

# Boston Seniority

## Elderly Commission

Thomas M. Menino, Mayor of Boston

# April

FREE

2011  
Volume 35  
Issue 4

# *Table of Contents:*

## *Page Number*

3	Mayor's Spotlight
4	RSVP Volunteer Opportunities
6	Elynor's Mission
8	In My Day
12	Healthy, Wealthy & Wyse
16	The Sneem Machine
20	Don't Retire, Inspire
24	Healthy Recipes



**Check out our NEW and improved website**  
**[www.cityofboston.gov/elderly](http://www.cityofboston.gov/elderly)**

**Commission on Affairs of the Elderly**  
**Main number (617) 635-4366**

**Email articles and comments to**  
**[Bostonseniority@cityofboston.gov](mailto:Bostonseniority@cityofboston.gov)**

***Although all material accepted is  
expected to conform to professional  
standards, acceptance does not imply  
endorsement by the City of Boston,  
Commission on Affairs of the Elderly.***

## *Boston Seniority*

**Volume 35 Number 4**

**Published by the City of Boston**

*Commission on Affairs of the Elderly*

**Thomas M. Menino, Mayor**  
**Emily Shea, Commissioner**

**Martha Rios**  
**Tula Mahl**  
**Editors**

**Eileen O'Connor**  
**Photographer**

**City Hall Plaza-Room 271**  
**Boston, MA 02201**  
**(617) 635-4366**  
**[www.cityofboston.gov/elderly](http://www.cityofboston.gov/elderly)**

**Karine Querido, Chief of Staff**

**Tula Mahl**  
**Deputy Commissioner**  
**Communication & Policy**

**Melissa Carlson**  
**Deputy Commissioner**  
**Advocacy & Planning**

**Michael Killoran**  
**Deputy Commissioner**  
**Transportation**

**Francis Thomas**  
**Deputy Commissioner**  
**Administration & Finance**

**Printed by Standard Modern**

**Boston Seniority is supported in  
part by The Executive Office of  
Elder Affairs.**



# Mayor's Spotlight

Boston Mayor Thomas M. Menino announced that Emily Shea will join his administration as Commissioner of Elderly Affairs. In this role, Shea will oversee the City's Commission on Elderly Affairs and advance the Commission's work of planning, coordinating and monitoring City services to help improve the quality of life of all senior citizens living in the City of Boston.

"Emily is a passionate advocate for the elderly and has a proven track record of delivering services to Boston's elderly community," said Mayor Menino. "We value all of our seniors living within our neighborhoods and Emily's experience will be a great asset to Boston's seniors and to my administration."

"Emily will be a terrific partner as we advance the Mayor's integrated Human Services agenda," said Daphne Griffin, the City's Chief of Human Services. "She has great experience working in the community to directly address the needs of the elderly and I look forward to working together."

Emily Shea most recently served as the Director of Elder Services at Action for Boston Community Development (ABCD), Boston's largest anti-



poverty agency. Previously, Shea was Executive Director at the Boston Partnership for Older Adults (BPOA), a coalition of over 200 organizations and individuals working to ensure that all older adults in Boston have the support and resources needed to age with dignity. She also worked for many years in the field of adult day services, operating adult day health and dementia day care programs and working statewide on policy and legislative issues. Shea received her Master's in Public Health and Master's in Social Work from Boston University.

"I am honored to join Mayor Menino's team as Commissioner of Elderly Affairs," said Shea. "I am truly excited to begin working to advance the City's outstanding elderly programs and services and to make Boston the most accessible and elder-friendly city for our residents."

Shea is a resident of Charlestown.



# RSVP Boston

## Volunteer Opportunities

The Boston RSVP Program has an array of volunteer opportunities to choose from. Call us today and to receive an informational packet on the RSVP Program, a volunteer opportunities booklet, and directions on how to sign up for the program. Take the time, make the call, help out in your community.

*For more information on the RSVP Program or to sign up, please call  
Anique Langlois, RSVP Administrative Assistant at **617-635-3988***

### **Faulkner Hospital Volunteer Program**

Rounders at Patient/Family Resource Center or Dana Farber Cancer Institute (Receive special training to interview patients about their hospital stay, or experience with care and services.)

Requirement: No less than four hours per week. Hours are flexible. Benefits include free parking, meals, and on-the-job training.

### **Generations Inc.**

Literacy mentors needed in Dorchester, Roxbury, the South End, South Boston, and Jamaica Plain schools.

- Make a difference building a strong mentor relationship!
- You will see verifiable results while also participating in a larger movement called Experience Corps.

### **Boston Partners in Education**

Boston Partners in Education has been mentoring public school students on the frontline for over 40 years. We match struggling K-12 students with volunteer academic mentors who provide students with the skills they need to graduate, the self-esteem they need to succeed, and tools and guidance to achieve their dreams.

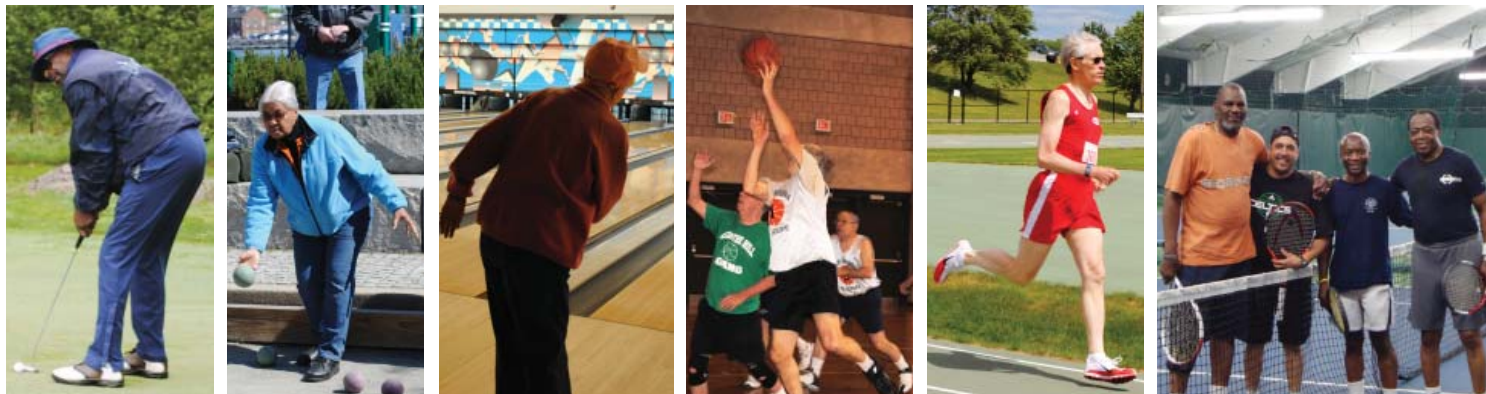
Become a volunteer academic mentor and make a difference in the life of a child in your community. All it takes is one hour of your time per week.

### **Friendship Works**

Friendship Works serves elders and adults with disabilities in Boston. Friendship Works' Programs are: Friendly Visiting, Strong for Life, PetPals, Medical Escorts, and Short-term Assistance- all great opportunities for retirees. We offer one-time and ongoing opportunities with a commitment of 1-2 hours a week. Training is provided.

# The City of Boston's Elderly Commission

## 2011 Greater Boston Senior Games



**Golf:** Wednesday, May 11, 7:00 a.m. at Wm. Devine Golf Course, Dorchester. Fee \$40.00, includes Green & Cart Fees. Foursomes should request Foursome Golf Registration Form.

**Bocce:** Thursday, May 12, 9:00 a.m. at Langone Park, North End. Teams should request Bocce Team Registration Form - Free.

**Billiards & Bowling:** Friday, May 13, at Boston Bowl, Dorchester.  
Bowling (choice of two starting times: 8:00 a.m. or 10:30 a.m.) Fee - \$9.50; Billiards - 9:00 a.m. Fee - \$6.00.

**Finalé @ University of Massachusetts:** Saturday, May 14, 9:00 a.m. Basketball Free Throw, Horseshoes, Softball Throw, Swimming, Track Events and *Keep Moving Walk* (Free), Half Court Basketball (pre-established team sport) - \$20 (cash) fee per player - Special Half Court Basketball Team Registration Form Required.

**Tennis:** Saturday, May 21, 9:00 a.m. at Sportsmen's Tennis Club, 950 Blue Hill Avenue, Dorchester. Fee \$18.00.

**Eligibility:** Men & Women age 50 & over. Pre-registration deadline for all events is Friday, April 29, 2011

**Awards:** Bronze, Silver and Gold Medals

**Call:** Michael McColgan at 617-635-4168 for applications and information.

**E-mail:** michael.mccolgan@cityofboston.gov



Thomas M. Menino, Mayor  
City of Boston Commission on Affairs of the Elderly  
Emily Shea, Commissioner





# Elynor's Mission

By: Mark Dempsey

Frank J. Manning Certificate Candidate

University of Massachusetts School of Gerontology

“Aging successfully. That is my mission! That is my goal in life, to age successfully” said Elynor Walcott, age 64, at our interview held at her lifelong home in Boston’s South End. My discussion with Elynor was both informative and inspirational. It was obvious that she is very passionate about her chosen sport, and that passion has influenced not only her athletic achievements, but her life outside of sports as well.

Although swimming is Elynor’s primary competitive sport, she also participates in other sports such as kickboxing, aerobics, free weights, power walking, cycling, Tai Chi, and yoga. Her life, however, has not always included athletics. She learned to swim at a very early age, and has always enjoyed being in the water, but swimming and athletics took a backseat during most of her adult life. It was at age 50 that Elynor became aware of the Boston Senior Games, and was curious to give it a try. A refresher course at the YMCA helped her regain the confidence to be back in the water after being out for so long. Many years of smoking made it difficult, but Elynor persevered, and surprised herself by winning a gold medal in her very first race. This initial success boosted her self-esteem and



**Elynor Walcott**

increased her desire to continue swimming and competing, and she has been doing so ever since.

Being athletic has improved Elynor’s life both physically and mentally. “Swimming keeps my body in great shape and allows me to do other sports. My cardio-vascular system has improved, and I feel great!” Elynor credits her athletic involvement with having positive effects on her self-esteem and spirit as well. “Sports have given me a whole new outlook. It’s a revelation to be a senior swimmer. My spirit soars when I’m in the water, and I make some of the best life decisions while swimming.” She enjoys the social aspect of swimming also, and networks with other swimmers to learn and improve at her sport, and learn about other sports as well.

Athletics has had a positive effect on not only Elynor’s life, but her family’s as well. “My sons have seen me and been inspired to be athletic. They and my grandchildren bring me encouragement, and we share in something that brings joy. They give me

motivation to compete harder. Our family has become closer together around athletics” she said.

One of the most impressive aspects of our conversation was Elynor’s positive attitude towards aging. While some dread growing older, Elynor embraces it with a passion. “I love where I’m at in life” she said, “and I look forward to aging successfully. I’m thankful and grateful to God for allowing me to age and to be athletic.”

Elynor continues to work on improving her competitive abilities by learning new techniques, and her goal is to make it to the National Senior Games. If her past efforts and accomplishments are any indication, she’ll not only make it to the National Games, but she might even win a medal on her very first race.

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

For more information call  
Deputy Commissioner  
Tula Mahl, Producer  
at 617-635-1922



## **Do you want to be on TV?**

The ***DON'T RETIRE, INSPIRE***  
show invites you to share your  
life's story with us and  
inspire others.

How have you changed the  
course of your life?

Survived in spite of yourself  
or your situation?

Come Share Your Story on TV...

**If you are interested contact:**  
Tula Mahl at 617-635-1922 or  
email: [tula.mahl@cityofboston.gov](mailto:tula.mahl@cityofboston.gov)

## *The Elderly Commission* **Seniors are you eligible?**

Food Stamp requirements have  
changed for most senior applications.

The Department of Transitional  
Assistance no longer counts -

- \* savings or retirement accounts
- \* your car
- \* your home
- \* or other assets

For more information or to complete  
an application contact:

Shannon Murphy  
617-635-3745

Lorna Pleas  
617-635-4335

My name is Cassandra, and I grew up around older adults.

Besides summers with my grandparents, my mom often took me with her as she cared for seniors. She greeted her clients with patience and an open heart, and in return, many shared their stories. I was a little girl, but I kept mental notes of the best and worst nursing homes in the area. I knew which ones had nice rooms with big windows, and which ones left me with a sinking feeling. I didn't have a name for the feeling then, but now I know it as guilt.

But of course what I remember most are the people.

I was seven years old and an only child; I didn't discriminate when it came to companionship. And one client, Elsie, quickly became my friend.

Elsie took me out for pizza and humored me by playing Barbies. She liked Burger King's Filet-O Fish sandwiches and really respected her local Pastor. She attended my first communion an hour away from her house, an event my own grandparents weren't able to attend.

I also witnessed very sad moments in her life, new falls that left her with new aches and increased loss of freedom. She had a white Siberian husky named Holly and had to give her away because she could no longer take care of her. I still remember how much she loved that dog and how sad she was to let her go.

The entire upstairs of her home was a mystery to me. She had long blocked it off, now being unable to climb up the old staircase. I never knew what was up there, as I never got to know plenty of things about Elsie. But I did know that she loved me.

**“I never got to know plenty of things about Elsie. But I did know that she loved me.”**

When was the last time I saw her healthy? What did I say to her? I remember going with my mom to say goodbye, as she was taking her last breaths. The end is all a blur. I was young and my memories are water-colored.

Some seniors didn't like having a little girl and her toys invade their space; some embraced and enjoyed the company. All of them have become weaved into my own personal history. Because of this, I decided to write this two-part series on the relationships between older adults. It's also from my childhood experiences that I draw inspiration for In My Day, a startup storytelling company in Boston aimed at recording seniors' memories as a legacy for their families.

I want to explore different ways to preserve these anecdotes so that they might be told and retold. Too often, I think, they are abandoned, lost or forgotten. Let's spend some time remembering.



Food Review



Boston Seniority editorial staff recently reviewed Erin Baker's Wholesome Baked Goods: the Breakfast Cookie, Brownie Bites, and Granola were sampled. We were pleasantly surprised. The Breakfast cookie was: moist, lightly sweetened, had great texture, and was filling. The Brownie Bites were the perfect snack, they had a great chocolate flavor, were moist, and as one staff member said "they don't taste organic." The granola was moist and flavorful, went great with yogurt.

**Staff favorite:** Oatmeal Raisin Breakfast Cookie

For more information about Erin Baker's Wholesome Baked Goods and to purchase them go to [www.bbcookies.com](http://www.bbcookies.com) or call 877-889-1090.



## Stuttering Gets the Royal Treatment

King George VI, whose live broadcasts of hope and inspiration kept the spirits of the British people alive during the dark days of World War II, met the challenge of stuttering with courage.

If you stutter, you should know about this gentle and courageous man, dramatized in *The King's Speech*.



For more information on what you can do about stuttering, write or call us toll-free.



THE  
STUTTERING  
FOUNDATION®

A Nonprofit Organization  
Since 1947—Helping Those Who Stutter

800-992-9392

[www.stutteringhelp.org](http://www.stutteringhelp.org)

Post Office Box 11749 • Memphis, TN 38111-0749

## Centanarian Photography Project

Nicholas Nixon has been a photographer of people for the past 35 years. His basic conviction is that each individual is different from every other, and that each is worth honoring. His work is in the permanent collections of major museums all over the world. Existing volumes include *People with AIDS*, *The Brown Sisters*, and *Live, Love, Look, Last*. Currently he has a one-person exhibition at the Boston Museum of Fine Arts, titled "Nicholas Nixon: Family Album," which will be on view through May 2011.

His newest project is to take portraits of people over 100 years old, to photograph as many as he can who will allow him to do so. The pictures are large black and white images, and are made with an

old-fashioned wooden view camera on a tripod. Most people find the experience of working with him quite pleasurable. Each subject receives a set of prints from the session.

Ultimately, he hopes to publish the best pictures of centenarians in a book. Last year, he photographed over a hundred babies under one year old; it is conceivable that these two groups of portraits might be published together in a single volume.

If you are interested in participating contact:

Nicholas Nixon  
[nbbnixon@gmail.com](mailto:nbbnixon@gmail.com)  
617-734-8315

## Spring 2011

By: John H. O'Neill III

With the arrival of Spring, people will be starting their gardens. Flowers are always nice to see. The upkeep of a garden can make for a busy schedule.

Roses are popular, as are mums and lilies. Tending to a garden is good exercise. After a long, cold winter, seeing flowers can be uplifting.

April brings the start of Spring. It also means the start of the baseball season. All

around Boston, youngsters will be donning their uniforms, complete with bat and ball. The games can be very exciting.

People like to have parties, especially outdoors. Spring means good weather. People can have parties providing a good time to show their gardens.



## Stories as retold by Gail Coates Busiek:

The Betty Snead House was a healthcare hospice for homeless people in Boston. Homeless people discharged from hospitals were welcome at the Betty Snead until they became strong enough for the streets. (Unfortunately it has been closed)

### Story Number 1:

I met a woman there with a great sense of humor (she was Irish). She told some memorable stories. She said, “When I was young I lived in a house with an outdoor pool. Everyday the handsomest [SIC] policeman ever walked by on his beat. I was desperate to get him to look at me, so one day I stripped off my clothes and jumped into the pool, as he was passing by. I was thrilled when he stripped and jumped in beside me. After our swim we went to my room and got to know each other better. Finally, he said to me “I have to get to back to work.” And I said, “So do I.” And that is how I met my husband to be.”

The small group of women murmured their appreciation for the story, until I, the only educated suburbanite piped in. “What sort of work did you do?”

Five cold stares were leveled at me. Then one woman snorted, “What do you think she did?”

### Story Number 2:

One day a group of Christian evangelicals came to Betty Snead and we sat together talking about faith healing. They told us you must believe in the goodness of God and act on your belief. The storyteller said she had had a miraculous faith healing. She said, “I lived in a little house with my policeman husband and our two children. One day I had a stroke. When I got home from the hospital I couldn’t walk. My husband and the kids took care of me, but when they went to work and school, I got busy. Down the street from our house was a bar, where I spent time before the stroke. Between the house and the bar was a long picket fence. Everyday I worked hard to slide off the bed, slide to the door and pull myself along the fence to the bar. Day by day I got closer and closer, stronger and stronger. I believed in the goodness of alcohol, and I acted on my belief with all my strength. Finally, by the time I got to the bar I was a walking miracle. I never again had any signs of stroke!”



## Gout: Could you have Gout??

Gout is a form of arthritis. Gout causes sudden episodes of pain - severe pain, tenderness, redness, warmth and swelling of your joints.

Gout usually affects one joint at a time. More often, it is the large joint of the big toe. Gout can become a chronic condition.

For many years, gout was called the disease of kings. Old time movies always depicted a wealthy, obese man with a bottle of wine, an painful toe and living in a luxurious castle!! In fact, gout can be a big pain for both men and women - wealth and body size don't make a difference.

### General Information -

Gout occurs when excess uric acid (a bodily waste product), circulating in the blood stream, is deposited as urate crystals in the tissues of the body, including the joints.

For many gout sufferers, the first symptom of gout is an excruciating pain and swelling of the big toe - often following an illness or injury.

After the first attack, the gout may reoccur off and on, in other joints; usually the joints of the foot and knee, before gout becomes a chronic disease. Another problem related to gout can include the

formation of tophi, or other lumps of crystals under the skin, in the joints and bones; kidney stones and impaired kidney function.

### Who gets gout?

An estimated 2.1 million Americans are affected by gout. Men in their 40s and 50s are most likely to develop gout. But by age 60, gout affects men and women equally. After 80, more women than men have gout.

### Where does gout come from?

Hyperuricemia (high uric acid levels) which can lead to gout, occurs for 2 reasons:

1. the body produces too much uric acid or
2. the body is not efficient at excreting uric acid in the urine.

There are a few genetic disorders that cause gout but few people have these disorders.

### How is gout diagnosed?

The doctor will order blood and a urine test to rule out other diseases and infections.

The doctor removes a small amount of the fluid in the joint. (He uses a needle and syringe.) This fluid is placed under a microscope. The doctor is looking for uric acid crystals. This will make a positive diagnosis of gout.

## Treatments -

Treatment will include:

1. medications to reduce inflammation and pain; corticosteroids, NSAIDS, colchicine. These urate lowering drugs will help prevent future attacks.
2. avoid foods high in purines - examples organ meats, anchovies, shellfish, bacon, gravies - increasing dairy products.
3. avoid all alcohol products.
4. lose weight to reduce blood urate levels.
5. avoid certain meds that may contribute to high urate levels. This includes diuretics.
6. your doctor will tell you what type of exercise you should do and the type of shoes you should wear.

7. when you feel the early symptoms of gout starting, call your doctor immediately. It is easier to treat gout attacks in the early stages, rather than wait until it is a full blown episode.

8. be sure to tell all your doctors that you are being treated for gout and which medications you are taking.

## Remember -

Gout is one of the many types of arthritis. Gout can be controlled with good care and vigilance.

For more information, contact the arthritis foundation at 617-244-1800. There is also a wealth of information available online at [arthritistoday.org/conditions/gout](http://arthritistoday.org/conditions/gout).



## Are You Looking for a Doctor Who Specializes in Care for Seniors?

Boston University Geriatric Services  
at Boston Medical Center

Primary Care and Care Management  
Services for Older Adults

Call us:  
617.638.6100  
Visit us online:  
[www.bmc.org/geriatrics](http://www.bmc.org/geriatrics)



# NEW NATIONAL CAREGIVER SUPPORT LINE

## Supporting the Caregivers of Veterans

Caregivers are the family members and loved ones who provide care for Veterans who are living with the effects of war, disability, chronic illness, or aging. They deserve VA's highest level of support. On February 1, 2011, the Department of Veterans Affairs (VA) opened a toll-free National Caregiver Support Line housed at the Canandaigua VA Medical Center campus in Canandaigua, New York. The support line serves as a primary resource/referral center to assist caregivers, Veterans and others seeking caregiver information to help in the care of our Nation's Veterans. Calls to The National Caregiver Support Line will be answered by VA employees who are licensed clinical social workers.

The Support Line provides information on VA/community caregiver support resources and "warm" referral to dedicated Caregiver Support Coordinators located in every VA Medical Center; emotional support for the caregiver will be an integral component of this service. The National Caregiver Support Line is also available to respond to inquiries about the caregiver benefits associated with Public Law 111-163, Caregivers and Veterans Omnibus Health Services Act of 2010.

The National Caregiver Support Line is open Monday through Friday 8:00 a.m. to 11:00 p.m. and Saturday 10:30 a.m. to 6:00 p.m. Eastern Time. The National Caregiver Support Line Toll-Free number is 1-855-260-3274. Please also see VA's updated caregiver website: [www.caregiver.va.gov](http://www.caregiver.va.gov)



## Senior Companion Program



Become a Senior Companion and become a friend.

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

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



**FREE**



**FREE**

**Introductory computer classes at Suffolk University.**  
**For more information call Kate at 617-573-8251**

## **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)



## **Basketball**



Seniors over age 60 who are interested in playing Basketball are welcome to join us every Thursday from 10:30 a.m. to 12:30 p.m. at the Roslindale Community Ctr, 6 Cummings Hwy.

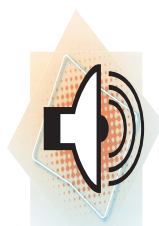
You can just shoot around or you can participate in 3 on 3 Half Court games.

**For more information, please call Ed Conway at (617)327-6831 or e-mail him at edconway14@yahoo.com**

## **DON'T MISS**

*The Elderly Commission*

**On Radio**



**Tune into:**

**Zumix Radio**

on Wednesday at 2:00 p.m. and Monday at 9:00 a.m. streaming on the internet at

**[www.zumix.org](http://www.zumix.org)**

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

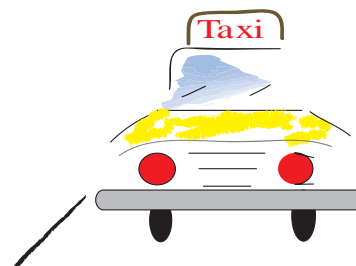
For more information please contact:  
Deputy Commissioner Tula Mahl  
at 617-635-1922

## **Discounted TAXI COUPONS**

at **1/2** Price

- Buy **2** books each month -

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



# THE SNEEM MACHINE

By: Mike Flynn

Legends arise from myth, mostly. But it is also true that they can spring from fact. Such is the story of the seven Casey brothers from Sneem, Count Kerry, Ireland. Sporting genes coursed through their blood. Their father Mike was a bare knuckled boxer, a sparring partner of World Champion John L. Sullivan. Mother Bridget Mountain was a champion rower. In their younger days, Bridget and Mike would spend their summers in Newport, Rhode Island tending to the racing sculls of the billionaire Vanderbilt family whose fleet would be entered every year in the world famous Newport Regatta. At the urging of Mike one year, Cornelius Vanderbilt paid for a group of Mike's friends to come from Ireland and crew his boats. Nicknamed the Hibernians, they won every race they entered three years running.

Steve Casey, born on 1908, was the first born to Mike and Bridget and he grew to be 6'4" and 240. Coming from the west of Ireland, a very poor land, Steve has said, " 'Twas never from eating too much we got it. Whether it

came from my mother, my father or God himself, we were blessed by nature."

His six brothers were just as impressive and were

known locally for their feats of tug-of-war, rowing, wrestling and boxing and their claim to be the "toughest family on earth" may not have been that far from the truth.

In his early days Steve toiled clearing land for the Forestry Department. His crew consisted of six men and a draft horse which circled and powered a heavy turntable used for uprooting trees. The story told is when the horse went down from exhaustion, Steve donned the horse harness and "alone powered the heavy turntable for the rest of the day."

In the early 1930's Steve and his brother Paddy had won every rowing event they entered. In 1935 they were chosen for the British Amateur Wrestling



Steve "Crusher" Casey

team, once again winning every bout they fought. Other wrestlers throughout Europe found no reason to enter the ring with them and they ran out of opponents until they decided to fight for cash prizes which would have dire consequences later.

That year saw the rise of Hitler and the Nazi Party in Germany and the following year, 1936, the Olympics were to be held in Berlin. So adding brothers Tom and Mick to their crew, they entered the All-England Rowing Championships with the goal of making the Olympic team and taking on Hitler's Aryan Nation. Again beating all comers they were a shoo-in for the team. Unfortunately, because Steve and Paddy had taken money wrestling the year before, they were deemed professionals and disqualified by the Olympic Committee. A crushing blow for Britain because all, including the Caseys themselves, were sure they would have come home with six gold medals.

Because there were no glories left to be had at home, Steve boarded a boat for America and ended up in Boston in 1937. Unbelievably, within a year he had captured the crown of Heavyweight Champion of the World and over the next nine years took on all comers and seldom lost a bout. He used his strength to bend opponents into submission and

his famous "Killarney Flip" to pin them to the mat. He was now known as "The Crusher." When he returned home to Sneem as the new World Champion, he raised the spirits of a country with a bleak present and future as Ireland was suffering from a wilted economy and devastating poverty. He was Ireland's most famous and revered son.

Even though Steve was now a world champion wrestler, it was still not enough for the "Crusher." He now decided to try his hand at boxing. He eventually got his shot at United States Champion Tiger Warren and with Jack Dempsey watching from ringside, Steve took the bout. Full of steam and confidence, Casey threw out a challenge to Joe Louis. "No thanks," said the World Heavyweight Champ. Casey later told the Boston Herald "I never met a man I was afraid of in or out of the ring. But if you think I'm good, you should meet my six brothers. They not only wrestle, but they will out fight, outrun and out row any man in the world."

In 1948 Crusher retired from sport to raise a family and as proof the apple does not fall far from the tree, his daughter Margaret later distinguished herself as a champion rower at Harvard. Now Steve became a publican and opened a bar in the South End on Massachusetts Ave. and aptly named it



“Crusher Casey’s.” He was a friendly and engaging owner and it was the place to go in the 50’s and early 60’s until one night in 1968 armed masked men tried to rob the place. This was a man that feared no one including punks with guns. In the ensuing melee Steve was protecting a patron and took three bullets in the back. Another customer was killed. The culprits were caught and Crusher spent a year recovering. That next year, with the recent bulldozing of Scolly Square and its nefarious night life, the ladies of the evening now gravitated to the area around Casey’s pub to ply their trade. By now the Crusher had enough of the bar business and he retired to Cohasset, where he schooled the local youngsters in rowing. His final bout was with cancer to which he lost at the Brockton Veteran’s Hospital in 1987.

In 1938 author Bryan McMahon wrote:

*“The boys from the Kingdom of  
Kerry have glory of many a field,  
But the brothers called Casey from  
Kerry at wrestling were surely the  
cream,  
The most famous of all at the spin,  
flip and fall  
Was the famous Steve Casey from  
Sneem”*

Steve Casey was inducted into the Irish Hall of Fame in 1956 and for many is Ireland’s greatest athlete and he is certainly one of Boston’s favorite adopted sons.

So if you every find yourself in Sneem, head East from the center of town up the Killarney Road and about 50 yards on your left pull over and take a picture of yourself with the life size bronze statue of one of the toughest guys who ever walked the planet.



Bronze statue of Steve “Crusher” Casey

## You're independent, but not alone.

We help seniors 65+ who have MassHealth Standard to combine Medicare and Medicaid into one health plan with more benefits.



We know that getting the care you need isn't always easy. That's why with Evercare® Senior Care Options (HMO SNP) you get all the benefits of Original Medicare and MassHealth Standard, plus more, in one simple plan. You also get access to a care manager to answer questions and help you get the care you need. You don't have to figure it out alone. We're only a phone call away.



**\$0 copay for dental checkups, cleanings, extractions, fillings, dentures and crowns**



**\$0 copay for prescription drugs**



**Routine eye exams, glasses and corrective lenses once a year**



**Rides to doctor appointments**

**Call us toll-free at 1-877-808-1953, TTY 711**

**Or visit our website at [www.EvercareHealthPlans.com/MA\\_SCO](http://www.EvercareHealthPlans.com/MA_SCO)**

Evercare Senior Care Options (Evercare SCO) is available to people who are 65 and older. You must be entitled to Medicare Part A and enrolled in Medicare Part B and MassHealth Standard to enroll in our Medicare Advantage Special Needs Plan. You also need to live in the service area. If you currently pay for a Part B premium, you must keep paying it. Evercare SCO is a Coordinated Care plan with a Medicare Advantage contract and a contract with the Commonwealth of Massachusetts. To access benefits, you must have services provided or arranged by your primary care team. These services must be received from providers in the Evercare SCO network. Evercare SCO is offered by UnitedHealth Insurance Company (UHIC). If you have MassHealth Standard, but you do not qualify for Medicare Part A and/or Medicare Part B, you may still be eligible to enroll in a MassHealth Senior Care Options (SCO) plan offered by UnitedHealthcare® and receive all of your MassHealth benefits through our SCO program. Call our Customer Care/Member Service/Customer Service department at 1-888-867-5511 TTY can call 711, 7 days a week, between 8:00 am and 8:00 pm local time for additional information about the MassHealth SCO program. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan.

# WINNING!!

## “Don’t Retire, Inspire”

By: Augusta Alban



These days it’s all about Charlie! The newspapers, TV, radio, blogging, tweeting - it’s Charlie! However you and I know it’s really all about money - big news makes big money. I have tried not to read or hear anything about Mr. S. “Good luck with that,” I tell myself. Stop. Maybe there is something to hear. Mr. S keeps repeating the word WINNING. Not winner, WINNING. According to Charlie, and a few million of his Twitter fans who are buying a t-shirt with his face and the words “winning” on it, “winning” is where it’s at! Now just to recap, poor Charlie was paid only \$1.8 million a show. Slightly more than David Letterman who is on, pre recorded every night of the week, live is out, pre recorded is in. Charlie had been in reruns all season, with his winning “Two and a Half Men” show now at the top of the ratings list, high ratings are the sponsor’s love song. Back at the house, cameras roll as Charlie’s twin sons are taken from him and we are told by reporters both of Charlie’s ex-wives have restraining orders against him. As the police leave with Charlie’s children, he is still yelling “winning!” It is clear, words mean different things to different people! I don’t understand any of it, but what are we to learn from it?

Thinking about winning, humbly, I turn to the guests and crew of the “Don’t

Retire, Inspire” show. It is my very good fortune to be filming in the Suffolk studio in downtown Boston, working with bright, talented Suffolk University students and informed guests, all of us guided by Jerry, the TV Studio Manager. Our show requires close personal interaction to every detail of production and a need for all involved to be loving and flexible as ages range from 19 to 95. We have one focus, two parts. First to have fun, next part is to produce a show that will make a real difference in someone’s life. Winning is just to be part of this meaningful metamorphose.

When asked what “winning” meant to them, a beautiful couple, married 64 years, started laughing right away. Elizabeth spoke up first. She said, “Winning, as you call it, is marrying a spouse you love to talk to. As you get older, his or her conversational skills will be as important as any other skill they may have. Believe me, that is winning,” she said with a smile.

A talented lady, banker-turned-author, publisher and guest recalled the turning point in her life when her dying mother asked her “are you happy?” “Yes,” she answered, “I am successful.” Her mother repeated the question, “but are you HAPPY?” “I wasn’t, I had confused



success with being happy.” “Winning,” when asked, is being happy. I now have both success and happiness!

Andrew, a very talented student, host of his own show and super great director added “Winning is giving people more than they expect and, I might add, doing it cheerfully. Remember the three R’s: Respect for self; Respect for others; Responsibility for all your actions.”

Most guests agreed life is not easy, but it can be fun. Endurance and persistence are two words that come up often, said one famous blues singer; “sure you have to trust in something higher than yourself. Winning, that is easy trusting in God, but always remembering to lock you car.” The message is clear believe in things we cannot see, at the same time take reasonability for yourself and trust in the wisdom gained from your life experiences.

A winning student Paul, contributed, “I have learned from our guests to live now, not in the past or in the future. The past is just that and if we try to live in the future, we are missing out on the NOW. Do what you love, our guest tells us, the rest of life will take care of itself.”

One of last year’s producers said, “Winning is being excited about life, it is such a gift.”

On the many topics of age most of the discussions went to the positive side of life. We label events as terrible things that happen to us. But given time it turns out, to be the very thing that gets us to where we wanted to be in the first place.

It is choosing who we wish to be with and what we choose to think about. Like any card game, we all get a hand of cards that at first glance may not be winning ones, but with experience, we all understand it is how we play them. With the experience we have gathered, we are able to help ourselves. Those around us learn not by what we say but by what we do to help each other.

Thoughtful words from a very young grandmother: “Remember that silence is sometimes the best answer.” When asked a question you don’t want to answer SMILE and don’t bring up the past. When you lose, don’t lose the lesson and never judge people by their relatives. This makes a winning grandmother!

Winning is to believe in “love at first sight” according to Rita and never laughing at anyone’s dreams. I try not to separate myself too much she said, or stay with my own kind or age. It’s a big mistake. Winning is embracing a rapidly changing world filled everyday with new creative ideas. I don’t like all I see and I don’t use all the new technology, I use the tools that make

my life easier and better. Computers are such an important part of the world, now you don't even need to type, just talk. If we are complaining about the world and the things we are losing, stop it from happening, get out there and try to make a difference. The winning world is waiting for you. Open your arms to change, but don't let go of your values.

James's, a teacher of Louise Hay (a best selling author), thoughts on life are, "Remember that the best relationship is one where your love for each other is greater than your need for each other. Love is all there is, first love yourself, then you have something to give away. If you have it, give it!"

Shiao-Shen Yu author and grandmother sums it up by addressing one of life's very real issue, that of time. Winning is recovering from an illness I was not supposed to recover from! Now, I had to focus my thinking on what I call my "Personal Bank of Tomorrows" I was always using tomorrow as a way out. Facing my own death I realized tomorrows do not go on forever. I started by having real conversation with me, about time and my dreams of what I really want to do with my life. I surprised myself by saying I wanted to have FUN, travel and write another book. Travel and fun were first and travel, I did, Africa, Australia and Russia, just to name a few exciting

countries. My friends were not always approving of my new life style but I was having fun. I continue to have talks with me on a daily basis, some might say it's meditation, call it what you will, it works for me, I am happier than I have ever been. I am winning in my life.

Each of us has a "Personal Bank of Tomorrows" for sure we truly never know what is left in them. If living throughout the last few years of this recession has taught us anything it is nothing is assured. We always need to plan; you know investing in retirement and that 401K thing. But WE NEVER KNOW. Most things we want are truly possible, if we just decide what it is and get out of our own way.

I had a dear friend in his late seventies who lived on the Cape. I have always wanted to go to Nantucket he told me. Walk over to the ferry and day trip it, I said, it's easy and fun. Have lunch, get some fudge or taffy and grab the last ferry of the day back to Hyannis. Last winter he fell and hit his head. The surgery was not successful. Need I say more?

What is your Nantucket? Remember "winning" may just be a round trip ticket on the high speed ferry, the cost is less than you spend on your cell phone bill each month.

# Bone Up on Osteoporosis Facts

Osteoporosis causes bones to become weak and brittle. You cannot feel or see your bones getting thinner. Although you can break a bone in any part of your body, the most common broken bones associated with osteoporosis are the spine, wrist and hip.

- One of every two women and one of every four men will be affected by osteoporosis in their lifetime.
- One half of all women older than age 50 have osteoporosis or low bone mass and most do not know it.
- Osteoporosis-related fractures are a major cause of illness and disability for elders. Early diagnosis and treatment may prevent many of these fractures.
- Of those who fracture a hip, 20 percent to 25 percent will die within a year, with men who break their hips dying at a higher rate than women.

## KNOW YOUR RISK FACTORS.

Listed are some of the risk factors for osteoporosis. The more risk factors you check, the greater your risk for osteoporosis. (This is not a complete list. Ask your physician!)

- ☐ I am a woman older than 65 or a man older than 70.
- ☐ I am underweight for my height.
- ☐ I have reached menopause.
- ☐ A close relative has osteoporosis or has broken a bone.
- ☐ I have broken a bone after age 50.
- ☐ I have lost more than 1 ½ inches of height or have stooped posture.
- ☐ I rarely exercise.
- ☐ I rarely get enough calcium.
- ☐ I smoke.
- ☐ I have more than two drinks of alcohol several times a week.
- ☐ I take steroid medications.
- ☐ I have rheumatoid arthritis.

**GOOD NEWS!** Osteoporosis is largely preventable for most people.

Healthy behaviors include a balanced diet rich in calcium and vitamin D, weight-bearing exercise, without smoking or excessive alcohol, and bone density testing and medications when appropriate.

You can also contact the National Osteoporosis Foundation at:  
<http://www.nof.org/>



# Healthy Recipes

## Quick French Onion Soup

### Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 small sweet onion, sliced
- 1 leek, white and light green parts only, chopped
- 2 tablespoons chopped garlic
- 1/2 teaspoon chopped fresh thyme, or 1/4 teaspoon dried
- 1 tablespoon sherry
- Freshly ground pepper, to taste
- 1 14-ounce can reduced-sodium beef broth
- 1 8-ounce can chickpeas, rinsed
- 2 tablespoons minced fresh chives, or scallion greens
- 2 slices whole-wheat country bread, toasted
- 1/3 cup shredded Gruyere, or fontina cheese



### Preparation:

1. Heat oil in a large saucepan over medium-high heat. Add onion, stir to coat and cover. Reduce heat to medium and cook, stirring often, until the onion is soft and starting to brown, 6 to 8 minutes. Add leek, garlic and thyme and cook, uncovered, stirring often, until the leek begins to soften, 3 to 4 minutes.
2. Add sherry and pepper. Increase heat to medium-high and cook, stirring, until most of the liquid has evaporated, about 30 seconds. Stir in broth and chickpeas; bring to a boil. Reduce heat to a simmer and cook until the vegetables are tender, about 3 minutes. Remove from the heat and stir in chives (or scallion greens).
3. Place bread in the bottom of 2 bowls; top with cheese. Ladle the soup over the bread and cheese and serve immediately.

**Serves:** 2, 1 1/2 cups each

# Lemony Carrot Salad

## Ingredients:

- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/2 small clove garlic, minced
- 1/8 teaspoon salt
- Freshly ground pepper, to taste
- 1 cup shredded carrots
- 1 1/2 tablespoons chopped fresh dill
- 1 tablespoon chopped scallion



## Preparation:

1. Whisk lemon juice, oil, garlic, salt and pepper to taste in a medium bowl. Add carrots, dill and scallion; toss to coat.

**Serves:** 2

## *Volunteers Needed Fort Independence*

**South Boston's  
Premier Historic Site**



**Protecting Our  
Country Since 1634**

*Castle Island Association* volunteer members have a passion for keeping Boston's rich heritage alive serving in many varied capacities, and lending a helping hand wherever needed.

**Castle Island Association**  
call 617-268-8870  
[www.bostonfortindependence.com](http://www.bostonfortindependence.com)

Boston Fire Department  
Elderly Fire Safety Program




**FREE**

Photo Electric Smoke Alarm and  
Carbon Monoxide Detector available for owner occupied  
single family homes/condos  
**Restrictions Apply**

For more information please call  
Ernie Deeb at 617-635-2359.

You can also view our website online at [www.cityofboston.gov/fire](http://www.cityofboston.gov/fire) or visit  
the Boston Fire Department on Facebook.



**Volunteer for  
Renew Boston and Boston RSVP**

You've gained a lifetime of experience - Now is the time to put your skills  
and talents to good use by volunteering through Boston RSVP.

When you volunteer, you are not just helping others – you are helping  
yourself and helping the environment by informing and educating Boston  
residents on this great program that can not only save them money, but  
also reduces greenhouse gas emissions for our environment.

If this opportunity is for you simply call Lourdes Lopez at 617-635-2713  
or email at [Lourdes.Lopez@cityofboston.gov](mailto:Lourdes.Lopez@cityofboston.gov)

**Save Energy, Save Money**  
Thomas M. Menino, Mayor



# UNITING SENIORS AND YOUTH

AgeWell West Roxbury works to connect the elderly population in West Roxbury Massachusetts with resources; with each other and with the community. West Roxbury Massachusetts is considered a NORC (Naturally Occurring Retirement Community) - a community or neighborhood where residents remain for years, and age as neighbors. Twenty-five percent of the population in West Roxbury is 60 years or older and represent the largest elderly group in all of Boston's neighborhoods living in their own homes.

In February 2010, AgeWell partnered with Connected Living to offer seniors computer classes. These classes were planned to help seniors to connect to family, friends and the community via the Internet with software developed specifically for them. Connected Living offers a secure, easy-to-use web based interface that enables members to share stories, photos and other information online with only friends and family members they choose.

The program was introduced to the community at the local library branch by Boston Mayor Thomas Menino and Massachusetts Governor Deval Patrick. AgeWell in turn partnered with Roxbury Latin, a local boys school of

grades 7-12. Once a week for 6 weeks, seniors and students meet in the schools computer lab for one hour to learn computer skills. The program to date has had over 50 seniors complete the course and has a waiting list.

According to Joan Regan, the coordinator at Roxbury Latin; "These sessions provide a unique point of contact between the students and senior citizens. The senior citizens bring varied backgrounds, stories, and questions. The boys bring life long experience with technology as well as youthful enthusiasm and an eagerness to teach. Working together is an enriching experience for both young and old. One passer-by who observed a session declared, the way they work together is like magic! The boys are very successful in helping seniors to learn and embrace technology."

AgeWell is now looking to partner with other schools in the community to set up similar classes between students and youth.

For information call Janice Williams, Healthy Aging Program Manager - 617-477-6616 or visit [www.ethocare.org](http://www.ethocare.org)

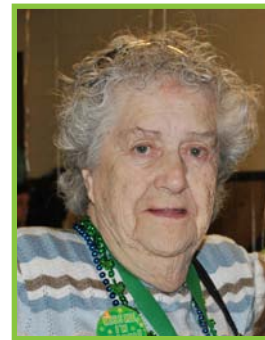


# St. Patrick's Day Luncheon





# St. Patrick's Day Luncheon



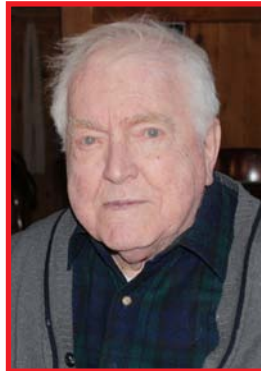
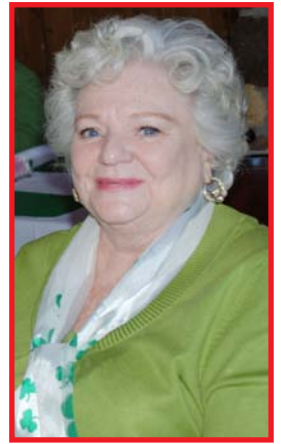
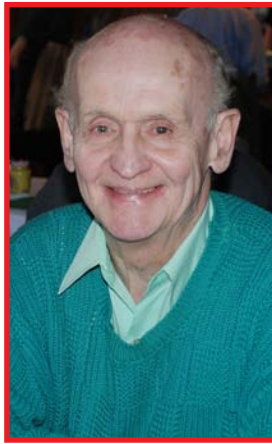
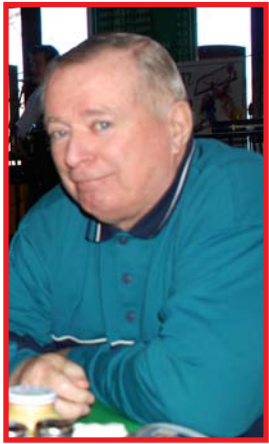


# St. Patrick's Day Luncheon at Warren Tavern

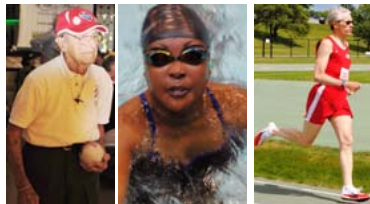




# Celebrating St. Patrick's Day at Paddy O's







# 2011 Greater Boston Senior Games

## Official Registration Form – May 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> and May 21<sup>st</sup>

### REGISTRATION DEADLINE 04/29/11

(Please Print)

First Name:		Last Name:	
Address:		Apt #	City:
Date Of Birth: Month____ Day____ Year____		Male <input type="checkbox"/> Female <input type="checkbox"/>	Telephone: ( )

Please check the events that you would like to participate in:

☐ **Golf: WEDNESDAY, MAY 11, 2011** - Registration at 7:00 a.m. at William Devine Golf Course, Dorchester. Shotgun start at 8:00 a.m. **PRE-REGISTRATION DEADLINE 04/29/11** – 128 player maximum - **Mandatory \$15.00 golf cart fee** will be charged to each participant, including **Devine Course Members**. In addition, there will be a **greens fee of \$25.00 for all non-members for a total of \$40.00**. Cash or checks payable to **Fund for Parks & Recreation** at the Course on day of the tournament. Foursomes should request Foursome Golf Registration Form by calling 617-635-4366.

☐ **Bocce: THURSDAY, MAY 12, 2011** - Starting At 9:00 a.m., Langone Park, North End. Teams should request Bocce Team Registration Form by calling 617-635-4366.

**Bowling:**  
Select one start time. Start time confirmed on first come, first served basis.

☐ **(8:00 a.m. start time) FRIDAY, MAY 13, 2011** - Boston Bowl, Morrissey Blvd, Dorchester - **\$9.50** – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. **Please do not send payment with registration.**

☐ **(10:30 a.m. start time) FRIDAY, MAY 13, 2011** - Boston Bowl, Morrissey Blvd, Dorchester - **\$9.50** – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. **Please do not send payment with registration.**

☐ **Billiards: FRIDAY, MAY 13, 2011** - Starting at 9:00 a.m. Boston Bowl, Morrissey Blvd, Dorchester - **\$6.00** - Cash or checks payable to Boston Bowl on day of the tournament: **Please do not send payment with registration.**

Saturday, May 14 –All Events except Track - Registration 8:30 a.m. Event start time @ 9:00 a.m. –

**Please Note: Track registration at 12:00 p.m. Track start time at 1:00 p.m.**

Events will be held @University of Massachusetts-Boston, 100 Morrissey Boulevard, Boston, MA 02125

<input type="checkbox"/> <b>Basketball Free Throw</b>	<input type="checkbox"/> <b>Half Court Basketball</b> – Must be member of pre-established three member team within same age group. Teams must request Half Court Basketball Registration Form by calling 617-635-4366. (\$20 fee per player - cash payable on day of Event)
<input type="checkbox"/> <b>Horseshoes</b>	
<input type="checkbox"/> <b>Keep Moving Walk (11:30 a.m. Non- Competitive)</b>	<input type="checkbox"/> <b>Swimming Freestyle 50 M</b>
<input type="checkbox"/> <b>Softball Throw</b>	<input type="checkbox"/> <b>Track 100 Meters (Starting at or after 1:00 p.m.)</b>
<input type="checkbox"/> <b>Swimming Breast Stroke 100 M</b>	<input type="checkbox"/> <b>Track 800 Meters (Starting at or after 1:00 p.m.)</b>
<input type="checkbox"/> <b>Swimming Breast Stroke 50 M</b>	<input type="checkbox"/> <b>Track 1500 Meters (Starting at or after 1:00 p.m.)</b>
<input type="checkbox"/> <b>Swimming Freestyle 100 M</b>	<input type="checkbox"/> <b>Track 400 Meters (Starting at or after 1:00 p.m.)</b>
<input type="checkbox"/> <b>Tennis: SATURDAY, MAY 22, 2011</b> - Registration at 9:00 a.m. Sportsmen's Tennis Club 950 Blue Hill Ave Dorchester - <b>\$18.00 Fee</b> . Cash or checks payable to Sportsmen's Tennis Club. <b>Please check preference: Doubles <input type="checkbox"/> Singles <input type="checkbox"/></b>	

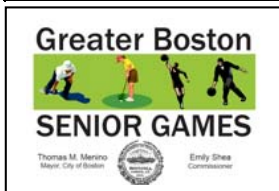
**Please return this Registration Form to: Commission on Affairs of the Elderly –**  
**One City Hall Square, Room 271 – Boston, MA 02201 - Attention: Michael McColgan**  
**Or fax to 617-635-3213**

For more information call 617-635-4366 (Please Note: The only transportation provided is Shuttle Service from JFK T stop for U-Mass Event.)

#### ALL GREATER BOSTON SENIOR GAMES PARTICIPANTS MUST SIGN THIS WAIVER

I hereby agree to hold harmless the organizers and sponsors of the 2011 Greater Boston Senior Games from any and all claims of whatsoever kind and nature which I may have, or at any time in the future have, of any injury arising out of my participation in the 2011 Greater Boston Senior Games. I am in good physical condition and have no medical restrictions that would prohibit my participation in the 2011 Greater Boston Senior Games.

Signature:	Today's Date:	Your age as of 05/11/11:
------------	---------------	--------------------------



**Thomas M. Menino, Mayor**  
**City of Boston – Commission on Affairs of the Elderly**  
**Emily Shea, Commissioner**

