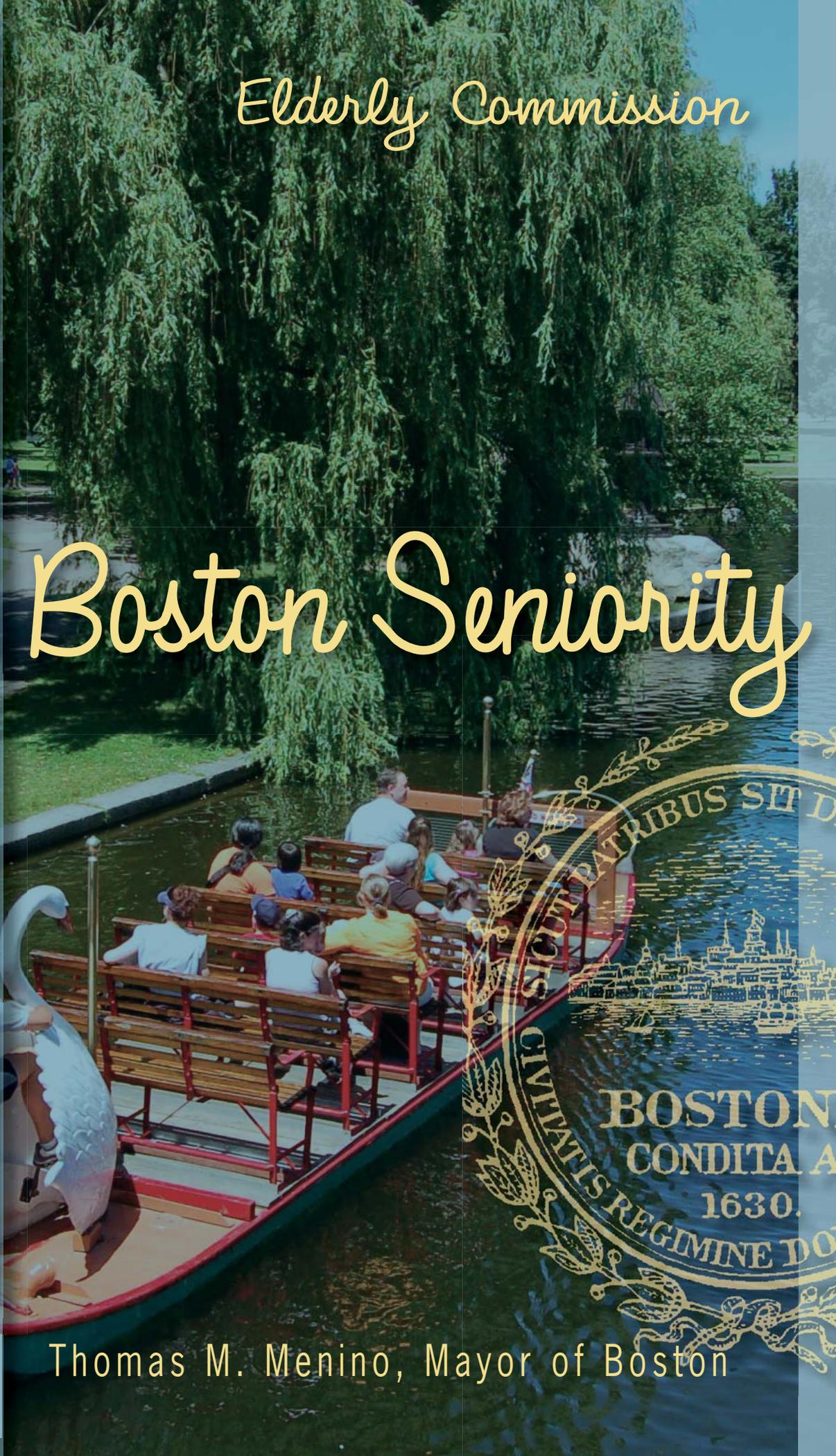


Elderly Commission

Boston Seniority



September

2006
Volume 30 Number 7

FREE

Thomas M. Menino, Mayor of Boston

Finally, a Boston Winner!



Boston Chief of Basic Services Michael Galvin congratulates Rita Rogers of Jamaica Plain (right) after she won the weekly raffle for a trip for two, with airfare, to Aruba at the grand finale show of the 33rd Annual Dorothy Curran Wednesday Evening Concert series on August 16th. The Concert, presented on City Hall Plaza by the Boston Parks Department, in partnership with title sponsor Foxwoods and night sponsor Macy's, featured Darlene Love and the US Air Force Liberty Band. The Aruba Tourism Authority sponsored the raffle each week. Katy Kennedy, Aruba Tourism Authority spokesperson, is also shown in photo (center).

Mayor Thomas M. Menino, Commissioner Eliza Greenberg and the staff of the Elderly Commission congratulate Rita on her big win and hope she has a great trip!

Boston Seniority

Volume 30 Number 7

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ayor's Spotlight



Mayor Thomas M. Menino welcomed nearly 500 educators who will begin teaching in the Boston Public Schools (BPS) when the school year begins on September 7. Mayor Menino joined School Committee Chair Elizabeth Reilinger, Interim Superintendent Michael Contompasis, and Boston Teachers Union President Richard Stutman in addressing the group at the opening session of the three-day New Teacher Institute at UMass Boston.

“Each of you has accepted a unique and important challenge,” said Mayor Menino. “By teaching in the Boston Public Schools, you have a powerful opportunity to shape the lives of young people. We applaud and thank you for investing in the future of our city by

helping the students of Boston reach their full potential.”

The New Teacher Institute is part of the school district's strategy to support new teachers, particularly in their first year of teaching. Finding and retaining highly qualified teachers is a challenge for school districts nationwide. Over the past few years, BPS has launched and expanded the New Teacher Support system – a comprehensive approach designed to improve the process through which new teachers are welcomed into BPS and given the support and preparation they need to be successful in the classroom.

Many of the new teachers are not new to the Boston Public Schools, having participated in school-based programs to hone their craft and earn the credentials needed to teach. Forty-five of the educators are graduates of the Boston Teacher Residency program, a year-long urban teacher preparation and certification program that gives aspiring teachers practical experience in an urban classroom. Eight other new teachers completed the Emerging Teacher Program, designed to recruit and cultivate Boston's

brightest teacher-interns and prospective teacher candidates by helping them gain practical experience towards a teaching career with the Boston Public Schools. The program offers tracks for undergraduate education students, career changers, and undergraduate non-Education majors.

To provide support new faculty during the school year, the New Teacher Developer program will provide classroom-based support to novice teachers – those who have never taught before — based on a proven national model successfully piloted in BPS last year. For the upcoming school year, the district reached agreement with the Boston Teachers Union to hire 13 full-time New Teacher Developers, each providing over-the-shoulder, classroom-based support to about 14 novice teachers in more than 50 Boston schools. Another 60-70 part-time Teacher Developers will devote a half-day each week to mentoring novice teachers.

The Boston Public Schools serves more than 58,000 pre-kindergarten through grade 12 students in 145 schools. For more information, visit www.bostonpublicschools.org. To learn about careers in the Boston Public Schools, visit www.bostonpublicschools.org/jobs.

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



Home Care Equal Choice Bill now Chapter 211

The Equal Choice for Home Care Bill Passed. Which for many is very good news. It was one of the Elderly Commission and Mayor Thomas Menino's legislative priorities. If you have Mass Health / Medicaid and are nursing home eligible, you can now choose to have your Medicaid dollars pay for home care (Prior to this act passing, your only choice was nursing home care).

Below is the text of the new law:
Chapter 211 of the Acts of 2006
AN ACT RELATIVE TO
CHOICE OF LONG-TERM
CARE.

Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:

SECTION 1. Section 9 of chapter 118E of the General Laws, as appearing in the 2004 Official Edition, is hereby amended by striking out, in lines 14 to 18, inclusive, the words "provided, further, that said benefits shall be available to otherwise eligible persons seeking admission to and residents of long-term care facilities whose income and resources are insufficient to meet the cost of their medical care as determined by the financial eligibility requirements of the program" and inserting in place thereof the

following words: "provided further, that long-term care services shall be available to otherwise eligible persons whose income and resources are insufficient to meet the costs of their medical care as determined by the financial eligibility requirements of the program." For the purposes of this section, the division shall establish clinical eligibility for a long-term care services. A person determined by the division to be clinically eligible for long-term care services shall be given the choice of care setting that is the least restrictive and most appropriate to meet his needs as determined by the division. The value of such long-term care services shall be determined based on the medically necessary long-term care needs of the individual.

SECTION 2. Said section 9 of said chapter 118E, as so appearing, is hereby further amended by adding the following paragraph:

"A person seeking admission to a long-term care facility paid for by MassHealth shall receive pre-admission counseling for long-term care services, which shall include an assessment of community-based service options. A person seeking care in a long-term care facility on a private pay basis shall be offered pre-admission counseling." For the purposes of this section, pre-admission coun-

seling shall be conducted by the Executive Office of Health and Human Services or the Executive Office of Elder Affairs or their subcontractors. The Executive Office of Elder Affairs shall, in consultation with the Office of Acute and Ambulatory Care in the Executive Office of Health and Human Services, study the advisability and feasibility of using certain Medicaid providers to provide pre-admission counseling. The division shall report to the general court on an annual basis the number of individuals who received pre-admission counseling under this section and the number of diversions to the community generated by the pre-admission counseling program.

SECTION 3. The Division of Medical Assistance shall adopt regulations to implement section 1 and shall submit a research and demonstration waiver pursuant to section 1115(a) of the Social Security Act not later than October 1, 2006 to implement said section 1. The waiver shall establish an income eligibility up to 300 per cent of the federal benefit rate under the supplemental security income program and an asset test of not less than \$10,000. The waiver shall be subject to the availability of federal financial participation for all enrollees and shall meet budget neutrality requirements established for such waivers.



City Partners with Top Boston Law Firms to Help Elderly

Boston, Mass. -- In an ongoing effort to respond to the unmet legal needs of the city's elderly, Mayor Thomas M. Menino is partnering with top Boston law firms Goodwin Procter LLP and Cohen & Oalican, LLP for an estate-planning seminar on Friday, September 8, 2006.

Eliza Greenberg, Commissioner of the City of Boston Commission on Affairs of the Elderly, stated, "Many of the city's elders cannot afford quality legal help and are having difficulty hanging on to what they have worked hard for. So, we have partnered with these law firms to help respond to this need."

On September 8th, during the Mayor's Monthly Seniors Advisory Council meeting, Jennifer Locke of Goodwin Procter LLP and Steven M. Cohen of Cohen & Oalican, LLP, will present a legal seminar focused on estate planning. Approximately one hundred seniors, who represent

the many neighborhoods in Boston, will attend this free legal seminar. The seminar will address such issues as wills and trusts, Medicaid and nursing home planning, and appointing agents to handle medical and financial affairs.

Questions that will be answered at the seminar include: Do I need a will? What will happen to my home if I go into a nursing home? How can I pay for nursing home care? Can I give assets to my children? Who will make medical decisions for me or pay my bills if I become incapacitated? What is a living will? Seniors who attend the seminar will be given packages of information prepared by the law firms.

Goodwin Procter is one of the nation's leading law firms with 650 attorneys. The Firm's core areas of practice are Corporate, Litigation and Real-Estate, with specialized areas of focus that include private equity, technology companies, financial services, REITs and

real-estate capital markets, intellectual property and products liability. Goodwin Procter is headquartered in Boston, with offices in Los Angeles, New York, San Francisco and Washington D.C. Jennifer Locke has been with the firm since 1992 and focuses her practice in the areas of estate planning and probate litigation.

Cohen & Oalican provides a broad range of legal and support services to older and disabled clients and their families. This focus enables the firm to be particularly sensitive to the stresses that these individuals and families confront on a daily basis, which are compounded by the American legal and health care systems. Steve Cohen, a founding partner of the firm, is a member of the National Academy of Elder Law Attorneys and specializes in elder law issues.

For more information on this program, or the many other services the Elderly Commission offers, call 617-635-4366 Monday through Friday, 8:30 a.m. to 5:00 p.m.

A HIGHER LEVEL OF CARE



It could happen to you. An unexpected illness or injury that requires a lengthy recuperation. Like anyone, you want to get the best care and get back to the quality of life you've come to enjoy. So what are your options?

HealthSouth offers patients the opportunity to recuperate and rehabilitate in one of our Inpatient Rehabilitation Facilities. Our multidisciplinary team approach is designed to provide a far more concentrated setting with intense therapy and nursing care, than other post acute settings such as skilled nursing facilities or nursing home. Our hospitals offer specific programs treating stroke, brain injury, spinal cord injury, trauma, neurological diagnoses and orthopedic injuries including fractured hips.

It all adds up to getting you better, faster. So if you or someone you know is facing a long-term rehabilitation, look to HealthSouth Rehabilitation Hospitals. Get the higher level of care you deserve.

HEALTHSOUTH *Rehabilitation Hospitals*

HealthSouth Braintree Rehabilitation Hospital
250 Pond Street • Braintree, MA 02184
781-348-2107

HealthSouth New England Rehabilitation Hospital
2 Rehabilitation Way • Woburn, MA
781-935-5050

The Museum Of Fine Arts

Get to Know Boston's Architecture
Take a tour with the
Musuem of Fine Arts



Sense the history and artistic traditions that shaped the best of Boston's magnificent buildings. Three unique 2-hour tours led by trained MFA Senior Associate guides include identification and description of important historic landmarks.

Boston Architectural Landmarks Bus Tour Witness three centuries of work by the foremost architects of the New World from Charles Bulfinch to H. H. Richardson to I. M. Pei. This comfortable cruise through Boston's many neighborhoods and downtown areas includes a 40-minute walk around Beacon Hill if weather permits. Tours depart at 10 am on September 27, and October 14.

Beacon Hill Walking Tour

Step back in time two hundred years and see Beacon Hill through the eyes of the visionary architect, Charles Bulfinch, who influenced the development of this part of historic Boston and established the Federal style of architecture. Tours depart at 10 am on September 23, and October 28.

Back Bay Walking Tour

Wide streets and one grand avenue traverse this former marshland. Thirty years of landfill created the ground for Boston's magnificent Back Bay, a remarkable monument of Victorian architecture, both public and residential. Tours depart at 10 am on September 13, and October 11.

Special group tours may be arranged throughout the year.

Members \$20; nonmembers \$25; seniors (65 and over), students, and youths (17 and under) \$20. Museum admission included. These tours are not recommended for small children.

Reservations required. For more information or to make reservations, call 617-369-3395.

Please note: The bus tour will be cancelled if undersubscribed. The walking tours will use public transportation if participation is insufficient to allow a bus.

Get to Know the *The Museum Of Fine Arts*
Take a Free Guided Tour

Offered seven days a week, our guided tours are free with Museum admission and explore many different collections. All tours meet at the Sharf Information Center in the West Wing and last approximately one hour. The tours listed below offered Monday through Friday, except Monday holidays:

Tours in English

Monday through Friday

10:30 Introduction to Museum Collections

11:00 Art of Asia

11:30 Art of Europe

1:30 Art of the Americas

2:00 Art of Egypt and the Classical World

3:00 Introduction to Museum Collections

Saturday

11:00 Introduction to Museum Collections

1:00 Introduction to Museum Collections

2:00 Introduction to Museum Collections

3:00 Introduction to Museum Collections

Sunday

11:00 Introduction to Museum Collections

1:00 Introduction to Museum Collections

2:00 Introduction to Museum Collections

3:00 Introduction to Museum Collections

Foreign Language Tours

Tours in French

Every Wednesday

Tour begins at 11:15 am

Fourth Wednesday of each month

Tour begins at 6:30

Tours in Spanish and Russian

First Wednesday of each month

6:30 Introduction to Museum Collections in Spanish

Second and Third Wednesday of each month

6:30 Introduction to Museum Collections in Russian

*For more information or to make reservations, call 617-369-3395
Visit the Museum online at www.mfa.org*

Did You Know?

If you have an Adult Library Card with the Boston Public Library, you have access to a free pass to the MFA and many other Boston museums? Call your branch library to reserve the pass!
One per person!

Free Things to do in the Greater Boston Area!

Boston Center for the Arts -
539 Tremont St., Boston
Call 617-426-7700 about the free exhibits in the galleries.

Boston Conservatory -
8 Fenway, Boston
Call 617-912-9122 for information about Free Concerts (Mostly Student Performances).

Boston Public Library -
700 Boylston Street, Copley Square, Boston. Call 617-536-5400 to find out more on the lectures, movies, workshops and more. There is a free Art and Architecture Tour of the building Mondays at 2:30 p.m., Tuesday and Thursday at 6 p.m. and Friday and Saturday at 11 a.m.

Boston University Observatory -
725 Commonwealth Ave.,
Call 617-353-2630 for free Star Gazing every Wednesday Night at 7:30 p.m. from October through March, weather permitting.

Bunker Hill Monument & The Navy Yard in Charlestown -
Call 617-242-5641 for more information. If you don't mind climbing the 294 steps to the top of the Monument, a great view of the city can be yours. There

is also a 90 minute tour of the Navy Yard and exhibit hall. Always free!

Customs House Tower -
3 McKinley Square
Boston. Call 617-310-6300 to find out more information on Boston's first skyscraper at 495-feet, with its triangular clock tower; it's now a hotel owned by Marriott. Free tours and a trip up to the observation balcony are conducted daily at 10 a.m. and 4 p.m., except Saturdays. Call 617-310-6300.

Emerald Necklace Parks -
For more information, contact the city's Parks Department at 617-635-4505. You can always tour the famous Emerald Necklace, a six mile series of six parks in Boston from Franklin Park to the Back Bay. Always free and accessible by foot, car or public transportation.

Forest Hills Cemetery Sculpture Garden-
For more information, call 617-524-0128, ext: 22. An open air museum in Jamaica Plain. It is home to a nationally recognized collection of 19th and early 20th century memorial sculpture and architecture. Always free!

Harvard Museum of Natural History -

26 Oxford Street Cambridge, MA. For more information, call 617-495-3045. Famous "Glass Flower" exhibit, gemstone collection, and a display of fossilized skeletons of prehistoric and other significant animals. Free on Sundays from 9 a.m. - noon.

Harvard University Art Museums - 32 Quincy St. Cambridge, MA. For more information, call 617-495-9400. Includes Fogg Museum, Arthur Sackler Museum and Busch-Reisinger Museum - free on Saturdays from 10 a.m. - noon.

Harvard University Observatory -
60 Garden St., Cambridge, 617-495-7461. Free Stargazing and non-technical lecture held the third Thursday of the month at 8 p.m.

Institute of Contemporary Art - 955 Boylston St., Boston, 617-266-5152. Free Thursdays from 5-9 p.m.

VOLUNTEERS WANTED

New!

Eldelry Commssision's RSYV Program has the following Volunteer opportunities for Boston Seniors

Humanities International

Assisting with Elder Hostel. 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.

Horizons for Homeless Children

Is looking for caring, dependable individuals to interact and play with children living in homeless shelters in our 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 and greeting and directing volunteers, clients and guests. Volunteers are asked to commit 2 days a weeks. (Roxbury).

For more information, contact the Boston RSVP Staff
at 617-635-3988 or 617-635-1794.



- Do you have trouble using the bathroom?
- Have you ever leaked urine when you laughed or sneezed?
- Do you feel sudden urges to use the bathroom, sometimes not having enough time to actually get to a toilet?

If you've answered 'yes' to any of these questions, you may be like millions of Americans who suffer from loss of bladder control or urinary incontinence.

And now, there is help.
Caritas St. Elizabeth's Center for Continence and Pelvic Floor Health is a full service treatment center for the complete range of continence and pelvic floor disorders.

Caritas St. Elizabeth's Medical Center

CARITAS CHRISTI HEALTH CARE

For more information or to schedule a consultation
please contact us at: 617-562-7014

FREE COMPUTER LESSONS!

The following Boston Public Library locations regularly offer workshops on using the Internet. Please contact the location you are interested in for dates and times.

Adams Street Branch

690 Adams Street, Dorchester 617-436-6900

Charlestown Branch

179 Main Street, Charlestown 617-242-1248

Codman Square Branch

690 Washington Street, Dorchester 617-436-8214

Connolly Branch

433 Centre Street, Jamaica Plain 617-522-1960

Dudley Branch

65 Warren Street, Roxbury 617-442-6186

East Boston Branch

276 Meridian Street, East Boston 617-569-0271

Egleston Square Branch

2044 Columbus Avenue, Roxbury 617-445-4340

Faneuil Branch

419 Faneuil Street, Brighton 617-782-6705

Honan-Allston Branch

300 North Harvard St., Allston 617-787-6313

Lower Mills Branch

27 Richmond St., Dorchester 617-298-7841

Mattapan Branch

10 Hazleton Street, Mattapan 617-298-9218

North End Branch

25 Parmenter Street, North End 617-227-8135

Parker Hill Branch

1497 Tremont Street, Roxbury 617-427-3820

Roslindale Branch

4238 Washington Street, Roslindale 617-323-2343

South End Branch

685 Tremont Street, South End 617-536-8241

Uphams Corner Branch

500 Columbia Road, Dorchester 617-265-0139

West End Branch

151 Cambridge Street, Boston 617-523-3957

West Roxbury Branch

1961 Centre Street, West Roxbury 617-325-3147

The Pension Protection Act of 2006: Ensuring Greater Retirement Security for American Worker

President George W. Bush Signed The Pension Protection Act Of 2006, The Most Sweeping Reform Of America's Pension Laws In Over 30 Years. Last year, President Bush asked Congress to strengthen protections for the pensions American workers rely on, and Congress responded by passing this bipartisan bill.

- Every American Has An Interest In Fixing The Pension System. The Federal government has created an insurance system for businesses offering private pensions, and the insurance is funded by premiums collected from these employers. When some businesses fail to fund their pension plans and are unable to meet obligations to their employees, it puts a strain on the entire pension system. If there is not enough money in the system to cover all the extra costs, American taxpayers could be called on to make up the shortfall.

This Legislation Improves The Pension System And Expands Opportunities To Build Retirement Nest Eggs. The Pension Protection Act Strengthens The Federal Pension Insurance System. The legislation:

- Requires companies that under-fund their pension plans to pay additional premiums;
- Extends a requirement that companies that terminate their pensions provide extra funding for the pension insurance system;
- Requires that companies measure the obligations of their pension plans more accurately;
- Closes loopholes that allow under-funded plans to skip pension payments;
- Raises caps on the amount that employers can put into their pension plans, so they can add more money during good times and build a cushion that can keep their pensions solvent in lean times; and
- Prevents companies with under-funded pension plans from digging the hole deeper by promising extra benefits to their workers without paying for those promises up front.

President Bush Has Sent A Clear Message To Businesses Across America That They Must Keep Their Promises To Workers. Businesses that offer a private pension plan to their employees have a duty to set aside enough money now, so their workers get what they have been promised when they retire.

The Pension Protection Act Also Contains Provisions To Help American Workers Who Save For Retirement Through Defined Contribution Plans, Like IRAs And 401(k)s. Defined contribution plans are helping Americans build a society of ownership and financial independence, and this legislation makes it easier for workers to participate in these plans. The legislation:

- Removes barriers that prevent companies from automatically enrolling their employees in defined contribution plans;
- Ensures that workers have more information about the performance of their accounts;
- Provides greater access to professional advice about investing for retirement;
- Gives workers greater control over how their accounts are invested; and
- Makes permanent the higher contribution limits for IRAs and 401(k)s that were passed in 2001, enabling more workers to build larger retirement nest eggs.

To Ensure A More Secure Retirement For All Americans, We Must Also Prepare For The Impact Of The Baby Boom Generation's Retirement On Entitlement Programs Like Social Security And Medicare. Entitlement programs are projected to grow faster than the economy, faster than the population, and faster than the rate of inflation. If we fail to act, Social Security, Medicare, and Medicaid will be almost 60 percent of the entire Federal budget in the year 2030. President Bush continues to call on Congress to meet its duty to reform these programs so we can ensure a secure retirement for all Americans. (Document adopted from <http://www.aoa.gov/>)



Boston Continuing Adult Education Presents:

Bella Italia: An Evening of Wine, Food, and Opera

Hosted by Ron and Joyce Della Chiesa with Cat Silirie and Opera Boston

Join us for a remarkable evening in our intimate ballroom as we travel on a journey to four distinct regions of Italy, sampling the unique food, wine, and music of each. Whether you love opera or would love to learn more, delight in the expertise of host Ron Della Chiesa, voice of the Boston Symphony Orchestra and operaphile extraordinaire. He is joined by up-and-coming stars of Opera Boston, who perform Ron's favorite arias and share insights about the world's most romantic music. Culinary artist Joyce Della Chiesa and No. 9 Park Wine Director Cat Silirie tempt your palate with a delicious and specially-prepared menu of appetizer and wine pairings to match each operatic performance. After sampling the greatest pleasures of Italy, your hosts send you off with Joyce's favorite recipes and menus, Cat's wine selections, Ron's list of his favorite opera recordings, and the secrets of opera stars.

Your evening includes:

- * appetizers specially prepared by Joyce Della Chiesa;
- * accompanying wines specially selected by Cat Silirie;
- * performances by Opera Boston singers;
- * carefully selected opera selections with expert commentary by Ron Della Chiesa;
- * recipes and menus, list of opera recordings, and list of wine selections.

Join us for this festive evening of deliziosa and vibrant Italian culture! Seating is limited, so act early for this remarkable event. The tuition includes a materials fee for your wine and food.

For more information or to reserve a table of ten seats, please see below.

Contact: Jourdan Abel at 617-267-4430 X 718.

Price: Members: \$98.00

Non-members: \$108.00

Date: Thursday 10/05/06

Time: 6:30p.m. - 9:30 p.m.

Apple Season is Here

by Melissa Carlson, MS, RD

Here is a little Apple Trivia Quiz for you: Where did the saying, “an apple a day, keeps the doctor away,” come from? A bushel of apples weighs how much? What is the oldest variety of apple in existence? What is the word for apple in Spanish, French, Italian, Haitian Creole, and Cape Verdean? How many varieties of apples are there grown worldwide? It takes the energy from how many leaves to produce one apple? Why do apples float?

Apples are a great nutritious snack or side dish to any meal. One medium sized apple provides you with approximately 80 calories, 170 mg of Potassium, 22 g of Carbohydrates made from 5g of Dietary fiber and 16g of sugar. They also provide you with 8% of Vitamin C and 2% of Vitamin A of your recommended daily values. Apples are a good source of antioxidants and fiber. Apples are being used in research to see if they may promote lung function, may decrease the risk of heart disease, and may reduce the risks of certain types of cancer due to the antioxidants and fiber content.

There are over 7500 varieties of apples worldwide, approximately 2500 varieties of apples are grown in the United States, and approximately 40 varieties grown in New England. Here's information on different varieties of apples:

Red Delicious- are a bright red apple best for snacking and using

in salads. They are crunchy with a mildly sweet flavor. They are harvested in September and October but available throughout the year.

Granny Smith- are a bright green, extremely tart, crisp, juicy apple available year round. They are a great all around apple for salad, pie, sauce, baking, and freezing.

Braeburn- has a rich sweet-tart, spicy flavor and is crisp. The colors can vary from orange to red over a yellow background. Braeburns are best for pie baking.

Jonagold- are juicy, orange-tinted and have a tangy-sweet flavor. They are a cross between a Jonathan and Golden Delicious. They are used best for salads, pies, and baking. They ripen in September.

Cortland- are sweet with a hint of tartness and juicy. They are best for snacking, most cooking and hold up well when frozen. They work well as garnishes because they don't turn brown quickly when cut.

Fuji- have a super-sweet crisp taste, known for their hard texture, syrup sweetness, and reddish-pink color. They were introduced to the US in the 1980's from Japan. They are great for snacking, salads, and baking.

Gala- have pinkish-orange stripes

with a yellow background. They are juicy and crisp with a sweet taste. They have gained popularity in the past 15 years. They are best for snacking, salads, and sauces.

It is best to buy apples that are from local orchards and during the picking season. This helps keep price down in the local economy. See the listing of apple picking orchards in Massachusetts and New Hampshire for a nice afternoon trip with your family. When apple-picking, look for apples with smooth skins and well colored for their variety. If the base color of the apple is too green it indicates a less sweet or under ripe apple. If the base color is too yellow it means the apple is overripe, soft and mealy textured. See the Recipe section for some new ways to use apples.

Answers to the Apple Trivia Questions: “An apple a day, keeps the doctor away” comes from an old English adage, “To eat an apple before going to bed, will make the doctor beg his bread.” A bushel of apples weighs 42 pounds. Lady or Api apple is the oldest varieties in existence. Spanish-manzana, French pomme, Italian-mela, Haitian Creole- Pòm, Cape Verdean- masun. There are over 7500 varieties of apples grown around the world. It takes energy from 50 leaves to grow one apple. Apples float because 25% of their volume is from air.

Get the **SKINNY** on **FAT**

Most people know they need to lose weight for a variety of health reasons if they're obese—that is, their body mass index (BMI, a ratio of weight to height) is 30 or more. But the health risks tied to weight aren't a simple matter of crossing a line into obesity.

A new study shows that the heavier you are, the greater your health risks, beginning in the overweight category, with a BMI of 25-29.9. Doctors have actually defined three categories of obesity: obesity 1, with a BMI of 30-34.9; obesity 2 (35-39.9); and extreme obesity (40). A research team supported by NIH set

out to look at the relationship of these different levels of obesity to mortality and heart disease. The researchers studied data from over 90,000 women between 50 and 79 years old over a 7-year period. They found that the risk for mortality was almost 25% higher for women in the obesity 1 category than for those in the normal range, about 50% higher for obesity 2, and almost 75% higher for those with extreme obesity.

The risk of heart disease was strongly related to weight as well, with a higher risk beginning for people in the over-

weight range. Severely obese women also had higher rates of diabetes and high blood pressure than women in the lower weight classes. The rates of extreme obesity differed with race and ethnicity, ranging from 1% among Asian and Pacific Islanders to 10% among black women. However, once the women's weights were taken into account, the mortality and heart disease rates didn't differ by race or ethnicity. This study shows that the more overweight you are, the greater your health risks. It's important to maintain a healthy weight and to get appropriate treatment if you struggle with obesity.

(Aim for a health weight: healthy-weight.nhlbi.nih.gov.)

lighter

5 EASY Tips for a healthier lifestyle:

1. Do not drink soda.
2. If you are going to drink juice make sure it is 100% juice, not juice "beverage" or juice "cocktails." Those are mostly sugar.
3. Avoid fast food. If you're on the go, try a peanut butter and jelly sandwich. It is quicker, cheaper and will fill you up with protein, not fats and bad sugars.
4. Eat your meals at the table.
5. Try to prepare snacks and meals from whole foods.

Fit tips: stretch and flex:

AN INGREDIENT FOR SUSTAINING INDEPENDENCE

By 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.

Regardless of one's age, stretching is possible, no matter what your level of flexibility. There are great benefits to stretching such as, it allows you more freedom of movement, improves your strength, and endurance, it makes strenuous activities easier, helps with coordination, promotes circulation, elevates your range of motion and prevents injuries such as muscle strains.

There's no specific time or place to stretch. It can be done anywhere, for example: First thing in the morning to transition the body from an inactive state to an active one, in a car after standing or sitting for a while, when your body feels stiff or tense. Although stretching is easy, if done incorrectly, you can cause more harm than good.

Here are a few great stretches to get you started. Remember to stretch slowly and to breathe and hold each Stretch 10 to 30 seconds. Go on..You can do it!

(References from: "Stretching" by Bob Anderson and "Exercise: A Guide From The National Institute on Aging")

Hamstring stretch: #1

Stand behind a chair; hold the back with "both" hands.

From the hips, bend forward. Keep shoulders and back straight at all times.

Hold position when upper body is parallel to the floor.

Repeat 3 to 5 times.

Wrist stretch #2

Place hands together in the prayer position.

Raise elbows slowly. Raise elbows then slowly align arms to the floor.

Hold for 10-30 seconds.

Repeat 3 to 5 times.



Anne B. Brighton-What is girt? I have what I thought was heartburn but a neighbor told me I should get tested because it could be girt... Can you tell the difference?

Dr. Norman-I am pretty sure by 'girt' you mean G.E.R.D., which stands for gastroesophageal reflux disease. It is related to heartburn. Reflux occurs when gastric (stomach) contents start 'to swim upstream'! Instead of moving through the stomach into the intestines to get further digested, stomach contents along with digestive gastric enzymes and acids, go back up the esophagus, or swallowing tube. This reflux can cause irritation to the lining of the esophagus resulting in persistent pain or heartburn. This condition, if untreated, can cause more serious problems. If you feel you have problems with reflux you should contact your provider to discuss this further. G.E.R.D., which is usually treated with medication, can also improve by avoiding large meals, not lying down directly after eating and keeping one's head elevated when lying in bed.



Mary L. South Boston-I hear different things as far as my caloric intake. How many calories should someone in their seventies have daily? I have been told that we require less than someone half our age...is this true?

Dr. Norman- Our caloric needs do change as we age and this is related to a number of factors. As we get older our metabolism, or how we burn up the calories we take in, will generally slow down. This translates to our body then needing less in the way of 'fuel' (or calories) to keep us going. A seventy-year-old person will often need fewer calories than a thirty-five year old person, but it is important to note this is a very general statement. It is important to review your individual needs with your medical provider and/or the nutritionist connected to your provider's practice. The latter usually has the most expertise in the field. Both will be able to review the details of your particular medical history allowing them to then make the best suggestions for your caloric intake.

Elizabeth F. South End-These days there is a trend for organic foods. I know that they are better for the environment because they are grown with out chemicals but they cost more. Are there any health benefits to eating organic foods?

Dr. Norman-Yes. As you mention, organic foods are grown without the use of any potentially harmful chemicals. When they were initially introduced in supermarkets their price was significantly higher than non-organic options. Today, in many instances, this price difference has decreased significantly as the availability of these healthier choices has increased over time. Farmer's markets within local communities are another way to buy organic foods, usually directly from the farmers, which helps eliminate the higher price seen in supermarket chains. Testing one's green thumb with container and backyard gardening are other exciting and active ways to access healthier food options!

Prescription Advantage May Help You Lower Your Medication Expenses

Are you spending a lot for your prescription drugs...even with Medicare Part D? Prescription Advantage can help!

Medicare's new prescription drug program has been a huge benefit for many seniors across the country, saving some up to hundreds of dollars each month on their prescription drugs. However, even with these savings, seniors may still have high out-of-pocket costs.

The Part D premium in Massachusetts ranges from \$7.32 to \$65.58 per month, depending on the plan chosen. Many plans also have deductibles up to \$250 a year. Beyond those costs, there are drug co-payments. And, individuals whose

drug costs reach \$2,250 (the so-called "doughnut hole"), will now pay 100% of the drug costs until they have spent \$2,850.

Fortunately for seniors living in Massachusetts, Prescription Advantage, the state's pharmacy assistance program, can help reduce these expenses. As a secondary payer to Part D, Prescription Advantage "wraps around" or supplements Medicare drug plans by helping to pay for co-payments, deductibles and other coverage gaps. Those with limited income may also be eligible to receive help paying for their Medicare Part D plan premiums.

Unlike other supplemental plans, Prescription Advantage requires no monthly premium and the plan limits annual out-of-pocket

expenditures on the amount members pay towards their prescription drugs.

For seniors who do not have Medicare Part D, but have prescription drug coverage through an employer or union, Prescription Advantage also provides secondary benefits.

Prescription Advantage will be holding an Open Enrollment from September 15 to November 15. Enrollment forms can be obtained by calling Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

Don't miss this opportunity to further reduce your prescription drug costs.

Area Agency on Aging

"Encouraging the senior voice to be heard."

Along with providing senior services throughout the city, the AAA encourages senior involvement through the *Mayor's Advisory Council*.

To find out how you can get involved *call (617) 635-3979.*



Assistance. Advocacy. Answers on Aging.



Heathy Wealthy and Wyse by Geraldine Wyse RN

National Heart, Lung, and Blood Institute
WEBSITE ADDRESS

<http://www.nhlbi.nih.gov/health/public/lung/index.htm#copd>

The National Heart, Lung, and Blood Institute is an excellent site for the public to learn about lung diseases. This site is easy to read. It has excellent diagrams that are well labeled. The fact sheets are easy to understand.

You may have recently been told by your doctor that your asthma or emphesema has progressed and you want to learn

more about the disease and its treatment. Your doctor did not give you any written information to read at home. What to do? You don't have a computer at home. Call one of your grandchildren. Give your grandchild this site name and ask to print a copy of the general information for your lung condition. Your grandchild will know how to maneuver through the site. In

fact, he or she will learn something about your lung disease and how serious lung (pulmonary) diseases really are.

Remember, you can also go to your local library and get help from your librarian.

There are millions of sites on the Internet about diseases. You need to know the safe and reliable ones.

When you see "nih/health" in the address you can be sure it is an excellent site sponsored by the US government.

Do You Wake Up Too Early?

If yes, help us to help others!
Brigham & Women's Hospital seeks
healthy men and women 55 and older
to participate in a research study
funded by the National Institute on Aging
testing whether different colors of light can improve sleep.

Participants will spend 13 consecutive days and nights
living in our facility.

Receive up to
\$2,408

Call Jen at (617) 732-7294

sleep@rics.bwh.harvard.edu



Sausage and Apple Stuffing

2 sticks plus 3 tablespoons butter, divided
2-3 cups Low Sodium Chicken broth
2 large bags cornbread stuffing mix
1 lb pork sausage (not links)
1 large onion, diced
3 cloves garlic, minced
2 stalks celery, diced
1 teaspoon dried thyme leaves
1 teaspoon dried sage leaves
1 cup chopped walnuts
3 medium apples, cored and sliced

1. In a large pot, melt 2 sticks butter in 2 cups of low sodium chicken broth. When melted, add dry cornbread stuffing stirring to incorporate liquid, set aside.
2. In a large sauté pan, set over medium-high heat, melt 1 tablespoon butter and add sausage. With wooden spoon break up sausage and sauté until lightly browned and cooked through. Transfer sausage to paper towels to drain.
3. In the same pan, melt remaining butter and sauté onions with the garlic, celery, thyme, and sage until onions are translucent and celery is crisp tender. Remove from heat.
4. Combine cornbread stuffing with sautéed ingredients. *You may need to add in 1/2 –1 cup more chicken broth to keep the stuffing moist while baking.
5. Fill a 9 x 13 x 2” pan with the stuffing and bake in preheated 350 degrees oven. Cover with foil for ½ hour. Remove foil and bake until top is lightly browned about 15 minutes more.

Makes 8-10 servings

Seniority

Recipes are submitted by
Melissa Carlson, M.S., R.D.,
Elderly Commission Staff Nutritionist. Please call her for
nutritional information or recipe ideas at
(617) 635-1838.

Applesauce Cookies

1 cup Brown sugar- packed
1 Egg
 $\frac{3}{4}$ cup Shortening
1 cup Applesauce
2 $\frac{1}{2}$ cups All-purpose flour
 $\frac{1}{2}$ teaspoon Baking Soda
 $\frac{3}{4}$ teaspoon ground Cinnamon
 $\frac{1}{4}$ teaspoon ground Nutmeg
 $\frac{1}{4}$ teaspoon ground Cloves
1 cup chopped Walnuts
1 cup Raisins

1. Preheat the oven to 325 degrees F (165 degrees C). Grease cookie sheets, if needed.
2. In a medium bowl, cream together the brown sugar and shortening until smooth. Stir in the egg, and then the applesauce until well blended. Combine the flour, baking soda, cinnamon, nutmeg, and cloves; stir into the applesauce mixture. Mix in walnuts and raisins. Drop by teaspoonfuls onto the cookie sheets.
3. Bake for 10-12 minutes in the preheated oven, until the edges start to brown. Cool on cookie sheets for a few minutes before removing to wire racks to cool completely.

Fresh Apple Salsa

2 tart apples, cored and cubed
4 tablespoons lime juice
1 fresh jalapeno pepper, seeded and sliced
1 fresh Anaheim chile, seeded and sliced
 $\frac{1}{2}$ medium onion, finely chopped
2 tablespoons coarsely chopped fresh cilantro
 $\frac{1}{2}$ cup chopped walnuts, lightly toasted
2 tablespoons fresh ginger, peeled and thinly sliced

1. In a large bowl, stir together apples and lime juice
2. Stir in jalapeno and Anaheim chile slices.
3. Stir in onion, cilantro, walnuts, and ginger. Mix thoroughly.

Makes 6 servings

Noise Pollution

A Different Environmental Problem

Decibel- A unit used to describe how loud something is.

Your mother was right when she told you to turn down the volume. Too much noise not only pollutes the environment; it can permanently damage your hearing. Some 22 million Americans between the ages of 20 and 69 have already permanently damaged their hearing by exposure to loud sounds. And research is finding that an ever-increasing number of young people have the hearing loss typically found in older adults.

It's easier than you think to permanently damage your hearing. The blast of a firecracker at close range can do it in an instant. Repeated exposures to loud engines like motorcycles or long hours spent listening to loud MP3 and other portable music players can erode hearing more slowly.

If you're a construction worker, farmer, factory worker or airline employee, harmful sounds may be a regular part of your job. Harmful noises at home include vacuum cleaners, gas-powered lawn mowers, leaf blowers and shop tools. Noisy recreational activities include target shooting and hunting, snowmobiling, riding go-carts, woodworking and other noisy hobbies. Even some children's toys produce sounds in the danger zone. How loud is too loud? Prolonged exposure to sounds

louder than 85 decibels (dB) can cause gradual hearing loss. A normal conversation is about 60 dB. Many personal stereo systems at maximum level are over 100 dB. Rock concerts and firecrackers can be 140 dB and higher.

Noise-induced hearing loss usually happens slowly, with no pain. Right after exposure to noise, you may notice some "ringing" in your ears. You might have trouble hearing people talk.

After several hours or even a few days, these symptoms may go away. However, when you are exposed to loud noise repeatedly, you could have hearing loss that lasts forever.

Exposure to loud sounds can damage or destroy the inner ear's sensory hair cells. Once damaged, the hair cells don't grow back. Scientists once believed that loud noises damage the hair cells by the pure force of the loud sound vibrations. Recent studies, however, have found that exposure to noise triggers the formation of molecules called free radicals that are known to kill off hair cells.

Scientists supported by NIH's National Institute on Deafness and Other Communication Disorders (NIDCD) have shown that antioxidants such as aspirin and vitamin E, which can protect against damage caused by free radicals, can reduce hearing loss in guinea pigs when given as much as three days after noise

exposure. Future studies will explore if this strategy works in humans.

One day, gene transfer may be used to help restore lost hearing. NIDCD-supported researchers transferred a gene involved in the regrowth of hair cells into deaf guinea pigs and restored hearing. This type of therapy, however, is still a long way from human use.

To protect your hearing, practice good hearing health in your everyday life. Turn down the volume on all household noise sources and wear hearing protection when you mow the lawn, vacuum, blow dry your hair or operate power tools. Encourage children to wear hearing protection in noisy environments and take the time to show them how to prevent hearing damage from MP3 and other portable music players. Wear earplugs, earmuffs or other protective devices when involved in a loud activity, teach your children to lower the volume on their portable music players and to limit listening time, be alert to hazardous noise in the environment, protect children who are too young to protect themselves, tell family, friends and colleagues about the hazards of noise. If you think you have a hearing loss, see your doctor.

Article taken from the [News In Health](#) August 2006 newsletter with permission from the [National Institutes on Health](#)

Castle Island Halloween Celebration at Fort Independence

VOLUNTEER OPPORTUNITY!

The Castle Island Association, with the cooperation of the Massachusetts Department of Conservation and Recreation, hosts an annual Halloween celebration, "*Children's Magical Halloween Castle*". The Castle Island Association turns a section of historic Fort Independence into a *haunted castle*, while another section provides rooms for storytellers and a magician. Free refreshments and Trick-or-Treat bags are given out as well.

This event will be held for 24th straight year free of charge through the volunteer efforts of many people and the generous donations from local businesses. Over the past few years, more than 5000 people have attended each year. This year the celebration will take place on Saturday, October 28 and Sunday, October 29 (weather permitting) from noon to 4:00 PM.

However, to successfully put on this extremely popular event, we need volunteers. **Please consider offering some of your time for the Castle Island Association's "*Children's Magical Halloween Castle*".**

Given the variety of activities for which we need help, we have something to fit everyone's capability. *Prior to the event* you can help in moving our supplies, materials and decorations from storage, unpacking boxes, checking and organizing our decorations, setting up our "mystery" scenes, putting up decorations or filling the Trick-or-Treat bags. *On the day of the event* you can assist with last-minute preparations, monitoring our visitors, helping our entertainers or serving refreshments. *After the event* you can help take down the decorations and scenes, pack boxes and move our material back into storage.

The actual dates and times for when we need each type of help is listed below. When making your decision, please consider that **even a couple of hours of your time can make a big difference!**

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Event</u>
Saturday,	October 21	11:00 AM - 2:00 PM	Preparations
Thursday,	October 26	10:00 AM - 2:00 PM	Set up
		12:00 PM - 3:00 PM	Fill Trick-or-Treat bags
Friday,	October 27	10:00 AM - 2:00 PM	Set up
Saturday,	October 28	9:00 AM - 6:00 PM	Set up, monitoring, assisting in activities
Sunday,	October 29	11:00 AM - 6:00 PM	Monitoring, assisting in activities
To be announced		10:00 AM - 2:00 PM	Clean up, packing and storing

Please complete the form below, indicating when you are planning to help (make sure you mark your calendar as well) and send it to Castle Island Association, P.O. Box 342, S. Boston, MA 02127, Attn: Patricia Reid. If you can't plan on any specific time, just come to Fort Independence at any of the times listed above.

Thank you for your support and remember to dress warmly.

----- < cut or tear here > -----

Name: _____ Phone: _____

I will help with:

Set up and preparations on **Saturday, 10/21:** _____ Trick-or-Treat bags on **Thursday, 10/26:** _____

Set up and preparations on **Thursday, 10/26:** _____ The Halloween celebration on **Saturday, 10/28** _____

Set up and preparations on **Friday, 10/27:** _____ The Halloween celebration on **Sunday, 10/29:** _____

Packing and putting away on a day and time to be announced: _____



TAKE A TRIP

Summer is nearing its end in Boston the sun is getting lower and it is starting to feel like fall. The mercury is dropping the air is getting crisp, it's time put on a cozy sweater and get out side to view the foliage. There's still plenty of time to plan a trip. what are you waiting for?

TOUR 11 -FALL FOLIAGE SPECTACULAR

Experience the gently rolling New England countryside, awash with the colors of Indian Summer. Travel past quiet ponds and ancient farms, weathered roadside taverns and sturdy colonial churches. Enjoy a hot Yankee style lunch at a quaint New England tavern nestled in the heart of the mountains. (Cost is additional) A pleasant afternoon of foliage display is capped by a stop at a native orchard for apples and cider.

Tour/Package Length: All day excursion

Departure Times: 9:30 AM

Days of Week: Daily

9/21 - 10/23

ADULT: \$49.00

CHILD Ages 5-11: \$25.00

Location:

Tour departs from the Gray Line Ticket Office / Transportation Bldg. Park Sq.
16 So. Charles Street, Boston

Contact:

Nationwide: Toll-Free 800-343-1328 In Boston: 781-986-6100 Fax: 781-986-0167
email: meetingplanners@brushhilltours.com

Members of:

American Society of Association Executives ♦ Meeting Planners International
Greater Boston Convention & Visitors Bureau ♦ Boston Chamber of Commerce
National Tour Association ♦ American Bus Association

This tour is seasonal and operates from 23 September to 22 October, 2006

Itinerary:

Scenic route 2 to North central Massachusetts

South central NH in Rindge

Lunch at a converted NE Mill called Lilly's on the pond (\$12 per person, inclusive of tax and tip)

After lunch, visit the Nashua area to an apple orchard

Willard Brook State Forest

Inclusions:

Luxury air-conditioned motorcoach transport with narration by a professional guide
Pick-up and drop-off at specified hotels

This tour must be booked at least 72 hours in advance of your travel date
Confirmation for this product will be received at time of booking

Senior Aides in Action

by Annette Richardson



Rose Carty has been a participant of the Seniors Training for Employment Program since July 2004. Rose has had more than ten (10) years experience as a Certified Nurse's Assistant. She also has a Bachelor's Degree in Psychology. Rose is fluent in English, and French, as well as Haitian Creole.

Before coming to our program, Rose worked as a Case Manager for "Road to Responsibility" where she supervised the daily

living activities of 6 mentally and physically handicapped patients. She prepared meals and made sure that her clients went to their appointments as well as dispensed medication for her clients. She worked as a Mental Retardation Assistant at a State School in Waltham, MA where she provided care to residents according to their treatment plan. Rose also escorted residents to and from their workplaces ensuring their safe return.

At the Hebrew Rehabilitation Center for the Aged, now known as Hebrew SeniorLife, Rose was assigned as a Unit Assistant. Her duties at this

site included, but were not limited to, assisting with mealtime and refreshments, assist with feeding when necessary; and transporting residents to clinics, beauty shops and other on-site activities. She performed "friendly visits" with residents as well as assisted with the Recreation Therapy Program.

Rose recently obtained a position as a Home Health Aide with "Helping Hands" Company, Inc. where she will continue to care for senior and/or handicapped individuals. I am sure that her future clients will greatly appreciate her patient and compassionate nature.

Congratulations Rose!

We wish you success in all your future endeavors.

SMELLY HANDS?

Anyone who cooks knows what it's like to have oniony, garlicky, or fishy-smelling hands. Here are some simple and effective tips for making hands that have been exposed to pungent odors smell sweeter fast!

For pungent garlic hands: Dry-wash your hands with coffee-grounds. The ground will absorb the garlic smell.

For onion hands: Roll fresh leaves of parsley between your hands. The parsley will neutralize the smell of onion.

For "fishy" hands: Rub hands with vinegar or lemon juice to relieve the fishy smell.

Special deodorizing scrub pad for any kind of smelly hands:

Obtain some dried lovage herb. Place dried lovage in a small muslin or cheesecloth bag. When needed, run the bag under hot tap water and rub the pad over your hands to remove clinging odors. It works wonders.

LET'S GO Apple Picking



MASSACHUSETTS

Autumn Hills Orchard - Groton, Massachusetts www.autumnhillsorchard.com

Pick your own apples at this authentic working farm on more than 80 acres. Autumn Hills Orchard offers more than 20 varieties of apples and pears, spectacular mountain views and antique tractors. The orchard is open weekends, September-October. The orchard's Ann Harris tells me that though Autumn Hills is near Boston, it's a bit off the beaten path, "but that's the fun of it, as there are no crowds." She also says, "Our fruit is very high quality, as we grow for specialty commercial markets as well as our you-pick customers." (~1 hour Northwest of Boston)

Carver Hill Orchard - Stow, Massachusetts www.wiehes.com/carver/carver.html

Carver Farm offers apple picking, plus cider, apple pies, pumpkins, crafts and apple gift packages for shipment anywhere. (~50 min West of Boston)

Nashoba Valley Winery - Bolton, Massachusetts www.nashobawinery.com

Nashoba Valley Winery grows a variety of fruits--and not just for wines! The orchard offers apple pickers more than 100 varieties to choose from in a beautiful, scenic setting. (Less than 1 hour West of Boston)

Red Apple Farm - Phillipston, Massachusetts www.redapplefarm.com

Located 60 miles from Boston, in addition to pick-your-own apples, Red Apple Farm offers pumpkin picking, an activity barn, hayrides, a petting zoo and New England gift packs for shipping. (~1 ½ hour West from Boston)

Shelburne Farm - Stow, Massachusetts www.shelburnefarm.com

Shelburne Farm is the oldest pick-your-own apple orchard in eastern Massachusetts. Stop at the Apple Shop for New England goodies including sweet cider, Vermont and Massachusetts cheeses, jams, jellies and other local products. Hayrides and hot cider doughnuts are available on weekends. (~45 min West from Boston)

Tougas Family Farm - Northborough, Massachusetts www.tougasfarm.com

During fall apple picking season, enjoy a hayride (weekends only) and pick your own apples at this family farm, open through October. (~40 min West of Boston)

NEW HAMPSHIRE

Alyson's Apple Orchard - Walpole, New Hampshire www.alysonorchard.com

This pick-your-own apple orchard is part of a 500-acre Connecticut River Valley farm. A farm stand is open daily through Thanksgiving as well. (2 ½ hours Northwest of Boston)

DeMeritt Hill Farm - Lee, New Hampshire www.demeritthillfarm.com

In addition to 25 varieties of apples for you to pick, this apple farm offers a bakery, children's play area, family hiking trails, a farm store and hayrides on the weekends. Dogs are welcome if they're kept on a leash. (1 ½ hours North of Boston)

Gould Hill Orchards - Contoocook, New Hampshire www.gouldhill.com

This 200-year-old family farm grows more than 85 varieties of apples. First-time apple pickers are welcome--orchard personnel will show you what to do. (1 ½ hours Northwest of Boston)

Poverty Lane Orchards - Lebanon, New Hampshire www.pvertylaneorchards.com

McIntosh, Cortland and Macoun apples thrive at this New Hampshire orchard, which also grows a range of other varieties "just for curiosity's sake." Pick your own apples daily through early October, and sample the orchard's Farnum Hill Ciders line of hard ciders, too. (2 hours 15 min Northwest of Boston)

SAVE THE DATE

Commission on Affairs of the Elderly
PRESENTS

Mayor Thomas M. Menino's HEALTH & FITNESS WALK FOR SENIORS

THURSDAY, OCTOBER 12, 2006

11:00 A.M. – 2:00 P.M.

ON THE

BOSTON COMMON

AT THE VISITOR'S CENTER AT PARK STREET STATION

Entertainment 2/3 Mile Walk Warm-up Stretches
Refreshments Rain or Shine Health Fair

ON THE RED AND GREEN T LINES

PLEASE COMPLETE REGISTRATION FORM ON BACK COVER.

CONTACT MICHAEL MCCOLGAN AT 617-635-4168 OR EMAIL AT:

MICHAEL.MCCOLGAN@CITYOFBOSTON.GOV

FOR MORE INFORMATION



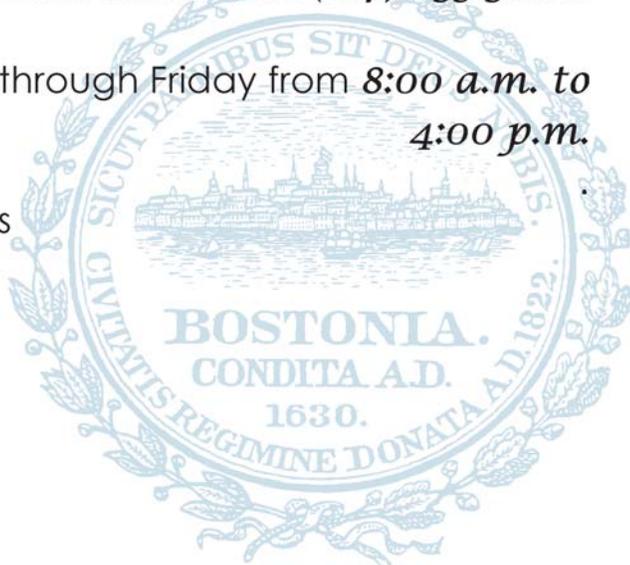
Senior Shuttle

For a *convenient ride* to a medical appointment, grocery shopping, or to social or recreational events call the *Senior Shuttle* at (617) 635-3000.

Available Monday through Friday from 8:00 a.m. to 4:00 p.m.

Make sure to give at least three business days advanced notice.

Priority is given to seniors scheduling rides for medical appointments.



DOWNTOWN CROSSING

John H. O'Neill III

Filene's

A change is happening in Boston's Downtown Crossing area. Filene's has been purchased by Macy's, the other large department store in Downtown Crossing.

Filene's opened in Boston in 1881. A German tailor named William Filene started Filene's. The store was opened with the idea that people could use a store close to their places of employment to shop. The retail store soon became popular, especially during lunch hour.

Some years later, the Downtown Crossing area welcomed a new retail store. In 1909, Filene's Bargain Basement store opened at the downtown location. It offered goods from clothing to housewares at reduced prices. The goods sold in the basement originally came from the upstairs Filene's store. Now, the basement receives goods from many stores. Filene's Bargain

Basement Store was the first off-priced store and the first to have an automatic markdown process, where the price of an item was reduced, according to the length of time an item remained on the shelf. Travelers worldwide visiting Boston have made a point to stop in the stores in Downtown Crossing. Because of the great bargains, the area is one of Boston's many tourist attractions.

Downtown Crossing underwent a historic change in 2006 with Macy's purchase of Filene's. Replacing Filene's has been a difficult decision. Many meetings were held to decide what would take its place. Several major retailers were under consideration. Ultimately, Nordstrom was selected to fill the downtown Filene's location. John Nordstrom, of Sweden, started Nordstrom. The store began as a shoe store but has grown to a specialty store. As for the basement, it will stay put. The basement is an entirely sepa-

rate company from Filene's. Actually, headquarters for the basement store are located in Burlington, MA. Stay tuned because the basement is opening a new store on Boylston and Newbury Streets and is due to open at the end of August 2006.

In the end, you can't beat shopping in Downtown Crossing between the bargains and the ideal location. The M.B.T.A. Red and Orange Lines intersect at Downtown Crossing. Shoppers can travel there from many locations. Shoppers can continue their shopping easily from Downtown Crossing location by taking the train or walking to neighboring areas such as the Back Bay. The Back Bay, with its stately brownstones and upscale shops on Newbury Street, is the next great shopping stop from Downtown Crossing.

The scene is definitely changing, perhaps for the better.

NEW YORK TIMES BEST SELLER LIST

PAPERBACK FICTION

Top 5 at a Glance

1. THE MEMORY KEEPER'S DAUGHTER, by Kim Edwards
2. LIFEGUARD, by James Patterson and Andrew Gross
3. THE DEVIL WEARS PRADA, by Lauren Weisberger
4. CHILL FACTOR, by Sandra Brown
5. BORN TO BE WILD, by Catherine Coulter

Art of Wine Tasting

Did you know that most of your senses are used when tasting a glass of wine? You have the smell, next is the taste, then the feeling/texture and finally, appearance.

SMELL: Sense of smell is the most sophisticated sense humans possess. Sense of smell while tasting a glass of wine is important. The smell allows the taster to get a better idea of the fruit used in the wine. Also, it allows the taster an opportunity to smell any peculiar smells. Rule of thumb is that when your wine has a very strong burning aroma, there is a lot of alcohol in the wine. More alcohol does not necessarily mean it is a better wine. So, are you ready to evaluate wine smell?



- Swirl the wine. Take a long smell outside the glass to catch the aroma of the wine from outside. Next, take a nice smell inside the glass. Similarly, this allows you to smell the wine from inside the glass. Based upon the two smells, the taster should get a basic idea of the wine content. (Practice swirling by leaving the glass on the table. Place two fingers on the stem and make small circles on the table)

TASTE: Obviously, taste is a very important sense when sipping wine. Generally speaking, tastes can be described as: bitter, salty, sweet and sour. These tastes are important to keep in mind while tasting a wine. Also important to keep in mind is that foods including both chocolate and cheese and beverages such as coffee will influence your taste of wine. Fresh palates are best when tasting wine. If after you have a lingering sense of taste once your aftertastes have faded, this may be a great indicator of wine quality.

- Sloshing or tasting the wine. Put a small amount of the wine in your mouth. Slosh the wine around. This allows you the opportunity to taste and smell at the same time. Are there flavors? Is it bitter? Sweet? Salty? Sour? Potent with Alcohol? (Practice tasting by putting a small amount of wine in your mouth and sloshing. Do not swallow. Place your lower lip between teeth and elevate your upper lip while breathing in some air. This is the art of wine tasting.)

FEELING: How does the wine feel? Take into consideration the temperature, alcohol content and texture (is it grainy?).

- Wine content. Tannin is an essential wine flavoring. Tannin in wine comes from both the grape skin and the oak barrel the wine rests in. Tannin can influence the wine texture. Tannin usually leaves the puckery (maybe sometime bitter) taste in your mouth. How much tannin and how strong are important in assessing the texture of wine.

APPEARANCE: How does the wine look? Colors and opaqueness appeal differently to people. For example, sometimes people may think a white, clear wine may be tastier “looking” than a dark red wine. Be careful, and as always, looks are not an indicator of content!

CARING FOR THE CAREGIVERS **THE HIDDEN VICTIMS OF LONG-TERM ILLNESS**

People caring for a sick child, spouse or parent can find the emotional, physical and financial strains overwhelming. Other people thrive in the role of caregiver and feel a sense of well being and greater meaning in life. Every situation is different, but research can help us better understand the causes of stress for caregivers and how best to help caregivers as they care for others.

The ranks of caregivers in our country are swelling. Americans are living longer, and the population is getting older as the baby boomer generation ages. Medical breakthroughs have also turned once fatal diseases into chronic illnesses that require a great deal of care. More than 50 million people—over 16% of the population—provide care for a chronically ill, disabled or aged family member or friend, according to the National Family Caregivers Association. Many of them have full-time jobs and other responsibilities on top of their caretaking duties.

NIH's Office of Research on Women's Health recently held a seminar to fo-

cus attention on the caregivers. Family caregivers, who are often older themselves and mostly female, tend to neglect their own health and emotional needs under the stress. They must cope with many uncertainties about the future, along with their own sadness about what is happening to their loved one.

Researchers are now developing a better understanding of the scope of the problem. One study funded by NIH's National Institute of Nursing Research (NINR) at Oregon Health & Science University, for example, found that many caregivers felt emotionally or physically drained and financially stressed, and 2 out of 3 had problems sleeping.

Dr. Anne Wilkinson of the RAND Corporation explained that having more people living longer with serious chronic illnesses and facing the end of their lives has created a new reality that the healthcare system is struggling to deal with. "We're all charting new territory," she said, "sort of like cartographers in the 1600s."

A literature review of in-

terventions to address caregiver burdens, funded by NINR, found that no single type of program appears to work for all caregivers. Caregiving is complex and multifaceted. In turn, Wilkinson said, "Multifaceted, long-term interventions tend to work better than one-shot deals and one particular kind of intervention."

She added, however, that the literature shows high levels of psychological distress and unmet need among caregivers. More work clearly needs to be done to understand the needs of modern caregivers.

Dr. Sharon L. Lewis of the University of Texas Health Science Center in San Antonio referred to caregivers in her talk as "hidden victims." She explained that caregiving affects different people in different ways. Her group's study of how people respond to their caregiving roles divided people into 8 groups by gender, age and ethnicity. The groups that are most stressed by their caregiving roles, they found, are white adult daughters and Mexican American wives. White male spouses, in contrast, were the least stressed.

Men, Lewis explained, seem to approach caregiving differently. "They actually get the most help in their caregiving role," she said. "They

Continued on next page

approach caregiving as a business. They see it as a task to be done.”

Lewis’s group, with funding from NINR and the Department of Veterans Affairs, has developed a multifaceted program to help caregivers called the Stress-Busting Program for Caregivers. Small groups of caregivers meet every week for an hour and a half over eight weeks and focus on topics such as dealing with challenging behaviors, coping skills in changing relationships, grief, loss, depression and positive thinking. At each session, they also learn some type of relaxation therapy.

Using several outcome measures, including perceived stress, depression and levels of natural killer cells (an important type of cell in the immune system), the study has proven effective in helping caregivers of all races and genders. However, Lewis said, “There’s definitely gender and culture issues that need to be addressed when

strategies are implemented for caregivers.”

Caregivers for children with disabilities face many of the same problems as caregivers for adults, and some face very long periods of providing care. Dr. Peter Rosenbaum, co-director of the CanChild Centre for Disability Research at McMaster University in Canada, described their study of the families of 468 children with cerebral palsy between the ages of 6 and 16. The amount of stress the caregivers reported was very high. Almost a third had 3 or more chronic physical health problems.

“Everything we looked at,” Rosenbaum said, “from allergies to ulcers, was reported significantly more often by the caregivers than by comparable Canadian adults.” He stressed, “We need to make a much broader attempt to help families as well as kids.”

Another study by Rosenbaum’s group showed that family functioning and social sup-

port affect parents’ overall satisfaction, stress levels and emotional well-being.

He explained that their center now operates with some simple but important principles based on their research. Effective programs to help children and their families, he said, recognize that parents know their children best and want the best for them. They understand that families are different and unique. And they acknowledge that a supportive family and community are important for the whole family, not just the child.

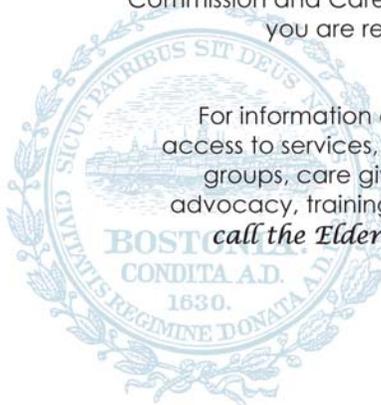
Research is showing how important it is to help caregivers as well as the people they’re caring for. It’s also revealing how best to provide support for caregivers.

Caring for the Caregivers: The Hidden Victims of Long-Term Illness Article was taken from the News In Health August 2006 newsletter with permission from the National Institutes on Health

Caregiver Services

If you are caring for someone *over the age of 60* or are a *grandparent raising a grandchild*, the Elderly Commission and Caregiver Alliance wants to make sure you are receiving services that you deserve.

For information and referrals, assistance in gaining access to services, individualized counseling, support groups, care giving problem solving, respite care, advocacy, training, or supplemental services please call the *Elderly Commission* at (617) 635-2713.



GREAT EXPECTATIONS

NOT BY CHARLES DICKENS

MY OPINION
MIKE FLYNN

Automatic Adam, Willie McGinest, David Givens. Those three players were large cogs in the machine that has been the New England Patriots. Now they are gone. Vinitieri to fellow contenders, the Indianapolis Colts. Boy, can you just imagine the uproar if he kicks a game winner against the Pats? They have replaced him with rookie draft choice Stephen Gotkowski from Memphis University. It certainly was an unpopular move by Bill Belichick and Scott Pioli to let him walk. He has made more highlight reels than any kicker to ever play football.

That is just one question mark. But let's face it; there are always question marks when any team is to begin a new season. Baseball fields nine players and 4 starting pitchers. Basketball has 5 starters and maybe 5 more coming off the bench. Hockey has 3 lines of 5 and 2 or 3 goalies. Football teams begin training camp with over 100 players looking for jobs. O.K. there is only 11 positions. But

those are 11 on defense, 11 on offense and a number of different permutations of special teams. That is a lot of players. However, it does take many different kinds of players to make up a team.

Football has evolved into such a specialized game, that players on one side of the ball have no idea what players on the other side are doing. You almost have to have a mensa mentality to play quarterback in the N.F.L. On one given play the line men have to know where to go and who to block. The running back looks for his hole. The receivers have certain routes to run. The quarterback must know everyone's assignment. If it is a pass play, there is a primary receiver, a secondary and possible a third and fourth. The QB must make the decision of who to throw to in a split second. He has to know when and where the receiver makes his cut and throw to that spot before the receiver makes his move!

Tom Brady has all of the physical tools. What puts

him above the rest is his decision making, which equates to his "smarts". Everyone has off days but Brady has fewer than most and if you have the best quarterback it is a big advantage.

Those three aforementioned players will surely be missed, but every year we rely on the coach and general manager. It is probably true that no team can consistently win the Super Bowl. The trick is to be in contention every year. There are always expectations. Each year every magazine and every expert have their pre-season predictions. In recent years Las Vegas has had the Patriots at or near the top. Last year they were the favorites and this year they are second behind Indy.

The North American English Dictionary defines expectations as the anticipation of something happening or the expected standard. Haven't we expected the Patriots to be the standard for most of this millennium? So we must trust the people in charge to make those decisions because they have a pretty good track record.

We still have the best coach, quarterback and defensive lineman, Richard Seymour, in the game. But it still takes a lot of players not deemed stars to constitute a team. We have heard over and over how Belichick looks for above all else a "team" player. He has prob-

ably passed on a lot of talented young players because they did not fit his mold.

The defensive line is the youngest in the league. If Rodney Harris returns as expected, he will shore up what was a shaky secondary last year. Vrabel, Bruschi and Colvin are returning at linebacker. There is a lot of buzz about the two tight ends, Watson and Graham, who could be big targets for Brady. Granted the wide receiver corps looks a bit thin, but who knows if there is a new Troy Brown or David Givens in the wings. If Corey Dillon cannot bounce back from an off year, there is much anticipation surrounding first round draft pick Laurence Moroney. Mike Shanahan of the

Broncos has called Moroney the best running back in the draft.

Of course all of this remains to be seen. As they say, that is why they play the games. This has been a great baseball town for decades for obvious reasons, but the Patriots and the N.F.L. have made a large impact since its inception here in 1960. Billy Sullivan was awarded the Boston franchise and along with the Jets, Broncos, Bills, Dallas Texans, Houston Oilers, New York Titans, Oakland Raiders and L.A. Chargers they constituted the American Football League. It was considered the minor leagues at the time. From

the humble beginnings of the Boston Patriots at Fenway Park to the old Sullivan/Schaefer Stadium and through a number of owners, including one that wanted to move the team, to Bob Kraft and the new Gillette Stadium, New England is now recognized as a hot bed of football. Like baseball it is endlessly discussed 12 months a year and fans are as knowledgeable as anywhere in the country.

So as the season begins and the newspapers and talk shows stop talking about Tom and Bridgette and start talking about Tom and Deion, it is time for speculation and expectation. I know I for one have Great Expectations.

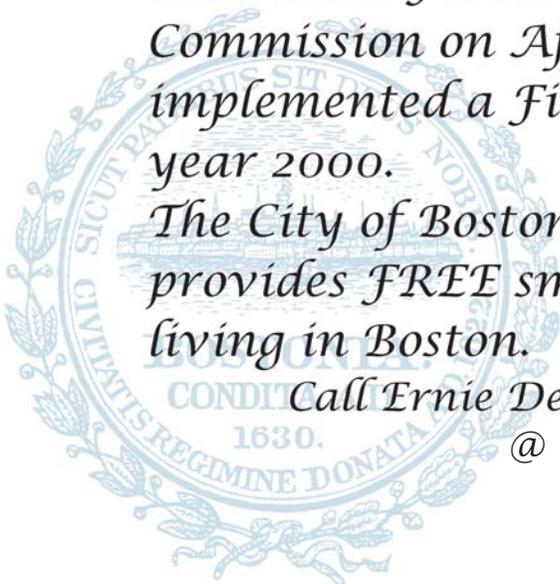
Fire Safety Program

In an effort to keep Boston residents safe, the Boston Fire Department with the Commission on Affairs of the Elderly implemented a Fire Safety program in the year 2000.

The City of Boston Fire Safety program provides FREE smoke detectors for seniors living in Boston.

Call Ernie Deeb, Program Manager

@ 617-635-2359



Get Out and Meet Other Seniors at the Congregate Meal Sites

The City of Boston has over 40 congregate nutrition lunch sites throughout the city for seniors to attend. All seniors over 60 and their spouse are eligible to eat at any of the sites. The suggested donation for the meal is \$1.75, to help defray the production and delivery cost of the meal. Listed below are all of the city's congregate nutrition lunch sites. Find one in your neighborhood to attend.

If you have any questions, please contact Melissa Carlson at 617-635-1838.

Back Bay and Beacon Hill

Beacon House
19 Myrtle Street
Mon-Fri 9:30a.m.-1:30p.m.
Traditional

Emmanuel Church of Boston
15 Newbury Street
Thursday 10:00a.m.-2:00p.m.
Traditional

Morville House
100 Norway Street
Mon, Tues, Thur, Fri
10:00a.m.-1:00p.m.
Traditional

Brighton

Victorian House
677 Cambridge St
Mon-Fri
Chinese

Veronica B. Smith Senior Center
20 Chestnut Hill Avenue
Mon - Thurs
10:00a.m.-1:00p.m.
Traditional

Charlestown

Ferrin Street
100 Ferrin Street
Mon-Fri 8:30a.m.-4:30p.m.
Traditional

Main Street
(Golden Age Center)
382 Main Street
Tue, Wed, Fri
8:30a.m.-4:30p.m.
Traditional

Chinatown

Hong Lok House
25-31 Essex St
Mon-Fri
Chinese

Quincy Towers
5 Oak Street
Mon-Fri 9:00a.m.-2:30p.m.
Chinese

Dorchester

Bellflower Court
24 Bellflower Court
Mon-Fri 10:00a.m.-1:00p.m.
Traditional

Codman Sq. Senior Center
645 Washington Street
Mon-Fri 11:00a.m.-1:00p.m.
Traditional and Vietnamese

Kit Clark Senior Center
1500 Dorchester Ave
Mon - Sat 8:30a.m.-4:00p.m.
Traditional

Lower Mills Apartments
2262 Dorchester Ave
Mon -Fri 9:00a.m.-1:00p.m.
Traditional

Vietnamese Center
42 Charles St
Mon-Fri 10:00a.m.-1:00p.m.
Vietnamese and Traditional

East Boston

East Boston Social Center
68 Central Square
Mon-Fri 8:30a.m.-12:30p.m.
Traditional

Heritage Apartments
209 Sumner Street
Mon-Fri 9:30a.m.-12:30p.m.
Traditional

Orient Heights C.C.
86 Boardman Street
Mon-Fri 9:00a.m.-1:00p.m.
Traditional

Hyde Park

Joseph Malone
11 Gordon Avenue
Mon - Fri 9:00a.m.-1:00p.m.
Traditional

Back of the Hill Apts.
100 S. Huntington Avenue
Mon Fri 10:00a.m.-1:00p.m.
Traditional

Farnsworth
90 South Street
Mon - Fri 9:00a.m.-1:00p.m.
Traditional

Nate Smith House
155 Lamartine Street
Wed-Fri 9:30a.m.-1:30p.m.
Caribbean

Mattapan

Church of the Holy Spirit
525 River Street
Mon-Fri 9:00a.m.-1:00p.m.
Caribbean

North End

Christopher Columbus
145 Commercial Street
Mon-Fri 9:00a.m.-1:00p.m.
Traditional

Roslindale

Rogerson Communities
23 Florence Street
Mon-Fri 10:00a.m.-2:00p.m.
Traditional

Woodbourne Apts
9 Southbourne Road
Mon-Fri 10:00a.m.-1:00p.m.
Traditional

Roxbury

Amory Street
125 Amory Street
Mon-Fri 9:00a.m.-1:00p.m.
Traditional

LaAlianza Hispana
63 Parker Hill Ave
Mon-Fri 8:00 a.m.- 4:00p.m.
Latin

People's Baptist
134 Camden Street
Tues -Thur Ruggles
10:00a.m.-1:00p.m.
Traditional

25 Ruggles St
Mon-Fri 9:00a.m.-1:30p.m.
Traditional

St. Patrick's
400 Dudley Street
Tues Only 9:30a.m.-2:30p.m.
Traditional

Walnut House
125 Walnut Ave
Mon-Fri 10:00a.m.-1:00p.m.
Traditional

South Boston

Condon Community School
200 D Street
Tues, Thurs, Fri
9:00a.m.- 1:00p.m.
Traditional

Curley Recreation Center
663 Columbia Road
Mon-Fri 8:30a.m.-12:30p.m.
Traditional

South Boston Neighborhood House
136 H Street
Mon -Thurs
10:00a.m.-1:00p.m.
Traditional

South End

Anna Bissonette House
1640 Washington St
Mon-Fri 9:30a.m.-1:30p.m.
Traditional

Cardinal Medeiros Center
140 Shawmut Avenue
Mon - Fri 9:00 a.m.- 4:00p.m.
Traditional

St. Anthony's Arch St. Church
100 Arch Street
Wednesday
10:00a.m.- 1:00p.m.
Traditional

United South End Settlements
566 Columbus Avenue
Mon - Fri 10:00a.m.-1:00p.m.
Traditional

Unity Towers
80 West Dedham Street
Mon - Fri 9:30a.m.-1:30p.m.
Traditional and Chinese

West Roxbury

Boston Aid to the Blind
1980 Centre Street
Mon-Fri 9:00a.m.-4:00p.m.
Traditional

Rockingham Glen
30 Rockingham
Mon-Fri 10:00a.m.-1:00p.m.
Traditional

Roche Center
1716 Centre Street
Fri Only 10:30a.m.-2:30p.m.
Traditional



THE MENINO TEAM celebrates their victory at the Mayor's Bocce Party in the North End. (L to R) Mayor, Menino, Peggy Margri, Angelo DiGirolamo and Guy Federico.



Mary Dorian of South Boston reading her memoir at Fort Independence



Life long friends stand for the songs of the Armed Forces played by the U.S. Air Force Liberty Band on City Hall Plaza



Couple of the CENTURY! Joseph and Carmella Saia of South Boston make an appearance at the Italian Pride Night!



East Boston gang at the Mayor's Advisory Council Picnic



Mayor Menino joins the crowd at the City Fresh Food's Senior Party in the Park



All had a great time at the AAA Advisory Council Picnic



Mel Goldstien, Master of Ceremonies of the Multicultural Intergenerational Talent Show on City Hall Plaza



The Gentile's of South Boston have been married for over 55 years!



The SoHo Hums. (Front and Center) Bernie Huntly. (Back Row L to R) Sid Tracy, Roger Dalton, and George 'Whitey' Plecinoga



Star Wilson from the Rose Garden Seniors. The dress is called Isabelle after her mother.

Thomas M. Menino
Mayor



Eliza F. Greenberg
Commissioner

Registration Form

The City of Boston Commission on Affairs of the Elderly
Presents



Mayor Thomas M. Menino's Health & Fitness Walk

Thursday, October 12, 2006

11:00 a.m. – 2:00 p.m.

on the Boston Common at the Visitor's Center at Park Street Station

Wear Comfortable Walking Shoes

If transportation is needed, please check (✓) your preferred pick-up site*:

Brighton	<input type="checkbox"/> Veronica B. Smith Senior Center, 20 Chestnut Hill Ave. <input type="checkbox"/> 20 Washington Street <input type="checkbox"/> Chinese Golden Age Center, 677 Cambridge Street <input type="checkbox"/> Covenant House, 30 Washington Street	Jamaica Plain	<input type="checkbox"/> Curtis Hall, 20 South Street <input type="checkbox"/> Nate Smith, 155 Lamartine Street <input type="checkbox"/> Back of the Hill Apartments, 100 S. Huntington Ave.
Dorchester	<input type="checkbox"/> Saint Brendan Church, 589 Gallivan Blvd. <input type="checkbox"/> Keystone Apartments, 151 Hallet Street <input type="checkbox"/> Savin Hill Apartments, 130 Auckland Street <input type="checkbox"/> 37 Lindsey Street	Roxbury	<input type="checkbox"/> Council of Towers, 2875 Washington Street <input type="checkbox"/> Freedom House, 14 Crawford Street <input type="checkbox"/> Saint Joseph's Community, 86 Crispus Attucks Place
East Boston	<input type="checkbox"/> East Boston Social Center, 68 Central Street <input type="checkbox"/> Orient Heights Community Center, 86 Boardman Street <input type="checkbox"/> Brandy Wine, 88 Brandywine Drive	South Boston	<input type="checkbox"/> West Broadway Task Force, Pick-up at Condon School <input type="checkbox"/> Agnes V. Shea Senior Center, 7 Burke Street <input type="checkbox"/> Waterview Apartments, 1350 Columbia Rd.
Hyde Park/ Mattapan	<input type="checkbox"/> Georgetowne Apartments, 400 A Georgetowne Drive <input type="checkbox"/> Hyde Park Municipal Building Parking Lot <input type="checkbox"/> Church of the Holy Spirit, 535 River Street, Mattapan	West Roxbury	<input type="checkbox"/> VFW Pkwy, Center Street between CVS & Walgreens <input type="checkbox"/> Cheriton Grove, 20 Cheriton Road
Note: The Boston Common is on the Red and Green Lines at Park Street Station			

All pick-ups will be between 9:45 a.m. and 10:30 a.m.

*Sites may be deleted based on the number of people registered at each site. For more information, please call 617-635-4168

Entertainment Refreshments 2/3 Mile Walk Warm-Up Stretches Rain or Shine Mini Health Fair

If you are interested in participating, please complete the following form and return by Thursday, October 5 to:
Commission on Affairs of the Elderly



One City Hall Plaza Room 271 – Boston, MA 02201

Attention: Michael McColgan

Or Fax: 617-635-3213



Please Print

Name	Street Address	
Neighborhood and Zip		Telephone

Waiver of Liability

I hereby agree to hold harmless the organizers and sponsors of Mayor Menino's Health and Fitness Walk from any and all claims of whatsoever kind and nature which I have or at any time in the future may have or any injury arising out of my participation in Mayor Menino's Health and Fitness Walk. I am in good physical condition, and have no medical restrictions which would prohibit my participation in Mayor Menino's Health and Fitness Walk.

Signature _____ Date _____