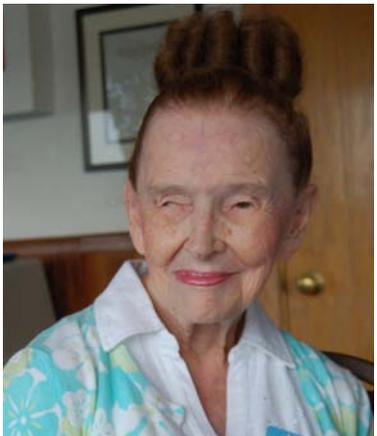




# Boston Seniority

## Elderly Commission

Thomas M. Menino, Mayor of Boston



**FREE** 2008  
Volume 32  
Issue 6

**September**

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## Boston Seniority

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# Mayor's Spotlight



Dear Friends,

I might be a little biased, but I think Boston is the greatest city in the world. Just look at all we have to offer: rich history, arts and culture, beautiful sights to see, beaches, shopping, family fun, winning sports teams, and so much more - all right here in your own backyard.

Throughout the year, keep your eye out for the giant red map pins all around Boston. Think of them as a little reminder of all the wonderful places here in town.

I invite you and your family to enjoy all that Boston has to offer. Walk the Freedom Trail; go shopping on Newbury Street; camp, swim, or bird-watch on the Boston Harbor Islands; visit a museum, or take advantage of all the free activities in town. Whatever interests you, you'll find it here in our world-class city.

Go to [visitthepin.com](http://visitthepin.com) or call 617-635-3911 to get started planning a vacation in your own backyard. Come for the day or stay even longer. You won't run out of things to do.

See you soon,

Thomas M. Menino  
Mayor of Boston



SUNDAY, SEPTEMBER 21, 2008  
**HUB ON WHEELS**  
CITYWIDE BIKE RIDE & FESTIVAL



## For one day Storrow Drive becomes a bike path and everyone can ride!

It's time to start getting excited for the **4<sup>th</sup> Annual Hub On Wheels**, Boston's only citywide bike ride and the largest city-sponsored sporting event. In addition to a car-free Storrow Drive, you'll enjoy harbor views and hidden pathways, river greenways and Boston's wonderful and eclectic neighborhoods.

Enter discount code **SENIOR** when you register and automatically **save \$10**. Visit **www.HubOnWheels.org** or call **(617) 918-4343** to sign up.

### A Fabulous Time.

- Sunday, September 21, 2008
- Leave City Hall Plaza at 8 a.m.
- Choose your course: 10, 30, or 50 miles
- 5,000 riders expected...  
including Mayor Menino and Senator Kerry
- Registration is only \$35 with your discount



### A Great Cause.

Proceeds from Hub On Wheels help Boston Public Schools students get the technology and the skills they need to succeed in today's world. The Technology Goes Home program brings Boston families together in the classroom for an intensive multi-week technology training course, leading to higher academic achievement, more parental involvement in children's education, and better jobs for the students and parents. More than 3,500 families have participated to date.

### Get Involved.

Help us make this year's ride bigger and better than ever. Get the satisfaction of supporting a great cause and a free T-shirt, goodie bag, breakfast, and entry into a *\*volunteer-only\** bike raffle.

Visit **www.HubOnWheels.org** or call **(617) 918-4343**



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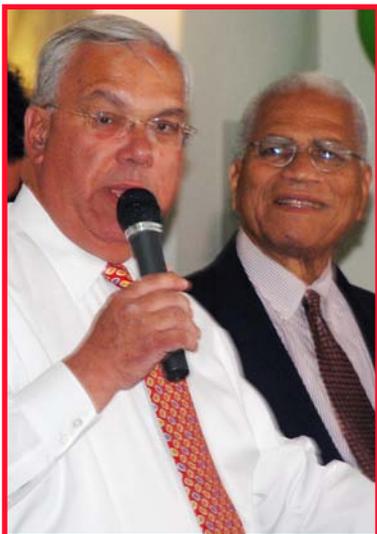
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Congratulations to the West End Community Collaborative that had its opening celebration on July 10. The Collaborative is made up of the West End Civic Association, West End Community Center, West End Senior Center and the Old West End Museum. The West End Senior Center is operated jointly by ABCD North End/West End Neighborhood Service Center and the Elderly Commission. The four organizations provide important services and opportunities to West End residents. Their headquarters are located in the West End Museum at 150 Staniford St. The opening was attended by Mayor

Thomas M. Menino, Councilor Michael Ross, Commissioner Eliza Greenberg as well as many of the key figures responsible for putting the Collaborative together. They were joined by many West End residents who were delighted to have this new support in their backyard.

We look forward to reporting about the activities and benefits that the Collaborative will bring to the community, especially to the elderly.

For more information on the West End Senior Center contact: Karin M. Gertsch at 617-670-1161





## **Senior Samaritan: Rosetta Peele and the RSVP Program**



By Matthew Sacchetti

Rosetta Peele is very knowledgeable when it comes to surgery, but she is not a doctor. She knows how to navigate the rugged terrain of the health care industry, though she does not work for a medical insurance provider. She knows how to comfort and bring hope to those who struggle, but she is not a social worker. Rosetta is a volunteer with the Retired and Senior Volunteer Program (RSVP), and she uses her know-how to help her fellow senior citizens cope with issues such as aging and declining health. What Rosetta has to offer is beyond that which a doctor, insurance specialist, or social worker could provide. She has survived cancer for over thirty years and has endured sixteen major surgeries, giving her the first-hand life experience necessary to help others overcome similar ordeals.

Originally from North Carolina,

Rosetta has been living the past quarter century at the Fortes House in Dorchester, a residence for seniors and those with disabilities. She keeps a volunteer office there, from which she administers to the needs of her fellow residents and the outside community. Rosetta has a very proactive approach to health care; she organizes free health and dental workshops and screenings. Much of the time she can be found in her office, counseling her peers on matters relating to medical insurance, federal health care programs, and local social service programs. Perhaps her greatest role as an RSVP volunteer is that of a shoulder to lean on. “Having overcome physical hardships myself, I can relate to what seniors are going through. That’s why they can rely on me for support, especially emotional support.” An RSVP volunteer of over twenty years, Rosetta shows no signs of letting up.

Rosetta Peele is just one of many RSVP volunteers in Boston who apply their wealth of skills and experience as senior citizens to help make this city great. Do you know any local seniors who might want to get involved with RSVP? To find out more about RSVP and other local volunteer opportunities for senior citizens please contact Fran Johnnene at 617-635-3988 or Kelley Wedge at 617-635-1794.

# The Elderly Commission

## The Retired Senior Volunteer Program Volunteers Wanted



### Clean Water Fund

The Alliance for a Healthy Tomorrow is a coalition of organizations working to get toxic chemicals out of consumer products and out of our daily environments. We are working to pass the Safer Alternatives Bill in Massachusetts, groundbreaking legislation that would require businesses to replace toxic chemicals with safer alternatives, when feasible. **Volunteers needed** on this exciting grassroots campaign! Only 2-5 hours weekly or just one day a month to provide administrative support. **Web page support volunteers also needed.** Volunteers' comfortable working with websites needed to help create and maintain a web based network for people to connect with others in their legislator's districts, see how neighbors are taking action, and getting involved themselves. For more information, contact:

Elizabeth Saunders  
617-338-8131 x203  
esaunders@cleanwater.org

### Citizen Schools

Share What You Know & Love With The Children Of Boston! Become a Citizen Teacher. You will have your own small team of 9 to 14 year olds – all eager to learn from you! Teach your profession

or hobby in after-school apprenticeships, no teaching experience is necessary. Fall Semester runs from October to December. Teach once a week for two hours on a weekday afternoon or Saturday morning at any of our ten campuses in Boston. Call 617-695-2300 or [www.citizenschools.org/volunteer](http://www.citizenschools.org/volunteer)

### Little Brothers Friends of the Elderly

Little Brothers-Friends of the Elderly offer old and young alike the opportunity to make a new friend and a chance to celebrate life.

***Friendly Visiting:*** Elders are matched with a volunteer (or family/group) who make a 1-year commitment to visit them 4-5 hours each month. Elders and volunteers share time reminiscing, playing cards, going for walks, or out to lunch or dinner. In addition to volunteers, elders are often visited by staff and/or student interns. Volunteers often provide direct service, making it easier for the elder to remain in his or her own home. ***Friendly Visiting can take place during weekends or weekday evenings in addition to weekdays.***

For more information, please call:

PHONE: 617-524-8882

FAX: 617-524-8905

EMAIL: [sshreve.bos@littlebrothers.org](mailto:sshreve.bos@littlebrothers.org)

# The City of Boston

## Elderly Commission

### Senior Companion Program



Senior Companion Fung Kang Lin  
(pictured on the right)  
**Thanks for making a difference!**

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

**“I volunteer because I have the time now and I like  
knowing that I am making a difference”.**

**- Senior Companion**

### **Pick Your Own**

By John H. O’Neill III

 The Fall season is a changing time, youngsters return for another school year after a long hot summer. Depending on the season, farms grow different fruits and vegetables such as corn, squash, or apples.

One of Boston’s last working farms is the Allendale Farm located in Brookline. Visitors are always welcome and they have a great variety of crops growing there. Another great farm to visit is the Connors Farm in Danvers located north of Boston by route 35.

On a sunny day in the Fall, going to a farm to pick your own fruits and vegetables can be a very fun and enjoyable experience.

For more farm listings you can go to:  
[www.mass.gov/agr/massgrown/pick-your-own.htm](http://www.mass.gov/agr/massgrown/pick-your-own.htm)

You can contact the Allendale Farm at 617-524-1531 or the Connors Farm at 978-777-1245.

Thomas M. Menino  
Mayor



Eliza F. Greenberg  
Commissioner

*Commission on Affairs of the Elderly*

Presents the 15<sup>th</sup> Annual

# *Mayor Thomas M. Menino's Health & Fitness Walk for Seniors*



## Thursday, October 2, 2008

11:00 a.m. – 2:00 p.m.

# Boston Common

at the Visitor's Center at Park Street Station

*Entertainment  
Refreshments*

*2/3 Mile Walk  
Rain or Shine*

*Warm-up Stretches  
Health Fair*

*On the Red and Green T Lines/Pre-registration Deadline is September 25, 2008*

**Registration form is on back cover.**

For more information, please call 617-635-4168 or e-mail [michael.mccolgan@cityofboston.gov](mailto:michael.mccolgan@cityofboston.gov)

# Roberto Clemente:

## Our First Latino Star

By Mike Flynn

Manny, Big Papi, Pedro. All baseball superstars. All Latino. Not as long ago as the late 40's early 50's Latinos, as well as their black counterparts, were not allowed in Major League ball. They played in the American Negro Leagues and when summer was over they went south to Puerto Rico to play in the Latino Winter Leagues. This was rough and tumble, no holds barred ball. The black players loved it because Puerto Rico did not know of discrimination or racism. They could eat and sleep where ever they wanted and could even date the local girls. These were some of the best players in the world, even if the rest of the world were not aware of them. Into these environs grew a young man who idolized these players and was himself destined for stardom.

Roberto Clemente was born in Carolina, Puerto Rico in 1934 into a large family. His parents, like most, worked the sugar plantations. He took to baseball early and excelled in high school. At 16, he joined the amateur leagues and two years later signed a contract with the Puerto Rico Professional Base Ball League. Drafted by Brooklyn of the National League, he was sent to their minor affiliate in Montreal where he did not play much. But in the 1954 supplemental draft, left unprotected by the Dodgers, Roberto was stolen with the first pick of the Pittsburg Pirates of

the National League making him one of the first Latino players to ever make the majors. He claimed he did not even know where Pittsburg was. Just a couple of years before Jackie Robinson had broken the color barrier of professional baseball when he signed with the Brooklyn Dodgers.

His first training camp proved to be a real eye opener. In the early 50's Fort Myers Florida was not exactly the liberal capital of America. Roberto now experienced first hand, racism in the States. White people in the south at the time did not differentiate between black and Latino. All were lumped in together. But the blacks had their own cultures and mores so Roberto did not fit in there either. Plus there was the language barrier. He worked hard at learning English but he spoke it so heavily accented no one could understand him. He did not interact with his teammates. How could he? How lonely a time this must have been for this young man. He played well but the press could not get beyond the accent. They started calling him Bob, which he hated, so he stopped talking to them. That just made things worse. He got the reputation for being cold and aloof and that is what they wrote. He was mocked by the fans and withdrew into himself.

But on the baseball field he was a wonder. He played hard all the time. He had one of the greatest arms the game had seen and kept many games close with his speed and the ability to track down

anything if hit even close to his right field position. He was a great player on a sub par team. That is until the 50's gave way to the 60's.

Finally Pittsburg has a good team. Roberto is one of the leaders, but still no one outside Pennsylvania knows any of this, until the Pirates win the National League Pennant. For the first time in 33 years they are going to the World Series. I was 12 but this is the first World Series I remember vividly, if only in black and white. I was in Little League and wore #7 because it was Mickey Mantle's number and I thought he was a baseball god and these Pirates were going to play god and his disciples. Who are these Pittsburg guys? No one knew. This would be a cake walk. Yes? No! Clemente played his heart out on that national stage and the Pirates forced a seventh game. With the score tied in the bottom of the ninth 9-9, Pirates second baseman Bill Mazeroski hit what is the most dramatic home run in World Series history (apologies to Carlton Fisk, but his was in game 6) and he and Clemente become national heroes.

In the voting for Most Valuable Player that year, Clemente finished a distant eighth and felt slighted, so in 1961 he came back with a vengeance. He made the All-Star team and won the game with a tenth inning double. In all he made 12 All-Star teams and won 12 gold gloves. He was finally named National League M.V.P. in 1966. I've seen Al Kaline and Dwight Evans throw out runners at third base from deep right field, but not as consistently

as did Clemente. Vin Scully, the famous sportscaster once said "Clemente could field a ball in New York and throw a guy out in Pennsylvania." Watch films of him running the bases and it looks as though he could outrun a Boston Cab. Roberto possessed what the experts call the 5 tools; running, throwing, defense, batting and hitting for power. He excelled at all. At the end of that season he and another Puerto Rican player, Orlando Cepeda, arrived at San Juan Airport to be greeted by 20,000 as the first two Latino players to lead the Major Leagues in batting.

In the late 60's, immigration from Latin America increased. Because he was a star he became a role model. Handsome, talented and outgoing and now the most famous in his world. However, celebrity did not interest him. He met and fell in love with a local girl, Vera Zabala, who worked in a Carolina bank and incredibly did not know who he was. They married and settled in their hometown in the off season. Because of his love of Puerto Rico, he insisted that Vera return to Carolina for the births of each of their three sons. Always a deep thinker, he was aware of the changing racial climate in America. He befriended Martin Luther King Jr. and became an outspoken advocate for Hispanic rights.

Once again in 1971, the Pirates entered the World Series as underdogs to the powerful Baltimore Orioles. At 37 Roberto was now the old man. Yet his performance was one of the greatest in series history as he batted .400 and

led his team to an upset win and another World Championship. He was named Most Valuable Player of the Series. As he was asked for an interview following the victory, he told the reporter he would answer all of his questions if he could first talk to his mother. Another first, as on American television, he spoke to his family and friends in Spanish.

Returning to Puerto Rico he had another idea in mind. He set about forming a committee dedicated to building sporting complexes for underprivileged children, not just in Puerto Rico but throughout Latin America. He traveled everywhere and at one point took to coaching a Little League team in Nicaragua. He fell in love with the country and its people because it reminded him of his Carolina.

In 1972, an earthquake leveled portions of his beloved Nicaragua. 7,000 were killed and 250,000 were homeless. He used all of his time, money and connections to help. When he heard that looting and corruption in General Anastasio Somoza's government in Managua was keeping the devastated population from the food and supplies he had organized, he decided to go himself.

On New Year's Eve 1972, he kissed Vera good bye and boarded an airplane for Central America. The plane was overloaded by a couple of tons, an engine exploded and it plunged into the ocean soon after take off. Crowds gathered on the shore, hoping for a miracle. None would occur. Roberto's body would never be found.

Three months after his death the Baseball Writers of America would hold a special election for the Baseball Hall of Fame. The 5 year waiting period for induction to the Hall was waived and posthumously Roberto Clemente became the first Hispanic elected. Every year Major League Baseball presents the Roberto Clemente Award to the player who follows Roberto's example of humanitarian work. A statue of Roberto Clemente sits outside of Three Rivers Stadium in Pittsburg.

One of his most famous quotes is; "If you have an opportunity to make things better, and you don't, you are wasting your time on earth." Roberto didn't waste a minute of his time. Who knew what else he might have accomplished, but wouldn't it have been great to see? ★

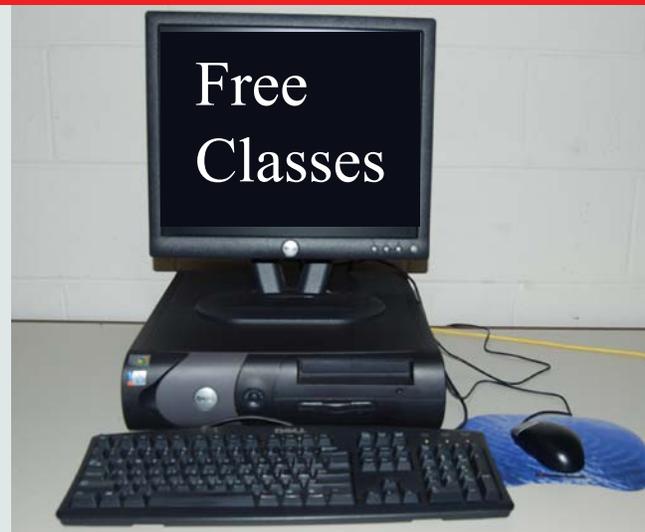
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# **Frauds that Target the Elderly: Beware of Strangers Bearing Gifts**

## **A Three Part Series:**

### **Part One:**

**Crooks posing as legitimate business people or other “trusted” individuals scheme to trick consumers into giving up money, property or valuable personal information**

This month is the first part of a three part series on Frauds that target the elderly.

It's true – senior citizens are often the targets of fraud and financial crimes. Among the reasons: Some older people have built substantial assets (including their own home and large savings accounts), they're easy to find at home, and they can be swayed by fears of losing their financial independence. “Also, despite the efforts of law enforcement, criminals are getting smarter and using technology to their advantage to commit fraud and other financial crimes, such as identity theft,” said Michael Benardo,

manager of the FDIC's Financial Crimes Section.

These individuals are very crafty; they do not portray themselves as someone that is trying to acquire information. These individuals create the feeling that they are doing a favor, that they are helping you in some way. This is often why people, especially the elderly, do not feel that they are at risk when divulging personal information over the phone.

The Massachusetts Bankers Association, Attorney General Martha Coakley and Gov. Deval Patrick's Executive Office of Elder Affairs are introducing “enhanced” features to the 12-year-old “Bank Reporting Project” that's designed to fight those swiping money from the elderly.

The new initiatives include extra training for bank personnel on how to detect patterns in banking activity that could signal a scam. The program will also issue new literature at 137 participating banks, alerting people to common scam techniques.

Please stay tuned for Part two, in October, where we will describe the most common types of scams.

---

## **Why are the elderly such an attractive target for con artists?**

- Many seniors have a “nest egg.”
- They're less likely to report a fraud because they don't know where to go or they're too embarrassed to talk about it.

-If they do report the crime, it's sometimes hard for them to remember exact details.

-Many of the products/services being hawked by con artists appeal to individuals of a certain age—i.e., anti-aging and other health care products, health care services, and investments related to retirement savings.

# The Jumpstart



Eldena Main with a Jumpstart child

## Experience

By Allison Kuncik

Elizabeth Relerford was walking through the mall one afternoon when she heard a small voice shouting “Miss Relerford! Miss Relerford!” After exchanging big hugs with the young boy and receiving many thanks and praise from his mother, Elizabeth remembers that “For a moment there, I felt so much joy and so much pride.”

Elizabeth is a volunteer for Jumpstart Community Corps, a local program that pairs adults over age 55 in one-to-one relationships with preschool children from low-income backgrounds. That small voice came from a boy named

Daniel. Elizabeth worked one-to-one with Daniel at the Renaissance School in Boston where she served for a year as a Community Corps member. She has spent the past three years as a team leader supporting a group of other Corps members at Cooper Community Center in Roxbury. Jumpstart Corps members spend 6-8 hours a week in preschools in Roxbury, South Boston, and Jamaica Plain, working on a team of their peers in the classroom to ensure the children they work with enter school ready to succeed.

A lifetime Boston resident, Elizabeth brings a world of experience with children to her work at Jumpstart. She is a mother of five, a grandmother of twenty-one, and a great-grandmother of seven. She spent most of her life working as a nurse and then for the Boston Municipal Police on Crime Watch. However, she was not doing much when a friend of hers stumbled upon a Jumpstart ad in the newspaper. Elizabeth joined Jumpstart because her experiences living and working in Boston showed her that when it comes to helping Boston’s youth, “it’s a definite need.”

Elizabeth’s connection to her community and her personal life changed for the better thanks to Jumpstart. Since joining the Community Corps, she has become much more involved in her community and in other action groups. For example, she now serves as treasurer of her development. Her social life has also improved because of the close

relationships she has formed with her team of Corps members. This group of friends is currently planning a time to get together to “chat and laugh and go shopping.” Jumpstart also keeps Elizabeth active physically, something she misses over the long summers without Jumpstart.

But what she misses the most during the hot summer days is the children. And it is the children that keep her coming back to Jumpstart year after year. When asked of her favorite memories, she fondly remembers a young girl who spent her days in school hiding under all the tables, driving her Corps member, Hattie, to ask to leave Jumpstart. Although Elizabeth encouraged her to stay, Hattie could not be convinced, until one morning, the little girl sat down and wrote the letters “H-A-T-T-I-E.” The other adults were overwhelmed, as this child did not even know how to write her *own* name. Elizabeth and Hattie were in tears. Hattie

still works for Jumpstart to this day, and that young girl’s parents even asked Hattie to be her godmother.

Elizabeth wants all older adults to have experiences like that of Hattie. She encourages anyone to join Community Corps, especially those with a lot of spare time, because of all the knowledge and experience older adults can bring to the classroom. Elizabeth does not mean knowledge and experience in how to teach and educate, rather, Elizabeth means knowledge and experience in how to love. Quoting Jim Elliot, she preaches “He is no fool who gives what he cannot keep in order to gain what he cannot lose.” Elizabeth believes that older adults “have so much love to give.” And the children of Jumpstart “just want to be loved.”

If you are interested in becoming a Jumpstart Community Corps Member, call Katharine at 617.542.5867 ext. 515.



Pictured from left to right starting with the back row is:

Minnie Pendermon, Laura Kelley, Ruby Thames, Hattie Bryant, Elizabeth Relerford, Lenora Clark, Josephine Haynes, Julie Wilson.

# Fall: A Time for New Beginnings for Caregivers

By Betsy Downton

Now that the summer is over and the kids are back at school, parents and grandparents can breathe a sigh of relief. Now your only responsibility is to care for your elderly relative(s) and your house, and your job if you are still working. In addition there are all the afterschool activities (cheerleading, football, soccer, swimming, play dates, chess club, etc.). Perhaps, it is not any easier with the children back at school. Possibly your life is even more hectic now. What are you doing for yourself? Working out at the gym? Lunch with friends? A movie?

If you answer was none of the above, take heart. There are programs available for caregivers. A caregiver is a person who is providing care services for a frail elder aged 60 or over; or a person aged 55 or over caring for grandchildren under 18 years of age. The services can range from errands to house cleaning to preparing meals and other tasks. There is a coalition of agencies called the Caregiver Alliance of Suffolk County which provides services to the caregiver. The Caregiver Alliance includes Central Boston Elder Services, Boston Senior Home Care, Ethos, City of Boston Elderly Commission, and Chelsea Revere Winthrop Elder Services. LGBT Aging Project and MSPCC KINnection Program are grantees of the Alliance. For

those caring for frail elders, the services include - information and referral, assistance in gaining access to services, individualized counseling, support groups, caregiving problem solving, respite care and supplemental services. For grandparents caring for grandchildren, services include - information and referral, advocacy, support groups, respite care (including camperships for the kids), workshops and training. In addition, specialized services for lesbian, gay, bi-sexual and transgender elders and caregivers are available through the LGBT Aging Project. Caregiver Alliance services are free of charge, *however*, services from other agencies may have charges.

Things are picking up at the Elderly Commission Caregiver Support Program. Over the summer a lunchtime lecture series on Alzheimer's Disease was planned. It is scheduled for the second Thursday of the month starting in September at noon in the Piedmonte Room in Boston City Hall. The lectures will last 45-50 minutes with time for questions and answers. If there is enough interest, the program will continue as a support group after the first six months. There are plans to expand the program to other locations for City workers who cannot get to City Hall. The Elderly Commission works with City employees and their families but all are welcome to attend the lectures. Since the Piedmonte Room holds only about 40 people, please RSVP to Betsy

at 617-635-3979 or Elizabeth.Downton@cityofboston.gov.

which would be helpful to you, please contact the Caregiver Alliance.

To access caregiver services call Boston Elder Info (BEI) at 617-292-6211 or the Caregiver Alliance coordinator at 617-277-7416 x 134.

If you have suggestions for programs

**NOVEMBER IS  
CAREGIVER MONTH  
IN MASSACHUSETTS**



## **Alzheimer's Association Speaker Series**

### **September, 11:**

#### **Taking Control: Understanding and Managing the Issues of Early Stage Dementia**

-Nicole McGurin, Manager of Early Stage Programs, Alzheimer's Association, MA/NH Chapter

### **October, 9:**

#### **Success at Home: Using Environmental Supports, Safety Planning and Activities in the Home Setting**

-Lindsay Brennan, Manager of Helpline Services, Alzheimer's Association, MA/NH Chapter

### **November, 13:**

#### **Finding the Words: Learning how Effective Communication can Improve Life for the Person with Dementia and their Caregiver**

-Debra Katt-Lloyd, Manager of Northeast Regional Office, Alzheimer's Association, MA/NH Chapter

### **December, 11:**

#### **Late Stage Care: Understanding and Coping with the Issues of Late Stage Dementia**

-Speaker to be Announced

### **January, 8:**

#### **New Goals for a New Year: Alzheimer's Disease Legal and Financial Issues**

-Mike Kincade, Manager of Safety Services and Community Programs, Alzheimer's Association, MA/NH Chapter

-An Elder Law Attorney will also be present to provide Massachusetts legal and financial information

# 10 Warning Signs of Alzheimer's Disease

## 1. Memory loss.

Forgetting recently learned information is one of the most common early signs of dementia. A person begins to forget more often and is unable to recall information later. What's normal? Forgetting names or appointments occasionally.

## 2. Difficulty performing familiar tasks.

People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game. What's normal? Occasionally forgetting why you came into a room or what you planned to say.

## 3. Problems with language.

People with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for "that thing for my mouth." What's normal? Sometimes having trouble finding the right word.

## 4. Disorientation to time and place.

People with Alzheimer's disease can become lost in their own neighborhood, forget where they are and how they got there, and not know how to get back home. What's normal? Forgetting the day of the week or where you were going.

## 5. Poor or decreased judgement.

Those with Alzheimer's may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may show poor judgement, like giving away large sums of money to telemarketers. What's normal? Making a questionable or debatable decision from time to time.

## 6. Problems with abstract thinking.

Someone with Alzheimer's disease may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used. What's normal? Finding it challenging to balance a checkbook.

## 7. Misplacing things.

A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl. What's normal? Misplacing keys or a wallet temporarily.

## 8. Change in mood or behavior.

Someone with Alzheimer's disease may show rapid mood swings - from calm to tears to anger - for no apparent reason. What's normal? Occasionally feeling sad or moody.

## 9. Changes in personality.

The personalities of people with dementia can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member. What's normal? People's personalities do

change somewhat with age.

### 10. Loss of initiative.

A person with Alzheimer's disease may become very passive, sitting in front of the TV for hours, sleeping more than usual or not wanting to do usual activities. What's nor-

mal? Sometimes feeling weary of work or social obligations.

For more information visit the Alzheimer's Association at: [www.alz.org/MA](http://www.alz.org/MA) or call 800-272-3900

## BosTix Booths at Faneuil Hall & Copley Square

As Boston's exclusive half-price, in-person day-of-show ticket booths, we offer tickets to performances all over town—from touring blockbusters to hot local productions. Listings change daily and include theatre, music and dance. We are also a full-service Ticketmaster Outlet and sell full-price tickets to events at the TD BankNorth Garden (Celtics games, Bruins games, etc.), DCU Center, and Tweeter Center among others. The below list represents tickets available to purchase in person at either BosTix booth. Tickets go on sale at 10:00 AM. (11 on Sundays) **Booths are CASH ONLY.**

### Bostix Booth Locations

#### Copley Square

Located steps from Boston's premier shopping district, the BosTix booth is in Boston's Copley Square surrounded by Trinity Church, Boston Public Library and the John Hancock Tower. The booth is on the corner of Boylston and Dartmouth Streets near the Copley and Back Bay T stops. The closest parking is at Copley Place Parking or Dartmouth Street Parking.

#### Hours

Mon-Sat: 10 a.m. to 6 p.m.

Sun: 11 a.m. to 4 p.m.

Closed: Patriots Day, Thanksgiving and Christmas

Half-price tickets go on sale at 10 a.m. Cash only.

#### Faneuil Hall Marketplace

The original BosTix booth is on Boston's historic Freedom Trail, adjacent to Faneuil Hall, and just a short walk from the Government Center, Haymarket and State Street T stops. The booth, a freestanding kiosk, is near the West End entrance of Quincy Market. The closest parking is at 75 State Street or the Government Center Garage near Haymarket.

#### Hours

Tues-Sat: 10 a.m. to 6 p.m.

Sun: 11 a.m. to 4 p.m.

Closed:

Mondays,  
Thanksgiving and  
Christmas  
Half-price  
tickets go

on sale at  
10 a.m.

Cash only





Dr. Chris Standring  
Chiropractor and Reiki practitioner

As a participating MEDICARE and MassHEALTH care provider, I'm pleased to offer a unique combination of gentle, safe and effective holistic therapies to help you:

- Relax • Reduce pain and tension
- Strengthen your immune system
- Move easier • Stay active and
- Live a healthy life

These holistic therapies include:  
Chiropractic - Reiki - CranioSacral  
Therapy - Muscle relaxation  
Stress Management Techniques  
Ergonomic Counseling - Exercise  
Prescription

Please call, email or visit me  
on the web to schedule  
an appointment.

Christopher M. Standring, D.C.  
Boston CranioSacral Therapy  
581 Boylston Street - Suite 504C  
Copley Square Boston 02116  
( next to the CVS )  
617-275-9049  
cstandringdc@comcast.net  
www.BOSTONCST.com

# *Keep Moving!*

In general, people become less physically active as they get older. Nearly 40 percent of people over the age of 55 report no leisure-time physical activity. But physical activity improves the overall health and well-being of older adults. Even modest levels of activity, done each day for a total of 30 minutes, can prevent or control heart disease, diabetes, osteoporosis, colon cancer and weight gain. Reducing your risk of disease is not the only benefit of being physically active. You can boost your energy level, improve blood circulation, lower blood pressure, and gain stronger muscles, bones and joints. Regular physical activity can also improve self-esteem, combat depression and reduce stress.



Many of us, no matter what our age, are not motivated to be physically active and need the structure of a program to help us. Keep Moving, a network of over 150 local walking clubs all over Massachusetts, promotes physical activity and socialization for persons over the age of 50. Being a part of a walking club motivates older adults to stick with a physical activity regime. Participating in a club rewards both body and soul.



But don't take our word for it. Here are some thoughts from members of Keep Moving Clubs about the benefits of joining.



*"It's a time to be with people who have shared the same years and experiences. We exercise & walk together, laugh and eat together and support each other through troubled times."* C.



*"Coming to the M.G.W.s meetings, breakfasts, and just taking a walk in the fresh air is really an incentive for me to get up and out of bed most mornings. I really look forward to all the good wishes I received a while ago in a very sad time in my life and ever since the many cheerful and thoughtful wishes. We are a very noisy bunch but they try to*

*help each other. On Monday, Wednesday and Friday give me something to get out of bed for. So many more happy days I can't begin to tell you!" J.O.*

The emergence of cooler days is a great time to get outside and become active. Listed here are 23 Keep Moving Clubs in the greater Boston area. So let's get moving!!

#### **Boston**

##### **Hale House Walking Club**

617-536-3726

##### **Aliancianos Unidos**

617-232-0634

##### **Greater Boston Chinese Golden Age Center**

617-542-7488

#### **South Boston**

##### **Laboure Walking Club**

617-268-9670

#### **South End**

##### **Be All You Can Be**

617-437-0789

#### **Mission Hill**

##### **The Sensational Seniors**

617-541-2461

#### **Roxbury**

##### **Shangri La Walking**

#### **Clubs**

617-298-0986

##### **Aliancanos**

617-427-7175x243

##### **Saint Joseph Walking Club**

617-427-3326

##### **Roxbury Tenants of Harvard**

617-232-0400

#### **Mattapan**

##### **South Boston Senior Services (Ethos)**

617-522-6700 x331

##### **Shangri La Walking Clubs**

617-298-0986

#### **Hyde Park**

##### **South Boston Senior Services (Ethos)**

617-522-6700 x331

##### **Hyde Park Walking Group**

617-361-1187

#### **Charlestown**

##### **Golden Age Seniors**

617-635-5175

#### **Somerville**

##### **Golden Age Seniors**

617-635-5175

#### **Dorchester**

##### **Harbor Point Walking Club**

617-288-4569

##### **The Walking Club**

617-825-5000

##### **Fieldstone Walking Club**

617-265-4919

#### **Jamaica Plain**

##### **Nate Smith House Walking Club**

617-524-2294

##### **Shangri La Walking Clubs**

617-298-0986

##### **Council Towers Walkers Club**

617-427-8194

##### **Roxbury Holy Temple Church**

617-442-1531

#### **Roslindale**

##### **Pondside Patrollers**

617-363-2329

##### **Roslindale House Walking Club**

617-327-1503

#### **West Roxbury**

##### **J.O.Y (Just Over Youth) Walkers**

617-994-9808



The next big step in the fight against breast cancer?

It's the one we take together.

©2008 American Cancer Society, Inc.



Hope starts with us.

## Making Strides Against Breast Cancer®

**Sunday, October 5, 2008**

Charles River Esplanade, Boston



Hope.Progress.Answers.® / 1.800.ACS.2345 / [www.cancer.org/stridesonline](http://www.cancer.org/stridesonline)

### **Boston Ballet and The Opera House**

Beginning in the fall of 2009, Boston Ballet's sole performing venue for its home season and subscription series as well as its popular holiday classic, *The Nutcracker*, will be the Opera House.

"We are thrilled to be welcoming Boston Ballet, one of the nation's premier ballet companies, to our theater permanently," said Opera House Executive Director, Jim Jensen. "This beautifully restored theater is a wonderful place to see dance and we look forward to presenting this world-class company and its talented artists in our historic home."

The Opera House will offer Boston Ballet audiences a more intimate experience with the artists on stage and a single venue for all Boston Ballet productions. In addition, patrons will have the ability to purchase tickets

through Boston Ballet and the Opera House with increased customer service and flexibility.

"This is a fabulous move for the entire Boston Ballet family," said Boston Ballet Artistic Director Mikko Nissinen. "The dancers are excited to have a closer connection to their audience and patrons will enjoy the enhanced viewing experience and services. We have thoroughly enjoyed performing at the Opera House for *The Nutcracker* and look forward to making it our permanent performance home."

"With this new home and the consistent support of our donors and patrons, Boston Ballet can continue to present its world-class performances to thousands every year," said Richard Davis, Chairman of Boston Ballet.



## ETHOS SECURES FUNDING FOR AGEWELL WEST ROXBURY

Ethos announced that it has successfully secured \$90,000 in state funding for its ‘aging-in-place’ initiative, AgeWell West Roxbury. Funding was included in the FY09 state budget recently approved by the state Legislature and signed into law by Governor Deval Patrick. In addition, Ethos was recently awarded a grant of \$45,000 by The Boston Foundation, whose support three years ago started AgeWell.

According to Ethos Executive Director Dale Mitchell, the securing of state funds was particularly welcome news. “There is only so much foundations like The Boston Foundation can do. After a while, they expect others to step up to the plate. That the state has done so for AgeWell West Roxbury is enormously helpful.”

Mitchell was particularly grateful to West Roxbury’s elected officials for the support they gave Ethos in this year’s budget debate. “West Roxbury elders and caregivers owe a big ‘thank you’ to both state Senator Marian Walsh and state Representative Michael Rush. I can’t think of another neighborhood with more effective, elder-friendly leaders.”

Sen. Walsh and Rep. Rush were both pleased to help Ethos secure state funds. “AgeWell West Roxbury is an exciting example of the state’s “Community First”

initiative in action,” said Sen. Walsh. “Our seniors not only deserve the most affordable and highest quality care that we can provide, but they also deserve to age with dignity and independence in their own communities.

Thanks to AgeWell, more seniors will be able to remain engaged members of the West Roxbury community while continuing to live in the comfort of their own homes. I am delighted that we were able to work together to secure vital funding for this worthwhile initiative.”

“AgeWell is win-win for the entire West Roxbury community,” said Rep. Rush. “It connects seniors and their caregivers with the home care services they need, saving taxpayers costly nursing home care. It also mobilizes the community -- businesses, churches, social clubs, and volunteers -- to boost the neighborhood’s capacity for “aging in place.”

“Funding from the State comes at a pivotal time, as this year marks the third and final year of Boston Foundation funding,” concluded Mr. Mitchell. “With state funding, Ethos will be able to continue efforts to make West Roxbury the city’s most elder-friendly neighborhood. Through AgeWell, we are tackling one of society’s greatest challenges: how to care for our elders population where they want to be – at home. It’s a challenge that together we will meet.”

# EAT HEALTHY

## Poblano, Mango, and Black Bean Quesadillas

### Ingredients -

- 1 teaspoon olive oil
- 1 1/2 cups presliced onion
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 poblano chile, seeded and chopped
- 1 (15-ounce) can black beans, rinsed and drained
- 1 cup jarred sliced peeled mango (such as Del Monte SunFresh)
- 1/3 cup cubed peeled avocado
- 4 (8-inch) fat-free flour tortillas
- Cooking spray
- 1/2 cup (2 ounces) shredded reduced-fat sharp cheddar cheese



### Instructions -

Preheat broiler.

Heat oil in a large nonstick skillet over medium-high heat. Add onion, oregano, salt, pepper, and poblano, and sauté 5 minutes or until onion is tender. Add beans; cook 1 minute or until thoroughly heated. Remove from heat; stir in mango and avocado.

Place flour tortillas on a baking sheet coated with cooking spray. Arrange about 3/4 cup bean mixture on half of each tortilla, leaving a 1/2-inch border. Sprinkle 2 tablespoons cheddar cheese over bean mixture, and fold tortilla in half. Lightly coat tortillas with cooking spray. Broil 3 minutes or until cheddar cheese melts.

**Serves 4**

**Thank You** to Randolph Slaughter, Trustee at Fresh Pond Trust for the wonderful M/S Mount Washington boat ride around Lake Winnepesaukee.

**Thank You** to Robert Platner, Vice President of Yacht Starship Cruises for the enjoyable Boston Harbor Cruise.



# RECIPES

## Cranberry - Apple Crisp

### Ingredients -

- 2 ½ pounds Granny Smith apples, peeled, cored and cut into ½-inch chunks
- 1 16-ounce can whole-berry cranberry sauce
- 2 tablespoons lemon juice
- 1 cup old-fashioned oats
- ½ cup all-purpose flour
- ⅓ cup chopped walnuts
- ¼ cup packed light brown sugar
- ¼ teaspoon salt
- ¼ cup frozen apple-juice concentrate, thawed
- 1 tablespoon canola oil



### Instructions -

Preheat oven to 350°F.

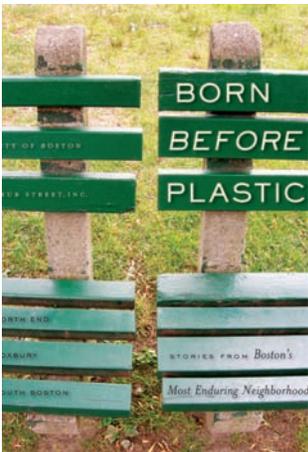
Combine apples, cranberry sauce and lemon juice in a large bowl. Transfer to a 9 1/2-inch deep-dish pie pan.

Whisk oats, flour, walnuts, brown sugar and salt in a medium bowl. Whisk apple-juice concentrate and oil in a small bowl until blended; drizzle over dry ingredients and mix with your fingers until moistened. Sprinkle over apples. Bake until apples are tender and top is golden, 40 to 45 minutes.

**Serves 8**

## **Purchase BORN BEFORE PLASTIC** **at the following locations:**

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



# Healthy, Wealthy & Wyse

By Geraldine C. Wyse, RN

## Wrinkles-Aging Skin and You

Have you noticed how old and wrinkled your friends are looking these days? Do you wonder if you look old to them? Do you think you have aged better than most? Or, do you look older than you should for your age? This info applies to every reader, whether you are 50 or 85!! The summer may be gone but the winter can be just as harsh on your skin.

Your skin—basic information and facts that you may be aware.

**1.** The skin is the largest organ in the body. Skin needs good nutrition to maintain its form and function.

Skin needs vitamin B1, biotin. This forms the basis of new healthy skin cells. Vitamin C and E are antioxidants. They protect skin from sun damage and reduce skin damage caused by free radicals. These naturally occurring by-products of metabolism contribute to aging skin. Recommend: eat healthy, well balanced diet.

**2.** Drink Liquids. As we age, skin becomes thinner and drier. It becomes more important to drink plenty of water to keep skin well hydrated and full. Ask

your doctor how much fluid you should drink daily, especially if you are on a fluid restricted diet, have heart failure or on a kidney dialysis machine.

**3.** Habits and Behaviors. Your repeated habits can increase the risk of premature skin aging. You can still look younger by avoiding these habits.

**4.** The leading cause of wrinkles is sun exposure. There is no such thing as a healthy tan!! Tanning is a sign of skin damage, evidence that the sun's ultraviolet rays have penetrated and damaged the skin's support structure. Most wrinkles are caused by sun exposure throughout life. Those brown spots on your face and hands are from sun exposure also. Recommend: it is never too late to slow down the wrinkling process. What to do. SPF 15 or higher sunscreen daily. Don't forget you hands and neck. They wrinkle and age at a fast pace also.

**5.** Smoking. Smoking accelerates the aging process-wrinkling skin and making you look older than your years. Wrinkles are more likely to be deeper in smokers. Tobacco smoke gives skin an unhealthy color and course texture. Recommend: it is never too late to quit smoking especially if you have developed chronic lung diseases.

6. Facial muscle contractions cause wrinkles. Wrinkles at the corner of your eyes (crow's feet) or between the eye brows (frown lines) are thought to be caused by small muscle contractions over a lifetime. Habitual facial expressions like frowning, smiling or squinting leave their mark on the skin. Recommend: wear good sunglasses all year long (sun and snow glare). Use prescription eyeglasses and sunglasses if prescribed, especially if you are nearsighted.

7. Sleeping patterns. Did you know the way you sleep on your pillow may cause wrinkles? Recommend. Sleep on your back if possible. People who don't sleep with their face into their pillow usually do not develop sleep lines.

8. Yo-yo dieting. Losing and gaining the same 20-30 pounds every few years has an effect on your skin. The skin is repeatedly stretched. Stretching the skin may damage the elastic structure that gives skin its youthful and firm tone. Recommend: lose weight at a reasonable

pace. 1 pound a week is a workable regime. Check with your doctor about speaking with a nutritionist who will give you a safe and effective regime to follow.

9. Moisturizers. It is never too late to start morning and night moisturizers after a good face cleaning. This applies to both men and women. You can go to your neighborhood drug store and find good "older skin" moisturizers for little money. You can go to the department store and pay more for brand name moisturizers. A trip to a dermatologist may be a good idea, especially if you have noticed some darker spots or tabs on your skin. You may get a prescription for a high quality skin moisturizer specific for older, sensitive skin.

Winter will be upon us shortly. Don't think that your skin only needs attention in the summer. In winter, your skin dries out very quickly from heated homes, snow, rain and wind burns!!

W



**FREE** Guitar Program for seniors who are interested in learning guitar. Lessons are twice a week on Wednesdays and Fridays at the Nate Smith House. For more information contact Giovanna Tapia, Program Manager at 617-953-7016.



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

### BNN-TV Channel 9

Boston Seniors Count  
Live Call-in Cable Television Show

### New Day & Time

Thursday at 3:30 p.m.  
Repeated Sunday at 11:30 a.m.  
Tuesday at 8:30 p.m.

For more information call  
Deputy Commissioner  
Kathleen Giordano, Producer  
at 617-635-4362



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

## Need a Ride?

**Senior Shuttle 617-635-3000**

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

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

(Some restrictions may apply)

## DON'T MISS

*The Elderly Commission*

**On Radio**



**Tune into:**

**Zumix Radio 1630 AM**

on Wednesday at 2:00 p.m. also streaming on

the internet at **www.zumix.org**

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

For more information please contact:  
Deputy Commissioner Kathleen Giordano at  
617-635-4362  
or Fran Johnnene at 617-635-3988.

## The Elderly Commission

### Food Stamp Program

Are you eligible?

The average MA Food Stamp benefit is \$75!

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

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

Shannon Murphy at 617-635-3745  
shannon.murphy@cityofboston.gov

or

Lorna Pleas at 617-635-4335  
lorna.pleas@cityofboston.gov

## Discounted TAXI COUPONS

at 1/2 Price

- Buy 2 books each month -

Call 617-635-4366 to find a location near you.



## Interested in placing an ad in *Boston Seniority*?

Email us at: [BostonSeniority@cityofboston.gov](mailto:BostonSeniority@cityofboston.gov)  
or call Martha Rios at (617) 635-2360.

If your core audience are seniors you're in the right place. We have a devoted following of seniors with a distribution of 25,000 in print and 15,000 hits online per month!

*We accept editorial articles*

## **Kit Clark Senior Services**

### **Elsie Frank Meals on Wheels 5 K Road Race**

Saturday, September 27, 2008 Kit Clark will hold its third annual Elsie Frank Meals on Wheels 5K Road Race, at **Pope John Paul II Park, in Dorchester** (on the banks of the Neponset River, a 65-acre park with walkways, scenic open areas, playing fields and native plantings.) **Registration starts at 9:00 A.M. Race starts at 10:00 A.M.** rain or shine.

This event is a fundraiser to support Kit Clark's critical programs for seniors in the Greater Boston area. Elsie Frank, the late mother of Congressman Barney Frank, is being honored because Mrs. Frank was a tireless advocate for the rights of older adults.

Meals on Wheels is one of Kit Clark's largest program, with over 600 meals delivery daily to homebound seniors across the Greater Boston area. Kit Clark serves over 4,000 seniors annually with a wide range of supportive services to help seniors live with dignity and independence in their community.

Mail in or on-line registration is \$15 on or before September 15 (\$17.00 thereafter and on race day) payable to Kit Clark Senior Services, 1500 Dorchester Avenue, Dorchester, MA 02122. The on-line registration application is available at SignMeUp.com (Calendar section) and coolrunning.com or visit Kit Clark's website [www.kitclark.org](http://www.kitclark.org) Walkers are encouraged to participate. For more information, to volunteer, or to make a contribution, please call Anita Nasra at (617) 825-5000 or send an e-mail to [anasra@kitclark.org](mailto:anasra@kitclark.org).



### **Spanish Immersion**

Connecting Spanish speaking seniors with students and other Spanish learners to improve their oral and interactive skills.

For more information contact Giovanna Tapia, Program Manager at 617-953-7016.

(Left in the back row) Giovanna with the Spanish Immersion Group



Enjoying the Senior Spring Garden Party.

All smiles at the Advisory Council Outing to the New England Aquarium.

### Congratulations to the Nate Smith House for their 10 Year Anniversary!!!



Advocates Vilma Valentin and Jane Boyer (center and right) present Nate Smith Resident Coordinator Nancy Escoto with a Certificate of Recognition for the Nate Smith House.



Having fun on the M/S Mount Washington.



Mayor Thomas M. Menino stops to say hello before the Bingo game starts.



Enjoying the Dorothy Curran Concert Series on City Hall Plaza.



Commissioner Eliza Greenberg with Peter Looney.



Checking out the great selection at the Farmer's Market in Copley Square.



Enjoying the breathtaking view at Lake Winnepesaukee. (Left to right) Wailong Lou, Tatne Nohan and Jinyin Feng.



Beverly Gibbons (center) with seniors from Charlestown.



Mayor Menino presents Don Alessi with a Certificate of Recognition for his 90th Birthday.



Quarterly Employee Award recipient MaryBeth Kelly (left) and Elderly Commission Employee of the Month Barbara Smith.



Guests aboard the M/S Mount Washington.

Waiting to board the M/S Mount Washington on Lake Winnepesaukee.





Commissioner Greenberg with friends at the Zelma Lacey House.



Mayor Menino greets guests during Charlestown Pride Week.



Chief of Staff Karine Querido (left) with the Elderly Commission Employee of the Month Luis Tavarez.



Perfect Couple: Domingo and Rosa Ortiz



Tearing up the dance floor at the Cape Verdean Independence Day celebration at Kit Clark Senior Services' Madden Senior Center.



Strolling through Commonwealth Avenue Mall.



Mayor Menino with Commissioner Greenberg signing *Born Before Plastic* for author Peg Foley.



Checking out the penguins at the New England Aquarium.



Retired Monsignor Charles J. Bourque is joined by well wishers in receiving a Proclamation from Mayor Menino for recognition of his 28 years of service.

Thomas M. Menino  
Mayor



Eliza F. Greenberg  
Commissioner



**Registration Form**  
*Commission on Affairs of the Elderly*  
Presents  
**Mayor Thomas M. Menino's  
Health & Fitness Walk**

Thursday, October 2, 2008 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\*

<b>Brighton</b>	<input type="checkbox"/> Veronica B. Smith Senior Center, 20 Chestnut Hill Ave. <input type="checkbox"/> Chinese Golden Age Center, 677 Cambridge Street	<b>Jamaica Plain</b>	<input type="checkbox"/> Curtis Hall, 20 South Street <input type="checkbox"/> Nate Smith, 155 Lamartine Street <input type="checkbox"/> Julia Martin House, 90 Bickford Street
<b>Dorchester</b>	<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	<b>Roxbury</b>	<input type="checkbox"/> Council of Towers, 2875 Washington Street <input type="checkbox"/> Freedom House, 14 Crawford Street <input type="checkbox"/> Reggie Lewis Center, 1350 Tremont Street <input type="checkbox"/> Saint Joseph's Community, 86 Cripus Attucks Place
<b>East Boston</b>	<input type="checkbox"/> East Boston Social Center, 68 Central Street	<b>South Boston</b>	<input type="checkbox"/> West Broadway Task Force, 81 Orton Marotta Way <input type="checkbox"/> Agnes V. Shea Senior Center, 7 Burke Street <input type="checkbox"/> Waterview Apartments, 1350 Columbia Rd.
<b>Hyde Park</b>	<input type="checkbox"/> Blake Estates, 1344 Hyde Park Avenue <input type="checkbox"/> Cleary Square Parking Lot, Across from Police Station <input type="checkbox"/> Readville Seniors, St Ann's Parking Lot, 82 West Milton	<b>West Roxbury</b>	<input type="checkbox"/> VFW Pkwy, Center Street between CVS & Walgreens <input type="checkbox"/> Holy Name Church, 1689 Centre Street
<b>Mattapan</b>	<input type="checkbox"/> Church of the Holy Spirit, 535 River Street, Mattapan <input type="checkbox"/> Foley Apartments, 249 River Street	<b>Note: The Boston Common is on the Red and Green Lines at Park Street Station</b>	

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      Lunch      2/3 Mile Walk      Warm-Up      Rain or Shine      Mini Health Fair**  
**Stretches**

If you are interested in participating, please complete this form and return by Thursday, September 25 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 Clearly**

Name	Street Address		
Neighborhood and Zip	Telephone	Email	

**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 \_\_\_\_\_