will certainly continue to promote environmental and sustainability efforts as a top priority of this administration."

For more than 30 years, EPA New England has honored those who have made outstanding contributions on behalf of the region's environment. EPA's Environmental Merit Award program has previously honored teachers, citizen activists, business leaders, scientists, public officials and other cities and towns in the region.

Recently distinguished as the 3rd greenest city in America by Popular Science Magazine, the City of Boston has taken many steps in 2007 to become a leader in climate action and sustainability.

Accomplishments over the past year encompassed a range of initiatives, including energy conservation, renewable energy, alternative fuels and technology, and green buildings. In fact, Boston is the largest municipal purchaser of green electricity in New England and is the first major city in the nation to implement green building zoning requiring new private building construction to follow the U.S. Green Building Council's Leadership in Energy and Environmental Design (LEED) Standards.

2008 will be no different, as the City and Mayor Menino continue to push a green agenda. Climate action, green buildings, and alternative energy initiatives remain high priorities for the City. Fiscal year 2008 grants will also fund Boston-based businesses to install emissions-reduction equipment on diesel vehicles, building on a similar previous grant to establish incentives for more hybrid and alternative-fuel cabs in the City. As warmer weather approaches, efforts to make Boston a bike-friendly city also continue, with initiatives to install more bike racks and expand the network of bike trails.

"We can be proud of our accomplishments, but we can't stop," Mayor Menino added. "We must continue to find ways to make Boston a more sustainable city. I have committed Boston to reducing its greenhouse gas emissions 80 percent below 1990 levels by the year 2050. We can only reach that goal by working together and realizing that there is always room for improvement. Boston has a very green future ahead of it."

The Department of Environment and Energy also recently upgraded its web page to have an "Energy Tip of the Day." Residents can check for a new energy saving tip www.cityofboston.gov/environmentalandenergy/everyday. The web page also asks residents to take Mayor Menino's Climate Action Pledge, which asks them to take 10 simple steps toward reducing greenhouse gasses.

New Medical Certificate Effective Today is Major Step Toward Protecting Elders and Others in Guardianship Cases

Boston's Legal Services Community Applauds MA Probate and Family Court

Greater Boston Legal Services (GBLS), on behalf of its elderly and disabled clients, and the Boston Bar Association applaud Chief Justice Paula Carey and the Probate and Family Court Department for strengthening the standard of evidence required to place citizens under guardianship.

An estimated 2,000 adults are put under the control of a guardian in Massachusetts annually. Of those, an estimated 300 at-risk individuals are placed into the state's guardianship system without anyone to speak for them. In the past, their lives could have been drastically altered based on scant clinical evidence.

"Requiring more detailed information in the new medical certificate is a key first step toward respecting the fundamental liberty interest of individuals to make their own decisions," says Wynn Gerhard, managing attorney of the Elder Law Unit at GBLS.

The new form requires information necessary for the court to assess the capacity of the proposed ward and the need for limited or full guardianship. "The new medical certificate will give elders far more protection in court," says Al Norman, Executive Director of Mass Home Care, which serves thousands of elders throughout the state through 30 offices. "We know first-hand that in the past many older people have ended up in Probate court fighting for their independence, without a lawyer, and without any clear medical case against them."

"The old form requested detailed information, but petitioners would often provide just a brief diagnosis, with no information regarding the

proposed ward's prognosis, functional ability or potential for improvement," Gerhard adds.

While the new medical certificate addresses a very important issue related to guardianship, Gerhard urges legislative action on several key reforms and enhancements required to more adequately protect elderly, disabled and incapacitated citizens from losing all decision-making rights through overly broad guardianships.

GBLS and the Boston and Massachusetts Bar Associations support proposed new legislation to fully protect individuals by giving them a right to legal counsel. Massachusetts' Uniform Probate Code (SB843 and HB 1633/1652), currently working its way through the Legislature, ensures that the proposed ward is entitled to the appointment of legal counsel and to be present at the guardianship hearing. The legislation also requires that the Court find that the guardian is qualified before appointment. These requirements are part of a larger probate Bill related to improved procedures for wills and trusts as well.

"Most states have updated their Probate Codes to incorporate better protections for potential wards," Gerhard explains. "This legislation is not a case of Massachusetts blazing a new trail; we are long overdue for statutory improvements to ensure that the most vulnerable people in our society are not taken advantage of."

The proposed legislation also states that a guardian cannot admit a ward to a nursing home without specific Court approval, and that, once appointed, guardians must submit detailed annual reports regarding the ward's mental, social and physical conditions.

Boston
Public
Library



*"I don't want to take big risks,
but unless I strike it rich ..."*

*"I didn't just start saving until
5 years ago. So what do I do now"*

"... I have to guess how long I'll live"

How can I Afford Retirement

Investor Education at
the Boston Public Library

As retirement approaches, or if you're retired already, you may have questions about how to make informed investment choices regarding your retirement assets.

"How Can I Afford Retirement?" is a series of **Free Investor Education Events** that will provide objective, non-commercial information; offer better ways to manage your retirement savings; and help you avoid misleading advice.

Spring programs at the Boston Public Library Copley Square begin at 6PM*:

Tuesday, May 13th ▼

**Closing the Gap: Investment and Expense Strategies
— Even for Late Starters!**

Thursday, May 29th ▼

Investing Wisely to Avoid the Financial Risk of Longer Life Expectancy

Thursday, June 12th ▼

**Protecting Your Investments — The Best Defense
is a Wise and Safe Investor**

For additional topics
and dates and to register,
check our website,
www.affordretirement.bpl.org
or
call 617-859-2241.

This series is funded by a grant
from the Investor Protection Trust,
www.investorprotection.org.

*Registration requested

Women Ages

65+

Vitamin D & Muscle

Study #2450

617-556-3068

You are invited to join a 4 month study (3 visits) at Tufts University on the effects of a vitamin D supplement on muscle function. Women not taking diuretics, estrogen, coumadin, or osteoporosis medications may be eligible. \$400 stipend.

Jean Mayer USDA Human Nutrition Research
Center on Aging
711 Washington St, Boston, MA 02111

SENIOR COMPANION PROGRAM

POSITIVE FOR ALL INVOLVED

By: Kristin Seashore
Hearth Volunteer Coordinator



(From left) Kristin Seashore with Freda Hardy and Dorothy Robinson

Freda Hardy became a Senior Companion last fall and has only positive things to report about her experience with the program. “I like helping people. Working for the program gives me a sense of accomplishment, purpose, and self-esteem and of course, the ability to make ends meet is a lot better.”

Ms. Hardy is a Senior Companion as part of Senior Corps, a network of national service programs that provides older Americans with the opportunity to apply their life experiences to meeting community needs. Hardy works at Hearth Inc. (formerly known as the Committee to End Elder Homelessness), an organization dedicated to ending homelessness among the elderly by creating affordable housing programs with on-site support services.

Hardy is assigned to the Anna Bissonette House, a 40 unit supportive housing site on Washington St., in Boston’s South End. She works Mondays, Tuesdays and Thursdays, twenty hours per week, with the nutrition program. She helps serve lunch to senior citizens and works with others to clean the area after

the meal. Staff and residents enjoy the interest Hardy brings to her work and look forward to her visits.

Ms. Hardy hails from New Hampshire, where she still has family members. She is a feisty, energetic woman who brings her sense of humor to all occasions. Although she has had a health-related setback recently, as soon as she had the doctor’s o.k. she returned to her post.

A second Hearth Senior Companion, Dorothy Robinson, helps out at the Anna Bissonette House. Ms. Robinson assists fellow elders, such as running errands, going to the bank, acting as an escort to medical appointments, and being a friendly visitor.

Bob Jordan, Site Director of three Hearth sites, is especially grateful for Dottie’s service to residents at the Bishop Street Residence in Jamaica Plain. “Senior Companions are an asset to Hearth because they help our elderly residents remain active in the community.”

Senior Companions are healthy people, aged 60 and over, with limited incomes, who have passed background checks and a telephone interview. They serve 15 – 40 hours per week and receive a stipend. They have monthly trainings on health, related topics and receive the joy that comes from volunteering for those appreciative for their help.

For further information or an application, please contact Boston’s Senior Companion Program Director, Gloria Rice Stuart at 617-635-3987.

Elderly Commission

The City of Boston Senior Companion Program



Pictured on the left -
Senior Companion Clara Exum

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*



Thank you to all the Sponsors for the St. Patrick's Day Luncheon held in South Boston

Mt. Washington Bank, Murphy's Law, Calnans, Fish Pier, Farragut House, Purple Shamrock, Porto Bellos, Playwright, Donovans, Beer Garden, Amrheins, Stadium, Shennanigans, Sals, Salsa's, Elizabeth Grady, Norman Crump, Stapletons, Seaport, Karen's Boutique, Nurture



Also
Thank you to John Joe Somers owner of Paddy O's for hosting a St. Patrick's Day Luncheon in his establishment.

May Has Arrived!

By: Betsy Downton

May is the official “unofficial” beginning of summer. People get their summer homes ready for the Memorial Day weekend opening barbecue. More importantly to me, May is Senior Citizens’ Month. What does this mean? It is a time set aside by the Federal government to honor older persons and to think about what we as individuals and as a society can do to make America a more elder friendly place to live. Some things are as simple as helping an older person cross the street or do their shopping. Others might require speaking to lawmakers about passing and implementing legislation which assists elders to live out their lives in comfort and safety.

I want to address one program which has not gotten enough attention: the Caregiver Alliance. The Caregiver Alliance was established to implement a program recently funded by Congress to assist persons who are caring for frail older persons in their own homes and for grandparents raising their grandchildren. The program provides information and referrals; assistance in gaining access to services; individualized counseling; support groups; care-giving problem solving; respite care; supplemental services and education. Services are available in all languages and specialized services are available for the LGBT population. Despite all the attention given to keeping people out of nursing homes, very little attention has been given to the Family Caregiver Program (official government name).

Last month, there was a successful educational event held in City Hall explaining Alzheimer’s Disease and other forms of dementia. There are plans to follow up on this presentation and to expand to other neighborhoods. While

many people work downtown and like to attend meetings during their lunch hours, others out in the neighborhoods are unable to attend noontime presentations. There are several caregiver support groups throughout Boston held at various times in multiple languages. The beauty of the program is its’ flexibility. Services are tailored to the individual persons receiving those services.

Some people may be wondering why caregivers need support. The answer is simple: while much attention is given to meals-on-wheels and homemaking services for the frail senior, little attention is given to supporting those who day in and day out provide care for frail elders. These persons (usually daughters or spouses) spend all their time and energy caring for their loved one and allow their health, friendships and happiness to fall by the wayside. For some, an hour or two at a support group is all that stands between them and a nervous breakdown. I watched my own mother push herself toward a collapse caring for two children and a husband as well as caring for the elderly aunt who raised her. This program would have been very helpful for her.

Please remember that May is Senior Citizens’ Month and tell at least one other person about the Caregiver Alliance. Call Betsy Downton at 617-635-3979 if you have any questions about the program.



OLDER AMERICANS MONTH

History:

In 1963, President John F. Kennedy established the month of May as “Senior Citizens Month.” Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. In 1980, President Jimmy Carter modified the designation and changed the name to “Older American’s Month” a time to celebrate those ages 65 and older through ceremonies, events and fairs.

In 1963, only 17 million Americans lived to celebrate their 65th birthdays. Today, over 35 million Americans have lived to celebrate their 65th birthdays. Each day some 5,574 Americans will celebrate their 65th birthday! By the year 2030, the older population will more than double to 70 million.

Friday, June 27, 2008



Central
Boston
Elder
Services

Aging with Your Future in Mind
UNITED FOR ELDER'S EXPO

The Reggie Lewis Track & Athletic Center
1350 Tremont Street, Roxbury, MA 02120

617-277-7416



Senior Samaritan: Teresa Pennacchio and the RSVP Program

By: Matthew Sacchetti

Boston senior Teresa Pennacchio entered Spaulding Rehabilitation Hospital as an outpatient a decade ago. Recovering from a minor operation, the doctors told her that her stay there would be brief. Little did she know that her tenure at the hospital would last over seven years! While Teresa entered as a patient, she would go on to become a staff volunteer through the Retired and Senior Volunteer Program (RSVP), one who bestowed on other patients the loving care only a senior citizen could provide.

From the moment she arrived at Spaulding, the doctors and staff knew that Teresa was special. It quickly became apparent that she was more concerned with the wellness of her fellow patients than herself. Each day she would make rounds through the hospital wards, visiting with the patients and doing whatever she could to make their hospital stay better. Before long the Spaulding staff told

Teresa about RSVP and asked if she would like to join and become an official volunteer staff assistant. “I wanted to use my skills and experience as a senior citizen to give back to the community, so for me RSVP was a perfect fit. I look back with fondness at the experience”, she says.

Teresa provided care in a number of ways. She would run small errands such as delivering newspapers or handing out her own homemade Italian delicacies. Oftentimes her companionship alone was most needed. “Sometimes just having someone to talk to is the best thing for a patient. I’ve always loved working with people because nothing makes me happier than making others happy”.

RSVP is a program under federal government authority whose stated mission is to provide a method in which seniors can give back to their community. Flexible in nature, RSVP allows citizens aged 55 or older to choose how and when they perform services such as tutoring children, hospice care, or even friendly visits with other area seniors. There are over 100,000 RSVP volunteers in America today! Teresa Pennacchio is just one of many RSVP volunteers in Boston who apply their wealth of skills and experience as senior citizens to help make this city great.

Do you know any local seniors who might want to get involved with RSVP? To find out more about RSVP and other local volunteer opportunities for senior citizens please contact Fran Johnne at 617-635-3988 or Kelley Wedge at 617-635-1794.



Boston



The Elderly Commission

Volunteers Wanted

The Retired Senior Volunteer Program

SPAULDING REHABILITATION HOSPITAL

Make new friends while giving back to your community. Visit patients, lead discussion groups and games and assist in our administrative department. We will match your skills, talents and interests with the needs of our patients, families and staff. Training is provided, park on site, easily accessible by MBTA. For more information, contact Fran Johnene at (617) 635-3988 or Kelley Wedge at (617) 635-1794. www.spauldingrehab.com

ANIMAL RESCUE LEAGUE

Looking for a way to match your skills and interests with your love for animals? The Animal Rescue League of Boston needs your help. Laundry aides, morning kennel cleaners and animal photographers are especially needed. Other positions available are direct animal care, animal socialization and staff support positions. For more information, please contact Debby Vogel at (617) 226-5670.

MARIAN MANOR

Marian Manor is looking for volunteers to read to residents, escort them to and from various events, assist them in writing correspondence or just to visit with them. We also have other areas where a volunteer's time would be warmly received i.e.: in activities, gift shop or main dining room. If interested, please call (617) 268-3333.

THE GREATER BOSTON FOOD BANK

The primary activity for volunteers is sorting food in our warehouse. Volunteers inspect, sort and repack products that are then distributed to hunger relief organizations. Food is sorted Monday through Saturday, in morning and afternoon shifts. The shifts are 8:45am to 12:00pm and 12:45pm to 4:00pm. Some Wednesday nights we are open for sorting from 5:15pm to 8:30pm. Other volunteer opportunities are available as well in Administrative Support and Special Events. For more information please contact Fran Johnene at (617) 635-3988 or Kelley Wedge at (617) 635-1794.

WGBH – CHANNEL 2 BOSTON

WGBH is looking for volunteers to help with pledge drives through their fundraisers department both in the office and with special events. Volunteers often do phone calls, mailings and computer projects. If interested, please call Fran Johnene at (617) 635-3988 or Kelley Wedge at (617) 635-1794.

BOSTON RESCUE MISSION

Boston Rescue Mission is presently looking for a volunteer to assist their operations manager. The ideal candidate would be an experienced tradesman looking to give back to the community through a commitment of consistent help. Work would include electrical, plumbing and maintenance work. If you are interested in this opportunity please call Meryl Rewolinski at (617) 338-9000 x1230.

SENIORPALOOZA 2008!

ETHOS PARTNERS WITH MATTAPAN COMMUNITY TO REACH OUT TO SENIORS DURING OLDER AMERICANS MONTH

For the fourth year running, Ethos has partnered up with local businesses and organizations to host SeniorPalooza, a month long celebration with fun and educational events for seniors and their families.

This year, SeniorPalooza activities will take place in the neighborhood of Mattapan throughout May in celebration of Older Americans Month. Past SeniorPaloozas were held in West Roxbury in 2005, Roslindale in 2006 and Hyde Park in 2007.

“SeniorPalooza celebrates older Americans and acknowledges their value as members of our community,” states Dale Mitchell, Ethos Executive Director. “It also demonstrates how well the community can work together to keep elders at home, in their own neighborhoods, which is their wish.”

Ethos and community partners have planned over 80 activities this month for Mattapan’s SeniorPalooza including:

- 15th Anniversary Celebration for Cafe Sant Grandèt, Boston’s first “Haitian Friendly” Senior Services Program – **May 2nd**
- Elder Protective Services Listening Session with MA Elder Affairs Secretary Mike Festa and Suffolk County District Attorney, Dan Conley – **May 5th**

- Hawaiian Luau with State Rep. Linda Dorcena Forry and Sen. Jack Hart – **May 7th**
- Coed Masters Basketball Tournament for Seniors over 60 – **May 10th**
- Senior Housing and Safety Services Workshop with City Councilor Charles Yancey – **May 12th**
- Build Your Own Ice Cream Sundaes with State Rep. Willie Mae Allen and City Councilor Sam Yoon – **May 16th**
- AgeWell Mattapan Eldercare Resource Expo & "Making Mattapan an Elder-Friendly Neighborhood" Town Hall Meeting moderated by Sarah-Ann Shaw – **May 20th**
- Quiz Show with City Councilor John R. Connolly – **May 21st**
- Senior Idol Talent Show, based on the popular TV Show, American Idol with State Sen. Dianne Wilkerson – **May 23rd**
- Health and Wellness Luncheon with City Councilors Robert Consalvo and Stephen J. Murphy - **May 27th**
- Ice Cream Social with City Councilor Michael Flaherty – **May 28th**
- Lenzer Evans Community Bench Dedication and Ribbon Cutting Ceremony – **May 22nd**

- 4th Annual Senior Prom – **May 29th**

All events are open to the public and are free. Many require a reservation as space is limited. The SeniorPalooza 2008 calendar will be distributed at community meetings in West Roxbury, Jamaica Plain, Roslindale, Hyde Park and Mattapan. You may visit local businesses and community sites for the calendar or pick up the May 1st edition of Mattapan and Boston Haitian Reporter newspapers that will include the calendar as an insert.

In the meantime, visit www.ethocare.org for a complete list of events and discounts. For more information about SeniorPalooza, contact Linda Monteiro at (617) 522-6700, ext. 338 or lmonteiro@ethocare.org

Unsteady on your feet?

Men & Women Ages 65+

Participate in a study examining the value of a wrist-watch like monitor in measuring physical activity. If you walk without a cane or walker, you may be eligible. Three 1-hour visits over two weeks.

\$105 stipend.

Call

617-556-3068

Study # 2560



Jean Mayer USDA Human Nutrition Research
Center on Aging
711 Washington St, Boston, MA 02111



It's their version of "working out."

It's hard to be happy if you're not having fun, which almost always requires being fit. In fact, you can have a lot of fun getting in shape. You could join a yoga club, dust off the golf clubs or skates or start a walking group. The benefits aren't just physical. They're also fun.

For more information about AARP's fitness programs, visit aarp.org/ma.

Quick Tips: How To Prevent Falls!

By: Tula Mahl

We have all heard the old popular catch phrase “I’ve fallen and I can’t get up.” Unfortunately, this is no laughing matter. For many people a fall can be fatal.

According to information from the Centers for Disease Control and Prevention (CDC), more than one third of adults 65 and older fall each year. And among older adults, falls are the leading cause of injury deaths and the most common cause of nonfatal injuries and hospital admissions for trauma.

The Massachusetts Department of Public Health found that in 2006, 341 Massachusetts residents over the age of 65 had fatal falls, 10% of those deaths were Boston residents. This is an increase of nearly two-thirds from the year before. Furthermore, in 2006, 11.4% of Boston adults ages 65 and older self-reported at least one fall in the past 3 months.

So what can you do to prevent yourself from falling?

1. Exercise Regularly
2. Have your health care provider review your medicines
3. Have your vision checked
4. Make your home safer
 - a. Remove things you can trip over (like clothes and shoes) from stairs and places where you walk
 - b. Remove small throw rugs or use double-sided tape to keep the rugs from slipping
 - c. Keep items you use often in cabinets you can easily reach without a step stool
 - d. Have grab bars put in next to your toilet, tub or shower
 - e. Use non-slip mats in the bathtub and shower floors
 - f. Improve lighting in your home
 - g. Have handrails and lights put in on all staircases
 - h. Wear shoes both inside and outside the house. Avoid slippers

Do you have pain following shingles?

You may qualify for a research study to evaluate an investigational drug for treating post-herpetic neuralgia.

Study Details:

- 8 or 11 outpatient visits at Brigham and Women’s Hospital in Boston.
 - Study will last 21 weeks.
- All study-related costs at no charge.
- Compensation will be provided.

Please contact Kerry or Jess at 617-525-PAIN (617-525- 7246) or PainTrials@partners.org.

THE SWAN BOATS OF BOSTON

Established 1877

The Swan Boats are located in the Boston Public Garden - 24 acres bound by Arlington, Boylston, Charles and Beacon Streets.

The Swan Boats driver paddles passengers around the Public Garden Lagoon for a 15 minute peaceful cruise.

Open seven days per week, weather permitting. The Swan Boats cannot operate on rainy, windy, or extremely hot days.

Spring (April to June 20) 10 a.m. to 4 p.m.

Summer (June 21 to Labor Day) 10 a.m. to 5 p.m.

The Swan Boats are wheelchair accessible.

Seniors \$2.00

Filene's Renovations

By: John H O'Neill III

For many years Filene's was a popular retail store in Boston's Downtown Crossing area. It was started by a German man, William Filene, in 1881. Seniors might remember sales there and how shoppers would rush to the store. Filene's Basement, another store located in the lower part of Filene's offered discounts with their automatic markdown system. It was opened in 1909 and was so popular that it became a big tourist attraction.

The Filene's building is quite old and was taken over by Macy's which also took over Jordan Marsh. The Boston Landmarks Commission oversees the sales of historic buildings. The Filene's building is one such building since Macy's had decided to sell it. The building had terra cotta on the outside, which is a refined clay molded to a shape

which is what the Greeks and Romans used on buildings.

An architectural firm, "Elkus Manfredi" was hired to design a new building at the Filene's location. "Suffolk Construction," of South Boston, has started work in the redevelopment of the Filene's building. A blueprint of the new building is on display outside of Filene's so that the public can have a visual of what the new building will look like. It is interesting to see where the entrance will be and the number of floors.

Filene's was a well liked store for many years. The architectural firm seems to have worked very hard on designing the new building and the end result will be the public having an exquisite place to do their shopping.

Heart attack and male baldness connection??

Do balding men have a better chance of having a heart attack?
Are they more at risk of having heart disease?

According to Dr. Eyal Shahar of the University of Arizona in Tucson and his colleagues, they found little difference in the heart attack risk between men with full heads of hair and those who are balding. Their study showed that hair loss was not related to thickening of the lining of the carotid arteries, the main vessels that supply blood to the brain. An increase in the lining of these arteries, known as carotid intimal-medial thickness, is a warning sign of atherosclerosis (hardening of the arteries).

Another study has said that baldness in men is caused by an increase in the androgen hormone and this hormone may play a role in the development of coronary atherosclerosis.

Five thousand men were studied and the report states that there is no connection between baldness location (front, top of head or complete head) and intimal-medial thickness of the coronary artery.

What does this mean to the average balding male? The baldness in men seen in this study is due to high androgen (hormone) levels and it is likely that androgen does not increase the risk of heart attacks and atherosclerosis.

Ask your doctor for more information about this study and remember to know the symptoms of a heart attack. This study only applied to men and not women's baldness and heart disease.

Myths about water

For many years we were told to drink 8-10 glasses of water a day. Today, we are told not to drink an abundance of water. In fact, no one really knows where this recommendation came from.

Several myths/truths that we grew up listening to:

1. Drinking a lot of water suppresses your appetite. In fact, there is no consistent evidence that this is true!! Water is absorbed quickly. It moves very fast through your GI tract. It probably doesn't fill you up like you have been taught. It does not release hormones that suppress your appetite.
2. Drinking a lot of water flushes the toxins from your body. When you drink a lot of water, you have a larger volume of urine but you probably do not increase the excretion of various constituents of the urine.
3. Does increased water make your headache go away? No, according to the evidence.

4. Drinking water improves your skin's complexion. There is no data to prove that it actually improves the water content of the skin.

If you live in a hot dry climate, are an athlete or if you have kidney stones, you do need extra water. If you take medications, I recommend drinking one 8 ounce glass of water to be sure the pills do not get stuck in your esophagus where they can do harm to the esophageal lining.

Ask your doctor how much water you should drink daily.

Remember, there is water in tea, coffee, soups and other foods so be sure to add all these liquids to your water list.



Don't be left in
the dark ages
Learn how to use the computer
What are you waiting for?

**Free Introductory Computer
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Call **Kate** at 617-573-8251



Mayor Thomas M. Menino appears with host Fran Johnnene on the Commission's live cable call-in television show on BNN-TV.

The Commission on Affairs of the Elderly is Coming to YOU-LIVE!

BNN-TV Channel 9

“Boston Seniors Count”

Live, Call-in Cable Television Show

NEW DAY & TIME

Thursday at 3:30 p.m.

Repeated Sunday at 11:30 a.m.

Tuesday at 8:30 p.m.

Hosted by Fran Johnnene, Carolyn Barnes, Marie Barry,
MaryBeth Kelly, Michael McColgan and Connie Mohammed

Each week special guests discuss current issues of interest to Boston's seniors, such as crime prevention, senior homeowner services, health care, legal advice and legislative proposals. Seniors also get a chance to have their questions answered or express their own opinions live, on-air by calling the show.

Brought to you by:

The Commission on Affairs of the Elderly

Boston Neighborhood Network



For more information call:
Deputy Commissioner
Kathleen Giordano,
Producer
(617) 635-4362



DON'T MISS

The Elderly Commission

On Radio



Tune into:

ZUMIX Radio 1630 AM on

Wednesdays at 2:00 p.m. also streaming on the internet at www.zumix.org

WJIB 740 AM on Sundays at 7:30 a.m.

For more information please contact:

Deputy Commissioner Kathleen Giordano at 617-635-4362
or Fran Johnnene at 617-635-3988.

Need a Ride?

Senior Shuttle 617-635-3000

Scheduling Available Monday - Friday
8:00 a.m. - 4:00 p.m.

Please give at least 3 days advanced notice.
Priority is given to seniors scheduling rides for
medical appointments.
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The Elderly Commission

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Eat Healthy

Pasta Primavera

Ingredients

- 1 1/2 cups baby carrots, trimmed (about 6 ounces)
- 3 cups uncooked cavatappi or penne pasta (about 8 ounces)
- 1 teaspoon olive oil
- 2 cups pattypan squash, halved (about 8 ounces) or any summer squash
- 3/4 cup shelled green peas
- 1/4 teaspoon freshly ground black pepper
- 2 garlic cloves, minced
- 1/4 cup dry white wine (Sauvignon Blanc)
- 1/3 cup whipping cream
- 1 tablespoon fresh lemon juice
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 1/4 cup thinly sliced fresh basil
- 1/4 cup chopped fresh parsley

Instructions

Bring 2 quarts of water to a boil in a stockpot. Add carrots; cook 3 minutes. Remove with a slotted spoon. Add pasta to boiling water; cook according to package directions, omitting salt and fat. Drain.

Heat oil in a large nonstick skillet over medium-high heat. Add squash; sauté 3 minutes. Add carrots, peas, pepper, and garlic; sauté 2 minutes. Stir in wine, scraping pan to loosen browned bits. Stir in cream and juice; cook 1 minute. Add pasta and cheese; stir well to coat. Remove from heat; stir in basil and parsley.

Serves 4 (2 cups each)

Recipes

Barley-Black Bean Salad

Ingredients

1 cup barley, cooked according to package directions
1 15-ounce can black beans, rinsed
1/2 cup corn (thawed if frozen)
1/3 cup chopped fresh cilantro
2 tablespoons lime juice
1 tablespoon extra-virgin olive oil
Pinch of cayenne pepper
Salt & freshly ground pepper to taste

Instructions

Combine cooked barley, beans, corn, cilantro, lime juice, oil, cayenne pepper, salt and pepper in a medium bowl.

Serves 4

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Qué puede hacer para tomar sus medicamentos de forma segura.



En el consultorio del médico

Tomar los medicamentos de una forma segura significa tomar los medicamentos correctos, a la hora correcta y del modo apropiado. Hacer esto puede mejorar la salud e incluso salvar vidas.

Estos son algunos consejos que pueden ayudarle a evitar cometer errores con sus medicamentos:

- **Sepa por qué debe tomar cada uno de los medicamentos.** Averigüe también cuánto tiempo necesita tomarlo.
- **Hable con su médico o enfermero sobre cada medicamento.** Conozca la dosis (cuánto tiene que tomar), las instrucciones (cómo debe tomarlo) y qué debe hacer si se olvida de tomar el medicamento. Además, pregunte sobre los posibles efectos secundarios y qué debe hacer si se producen.
- **Infórmele a su médico sobre todos los medicamentos que toma.** Medicamentos de todo tipo: con receta, vitaminas y otros remedios naturales como productos a base de hierbas.
- **Compruebe que puede leer todas las recetas que le escribe el médico.**

En la farmacia

- **Vaya siempre a la misma farmacia.** De este modo, el personal puede llegar a conocerle y saber sus necesidades de atención médica.
- **Proporciónele a su farmacéutico la información necesaria.** Incluida su tarjeta del seguro, si la tiene, y su número de teléfono. Proporciónele también una lista de todas sus alergias a medicamentos, y una lista de todos los medicamentos (con y sin receta), vitaminas y remedios naturales que toma (si es que toma alguno).
- **Compruebe que le den el medicamento correcto.** Lea la etiqueta del frasco de pastillas para comprobar que las instrucciones y la dosificación son las mismas que le indicó su médico.
- **Solicite información escrita de cada medicamento.**

.....
En su hogar

- **Tome sus medicamentos únicamente como se lo indicaron.** Es decir, no tome ni más ni menos de lo que el médico le recetó. Y nunca tome los medicamentos de otra persona.
- **Esté atento/a a si se producen efectos secundarios o una reacción mala (como mareos o náuseas).** Llame a su médico o a su farmacia si no se siente bien.
- **Mantenga todos los medicamentos en el frasco o envase original.** Guárdelos en un lugar seco y fresco, y asegúrese de que todos los medicamentos estén fuera del alcance de los niños.
- **Esté atento/a a las fechas de caducidad (vencimiento) en el frasco de pastillas.** No espere hasta el último minuto para surtir su receta. Tire los medicamentos que hayan caducado.
- **Haga una lista completa y actualizada de todos sus medicamentos.** Tenga copias en casa y en su cartera, y sería aconsejable que le diese una copia a un miembro de su familia o a un amigo cercano.

.....
En el hospital

- **Infórmele al personal médico sobre todos los medicamentos que toma.** Para ello, entregue una lista escrita de todos sus medicamentos o traiga todos los medicamentos al hospital con usted (en los frascos o envases originales).
- **Hable con su médico o enfermero sobre todos los medicamentos nuevos.** Averigüe también cómo tomar cada medicamento y por qué lo necesita.
- **Dígale a su enfermero si le parece que no está recibiendo sus medicamentos a tiempo.** Además, diga si cree que le están dando la pastilla equivocada.
- **Antes de dejar el hospital, pida una lista de todos los medicamentos que debe tomar en su hogar.** Compruebe que sabe cómo tomar cada uno con seguridad.

.....
Dónde obtener más información sobre cómo tomar los medicamentos con seguridad

Massachusetts Coalition for the Prevention of Medical Errors (este sitio tiene un formulario de medicamentos en forma de lista que puede rellenar).

www.macoalition.org

U.S. Department of Health and Human Services

www.ahrq.gov/consumer/safemeds/safemeds.htm

The Joint Commission

www.jointcommission.org/patientsafety/speakup/speak_up_med_mistakes.htm

Institute for Safe Medication Practices

www.ismp.org/newsletters/consumer/consumeralerts.asp

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www.partnershipforhealthcare.org



PUBLIC GARDEN IRRIGATION PROJECT NOW UNDERWAY

The Boston Parks and Recreation Department recently broke ground on a \$764,000 project that will completely replace the irrigation system in America's oldest public botanical garden, the Public Garden.

Funded by Mayor Thomas M. Menino's Capital Improvement Program with some assistance from The Friends of the Public Garden, the work will replace the existing manually operated system with state-of-the-art, fully automated sprinklers that will provide much better coverage with greater efficiency and water distribution throughout the park.

"We actually had a worker here at night turning it on and off," noted Boston Parks Commissioner Antonia M. Pollak, explaining that the problematic and antiquated system also required extensive repair work. "We were doing a lot of digging every year."

The park has been divided into four quadrants for the project, with the majority of the work being finished in one section before moving into the next. The project began March 12 at the Beacon and Charles Street corner and has moved into the Beacon and Arlington Street quadrant. This plan allows better circulation for pedestrians and keeps

most of the paths open "Our priorities are protecting the trees and plantings and minimizing any impact on pedestrian traffic flow," added Commissioner Pollak.

While the project is officially scheduled to be completed by September, Parks Department officials report that each section could be done in three to five weeks. As the irrigation system is installed, the contractor, Valley Crest Landscape Development, will grade, re-loam, and re-seed all affected areas.

Initial excavation will install 6" and 8" main water lines looping around the park with smaller feeder pipes of 2½" to 4" then added connecting to 1¼" poly pipes feeding the sprinklers. A new booster pump along Charles Street will help maintain adequate water pressure throughout the park. In addition to irrigating the lawns, beds, trees, and plantings, the new system will also include an automatic fill valve for the Public Garden lagoon.

"We are looking forward to vastly improved irrigation that will result in an even more beautiful and vibrant Public Garden," said Commissioner Pollak.

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.

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Public Health Commission Reminds Residents to be Cautious Against Rabies

With warmer temperatures calling Bostonians outside, the Public Health Commission reminds residents to steer clear of stray and wild animals that may carry rabies.

Rabies, a rare illness caused by a virus, spreads to animals or people through saliva (spit) of infected animals. This usually occurs after a bite or scratch from an animal with the disease. Any mammal can get rabies, but it is more commonly found in raccoons, skunks, foxes, bats, dogs, and cats.

It is important to never touch, feed, or take care of wild animals, stray dogs, or cats. Avoid any animal that is acting strange or

sick. Do not keep wild animals as pets, touch, or pick up any dead animal. Do not attract wild animals to your house by feeding pets outside or leaving garbage cans open or litter. And, be sure that your pet is up-to date with their rabies vaccinations.

Also, be sure to prevent bats from getting into your home by covering up holes in roofs or other open areas. If you wake up with a bat in your room, be sure to seek medical care as soon as possible since bat bites are mild and often go unnoticed.

For more information about rabies, please contact the Boston Public Health Commission, Communicable Disease Control Division at 617-534-5611.



What you can do to take your medications safely.



Medication safety means taking the right medication, at the right time and in the right way. Doing so can improve health and save lives.

Here are some ways you can help avoid mistakes with your medications:

.....
At the Doctor's Office

- **Know why you are taking each medication.** Also, find out how long you need to take it.
- **Talk with your doctor or nurse about each medication.** Learn the dosage (how much you take), directions (how to take it) and what to do if you forget to take your medication. Also, ask about any side effects and what to do if they occur.
- **Tell your doctor about all the medications you take.** This includes prescription drugs, vitamins, and other natural remedies such as herbal products.
- **Make sure that you can read all prescriptions the doctor writes for you.**

.....
At the Pharmacy

- **Use the same pharmacy each time.** This way, the staff gets to know you and your health care needs.
- **Give your pharmacist needed information.** This includes your insurance card if you have one, and your phone number. It also includes a list of any drug allergies, and a list of all the medications (prescription and non-prescription), vitamins, and natural remedies (if any) that you take.
- **Make sure you get the correct medication.** Read the label on the pill bottle to make sure that the instructions and dosage are the same as your doctor ordered.
- **Ask for written information about each medication.**

.....
At Home

- **Take your medication only as prescribed.** This means not taking more or less than the doctor ordered. And never take someone else's medication.
- **Be aware of any side effects or bad reactions (such as dizziness or nausea).** Call your doctor or pharmacy if you do not feel well.
- **Keep all medication in the original pill bottle or package.** Store in a cool dry space, and be sure to keep all medication out of the reach of children.
- **Pay attention to expiration (use by) dates on the pill bottle.** Do not wait until the last minute to refill your prescription. Throw out medications that are past their expiration date.
- **Make a complete, up-to-date list of your medications.** Keep copies at home and in your wallet, and think about giving a copy to a family member or close friend.

.....
In the Hospital

- **Let the hospital staff know about all the medications you take.** You can do this with a written list of your medications. Or you can bring all your medications (in their original bottles or packages) to the hospital with you.
- **Talk with your doctor or nurse about all new medications.** For each, ask how to take it and why you need it.
- **Tell your nurse if you think you are not getting medication on time.** Also, speak up if you think you are getting the wrong pill.
- **Before you leave the hospital, ask for a list of all medications you need to take at home.** Make sure you know how to safely take each of them.

.....
Where to Learn More About Medication Safety

Massachusetts Coalition for the Prevention of Medical Errors
(This site has a medication list form that you can fill out.)

www.macoalition.org

U.S. Department of Health and Human Services

www.ahrq.gov/consumer/safemeds/safemeds.htm

The Joint Commission

www.jointcommission.org/patientsafety/speakup/speak_up_med_mistakes.htm

Institute for Safe Medication Practices

www.ismp.org/newsletters/consumer/consumeralerts.asp

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DIABETES? ASK THE THERAPIST

By Carol Pietromonaco, PTMBA

Question:

I am 65 years old and was recently diagnosed with diabetes. I am trying to learn as much as I can about this disease to prevent it from worsening. I heard that exercise can help decrease the risks associated with diabetes. Is this true? If so, what exercises might you recommend given the fact that I have had two back surgeries and a total knee replacement within the past two years?

Curious, in Boston

Dear Curious in Boston,

Your quest to educate yourself regarding diabetes is a good one. Information is the key to prevention. Unfortunately, you are not alone. There are 20.8 million Americans, or 7% of the population, who have diabetes, and an estimated 54 million Americans who will probably develop it.

What is Diabetes?

The food we eat is our fuel. Our bodies change our food into a sugar called glucose. Our blood carries this glucose (fuel) and feeds our millions of cells with it. The cells use the

glucose and convert it into energy immediately, or they store it, to use later, when the body needs extra energy. Once converted, the energy can be used to do your daily tasks, such as walking, working, running and thinking.

Insulin is a hormone produced by Beta cells in your pancreas. Your body's cells need the help of insulin to transport the glucose or sugar to the cells for energy.

Diabetes occurs when someone has high levels of glucose resulting when the body stops producing insulin completely (TYPE 1), or when the body doesn't produce enough, or can't use it properly (TYPE 2). TYPE 2 diabetes is called non insulin-dependent diabetes or adult-onset diabetes. This is likely your diagnosis. (1)

Some people with TYPE 2 diabetes need pills or insulin shots to help their bodies use the glucose for energy. When glucose builds up in the blood instead of going into cells, it can cause two problems: It can starve your cells of energy; long term, it can increase the risk of heart disease, high blood pressure, heart attack, stroke, or other

cardiovascular disease.

How does exercise help?

Exercise has been shown in studies to trigger the release of a protein called Glut4. This improves insulin's ability to carry glucose to cells for absorption. Exercise creates a demand for fuel or glucose. Glucose is burned by the cells to create energy, and the overall blood glucose levels go down. Less insulin is needed for the body to function as a result. Exercise helps improve your overall health and prevents heart disease and stroke by increasing blood flow and the heart's pumping action to decrease cholesterol levels. Since most diabetics also struggle with weight control, exercise can also help you lose weight.

What can I do for exercise?

So you now know that exercise is important, but where do you begin? If you haven't been active lately due to your recent surgeries, you can start with simple exercises within your home such as walking. Believe it or not, doing household chores like cooking and cleaning, or outdoor activities

like gardening and raking are helpful forms of exercise. In the winter, join a mall-walking club where you can walk safely indoors. Get a stationary bike to use indoors. Some people say they are too tired to exercise, when in fact, exercise increases your blood flow and gives you energy. Some people are afraid to injure themselves, especially if they have other orthopedic issues such as your back pain and knee replacement. In your situation, I would recommend that you see a physical therapist. Your health insurance will pay for the visit. This way, you will be prescribed an appropriate exercise program that meets your needs. N.E. PHYSICAL THERAPY PLUS's Malden location is currently offering a Joslin Diabetic exercise program to treat diabetes and is a certified provider of the Joslin

Diabetic Exercise Program. The Joslin Diabetes Center is the world's largest diabetes research center and an affiliate of Harvard Medical School. The Joslin Diabetic Exercise Program was developed and tested at the Joslin Clinic at Harvard University for Diabetics. You may call or email me for further information on specific exercises that might help you get started.

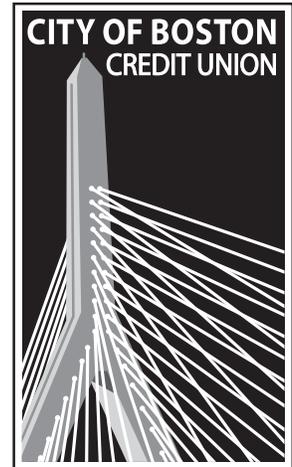
Thank you for your question. I hope this helped.

Carol Pietromonaco, Physical Therapist

Resources:

1. American Diabetes Association, (2007). All About Diabetes. Retrieved on November 15, 2007 from www.diabetes.org/type-2-diabetes.jsp

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About the Author:

Carol Pietromonaco graduated from McGill University, Montreal, Canada, in 1996 with a degree in Physical Therapy. She has been practicing in Massachusetts for 11 years. She has experience in a variety of settings from acute care to outpatient orthopedics. She specializes in spine care, incorporating Yoga and Pilates in her practice. She speaks English, French and Italian. She received her MBA from Babson College in 2005. She is currently the primary treating therapist & Clinic Manager at N.E. Physical Therapy Plus Inc.'s Quincy location. N.E. Physical Therapy Plus Inc. has seven locations in the greater Boston area. Carol is happy to answer any health, injury or Physical Therapy related questions you may have. Please email Carol your questions at contact@neptplus.com or cpietromonaco@neptplus.com

For further information call 800.428.2224 or find other articles written by Carol and more about her education and experience, online at www.neptplus.com

ONE OF THE "FEW" By: MIKE FLYNN

Sixty miles from London, in Sussex County, is a small English town called Boxgrove. In the town is a church dating from the twelve century erected by French monks. As with most old English priories, on the grounds is a cemetery where many of the locals are buried. Yet also interred here is an American citizen and the reason is quite extraordinary.

William Meade Lindsay Fiske III was born in June of 1911 in Brooklyn, New York into a wealthy banking family. He attended all the best schools and was blessed with great athletic ability. His sport of choice was so obscure there were really no practice venues outside of upstate New York. At the time the Winter Olympics were in their infancy and dominated by the Europeans. Up stepped sixteen year old Billy Fiske. He was the driver of the 5-man bobsled team the United States sent to the 1928 Winter Olympics in St. Moritz, Switzerland. In those days there was no push or running start. The sled was released by a starter and the 5 men lunged back and forth to gain momentum while hurtling down the course. The Americans went on to win the event making Billy Fiske the youngest gold medal winner ever.

Four years later, the International Bobsled Association standardized the races to 2-man and 4-man bobsleds with pushing at the start. At the 1932 winter Olympics at Lake Placid, Billy was the driver of the four man team and once again captured the gold making him the first double gold recipient in successive winter games.

Every one assumed that Billy would go for his third gold at the 1936 games in Germany, but he refused to attend. Fiske was one of the

first to see the storm clouds gathering over Germany with the ascension to power of Adolf Hitler and he knew before many did that this could spell doom.

Billy stayed in America and became a successful skeleton racer, which is a sled similar to the luge. He also became a founder and one of the architects of the famous Aspen Ski Area. In the late 30's Billy went to England to attend Trinity Hall at Cambridge University, where he met and fell in love with Rose Bingham, the Countess of Warwick, and their wedding became the biggest social event of the year.

The following year saw the outbreak of the Second World War. The Germans had invaded and occupied Poland and France and now set their guns on England. Germany had been preparing for war for years and had amassed huge armies and navies and their Luftwaffe was the largest air force ever assembled. England would never stand a chance.

The United States was still two years away from Pearl Harbor and it's inclusion into the War, so President Franklin Roosevelt stood back. America's Ambassador to England, Joseph Kennedy, father of future President John F. Kennedy, convinced President Roosevelt that the Germans were invincible and England would soon fall under the onslaught. The President pushed an act through Congress forbidding any American from enlisting in any "warring" nations' service.

Undaunted, Billy Fiske's hatred of Hitler compelled him to try and help England even though the world saw it as a lost cause. Some say it was Fiske's wealth or perhaps his wife's aristocratic connections, but soon

Billy was sworn in as a Royal Air Force pilot. He was assigned to the 601 Fighter Squadron at Tagmere, an airfield 60 miles from London. As it happens, the 601 was known as the Millionaires Squadron because all of Billy's flyboy mates were as well off as he was. They all drove fast cars (to insure they had gas in this time of fuel shortage, one bought a gas station), their planes were small and quick and for solidarity they all had red silk sewn into the linings of their leather flight jackets. Yet these were no rich mama's boys. They were probably some of the bravest young men in a war full of brave young men. Under overwhelming odds they would scramble to the skies six or seven times a day, dawn to dusk, to engage the great German war machine. Outnumbered as much as eight to one, they brought down three times the number of planes they lost. If the German's lost an aircraft it was easily replaced because of sheer numbers. The English had no such luxury. If a plane was damaged the pilot tried to bring it back for repairs to return it to action. Many of these English planes had gone through numerous metamorphoses.

On October 18, 1940, the Germans set about to destroy Billy's home airfield of Tagmere. The 601 was in the air in minutes. Billy himself had brought down three German bombers before he was hit. He made an attempt to limp home to the landing strip. Just clearing the trees and the fences abutting the field, with his engine out, he tried to glide the plane down with its wheels up. On impact the plane caught fire but Fiske was able to crawl away from the wreckage with burns on his hands and face. After the battle, with the field still somewhat intact, Billy's mates went to visit him in the hospital, where they found him sitting up with drink and cigarette in hand. That is why it was

so shocking when word reached the base in the morning that Billy had died during the night.

Billy Fiske was given a full military funeral, with his fellow R.A.F. Officers as pallbearers and his casket draped in the American and British flags.

The Battle of Britain was one of the most historic epic struggles of the war. If that small group of Royal Air Force pilots had not staved off what was sure to be a successful German invasion, the war would have had a much different outcome; the world a decidedly different place to live in than we know today. As Prime Minister Winston Churchill has said it was England's finest hour. He also went on to praise the R.A.F. "Never in the field of human conflict would so much be owed by so many to so few". Billy Fiske was one of those few. He was the first American pilot to be killed in action in World War Two and of his many other firsts, he knew early on that he had to stand against the tyranny that was Hitler and Germany.

Every year the World Championship in bobsledding is awarded to the best in the sport. It is called the Billy Fiske Memorial Trophy. At Saint Paul's Cathedral in London a plaque on the wall reads:

***On July 4, 1941
St. Paul's Cathedral
Pilot Officer
William Meade Lindsay Fiske III
Royal Air Force
American Citizen
Who died that England might live
Aug. 19, 1940***

Excerpt from the Speech of Christopher Castellani at the BORN BEFORE PLASTIC Book Signing at Borders Bookstore in Back Bay



Artistic Director and Interim Executive Director Christopher Castella with author Jenna Fitzgerald

Our deepest thanks, of course, are reserved for our authors. We wish we had enough time for all forty of the seniors who contributed stories to BORN BEFORE PLASTIC to read aloud from their work. Instead, we'll do the next best thing – we'll eat together (my fellow Italians from the North End may agree that that's better anyway), and as we do, we'll each have the chance to talk one-on-one with the authors, who will be more than happy to sign your copy of their book.

You'll meet Keitha B. Hassell, whose line "I was born before plastic!" in her essay, "Saturday Scenes," inspired the title of this book. Ask her about the cricket matches at Franklin Field in Roxbury. When you meet Barbara Maldero, ask her what she learned from her tinsmith father, and her mother, the heart and soul of her family. Ask Mary Frasca about being an interpreter for her mother, and her love of the Italian language. Ask Anna Irving what's so special about the South Boston Branch Library, and Louise Taglieri what's so special about the cemetery, and Wilma Browne what's so special about her brother Donald's rich mahogany gold-trimmed table.

If you meet Tony Frissora, ask him about the keg he found buried in sand in his basement, and why it tasted so good. Ask Peg Fahey about her own war story, and the coincidence of the Gate of Heaven School; and while you're at it,

ask Marion LeCain where she was on that same day, December 7th, 1941, and the good news that came in the V-mail. Ask Beatrice Jones why she's grateful for the Navy for making Boston less cold of a city, and Daisy Janey why the song "Claire de Lune" still warms her heart.

Ask Eileen Richardson about her painting of a ghetto scene that was thrown out a window, then later sold. Ask Angie DiMinico why, for her, a ghetto can be a happy place; Rose Toscano could also tell you about the old neighborhood, and how the spirit is still alive there today. Ask Alice Hodge what it took to achieve success in the Boston Public School system, and Barbara Knight about how her friend Jackson changed her life.

When you meet Mattie Powell, ask her what it was like to be the only female barber in the shop, and how the styles changed over the years. Ask Mary Dorian what passed for butter and laundry soap during the Depression, and Patricia Beckles about her famous cousin "Will," whose full name you will surely recognize; and Barbara Porter how different Roxbury was from her hometown of Wellsville, Ohio.

If you see Joseph Saia, ask him what he wrote to his darling Millie after he left Fort Devens in June 1944; ask Jenna Fitzgerald why you should beware of godparents bearing gifts, and Nina Hayes the history of the Mattapanock women and how they shaped South Boston for over a century; and if you meet any of the authors I haven't named, it's because I didn't know they were coming; still, you should read their essays and ask them any questions you like, and if you're lucky, they just might answer them.



*Peg Foley
South Boston*

First Anthology of the Memoir Project Published

Mayor Thomas M. Menino and Boston's Elderly Commission have partnered with a local nonprofit, Grub Street, to produce the Grub Street Memoir Writing Project. The project has gathered senior citizens from Boston neighborhoods to write down their personal neighborhood memories, an important part of the great history of the city. This landmark project guides participants in sharing their stories through writing the memories in bound journals for their families and future generations to learn from and remember.

The first book of the series was recently published featuring the memories of elders from the North End, South Boston and Roxbury. Ingeniously entitled *Born Before Plastic* and priced only \$12.95 it is available at the following locations:

- **Borders Bookstore, Downtown Boston**
- **Borders Bookstore, Back Bay**
- **Brookline Booksmith, Coolidge Corner**
- **Newtonville Books, Newton**
- **Harvard Bookstore**
- **Porter Square Bookstore**
- **Buttonwood Books**
- **Rhythm & Muse**
- **The Elderly Commission, City Hall**



For more information on the Grub Street Memoir Writing Project, to register to take part in the project, or to purchase a book please call Tula Mahl, Elderly Commission Project Liaison, at 617-635-1922.

BORN BEFORE PLASTIC



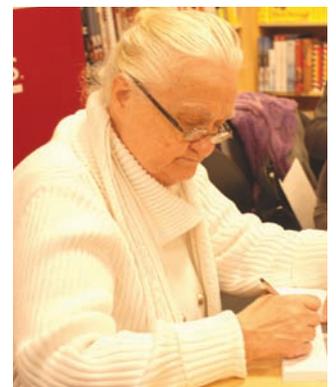
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Louise Taglieri
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Anna Irving
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Barbara Knight
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Mary Dorion
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Barbara Maldero
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Beatrice Jones
Roxbury



Mayor Menino with his quartet. (Left) State Rep Michael Moran with (On the Mayor's right) City Councilor Mark Ciommo and State Rep Kevin Honan.



Everyone joins Mrs. Angela Menino in cutting the ribbon at the Grand Opening of Boston Senior Home Care's new location on South St.



Eleanor Bordieri, Mary McNeill, Marge Greeles, Peg Daley and Louise Bradley at Veronica Smith.



Winifred Ellis smiles for a picture.



Visitors from Japan stop by Marion Manor in South Boston for a tour with Sister Mark Louise.



Commissioner Greenberg poses with Boston Seniority's Man of the Year John Joe Somers.



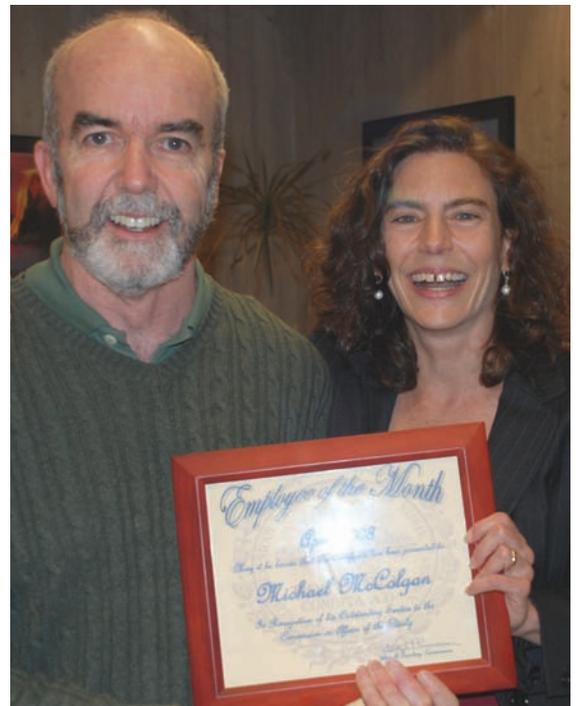
Eileen Locke of Charlestown at the St. Patrick's Luncheon at Paddy O's.



Jayme Kelly son of Councillor Jim Kelly and Kelly Award recipient Anne Brennan with Mayor Thomas M. Menino.



Charlotte Natile and her pal Euginia Smith enjoy lunch at Paddy O's.



Elderly Commission Employee of the Month Michael McColgan with Commissioner Greenberg.



Rebecca and Hy Zamansky having a good laugh at the Veronica B. Smith Center.



Eleanor Scheiffen and Theresa Marchione show off their lucky scarves.



"Our seniors are living longer and more active lives than ever before. They are truly the bedrock of our city, and we're committed to keeping them strong, healthy, and vibrant members of the community."

- Mayor Thomas M. Menino



Happy



Older Americans



Month