



Elderly Commission
Thomas M. Menino, Mayor of Boston



Boston Seniority

December 2006

Inside this issue:

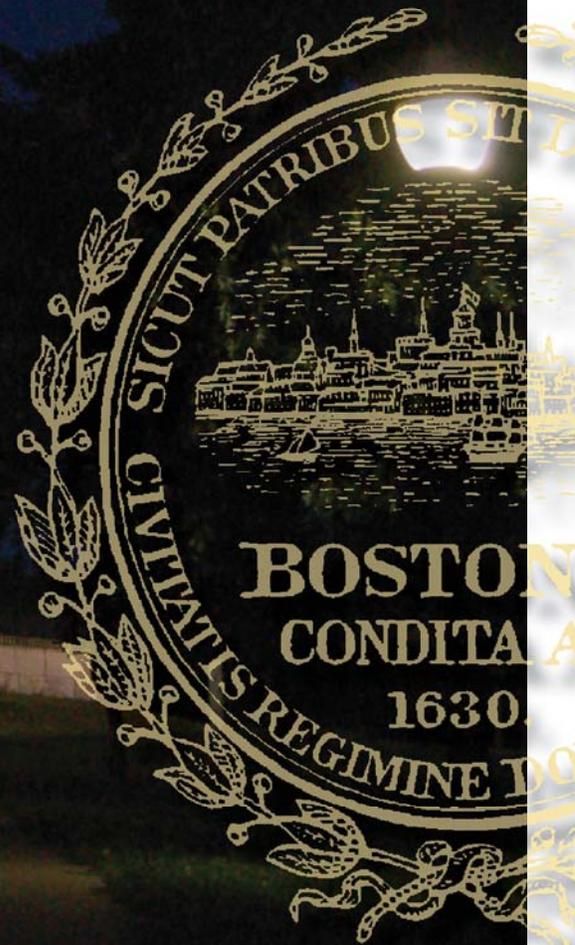
Mayor's Spotlight

Emergency Preparedness

Water Aerobics

Vintage is Back

Just Browsing



FREE

2006
Volume 30
Number 9

MEMOIR PROJECT SAMPLER

THE NORTH END

It wasn't fashionable in those days to be Italian. When our mothers took us to school, "it was speak English, speak English." Even my name is changed. My name is Maria but I called myself Mary because we had to hide the fact that we were Italian."

– Mary Frasca, North End

The stores in the North End also had a credit tab for people. For people who lived from paycheck to paycheck, that they knew they would do a running tab which was nice because they trusted them, because they knew them well enough. They didn't have much money in the North End but they had a lot of love. Everybody pitched in, cooking food, taking care of their children. Now you don't even know who's living next door.

ROXBURY

Even though there was no Black History in the school, my parents always read quite a bit, they were Garveyites. We always had black history in the home. I have relatives that would come and they would have discussions about what's going in on America, as far as black people were concerned and also they would read books by the different black authors. So, I had a pretty basic education about Black History. I knew that black people had contributed quite a bit to the development of this country and to our history.

In fact, when I was little, my grandmother (my mother's mother) always said to me (she was from Jamaica), "You know, you are as good as the Queen of England. You may not have all her money, but human value- you have as much human value as the Queen of England." That's how I was brought up.

- Kietha Hassell, Roxbury

SOUTH BOSTON

I have to start somewhere in order to explain this very important segment of my life. I was born in a three decker at 219 West 3rd St., South Boston in 1930. At age four we moved to East 6th St., then to L Street and finally arrived at West 5th Street where my story begins.

While attending a Sunday matinee at the Broadway Theatre, the movie was stopped and the manager announced that Japanese planes had attacked Pearl Harbor. I left the "Bway" and headed home. At the corner of F St. and 4th, two old Irish men were talking about the big news. I'll never forget what I overheard as I passed them by. "We'll beat those little Bastards in two weeks." It took much much more time to achieve the required victory as we all know.

- Joseph McHugh, South Boston

Seniority | 2

Boston Seniority

Volume 30 Number 9

*Published by the City of Boston
Commission on Affairs of the Elderly*

Thomas M. Menino, Mayor

Eliza F. Greenberg, Commissioner

Tomas Gonzalez, Chief of Staff

Kathleen Giordano

Deputy Commissioner Community Relations

Joanne Lee

Deputy Commissioner Advocacy and Planning

Greg Rooney

Deputy Commissioner Transportation

Francis Thomas

Deputy Commissioner Administration & Finance

Kaysea Cole

Kali Borrowman

Teresa O'Connor

Editors

Photographers

Eileen O'Connor portrait

Kaysea Cole landscape

City Hall Plaza-Room 271 Boston, MA 02201

(617) 635-4366

www.cityofboston.gov/elderly

Printed by the City of Boston

Graphic Arts Department

Paul Dennehy, Superintendent



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

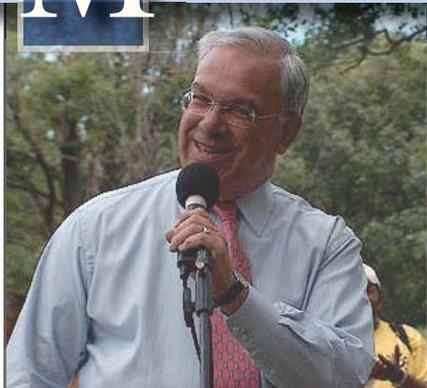
Although all advertising material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the

City of Boston,

Commission on Affairs of the Elderly.

M

ayor's Spotlight



I urge all Boston residents and especially seniors to begin to prepare for this winter. We are expected to get another hard winter this year and with fuel prices at unsteady rates, people really need to plan ahead. Last year, the first snow was on December 4th, but the year before it was in November. So, get out the mittens and gloves and have the shovels ready just in case.

I announced at the Charlestown Golden Age Center that the city has several fuel assistance services as well as other services available to residents to ensure that they will have a safe, warm winter.

No one should be without heat in their home this winter, and no one should endure unsafe conditions. No matter the emergency, there is help available, whether through my Senior Emergency Home Repair Program, HeatWorks, or other city services.

One valuable resource is the

Low Income Home Energy Assistance Program. LIHEAP provides eligible households with help in paying winter heating bills. The program pays benefits of fixed amounts based on household income and size. LIHEAP operates between November 1st and April 30th, offering financial assistance to residents who are at or below 200 percent of the federal poverty level. The maximum benefit this year is \$684. Special provisions are made for those households whose heat is included in their rent and those living in subsidized housing. Homeowners and renters are both eligible.

Additional heating and energy assistance programs are available through NStar, KeySpan and Mass Energy. I also announced that the Boston Red Sox have donated 3,600 gallons of heating oil to Mass Energy, who will deliver to needy households this winter.

The Senior Home Emergency Home Repair Program has been assisting Boston seniors in keeping their homes warm, dry, and safe for over 14 years. In the past year, senior homeowners have been given a total of \$935,377 by the Department of Neighborhood Development (DND) for emergency heat and other emergency repairs. DND is assisted

in its work by a number of neighborhood-based agencies including: NOAH; ESAC, Kit Clark, and United South End Settlements.

Helping seniors prepare their homes for the winter is a specialty of DND's Senior Homeowner Services unit. HeatWorks, a collaborative effort with KeySpan and ABCD, has for the past two years helped 167 low- and moderate-income seniors replace or repair approximately 300 heating units in single and multi-family homes. Designed to prevent winter no heat emergencies, the HeatWorks program starts every year in July identifying seniors with old and deteriorating systems that need to be replaced. HeatWorks clients must be at least 60 years of age to qualify.

For general assistance with a winter heat emergency, call my 24-hour Hotline at 617-635-4500. For more information about the Senior Emergency Home Repair Program, call 617-635-0600. The City's website will have a list of Frequently Asked Questions about fuel assistance, including contact information so residents can find a site in their neighborhood to apply for help.

Volunteer Opportunities with the Retired and Senior Volunteer Program

Volunteers Needed for John F. Kennedy Presidential Library and Museum

Located at Columbia Point. Accessible by T on the Red Line, JFK/UMASS Stop.

Volunteers needed to help with educational programs, tours, informal gallery talks and engaging visitors in hands – on activities. Called docent volunteers, work either one weekday per week or one weekend per month. Training is provided. Free parking is also provided. Call Katherine Fariior at (617) 514-1545 if interested.

Volunteers Needed at Faulkner Hospital

There are many ways community members can be of service, including assisting at the hospital's information desks, gift shop, or the patient / family health education resource center. Providing help in food service is an option for direct patient contact. Volunteers are asked to make a service commitment for one, four-hour shift per week. Hours and days are flexible, free parking, free meals, on job training. More info call Susan Frost at (617) 983-7424.

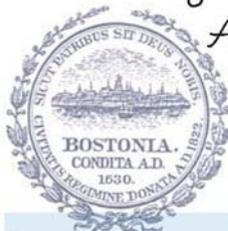
Hebrew Rehabilitation Center is looking for Volunteers

Located on Centre Street on Roslindale/ Jamaica Plain Line. Volunteer Opportunities are to help in gift shop, meal-time helpers, transporters, outpatient clinic greeter. Free meals and free parking are provided. Opportunities to meet people from all places. Residents, staff, visitors from all over the world. If interested call Jodie Portman at (617) 363-8459

Or call the RSVP Program, Elderly Commission (617) 635-3988

Do you need help with government benefits, tenant/homeowner issues, or health issues?

Let the Eldelry Commission's Community Service Advocates help you!



Call (617) 635-4366

Social Security questions, Medicare, Medicaid, Medicare Supplemental Insurance, Fuel Assistance, Food Stamps, Veteran's Benefits, Oral/Dental Health Screening Program, Health and Fitness Program, Shine (Serving the Health Needs of Elders), Taxi Coupons, Housing Assistance, and much more!

Warm Holiday Thoughts... from Mel Goldstein

Make new friends, but keep the old;
Those are silver, there are gold.
New-made friendships, like new wine,
Age will mellow and refine.
Friendships that have stood the test--
Time and change-- are surely best;
Brow may wrinkle, hair grow gray,
Friendship never knows decay.
For 'mid old friends, tried and true,
Once more we our youth renew.
But old friends, alas! may die,
New friends must their place supply.
Cherish friendship in your breast--
New is good, but old is best;
Make new friends, but keep the old;
Those are silver, there are gold.

Back to the Basics

Boston's Area Agency On Aging

The Commission on Affairs of the Elderly is the City of Boston's Area Agency on Aging (AAA). As the AAA, the Commission is charged with planning, coordinating and monitoring services provided for Boston seniors under the Older Americans Act. The AAA's priority is to ensure both the quality and necessity of the funded services. The AAA also promotes the active involvement of seniors in the life and health of their neighborhoods. Some ways you can get involved with the AAA's work are listed below.

Attend the AAA's Advisory Council, that meets the first Friday of every month except July and August, from 10:00 a.m. to 11:30 a.m. in Boston City Hall, Room 801. At the meeting, information is shared on current senior programs. Additionally, one presentation is given on a topic chosen by the Executive Committee of the Advisory Council followed by a question and answer period. The topic for the November 2006 meeting was Prescription Advantage and Medicare D. Flu shots were also scheduled. A holiday party and a speaker on family mediation are scheduled for December. Starting in January 2007, Elected Representatives from two different neighborhoods will give updates at the monthly meetings.

All seniors in Boston as well as service providers are welcome at the monthly meetings.

Another option for getting involved with the work of the AAA would be to join one of the Advisory Council's Task Forces. Currently, two task forces are accepting new members: the Advocacy Task Force and the Health and Long Term Care Task Force. The Advocacy Task Force studies senior issues in the state legislature and makes recommendations as to what legislation the Advisory Council should support. The members attend hearings, write letters, call and visit legislators and keep the Advisory Council updated on the progress of bills beneficial to seniors in Boston. The Health and Long Term Care Task Force also follows legislation, specifically in regards to health and long term care. Additionally, this task force has a speaker every month and plans meeting topics annually. The AAA also has a Housing Task Force to address housing issues in Boston. Currently this group is at capacity and not accepting new members.

In the summer of 2007, the AAA will be requesting proposals from agencies wishing to provide services under the Older Americans Act, except for

Title-III C-Nutrition Services (congregate and home delivered meals), which will go out to bid the following federal fiscal year, starting on October 1, 2008. The services that will be out to bid starting on October 1, 2007 are: Title III B-Supportive Services (senior centers, home repair, information and assistance, shopping assistance, legal assistance, translation services, outreach services, programs for the blind and deaf, etc.), Title III D and DM-Health Promotion and Medication Management, Title III E-Caregiver Support Services and finally, Ombudsman Services. A sub-committee of the Advisory Council assists the AAA staff in reviewing, scoring and recommending which programs to fund. Senior input is needed on proposals.

To find out more about the programs the AAA currently funds, go the Elderly Commission's website at: www.cityofboston.gov/elderly or call the AAA at (617) 635-3979. Please feel free to contact us.



What Does the New Equal Choice Law Really Mean?

By Al Norman

Having spent more than five years trying to get a three paragraph bill signed into law, what can I say now about the significance of the August 3rd signing of Chapter 211, the Equal Choice law?

First, I have written in this newspaper many times about the importance of Equal Choice as a “civil rights” issue. The new Massachusetts law has an important emblematic message that individuals with disabilities—regardless of their age—have a right to enjoy the same benefits of community living that any other American would enjoy. Chapter 211 says that care in the least restrictive (or most integrated) setting is the goal for every adult in this state. This law sets the context for all our discussions going forward about how we should be spending the \$2.2 billion budget for long term care in the Commonwealth. Before Chapter 211, there was no theme, no framework, for all that spending. Most of our money was going to nursing homes, and for nearly 40 years we wandered without a clearly stated purpose in mind. Now we know. Our goal is to give care in the least restrictive setting. Our mission is the Three

Possibles: To keep people living in the most integrated setting possible, at their highest level of functioning possible, for as long as possible.

Second, Chapter 211 will lead to the state’s first comprehensive nursing home pre-admission screening program. In the past, we have offered people options to nursing home care--but only after they reached a nursing home, and only when they were about to “convert” from Medicare to Medicaid. Other states have shown that we must get to people in the hospitals---where 65% of nursing home referrals come from--and in the homes of the elderly. We have been ignoring the roughly 2,000 people a year who enter nursing homes privately paying. Thanks to Chapter 211, we will truly make nursing home care the Last Resort. Consumers of all incomes will have a chance to meet with a community care advisor who can outline what services are available in the community. It may take a while to work out the details, but a pre-admission

screening program means we will get to people before they are in a nursing home. We will not stop helping those who are already in a facility, but we will add the pre-admission counseling as well.

Finally, by November 1st, the state will be filing what is known as the “1115 waiver.” This is a research and demonstration project under the federal Social Security Act, which allows a state to expand its approach to providing home and community based care. For this new program, the income and asset rules for MassHealth will be loosened, so more people can qualify for care, and the state will get 50% matching money for their care. Three population groups will be helped through this waiver: 1) a group at “imminent risk” of nursing home care; 2) a “prevention” group who need assistance with 3 or more personal care tasks, like eating, bathing or dressing, and have another “risk factor” for needing nursing home care, like Alzheimer’s, chronic mental illness, or a degenerative disorder; and 3) a group of people currently in nursing homes who can be relocated back to the community. The range of community based services will

continued from last page...

be widened under the waiver, and there will even be “flexible budgets” to allow disabled individuals to pick and choose goods and services they need to live at home. Instead of paying for home delivered meals, for example, a senior will be able to request a microwave. Consumers will also be able to hire their own family members in certain situations to provide their personal care.

The state is estimating that these three groups will represent at least 3,000 new slots in an expanded waiver program. That means new opportunities to live at home. The MassHealth income will rise to at least \$21,000

or more in 2006, and the asset level of \$2,000 will rise five-fold to \$10,000 or more.

We will also be urging the state to amend its MassHealth state plan to allow people with 2 “activities of daily living” to receive care at home---without having to show that they would otherwise be in a nursing home. This is known as section 6086 of the Deficit Reduction Act, and is as much a part of providing Equal Choice as anything on the horizon.

Equal Choice is a short law with a potentially long reach. But above all, it is an attitude-shift. It is a sharp break with

the institutional tradition. Equal Choice begins with what consumers need, not with what providers need.

A lot of seniors and disabled people worked long and hard this year to win this law, dramatically just days before the end of the formal legislative session. The fact that the law passed unanimously in both branches of the legislature, and was signed at a State House ceremony by the Governor, reveals some of the force behind this change of direction.

One nursing home owner said recently his large facility was a “dinosaur,” and that nobody wants to live in such places anymore. Billions of dollars later, we are finally starting to give seniors and the disabled a New Freedom. That’s what Equal Choice really means.

Al Norman is the Executive Director of Mass Home Care. He can be reached at: 413-773-5555 x 295, or at info@masshomecare.org

Get the services that you and your family deserve.

Empower Your Family

Caring for loved ones can sometimes be overwhelming. If you are caring for someone *over the age of 60* or are a *grandparent raising a grandchild* the Elderly Commission and Caregiver Alliance want to make sure you are aware of the services available.



For information and referrals, assistance in gaining access to services, support groups, individualized counseling and much more *call (617) 635 - 2713*

JUST A BUCK

Looking for an affordable, fun and interesting night out this **Holiday Season**?

Here are our “just a buck” suggestions

Editors' Pick- The Museum of Fine Arts this Holiday Season



Visit the museum on a Wednesday night close to 6:00 p.m. and take a FREE guided walk with a staff member who will walk with you through the different collections and explain the history. This will give you a 101 on the art itself but equally important a 101 on the museum so you will feel comfortable navigating it on your own next time. This is also a great way to meet other people who have similar interests. Meet at the Sharf Information Center at 6:00 p.m. remember Wednesdays are free! (Suggested donation no contribution is too small and all walks are wheelchair-accessible.)

- Members are admitted for free.
- Wednesday evenings after 4 p.m., admission is by voluntary contribution.
- Thursday and Friday evenings after 5 p.m., admission is reduced by \$2.

Free FM assisted listening devices are available in Remis Auditorium without reservations. These are also available in the Sharf Information Center for gallery tours.

FREE WALKS-Free Walks through the museum with museum associates guides. Meet at the Sharf Information Center. Free with museum admission. All walks are wheelchair-accessible.

Mon.–Fri.: Introduction to museum collections, 10:30 a.m. and 3 p.m. (and Wed. only: 6:15 p.m.)

If you are new to the MFA come on a Wednesday evening at 6:00 and visit the museum for FREE and get a free general guided tour so you feel comfortable with navigating yourself next time.

GALLERY TALKS -Gallery Talks are free with museum admission (if applicable). Focusing on either special exhibitions or the permanent collection, they are led by museum curators, conservators, independent scholars, artists and advanced students of art history. Meet at the Information Center just prior to the talk. All talks are wheelchair accessible.

Language tours: French - every Wed., 11:15 a.m., fourth Wed. 6:30 p.m.; Russian - second and third Wed., 6:30 p.m.; Spanish - first Wed., 6:30 p.m.

At least four weeks in advance (by fax or mail). For brochure and reservation form, call 617-369-3310, Monday–Thursday, 9 a.m. - 5 p.m.

A Feeling for Form: For individuals or groups of visitors who are blind or visually impaired, this program offers tactile tours of sculptures and paintings that include verbal descriptions led by trained staff and volunteers.

For a calendar of events, or to schedule a tour, call 617-369-3189 or TTY 617-267-9703.

Access to Art: Designed for groups of adults with disabilities, participants may choose a gallery tour or a tour followed by an art-making activity. These tours are also offered in American Sign Language (ASL). An introductory traveling art slide show is available.

A Hand's Reach to Art: Some museum programs and tours are offered or interpreted in ASL. For a calendar of events and programs, visit www.mfa.org.

JUST A BUCK continued

This year, the MFA presents “MFA for the Holidays” from December 9 - 17, the MFA is the perfect holiday destination offering a brimming schedule of events each day. Musical performances range from charming costumed Victorian carolers to the incomparable NEC Millennium Gospel Choir. “MFA for the Holidays” also includes audience-participation plays by The Nutcracker Players, family art-making activities, a selection of holiday films, holiday tea service, various gallery tours and dance performances. For more information, visit www.mfa.org/calendar or call 617-369-3300, Mon.–Fri., 11–4 p.m.

Commonwealth Mall

There are few things in Boston that will put you in the holiday spirit like a stroll down the Commonwealth Avenue Mall at dusk. Walk through the lit up Public Garden and continue across Arlington Street down the center of Commonwealth Avenue, also known as the Mall. The lit up trees will encompass you while you enjoy the decorated grandeur of the stately brownstones lining the street.



The Boston Public Library

The Hampstead Players present: *A Christmas Carol* -- Friday, December 22, at 10:30 a.m.

Local and Family History Series -

Wednesdays at 6:30 p.m. in Mezzanine Conference Room. Nov. 28, Dec. 13 and 27, Jan. 10 and 31, Feb. 14 and 28, March 14 and 28, April 11 and 25 and May 9 and 30. The series is sponsored by the BPL's Social Sciences, Government Documents and Microtext Departments. Nov. 29, Beyond the Gravestone:

Looking for the Story of Your Ancestor's Last Days with David Allen Lambert; Dec. 13, Lizzie Borden with author Karen Chaney; Dec. 27, Finding Your Family Online with BPL curators Gail Fithian of Government Documents, Henry Scannell of Microtext and Marta Pardee-King of Social Sciences; Jan. 10, Deer Island Irish Memorial: Boston Harbor with Dr. William T. O'Connell; Jan. 31, Uncovering Family History in Federal Documents with Connie Reik, Librarian and Genealogist; Feb. 14, John Webster's Murder of Dr. George Parkman with speaker Karen Chaney; Feb. 28 Discovering Your African American Ancestors with Kenyatta D. Berry; March 14, Tales from the Colonial Courthouse with author Diane Rapaport; March 28, Finding Your Roots: A Quincy Story with librarians Linda Beeler and Mary Clark; April 11, Goods for Sale with author Chaim Rosenberg; April 25, Needlework Samplers as Historical Documents with speaker Aimee E. Newell; May 9, Boston Wired: Three of Boston's Historical Electrical Milestones with Gilmore G. Cooke, PE; and May 30, From the Shoebox to the Internet: Digitizing Family Photographs, Documents and Artifacts with Thomas Blake, the BPL's Digital Imaging Production Manager.

As trends continually take cues from years past,

PAUL TURNBERG

Recently, the *Seniority* sat down with Paul Turnberg of *Twentieth Century Limited* located at 73 Charles St. on Beacon Hill to talk with him about his life as a businessman and on jewelry and style trends throughout the years. Here's what he had to say...



is bringing **VINTAGE** back.

even want it to look like it might be real. That's when I got involved with Miriam Haskell jewelry.

the second floor.' So she found me this.

Seniority: What are the different pieces, eras?

Turnberg: Basically, my focus is twentieth century, designer. Not everything I have is designer, but I try to get most of the major designers. I do have Victorian also, which is nineteenth century. I don't go looking for, but I frequently buy estate lots and there will be Victorian mixed in with the Art Deco because people often have some of everything.

Seniority: How did you get started in the jewelry business?

Turnberg: I just always was fascinated with jewelry. I started out actually, doing a full range of shows. I had a Monday through Friday job and I did antique shows and I had glass, china, all kinds of things that I would pack up and take. Then I realized jewelry was a lot easier to do in shows, because you can put hundreds of dollars of inventory into a very small package, where with the glass and china, I had boxes and boxes and boxes. So I started to focus more on the jewelry because it was easier to transfer and it was more fun!

Miriam Haskell doesn't look like anything real, but it was expensive, very expensive. When she went to Japan, she went to a factory that made costume pearls. Japan was also famous, of course, for cultured pearls. But she went to a factory that made fake pearls, and special ordered a fake pearl that was a higher quality than anything they made for anybody else and she wanted it exclusive - they weren't supposed to sell them to anybody else. When she first came out with these pearls around 1930, a choker length strand was sold for \$15.00, the average office girl made \$12.00 a week, so that necklace was more than a week's pay for most working girls.



Seniority: For someone who knows nothing about the different style, what should one look for to say that a piece is Victorian or Art Deco?

Then when I decided to do a store, I had a great deal of vintage estate jewelry. Then in the 60's into the 70's the world became unsafe. Jewelry was a target, women were getting necklaces ripped off their necks. So, I got rid of all the gold and the diamonds and the real stuff and started to focus on the costume jewelry because that was not a target. Women were looking for obvious costume jewelry. They didn't

Seniority: How long have you been in business here, on Charles St.?

Turnberg: I've been on Charles St. for 11 years. I started out several doors down on the second floor and I realized very quickly that the second floor was not good for me. I was invisible up there. I had a woman friend who was in real estate across the street. I said to her 'you gotta find me a street level with a window on the street because I'm dyin' on

Turnberg: Victorian is all very much a yellow gold look or could be sterling silver, but white metal (like platinum) was used to counterfeit coins in the nineteenth century. Around 1900, someone figured out that platinum is a superior metal because it's harder and stronger. Then platinum became more valuable than gold. Somebody figured out how to make the less valuable gold look like the more valuable platinum - that's the invention of white gold.

The two things about white gold

and platinum is that they're much harder and stronger than yellow gold so it was possible to do all the very fine filigree that Art Deco is famous for - because of the harder, stronger metal.

Because precious white metal was new, most all of the jewelry from the 20's and 30's is white metal. It was the thing to wear. By the same token, when you got into the 50's white metal was totally out of fashion. Even to the point, my parents were married in 1932- my father gave my mother most of the best jewelry that she had before they were married, so it was Art Deco, set in white gold and platinum. In the 50's this was out of fashion, so my mother had all of her stones reset in yellow gold and she scrapped all the platinum and white gold settings. But that's what happens, yellow and white go through cycles in and out of fashion. Now, white metal is very much in.

Seniority: Why should you look for vintage jewelry as opposed to something new?

Turnberg: Better quality. Haskell, Trifari and designers closed local factories because of labor prices.

You have to realize that with vintage jewelry, many of the pieces could not be produced today at anything close to an affordable cost because they are labor intensive. It would be excessively expensive to buy.

An example of this would be the plastics- all the 1950's plastics. Every one of the little pieces of plastics is worked by hand. All of the rhinestones are hand set, even if they're glued, they are done by hand.

Seniority: What is your most popular designer?

Turnberg: A lot of customers are from other countries and most international clients are looking for Trifari. All of my Trifari is in one case. I have more of Trifari than any other company or designer. I also do a lot of dealer business (from other countries).

Trifari was a big 50's look.

All of these stones have been set by hand. Each piece is done by hand.

Back in the 20's, 30's and into the early 40's it was not proper etiquette to sign costume jewelry. Then in the 40's it became customary to sign the back of the jewelry.



Now, the signature is frequently the design itself. The same as clothing. It started in the 60's (with clothing) with the little alligator on the shirt. Now, it's the main design. Back in the 20's, 30's, and early 40's it was more subtle.

Seniority: Who is your favorite designer?

Turnberg: Oh, that's hard to say! I don't think I can choose. Joseph Mazer made things that look like real jewelry. Schiaparelli also.

All of the fashion designers did some costume jewelry as well. Schiaparelli was a Paris designer. May West's favorite designer was Schiaparelli. In fact, May West had a dress form made to her exact measurements and shipped it to

Schiaparelli in France

so that when May

had a movie

Schiaparelli could

make a

dress for

her in

France

and ship it

to her, and

it would fit!

In fact, Schiaparelli's

perfume bottle

is actually May West's torso!



NEIGHBORHOOD EMERGENCY CENTERS

- | | |
|--------------------------------|--|
| Agassiz Center | Archdale Community Center |
| Blessed Mother Theresa Church | Blessed Mother Theresa School |
| Boston Arts Academy/Fenway | Boston Latin Academy |
| Boston Latin School | Boston Public Library |
| Brighton High School | Catholic Charities |
| Charlestown Community Ctr. | Cleveland School |
| Condon Community Ctr. | Curley Center |
| Curley Elementary School | Dorchester High School |
| Edison Middle School | Gallivan Center |
| Gardner Elementary School | Garfield Elementary School |
| Grove Hall Library | Harborside C.C.-Umana Barnes Middle School |
| Hennigan Elementary School | Hernandez Elementary School |
| Hurley Elementary School | Hyde Park Center |
| Hyde Park High School | Irving Middle School |
| Jackson - Mann Community Ctr. | James Garfield School |
| John Kennedy Elementary School | Kent Center |
| King Middle School | Lyndon K-8 |
| Lyndon Pilot School | Madison Park |
| Marshall Elementary School | Mattahunt Elementary School |
| McCormack Middle School | McKinley Elementary School |
| Murphy Community Ctr. | Nazarro Community Ctr. |
| New Boston Pilot Middle School | Ohrenberger Center |
| Orchard Gardens Center | Orient Heights Center |
| Our Lady of Lourdes Church | Paris Street Community Center |
| Perkins Community Ctr. | Quincy School |
| Roche Center | Sacred Heart School |
| Shelburne Center | St. Ambrose Church |
| St. Angela's Merici School | St. Ann's Church |
| St. Anne's School | St. Brendan's Church |
| St. Cecilia's Church | St. Gregory's Church |
| St. Kevin's School | St. Mark's Church |
| St. Mary of the Angels | St. Patrick's Church |
| St. Peter's Church | St. Peter's School |
| St. Thomas Aquinas Church | Sumner Elementary |
| Thomas Johnson Center | Tobin / Mission Hill Community Ctr. |
| Tynan Community Ctr. | Vine Street Center |
| Walsh Center | West Roxbury High School |
| Wilson Middle School | |

Call the City Department of Emergency Preparedness for more information: 617-635-1400



Emergency Preparedness Tips For Seniors

Make an Emergency Kit that includes:

First Aid Supplies (INCLUDING MEDICATIONS)
Flashlights, extra batteries
Battery powered AM/FM radio
Extra set of house keys
Blanket and rain gear
Essential toiletries
Copies of important family documents (birth certificates, passports)
List of emergency telephone numbers

Have a Three Day Supply of the following:

Canned or packed food that does not need to be cooked (can opener)
Bottled water (Estimate a gallon per person, per day)
Pet food

Understand and Communicate Emergency Protocol:

Know how you will reach your family (keep all phone numbers in wallet)
Know about all family members' emergency plans (i.e. school emergency, nursing home emergency, hospital emergency)
Know your emergency plan if you need special assistance with getting in and out of your house and/or if you need special transportation
Know your homecare or visiting nurse emergency plan
Know what to do if you are on oxygen, dialysis or any other special medical device in case of an emergency. Review with your physician

Heathy Wealthy and Wyse

By Geraldine Wyse, RN

It is the end of the year 2006. I have several ideas to write that I have not included in my other columns this year.

Getting Older.

Getting older doesn't cause geriatric problems!!

Sometimes we think falling down, delirium or have increased forgetfulness is natural as we get older. In fact, these conditions are not normal and you should tell your doctor. There is usually a medical reason why these conditions are happening and you should let your doctor know very soon. The conditions may be easily treated if diagnosed in time.

White Coat Hypertension.

Does you ever feel the minute you walk into the doctor's office, clinic or hospital, your blood pressure is rising? Interestingly, white coat hypertension is more common in elders. Your doctor may ask you to start taking your blood pressure at home every day. Remember, it takes a few hours for blood pressure medicine to get into your system. You can take your blood pressure a few hours after you take your blood pressure medicine and whenever your doctor recommends. Your doctor may ask you to take your blood pressure when you are both standing (an orthostatic reading) and sitting. There may be a difference in the two readings. Be sure to take your blood pressure readings with you to the doctor so he can compare them to his readings.

Elevated Respiratory Rate

Most of us start breathing more when we walk up a flight of stairs, rush for the bus, or when we become anxious or angry. For many people, elevated respiratory rate may be an early sign that one is getting pneumonia or other respiratory infections. If you notice labored breathing, shortness of breath, or are unable to get a big breath, you should call your doctor and not wait for a high temperature.

Elderly: A Family Affair

When we were younger, we went to the doctor by ourselves. As we get older, a doctor's visit becomes a family affair. Why? Often times, we need a ride to the doctor, hearing impaired need to have information repeated and most importantly, we like company especially if we have trouble walking. It is often difficult because many doctors are now located in big complexes. It can be a five minute walk just to get to their office, never mind x-ray or blood labs that are often located on other floors. Some elders are lucky to have a family team, spouse, children, caregivers and friends who will escort them to the doctor's office. If you know neighbors or friends who need an escort, ask them if you can accompany them to the doctor's office or call the Elderly Commission. They can and will help you also.

Diarrhea

Do you have diarrhea and don't know why?

Do you use a lot of gum and mints?

Check the labels!

Many of these products contain sorbitol. In many cases, you may be sensitive to the additive sorbitol. Avoid these products and see if you improve. If not, call you doctor for an appointment. There may be something more serious going on. Also, sometimes there is a fecal impaction behind your diarrhea. Your doctor may want to investigate your bowels. Your doctor may order a colonoscopy and further testing. Do not be embarrassed to tell of your bowel problems. Your doctor needs to know what is going on inside your body.

Under Reported Disorders

Elders have many under reported conditions. Unless the doctor asks, an elder may not bring up certain problems. Some common conditions/disorders are falls, alcohol abuse, depression and memory loss. Many doctors now realize that suicide attempts among elders are increasing. Your doctor may ask you about suicidal thoughts. Do not be offended. Holidays can bring up sadness for many people. If you need some emotional help, be sure to let your doctor/nurse know. This request will be the start of a better 2007.

I wish all readers a healthy and happy holiday season. May 2007 be a great year for you and your loved ones.

Healthy

HOLIDAY

EATING

By Nancy Goetz, MS, RD, LDN

The holidays (from late November to New Year's) are upon us again, with many finding it a challenge to eat fairly healthy and not gain weight. Social eating or eating more fast food due to lack of time also present more problems to seniors who can be more affected by excess sodium, sugar, unhealthy fats and alcohol due to underlying medical conditions and/or medications. Here are a few tips to help make your holiday a healthy as well as enjoyable one.

AVOID FAST FOOD

To help avoid indulging in high-sodium, high-fat fast food when your days become hectic, plan ahead and freeze several quick healthy meals before it gets too busy. Then you can just reheat.

MAKE DECISIONS

Make decisions about what you are going to eat. When confronted with many dishes, choose small portions of any high calorie favorites like eggnog or candied sweet potatoes. When there are a lot of choices and you eat some of everything you will likely overeat. Instead of trying everything there, just pick the foods you like the most and include some low calorie choices on the plate as well.

ENJOY YOUR FOOD

Savor your food by eating slowly. Paying attention to what you're eating and being mindful of how you feel helps to not only enjoy your food, but eat less as well.

DON'T GO HUNGRY

Eat something before going to a party or event even if you don't drink. A snack of a little protein such as cottage cheese or chicken helps to satisfy you and allows you to be more in control. Going when you're over hungry just sets you up for overindulgence.

DRINK IN MODERATION

Watch the alcohol. Some holiday mixed drinks can have as many as 500 calories. Alcohol also interacts with some medications, so check with your doctor beforehand for advice. Eat something before going to an event with alcohol. On an empty stomach the alcohol effects are felt more quickly and can lead to over drinking and overeating. You can also try drinking a glass of water before each alcoholic beverage.

EXERCISE

Try to continue regular exercise. It not only boosts your metabolism and helps reduce stress, but it also helps reduce insulin resistance. For those with borderline or actual diabetes, exercise is needed more than ever when you are overindulging your diet.

MONITOR YOUR SALT

INTAKE If you are salt sensitive, plan for lower sodium choices at home the days before and after social events. This can help mediate the effects of higher sodium foods socially.



Dorchester YMCA Aqua Aerobics group

FIT TIPS: WATER AEROBICS

By: D. Vanessa Wilson-Howard, Director, Project Healthy Plus and Project Healthy Exercise Plus, ABCD, Inc. Elder Services, Certified Personal Trainer, Fitness Specialist

***Remember- Always check with your physician before beginning any exercise program.**

LAST ONE IN THE POOL IS A ROTTEN EGG!

Do you have joint discomfort? Are you perhaps fighting the battle of losing a bit (or a lot) of extra weight? Do you just simply love being in the water? If you answered yes to any of these questions, water aerobics just may be a good fit for you!

WATER FITNESS has increased in its popularity, particularly with those who have aching joints, chronic knee pain, are overweight or as a therapeutic measure for post surgery and other injuries.

Moving the body in chest level water can work as a resistance tool to strengthen joints and build muscle mass. Use of props (water dumbbells, paddles and noodles) may increase these benefits.

If you are more comfortable with a shallow water workout, wear water shoes for safety and better traction. The heart also benefits from a water workout, particularly with movements that include the raising of arms over the head. This raises the heart rate, thus challenging this important muscle.

Water temperature can also play an important role in the effects of one's heart rate and oxygen consumption. For a heart rate compatible to that during land exercise * water will be warm (30-35 degrees C/86 degrees to 95 degrees F).

Running or cycling in temperatures from 18-25 degrees C (64 to 77 degrees F) produces heart rates 10 to 15 beats per minute (bpm). In short, warmer water aids in the elevation of the heart rate while working out in colder water lowers the heart rate. With regards to weight loss, one should also consider their nutritional intake and its compatibility to the exercise program.

+ Studies have shown a 1.1 to 2 % decrease in body fat with rhythmic water exercise, which is similar to results found in low impact land exercise.

In short, water fitness can compliment your existing routine or be a means to begin an exercise program. Water fitness classes can be found in many of Boston's community centers and local YMCAs.

Lastly, it is a great way to meet new friends, to socialize and have fun!

*Reference Water Fitness Research: IDEA TODAY/ August 1994

+ Research by Hoeger et al. (1993).

Need Advice?

Send your questions to Health Beat!

To ask Dr. Norman, mail your questions to:

The Boston Seniority

Attn: Health Beat

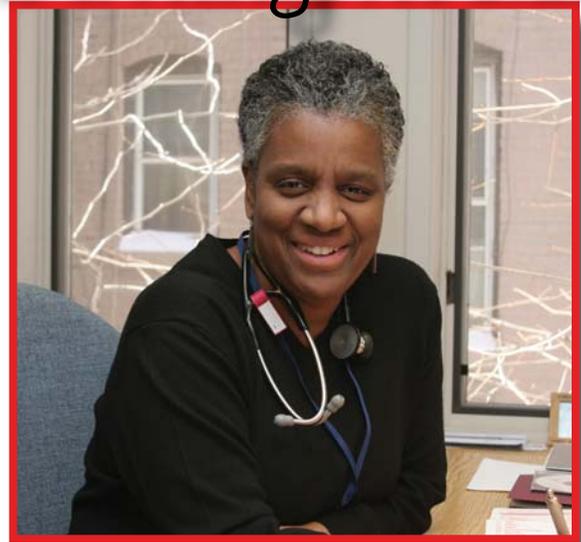
One City Hall Plaza, Rm 271

Boston City Hall

Boston, MA 02201

or email your questions to

kaysea.cole@cityofboston.gov



Senior: What are flu shots? Are they a good idea? And when is the best time to get them?

Dr. Norman - I think flu shots are an excellent idea and NOW is the perfect time to get one if you have no contraindications to the shot. Flu shots are annual vaccines, usually given in the fall, but still very effective in the early winter, that help to protect against a virus called influenza which causes 'the flu'. You must receive a new shot every year in order to maximize your protection. Influenza usually strikes in the winter and can kill thousands of people every year especially those who are most vulnerable (i.e. the very young and the very old, people with certain chronic diseases or whose immune systems don't work normally).

Like other viruses influenza has many different types and each year a group of experts try to predict which types will contribute to the upcoming flu season. Taking the shot will allow your body to develop a wall of protection against influenza thereby making the winter flu season a healthier one for you. Remember, you can't get the flu from the flu shot and you can minimize possible side effects by reviewing with your provider any contraindications that pertain to your personal history. So everyone, roll those sleeves up and get vaccinated!

Thanks to all of our sponsors of the first annual
Italian Heritage Luncheon

GRAZIE SPONSORS

SENATE PRESIDENT ROBERT E. TRAVAGLINI
SPEAKER OF THE HOUSE SALVATORE DIMASI
CITY COUNCILOR SALVATORE LAMATTINA

AL DENTE, ANTICO FORNO, ARTU,
BOSTON FOUR WINDS, BRICCO,
CAFFE GRAFFITI, CAFFE POMPEI,
CANTINA ITALIANA, CUISINE DE ASIA,
LORENTINE CAFFE, GIACOMO'S RISTORANTE,
LASUMMA, LUCCA RESTAURANT AND BAR,
PAGLIUCA'S RESTAURANT,
RISTORANTE FIORE, REGINA PIZZA,
RISTORANTE LIMONCELLO,
SAN ANTONIO DI PADOVA DA MONTEFAL-
CIONE, TARANTA RESTAURANT, O SARACENO
RISTORANTE
TERRAMIA RISTORANTE, UNION OYSTER
HOUSE

In an effort to keep Boston residents safe, the Boston Fire Department with the Commission on Affairs of the Elderly introduced the Fire Safety Program in 2000.

The City of Boston Fire Safety Program provides

Free Smoke Detectors

for seniors living in the City of Boston.

For information on how you can get a FREE
SMOKE DETECTOR call (617) 635-2359.



Mayor Thomas M. Menino's 13th Annual Health & Fitness Walk for Seniors



Every year since 1994, Mayor Thomas M. Menino and the Commission on Affairs of the Elderly have organized the Mayor's Health and Fitness Walk for seniors. This event represents one of the many ways that the Mayor promotes exercise and physical fitness for Boston's older citizens. The Mayor has always encouraged Boston seniors to maintain or begin an exercise-walking program.



This year's Walk was held on Thursday, October 12, 2006 on Boston Common. Even though there were consistent forecasts of rain for the day, the record breaking 550 walkers were actually blessed with sunny warm weather. Thanks to our sponsors mentioned below, our seniors were able to enjoy chair based warm-up stretches, a safe but vigorous walk through Boston Common, chair based cool-down exercises, a safety and health fair with flu shots and a wonderful lunch in the comfort of a beautiful

tent while a D.J. played the sounds of yesteryear. In recognition of the fact that October was Fire Safety Month, demonstrations were also conducted by the Boston Fire Department.

Mayor Menino's Health and Fitness Walk is held through the cooperation of the Boston Parks and Recreation Department, the Boston Park Rangers, the Boston Police, Boston Fire Department and Boston Center for Youth and Families. We are especially grateful to our new Golden Sneaker Sponsor, Unidine, who provided the beautiful lunch for our hungry walkers. Two other major sponsors who have been helping us since 2003 are A. P. Levin Company and Bill Rodgers' Running Center. Other supporters include Boston Athletic Club (since 1999), Commonwealth Care Alliance (since last year), Faulkner Hospital (since 2002), First Realty Management (since last year), NSTAR Electric (since 2001), Partners Healthcare (since 2002), S.



R. Weiner & Associates, Inc (since 2003) and XV Beacon Hotel (since 2004).

The Walk also got financial assistance from Caregiver Alliance (since last year), New Balance (since 2002), Suffolk University (since last year), and Dunn Associates (since 2003). Evercare and Susan Bailis Assisted Living also joined our team of supporters this year.



The health screenings at the Mayor's Walk Health Fair were provided by Boston Common Podiatry and the Visiting Nurses Association of Boston. The Boston Public Health Commission provided 450 flu shots to our walkers.

The 2006 Mayor's Walk was a great opportunity for Boston seniors to enjoy the fellowship of their peers as well as receive some good nutrition as well as some important health and safety information.

Pork tenderloin with fig and cranberry sauce

Ingredients

1/2 cup fresh cranberries or 1/4 cup canned whole cranberry sauce
 1/4 cup apple juice or apple cider
 2 tablespoons snipped dried figs
 1 tablespoon packed brown sugar or granulated sugar
 1/2 teaspoon chopped fresh rosemary or 1/4 teaspoon dried rosemary, crushed
 1/4 teaspoon salt
 1/8 teaspoon ground black pepper
 6 ounces pork tenderloin
 1/4 teaspoon salt-free herb seasoning
 Nonstick cooking spray
 Hot cooked brown or long grain rice (optional)

Directions

1. For chutney: In a heavy small saucepan, stir together cranberries or cranberry sauce, apple juice, figs, sugar, rosemary, salt, and pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 5 to 8 minutes or until chutney reaches desired consistency, stirring occasionally. Set aside.
2. Meanwhile, trim fat from pork. Cut pork crosswise into six pieces, each about 1 inch thick. Press each piece with the palm of your hand to an even thickness. Sprinkle herb seasoning evenly over pork. Coat an unheated large nonstick skillet with nonstick cooking spray. Preheat over medium-high heat. Cook pork in hot skillet for 2 to 3 minutes or until pork is slightly pink in center and juices run clear, turning once halfway through cooking time.

Holiday Pears

a sweet condiment or dessert topping

Ingredients

1/2 cup port wine
 1 Tbsp. sugar
 2 inches stick cinnamon, broken
 1 tsp. lemon juice
 2 medium pears, peeled, cored, and cut lengthwise into six wedges
 2 cups vanilla lowfat frozen yogurt

Directions

1. In medium skillet, combine wine, sugar, cinnamon, and lemon juice. Bring to boiling, stirring to dissolve sugar; reduce heat. Simmer, uncovered, about 7 minutes or until mixture is reduced by half. Discard cinnamon.
2. Add pear wedges to wine mixture in skillet. Cook for 6 to 8 minutes more or until pear is tender, turning occasionally. Remove from heat.
3. Cool pear mixture to room temperature. Serve pear wedges with frozen yogurt, drizzling wine mixture over yogurt. Makes 4 servings.

Just Browsing

By Mel Goldstein

Mayor's Office Russian and Elderly Liaison



Autumn is now wanning and the trees have turned from leafy green to bright russet hues and now the bareness of winter. What memories come rushing back as winter starts to fall? Is it the chill of the winter winds, the falling leaves, a portrait of the soon to come bitter cold of winter? But not too soon for on our downtown Boston streets! Those signs of autumn that once were there have disappeared. Who can forget the roasted peanut vender with his steamer? The hot chestnut man yelling out, "Get your hot nuts, you're hot roasted chestnuts!"

The tomato man selling the last of the season, the sweet native tomatoes- tasty, ripe. The hurdy gurdy man with his little monkey with the red cap. The boiled crab man and his push cart, two crabs for a nickel! They were at Corner of Washington St. and Essex Street. The aroma filled the air. On the Common and Public Garden, the last vestages of summer were taking place. The flowers vendors on Tremont St. The upscale dress and shoe

shops have gone. Jay's, Peter Flinn's, C. Crawford Hollidge, R H Sterns, The Guild House, The Astor Theater, BF Keiths' Memorial Theater, Houghton and Duttons, S.S. Pierce and so many more. All gone, but not forgotten. I remember that bastian of the Yankee Gentleman, Sawyers Men's shop, and of course, Rogers Pete and then Brooks the Irish Tailor Gonzo!!

My meanderings have been many, but my thoughts have always returned to the Boston that was, and is now becoming again. Those places that ruled the economy of the city – Filene's, Kennedy's, both clothing and butter and egg, Leopold Morse, The Metropolitan Theater (a true movie palace), the old Ritz Carlton Hotel, the Bradford, Bickminster, The Milnerm Mother Lunch, the State's Ballroom, Eddie's Lounge, Littel Dixie, the High Hat, the Mayfair, Latin Quarter, and the tragic Coconut Grove (gone but I hope not forgotten).

I have always been a person who tries to look forward, never backward. However, what once was helps to make us who we are now. I have forever tried to keep alive the events and places that were once so important to our once young lives.

Can anyone remember the days of past and radio? You lived on your imagination. The night that Baer boxed Max Schmeling at Yankee Stadium, his trunks displayed an embroidered Star of David, which he swore to wear in every bout thereafter. He dominated the rugged fighter from Germany into the tenth round when the referee stopped the match. Because Baer defeated Schmeling, Hitler's favorite, and Baer had a Jewish grandfather, he became popular among Jews. All events were broadcast on the radio.

As was the 1936 Olympics in Berlin Germany, when Jesse Owens, an African American, defeated Nazi Germany's prized athletes. Joe Louis who went on to defeat Max Baer and win the championship! All on radio. The Lux Radio Theater, Campagnes Little Theater in Times Square, Edward R. Monroe, Al Jason, Edward Cantor, Fred Allen, all these great performers and performances all on radio where you listened and imagined what it was all like.

You came home from school and on the radio was Tom Mix-America's Cowboy, Sky King, Bobby Benson, Easy Aces, Mertin Marge, Amos and Andy, Ma Perkins, Mrs. Nusbaum of

continued from last page

Allen's Ally, 20,000 Years in Sing Sing, Sherlock Holmes, Inner Sanctum with the Creaking Door all on radio.

World War II with Ramond Gramsing to let us know what was happening. The London Blitz and Edward R. Murrow with nightly newscasts. Walter Cronkite, bad or good, they kept us informed. Bob Hope, Jack Benny, Don Wilson, Dennis Day, Francis Langford, Don Ameche, Jerry Collonna and so many others kept us laughing and sometimes crying through those trying times, all on radio.

The factories were buzzing, the shipyards and steel mills were clanking, the shops were filled with buyers. The depression years were now over. It took a war to do it- it cost us dearly. Too many families lost loved ones, and it was now hopefully time to recoup. But then came Korea, the first to be broadcast on television. Goodbye to radio! You saw us through our darkest hours, trying and happy times. Onward and upward! Only good times! Hallalujha! I just had to add this to this column and wish that I had been responsible for this saying, "one of the many things no one tells you about aging is that it is such a nice change from being young." Isn't it great even though when we wake up

(hopefully) in the morning, our good friend arthritis is greeting us? The creaks and pains help us from going back to bed, but instead get ourselves together to greet a new day.

We are coming into a new campaign season and the memories this brings to mind. The rallies in the vibrant neighborhoods filled to the brim with candidates and those busy campaign workers. The trucks plastered with signs and loaded with kids holding the red lights. Dripping Sulfur burning holes in shoes and pants. When those kids got home- forget it! The sound trucks blasting noise on busy streets and serving those minced ham and cheese sandwiches passed out at the Curley rallies, what great memories! I was going to wrap this column up when a good friend of mine dropped into say hello. In the midst of our conversation he made this remark that got me steamy, "Oh, for the good ol' days." What a statement and what a short memory!

I remember vividly the good ol' days and they were far from good. Can you recall those turbulent times during the depths of the Depression? The welfare, the WPA, PWA, the NRA with the blue eagle, the soup kitchens, the surplus food packages from welfare, the daily free milk runs, the day old bread

sale from the neighborhood bakeries, the \$8.46 weekly checks that you had to pick up at Hawkins St. However, on the other hand, the sense of community was just wonderful, the caring that people had for one another was just great!

I would never care to see those days again, but if we did – good luck to the days of ten cent loaves of bread. Two dozen rolls were twenty cents instead of \$5.95. Steak, if you could afford it, was 85 cents a pound instead of \$10.99. Hamburg was 15 cents a pound instead of \$3.49. Eggs were 25 cents a dozen, cracked eggs were 5 cents a dozen compared to \$2.95. The movies locally were 25 cents and 50 cents at night. Now, they're \$7.25 for the day and \$10.00 at night. Were they the good ol' days? I wonder. If your salary was a spanking \$15 a week to start and you worked up to 35 hours a week you were a heavy hitter!

My how things have changed, I hope you agree. So many friends let me wish each and everyone a fond adieu. May all of your troubles be little ones. I said that to a girl I know and she slapped my face. Let me be one of the first to wish you a Merry Christmas, Happy New Year, Happy Chanukah, and Happy Kwanzaa.

NELSON DESALVIA OFFERS A WORLD OF LEARNING FOR CAPE VERDEAN SENIORS

Senior Companion Nelson DaSilva has been teaching reading and writing skills to Cape Verdean seniors at Kit Clark Senior Services' Fields Corner senior center since 2002.

He began the classes because he had noticed that some seniors in Boston's Cape Verdean community were literally getting lost because they couldn't read signs and bus numbers. This was especially true for many Cape Verdean elderly women, who never had the opportunity to go to school because, as Mr. DaSilva puts it, "Their parents didn't want them to be able to write to their boyfriends". Although an obvious hyperbole, the fact remains that there is a fast growing population of Boston seniors who are Cape Verdian who not only do not speak English, but they have difficulty reading it too. These are the people who benefit from

volunteer efforts like Mr. DaSilva's, determined to make a positive dif-



ference in the lives of others. Nelson was born on the Cape Verdean island of Fogo and grew up in the capital, Praia. He is very proud of his students and rightfully so, many have learned to read and write thanks to his efforts. Today he teaches 20 or more students at a time. With some, he must hold their writing hand so they get used to moving the pencil to make letters. With others, he can instill grammar rules. He enjoys teaching to many levels at the same time, just



like a "one-room school house".

Nelson continues to practice his principles of helping others in addition to his volunteer work in the classroom. Nelson assists seniors by accompanying them to medical appointments, to serve as their translator and providing them assistance with their grocery shopping.

For a tough job well done, we congratulate Nelson. If you are interested in becoming a senior companion, please call the Elderly Commission's Senior Companion Program at 617-635-3987

Is your blood pressure medication disrupting your sleep and making you tired?

**Volunteer to participate in a research study at Brigham & Women's
Hospital to see if melatonin improves sleep and earn up to \$ 1 , 7 5 0 .**

Contact Carolina if you are:

- 35-65 years old
- Taking *Atenolol*
- Otherwise healthy



1-866-SleepStudy
csm ales@rics.bwh.harvard.edu





Take a Trip

Get into the holiday spirit at the Newport, RI Mansions

All photographs are John Corbett photos, courtesy of the Preservation Society of Newport County

This year at the Newport, RI mansions, the holiday season will be celebrated with music, tours, and of course, beautifully decadent decor. This year the mansions will be featuring 19th century-style ornaments along with thousands of poinsettias, flowers, evergreens, trees and wreaths.

The 2006 entertainment line up features chorale groups from around the area, instrument ensembles, dancers and jolly old St. Nick. You can enjoy these different groups on a self guided tour on special evening or on Sunday afternoons in December. Santa will be visiting each mansion once (in case you want to take your grandchildren). He'll be at the Breakers on December 3, Marble House December 10 and The Elms December 17. The three mansions to be featured for the holiday tour are each unique in style and architecture.

The Breakers, a 70-room Italian Renaissance-style palazzo, was built by architect Richard Morris Hunt in 1895 for Cornelius Vanderbilt II, President and Chairman of the New York Central Railroad. Its interi-

ors include rich marbles and gilded rooms, a 50-foot high Great Hall, mosaic tile floors and ceilings, and open-air terraces with magnificent ocean views.

The Elms is an elegant French-style chateau built in 1901 for Philadelphia coal magnate Edward J. Berwind. It serves as a backdrop for monumental artworks, including wall-sized 18th century Venetian paintings and Chinese lacquer panels. The Elms is situated on a 10-acre park with an elaborate sunken garden.

Marble House was the summer home of Mr. and Mrs. William K. Vanderbilt. Built and furnished at a reported cost of \$11 million, it was the most lavish house in America when it opened in 1892. It became a grand stage for Alva Vanderbilt's climb to social and political power, first as a leading society hostess and later as

a leader of the "Votes for Women" campaign.

Planning for this lavish affair begins a year in advance with dozens of staff and volunteers. Each year a new theme is chosen and new ornaments and decorations are purchased to match the themes. Many of the decorations are re-used from years past in new, fresh locations. Once the new and old are collected, the decoration begins in the first two weeks of November.

Each year thousands of ornaments and lights accent 20 artificial, interior trees and 3 live, outdoor trees. The three live trees that are featured (one) outside each house are donated by local residents. To top it all of around 2,500 poinsettias, 1,000 lilies, 20 wreaths, and 850 yards of fresh garland will be used.

Round trip buses from South Station to Newport are scheduled daily. For more information on the Newport, RI mansions or their preservation society, visit: www.NewportMansions.org





**Do it Yourself holiday gifts
they will really use!**

A Holiday Classic the Red Berry Wreath

This wreath is covered in faux berries for a festive statement in a bedroom, living room or entryway. You can also easily accessorize your holiday table by making smaller candle holders. My Mom has been making these for years... long before they became trendy. The Red Berry Wreath is a holiday classic. You can design them with or without adding the green leaves (see picture). You will need a large base wreath preferably 18 inches, grape vine or twig and several bunches of red berry stems. Simply weave the ends of the red berry bunched into the wood base wreath in the same direction (see picture above).



Holiday Ribbon Belts they can wear all year

Add a luxurious touch to any winter outfit with a belt of velvet ribbon. Cut 2 1/2 yards of natural-fiber velvet ribbon. Slip two D rings slightly wider than the ribbon onto one end, and fold both ends of the ribbon in toward the midpoint, fuzzy side out, keeping the D rings at one folded end. Remove backing from a 1 1/4-yard piece of iron-on fuse tape, and sandwich it between the layers; place scrap velvet facedown on top, and iron on the cotton setting to fuse the layers.



Holiday SWEATERS



The holiday sweater, a tradition of sorts, has long been the multicolored sheep of the fashion world. But as in every family, there is a time when the black sheep rises above and lives out right, not caring about other opinions. So, to that –

**LONG LIVE
HOLIDAY
SWEATERS!**

If there is ever a time for expressing yourself, it's the holidays when you're surrounded by loved ones. When you're feeling warm and fuzzy inside, why not wear something warm and fuzzy outside! Having fun with your fashion choices is the number one rule to follow. If you feel comfortable in your holiday sweater, your confidence will come through and make for a better

than ever holiday season.

When wearing your favorite sweater, you really can wear anything else with it. Go crazy on the bottom and wear a funky print, or be simple and wear nice slacks. Whatever you decide, the holiday season would not be complete without this holiday tradition!

Need a Ride?

For a convenient ride to a medical appointment, grocery shopping or a social event call the Senior Shuttle

(617) 635-3000

Available Monday - Friday 8 a.m. - 4 p.m.



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



Reserve Now For This Year's Holiday Phone-A-Thon

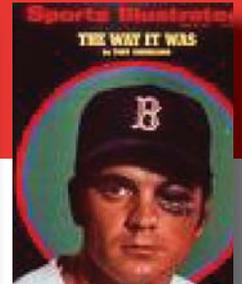
Mayor Thomas M. Menino and the Elderly Commission along with AT&T are happy to announce the annual Holiday Phone-A-Thon. If you are a Boston resident, age 60 or older, you may be eligible to call a relative or friend anywhere in the world **FREE OF CHARGE**. Each person will be allowed to make telephone calls for one half (1/2) hour and place as many calls as they wish. Calls will be made on the 5th floor of Boston City Hall on Friday, December 15, 2006, from 8:00 a.m. to 4:00 p.m.

Call the Elderly Commission to register because there is a limit as to how many people will be allowed to make calls. Once registered, all seniors will receive a letter of acceptance. No admittance without letter. **To register, please call the Elderly Commission at 617-635-4366**



REMEMBERING THE CARDIAC KIDS

By Mike Flynn



Growing up in a small South Shore town in the summer 1967, our gang would gather in the local deli parking lot and listen to the Red Sox on the radio. Unlike today, fewer games were televised and many were played during the afternoon. On Opening Day pitcher Jim Lonborg beat the Baltimore Orioles at Fenway Park but there was no sign of what was to come. Baseball was almost dead in this town, despite the career of Ted Williams, who had retired in 1960, because of the poor teams fielded in the Yawkey Era. That opening day drew less than 10,000.

Through June they were playing .500 ball and had not, as yet fallen out of the pennant race, as had been the norm. But on July 14 Lonborg again beat the Orioles at Fenway and set the Sox off on a ten game winning streak. Before any one realized it we were in second place. Soon every radio in New England was tuned to WHDH listening to Ken Coleman, Ned Martin and Mel Parnell announce the games.

Prior to the season, the Sox had hired a brash, outspoken young manager named Dick Williams and his promise was that “this team will win more games than it loses.” People were starting to believe this could be possible. The team was frequently finding ways to win which had been out

of character for them in the past; bunts, timely steals, clutch hitting, and great defense. But games were never “put away.” They always kept you on the edge of your seat, coming back in the last inning or stopping a late inning rally by an opponent. Thus they were dubbed the “Cardiac Kids.” I remember a last minute play in a crucial game late in the season when Jose Tartabull, playing for the injured Tony Conigliaro, made a catch in deep right. With an opposing player at third tagging up, Tartabull, who was certainly not known for his arm, threw a rainmaker to catcher Elston Howard covering home. Howard leapt high in the air to come down with the ball and nail the advancing runner. It doesn’t sound like much now, but it was the talk of the town for a week. Every player on this team made contributions during this playoff run. Howard was a late season acquisition from, of all teams, the Yankees and Tartabull was a utility player we had obtained the year before from Kansas City. Ironically, the two players they were subbing for were Massachusetts born and bred; Conigliaro from Swampscott and catcher Mike Ryan, Haverhill.

Tony Conigliaro was a phenom from the get-go. Drafted at 18, a major leaguer by 19 and baseball’s youngest home run champ at 20. He reached the 100 home run mark faster than any player in

baseball history except for Hall of Famer Mel Ott. His first at bat in the majors was a homer. He also sang. He would hop on stage with the bands at local clubs and the girls would go crazy. It was Boston’s version of Beatlemania. He had semi-hit records, (anyone remember “Playing the Field” or “Little Red Scooter”?) dated movie stars and was our home town golden boy. Until August 18, 1967. He was hit by Angel pitcher Jack Hamilton’s fast ball which crushed his left cheek bone and left him temporarily blind in his left eye. He missed the pennant drive, the World Series and the entire 1968 season and was never the same again. Because of Tony C. ear flaps are now mandatory on all batting helmets and the seats in straight away center field in Fenway Park remain covered with a black tarp so the batter can see the ball leaving the pitcher’s hand.

With Tony C. in right, Reggie Smith in center and Carl Yastrzemski in left, it can be argued that the Sox had the best outfield in baseball. It can also be argued that Yaz may have had one of the best seasons of any player ever. No one at the time had ever had more clutch hits (of course now we have David Ortiz) or made more defensive gems. He still remains the last player to win the Triple Crown, which is highest batting average,

most runs batted in and most home runs for the year. In the history of baseball, this has only been accomplished 14 times. He was the engine that drove that machine.

George “Boomer” Scott played first base. He was the power hitter who called his homers “taters”. Mike Andrews was the second baseman. He has been the Executive Director of the Jimmy Fund since his retirement. The late Joe Foy played third. He died at a young 46. Rico Petrocelli was at shortstop and 2 years later he would be the first from that position to hit 40 home runs. Ken “Hawk” Harrelson, who was acquired from Kansas City for the stretch run, won the fans over with his flamboyance, his Nehru jackets and his all out play on the field. He is now the color commentator for the Chicago White Sox.

Pitchers Jim Lonborg, now a dentist in Scituate, Gary Bell, Sparky Lyle, young Billy Rhor and Dave Moorehead, veterans Lee Stange and Jose Santiago, reliever John Wyatt. Many will not remember these names and it may not have been the greatest team ever assembled but for that one year...

Going into September it was clear no one was going to run away with the pennant. Through the last month the Red Sox, White Sox, Detroit Tigers and Minnesota Twins all jockeyed for position. Incredibly, it came down to the final weekend. The media was now calling the season “The Impossible Dream”.

The Red Sox were at home for their final two against the Twins. On Saturday Yaz hit a three run homer. Sox 6-4. On Sunday Carl did it again, going 4 for 4 and Lonborg got the win. Twins eliminated.

The White Sox ended their season with three straight loses. Chicago eliminated.

The Tigers would have two double headers against the Angels. On Saturday they split. Sunday Detroit won the first. The Red Sox players remained in their clubhouse to watch the final game. If Detroit won it meant a playoff the next day with Boston. The Angels late rally knocked off the Tigers to hand Boston their first pennant in 50 years. Remember Yaz with that fat cigar in his mouth, shaving cream all over his head and champagne squirting everywhere? In the last two weeks of that pennant drive Yaz batted .500 and hit 5 home runs. He was the ultimate M.V.P. Lonborg had won 22 games and captured the Cy Young award as the league’s best pitcher.

As the World Series begins, I am starting college. Classes all day. Games every day. What is more important? Half a dozen of us cut classes and head down to the local Sears and Roebuck. The salesmen let us sit on the floor of the Appliance Department to watch the games on the rows of new TV’s. They stand. Not much business done that week.

Game one, Bob Gibson mows down the Sox and ex -Yankee great Roger Maris drives in the winning runs. Game two, Lonborg throws a two hitter and Yaz drives in 4 runs. Series tied. Game three, Curt Flood steals, Cards win. Game 4, its Gibson again. Enough said. Game 5, the great Maris homers in the ninth to ruin Lonborg’s shutout but Sox win. Game 6, Rico hits two homers and we’re tied again. On to the deciding game 7. Well, I guess we all knew at the time the chances were slim and none. And Slim was in Texas. Lonborg on only two days rest against Gibson. Game, set, match and St. Louis are World Champs.

Boy, what a ride that was. For all that were not around, 1967 was the year Boston really became the baseball town. We fans, new and old, along with present players are carrying on the legacy of the 1967 Red Sox, the original Cardiac Kids. So if you happen to run into Rico or Dr. Lonborg or Mike Andrews give them a thank you for all the triumph, heartbreak and “wait ‘til next years” we’ve had since.



Frank and Sally Gentile of South Boston celebrate their 66th wedding anniversary in style with Mayor Menino at the Omni Parker House



Pictured with Mayor Menino; Jing Qing Qian and Ming Lou



Anthony and Sona Frissola with Bernadine Joslin at the Italian Heritage Luncheon



Lady in lovely hat browses through Seniority at the MED D event



Boston Fire Department Color Guardsmen with Eliza Greenberg, Commissioner



Reggie Lewis Senior Group celebrates Grandparenthood at the Annual Grandparent Recognition Luncheon



Commissioner Greenberg has room on her dance card for George Scredde



Mayor says hello to his friend Sis Cormier



Mayor Menino signs certificate for Golden Couple Mr. and Mrs. Wen-Bin Chen of Brighton



The Memoir Project Roxbury celebrates their last class!



Gloria Colbert (right) celebrates Latin culture with friend Ena Hutson at the Annual Hispanic Heritage Luncheon



Vilma Valentin learns some new dance moves from Anthony Fiore of East Boston



State Representative Kevin Fitzgerald (left), Mayor Menino, Representative Jeffery Sanchez, Vanessa Calderón-Rosado, CEO, Inquilinos Boricuas en Acción, Olga Dummott (community advocate) and Awardee, Mario Jimeny at the Hispanic Heritage Luncheon



Mayor Menino chats it up with pal, Mary Frasca at Italian American Luncheon



Joanne Lee from the Elderly Commission (center right) walks with Mr. Moy, Hung Hee, Mrs. Yung Chui Yu and friends from Chinese Golden Age Center



The unforgettable Eleanor Armstrong poses with friend Richard Morrison at the Mayor's Annual Health and Fitness Walk



Anrui and Garreth Kinkead embrace at the Mayor's Health and Fitness Walk



Handsome couple Charles and Adrienne Landrum at the Golden Anniversary Celebration



Tom and Mary O'Connell from Hyde Park celebrate with Mayor Menino



Catherine Ricci (left) and Anna Campo pose with Speaker of the House Sal Dimasi at the Mayor's Italian Heritage Luncheon



Teresa Parks (right) stands with Kevin Fitzgerald, Carmen Pola and Joan Shivers at the annual Hispanic Heritage Luncheon



Mr. and Mrs. Thomas Lofflin of West Roxbury with Commissioner Eliza Greenberg at the 50th Wedding Anniversary Celebration



Three colorful ladies Betty Sgarano (left), Rose Balbari (center) and Fran Merino (right) at the first annual Italian Heritage Luncheon



Carlos Morales of Jamaica Plain chats with Mayor Menino at the 50th Wedding Anniversary Celebration

happy holiday, happy holiday. happy holiday, happy holiday. while the merry bells keep ringing, may your ev'ry wish come true. happy holiday, happy holiday. may the calendar keep bringing, happy holidays to you.

HAPPY HOLIDAYS

happy holiday, happy holiday. happy holiday, happy holiday. while the merry bells keep ringing, may your ev'ry wish come true. happy holiday, happy holiday. may the calendar keep bringing, happy holidays to you.

to you and your's from
Mayor Menino
and the Elderly Commission staff!

