



Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

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Check out our NEW and improved website
www.cityofboston.gov/elderly

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

Email articles and comments to
Bostonseniority@cityofboston.gov

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Mayor's Spotlight

MAYOR MENINO AND INSPECTIONAL SERVICES ISSUE WINTER ADVISORY

Mayor Thomas M. Menino and the Boston Inspectional Services Department would like to remind all Boston residents to prepare for the frigid temperature by making your homes weather tight, make sure heating systems are running properly and adequately fueled. As residents brace themselves for the winter the ISD would like to encourage property owners and residents to prepare for the winter by doing the following:

Service Your Plumbing and Heating Systems:

Planned Repairs are cheaper than Emergency Repairs

- Make sure your heating systems are up to code and working properly - minimize the chances of them breaking down
- Do not run out of fuel, try to keep no less than a quarter tank of oil
- Keep a service plan handy in case of emergencies.

Heat Your Home, Not Outdoors: Keep the Cold Out

- Close and secure all storm windows and doors

- Install door guards on all exterior doorways
- Apply weather stripping to windows and doors
- Insulate/wrap pipes in unheated areas
- Cover all vents
- Disconnect water hose and wrap or cover exposed spigot
- Wrap water heater with insulated water heater blanket



According to the Massachusetts State Sanitary Code units must be provided with heat beginning September 15th to June 15th. During this time the temperature of units must be maintained at 68 degrees during the day (7:00 a.m. to 11:00 p.m.) and 64 degrees in the evening (11:01 p.m. to 6:59 a.m.).

If you or someone you know is experiencing problems with heating systems, contact the landlord or property manager immediately. If they are unresponsive, tenants should then contact the Inspectional Services Department (ISD) at (617) 635-5300 to file a complaint. Complaints made outside normal business hours should be called into the Mayor's 24-Hour Hotline at 617-635-4500. Or connect with us through Citizens Connect by sending a Text to (REPORT or REPORTAJE to 617-505-1898).

USS Constitution and Mini Ships

By: Tula Mahl

Have you ever wondered how those ships get inside the bottles? Wonder no more, go and find out at the 33rd Annual *USS Constitution* Model Shipwright Guild Exhibit. The exhibition will be on display and open to the public beginning Saturday February 4th, 2012 and will run until Saturday, March 24th, 2012. The Museum and exhibition of models is open to all daily from 10:00 AM – 5:00 PM.

Over 50 different ships created by modelers from across New England will be on display, presenting a variety of reproductions from World War II destroyers to fishing dories, ships-in-bottles to sailing vessels.

Volunteers from the *USS Constitution* Model Shipwright Guild will be on hand to answer your questions and demonstrate technique, time and skill required to build a mini-masterpiece.



See above Ray Crean, master ship builder and member of the *USS Constitution* Model Shipwright Guild working on HMS Curacao.



The HMS Curacao was built for World War I, later converted to an anti-aircraft cruiser for World War II, then in 1942 while escorting the ocean liner RMS Queen Mary, the Queen Mary cut across the path of the Curacao cutting her in two. There were 99 survivors of the crew of 338.



USS Constitution Museum

Charlestown Navy Yard, Building 22

617-426-1812

www.ussconstitutionmuseum.org



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Boston RSVP has an array of volunteer opportunities to choose from. Call us today 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

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Lorna Pleas at 617-635-4335

MEMA OFFERS STEPS FOR AFTER THE WINTER STORM

FRAMINGHAM, MA – “Once the initial impact of a winter storm has subsided, there are still many additional challenges to be faced, from snow removal to power restoration,” states Massachusetts Emergency Management Agency (MEMA) Director Kurt Schwartz. “If you have taken the proper precautions, remain cautious and careful, you and your family are more likely to experience a successful outcome.”

- Be careful when shoveling snow. Over-exertion can bring on a heart attack – a major cause of death in the winter.
- Protect yourself by dressing for the season, wearing several layers of loose fitting, lightweight, warm clothing, rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- Mittens are better than gloves.
- Wear a hat, as most body heat is lost through the top of the head.
- Cover your mouth with a scarf to protect your lungs.
- Watch for signs of frostbite: loss of feeling and white or pale appearance in the extremities such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, seek medical help immediately.
- Watch for signs of hypothermia:

uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If symptoms are detected, get medical help, as soon as possible.

- Do not become a ‘spectator’. Continue to stay off streets and roads to allow plowing and clean-up operations to proceed smoothly.
- Help dig out fire hydrants and storm drains in your neighborhood.
- Avoid parking too close to corners, allowing Public Safety vehicles and plows to maneuver safely.
- Be aware of children playing in the streets, particularly climbing on or running out from behind large snowdrifts. Parents should remind their children to be aware of plowing operations and traffic.
- Clear exhaust vents from Direct Vent Gas Furnace Systems to avoid Carbon Monoxide (CO) poisoning.
- Never run an automobile until exhaust pipe has been cleared of snow.
- Safely reduce the amount of snow on roofs. The stress caused by heavy wet snow can challenge the integrity of the structure.
- Use care around downed power lines. Assume a down wire is a live wire.
- Make sure emergency generators or secondary heating systems are well ventilated.

- In order to protect against possible voltage irregularities that can occur when power is restored, you should unplug all sensitive electronic equipment, including TVs, stereo, VCR, microwave oven, computer, cordless telephone, answering machine and garage door opener. Be sure to leave one light on, so you will know when power is restored.
- If your area has very wet snow or freezing rain, be aware that the weight of a one-half inch build-up of ice can be enough to snap tree limbs, causing them to fall and bring down power lines disrupting electrical service and introducing potential life-threatening situations. Never approach a downed line unless you are trained to perform such work. Remember also to consider the weight of wet snow when shoveling.
- If you lose your heat, seal off unused rooms by stuffing towels in the cracks under the doors. At night, cover windows with extra blankets or sheets. Food provides the body with energy for producing its own heat.
- Be extra cautious if you go outside to inspect for damage after a storm. Downed or hanging electrical wires can be hidden by snowdrifts, trees or debris, and could be live. Never attempt to touch or move downed lines. Keep children and pets away from them.
- Do not touch anything that power lines are touching, such as tree branches or fences. Call your utility company to report any outage-related problem.
- Make sure you always have a well-stocked Winter Home Emergency Supply Kit that includes flashlights, portable radio, extra batteries, a first aid kit, bottled water, non-perishable food and a manual can opener. The use of candles is strongly discouraged.
- If pipes freeze, remove insulation, completely open all faucets and pour hot water over the pipes, starting where they are most exposed to the cold. A hand-held hair dryer, used with caution, also works well.
- Snow can be melted for an additional water source.
- Call the Information Telephone Service 2-1-1 for non-emergency storm-related questions.
- Be a Good Neighbor. Check with elderly or relatives and neighbors who may need additional assistance to ensure their safety.

This is the last of MEMA's nine Winter Safety Series News Releases.

The Massachusetts Emergency Management Agency (MEMA) is the state agency responsible for coordinating federal, state, local, voluntary and private resources during emergencies and disasters in the Commonwealth of Massachusetts. MEMA provides leadership to: develop plans for effective response to all hazards, disasters or threats; train emergency personnel to protect the public; provide information to the citizenry; and assist individuals, families, businesses and communities to mitigate against, prepare for, and respond to and recover from emergencies, both natural and man made. For additional information about MEMA and Winter Preparedness, go to the MEMA website at www.mass.gov/mema.

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- All 1099 forms – 1099G (unemployment) and 1099R (pension payments)
- All 1098T forms (tuition payments) and receipts for materials and books
- Total student loan interest paid (1098E)
- Total child care expenses in 2011, and name, address, Employer Identification Number (EIN) or SSN of child care provider(s)
- Total rent paid in 2011
- Any mail from the IRS
- A copy of last year's tax return
- Your bank account and routing numbers to direct deposit your refund
- First time homebuyers: your closing documents

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agentle@detma.org



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eitcma@1199.org

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Varicose Veins

In the wintertime, we don't often see leg varicose veins because our legs are covered up. In the summer time, we really notice varicose veins, especially at the beach.

Varicose veins are enlarged veins that are swollen and raised above the surface of the skin. They can be dark purple or blue. Varicose veins look twisted and they bulge. You cannot miss them!!! They are often located on the backs of the calves or on the inside of the leg. Varicose veins develop when valves in the veins allow blood to flow toward the heart stop working properly. As a result, blood pools in the veins and causes them to get larger.

General info

- Varicose veins affect 1 out of 2 people over 50
- Tend to occur in the legs
- More common in women than men
- Hemorrhoids are a type of varicose vein
- "Spider" veins are like varicose veins but smaller
- often painful

Risk factors

- aging, due to declining function of vascular valves
- family history of varicose veins
- undergoing hormonal changes due to pregnancy, puberty or menopause
- being pregnant

- being overweight or obese
- too sedentary
- exposing skin to the sun

How to keep varicose veins from getting worse

- lose weight
- start exercising
- elevate both legs while resting
- avoid crossing your legs while sitting
- get up and walk around every hour if you have a sedentary job
- avoid standing for long periods of time
- wear non constricting clothes
- be aware that deep vein thrombosis is possible

Having varicose veins does not mean that you must have surgery to remove them.

Your doctor will refer you to a vascular surgeon who will treat your veins conservatively; lose weight, x-rays, medication, support stockings, etc. Your doctor and you will decide what is the best treatment for your case of varicose veins.

Boston Fire Department Elderly Fire Safety Program

FREE

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

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

You can also view our website online at www.cityofboston.gov/fire or visit the Boston Fire Department on Facebook.



Happy Valentine's Day

From

Mayor Thomas M. Menino

&

The Elderly Commission

How many words can you make using the letters from **Valentine's Day**

Fill in the columns below.

Examples:

van, tan, let, vet, etc...

Good Luck!

[illegible]

ROLE MODELS?

By: Mike Flynn

Bad behavior from professional athletes has been happening since we have had professional sport. Ty Cobb was downright nasty and actually tried to hurt opposing players. Babe Ruth was a man with large appetites for food, booze and women and one of the greatest players of all time. Mickey Mantle, whom I idolized and whose number I wore when I played organized baseball, ruined his career and eventually lost his life by his abuse of alcohol and drugs. In early December of 2011, an ex-Boston Celtic star was ordered by the courts to 5 years probation and to repay \$700,000 to a Las Vegas casino for outstanding gambling debts. Although Antoine Walker has made over 108 million dollars in his career he does not have the money to give back. Wow!

Players these days say they never signed up to be role models, and true, they haven't. But still, young impressionable kids want to be like them, so should there not be at least some sense of responsibility? Most of these guys grew up as the best athletes in their towns, schools, colleges and from an early age were given privileges afforded to very few. So, now as adults some have an innate sense of entitlement, which gives off an air of arrogance. I don't want to lump all professional athletes together because many do incredible charitable work and are tireless advocates for their communities, but it is the bad boys who get the press.

It never used to be like this. Sure there was bad behavior, but the press travelled with the teams, sometimes on the same train, plane or bus and they were friends, almost team mates you could say. So if you wanted quotes or exclusives for your newspaper, reporters would certainly not write about the shenanigans going on after games (or even during.) What happened on the road stayed on the road. That is until Jim Bouton's "Ball Four" in 1969. Even today considered groundbreaking, the book was a diary kept by pitcher Jim Bouton of his year in baseball with the Seattle Pilots and Houston Astros. But it also looked back at his time with the New York Yankees. He named names, dates, places and instances of excessive drinking, womanizing (we learned there are actually groupies of the sport called Baseball Annies as Susan Sarandon characterized in the hit film "Bull Durham") and general late night carousing.

He then exposed the reason they could play the next day. The trainer was in charge of the bowl of "greenies" which each player would gobble a handful of before batting practice and when game time rolled around they were ready to go. No drug testing back then. The term performance enhancing drugs was not even in our vernacular. Amphetamines were outlawed without a prescription in 1965, but obviously professional sports teams were able to acquire them by the tens of thousands. In 1971 the drug was classified as a Schedule 2 because of the danger of severe psychological and physiological dependence.

America's sports fans were astounded to learn how these players would party all night and take speed to play day after day, in this continuous cycle. The secrets were out and all of baseball shunned Bouton. He was persona no grata wherever he went. Mantle only spoke to him again years later, a month before his death and just before The Mick held a tearful press conference addressed to America's youth telling them, "Don't be like me." Sportswriters now realized if players were going to air their dirty laundry why shouldn't we, and the floodgates opened (and remain raging rivers today.)

Denny McClain was one of the most dominate pitchers of the late 60's. In his first start for the Detroit Tigers on September 21, 1963, the 19 year old McClain held the Chicago White Sox to one earned run on 7 hits, picked two runners off of first base and hit a home run in a winning cause. In 1968 he won 31 games, the first to win 30 since Dizzy Dean in 1934. He became the first American League pitcher ever to win both the Cy Young and the Most Valuable Player Awards. In his 31st win, pitching against the Yankees, up to the plate stepped his boyhood idol, Mickey Mantle (It didn't matter what part of the country you were raised in back then, almost every kid was a Mantle fan.) By this time Mantle was just a shell of his former self and would soon retire. Mantle put his hand out over the plate about chest high and McClain nodded. A lazy fastball was delivered into the right field seats for Mantle's 535th career home

run, allowing him to pass Jimmie Foxx on the all-time homer list. A gift McClain denied giving.

McClain was one of the most dominant pitchers of his day but his downfall was swift. During a promotional deal with a soft drink company McClain discovered the company's representative shared his love of gambling. After several months of losing they pooled their money and decided the more lucrative way of winning was covering bets themselves. When Sports Illustrated (SI) received a tip they investigated. They found a lot wrong and wrote a scathing expose. McClain was suspended for a portion the 1970 season. When he came back he accosted two sports writers and was suspended again. Then he was arrested with a concealed weapon. Bye-bye baseball.

The SI story reported that in 1967 McClain and his soft drink rep friend had joined forces with a syndicate run in part by the Syrian mob. A gambler named Voshen had hit big for \$46,000 and McClain couldn't pay. Voshen enlisted the help of Italian mobster Tony Giacalone. During a heated meeting, Giacalone stamped down with his heel on McClain's foot, dislocating his toes. He tried to pitch his next two games and it was obvious something was wrong



Denny McClain

as he was awful. He finally admitted that his foot had fallen asleep while watching T.V. and he stubbed his toes when he got up. Then, he hurt his foot chasing raccoons out of his garbage can. No wait, he kicked his locker after being pulled from a game.

He would not pitch again until the final game of 1967, the biggest game of the year. On the final day, Boston, Minnesota and Detroit were in a three way tie for first place. Detroit would be playing a late game on the west coast. The Red Sox won their game and Minnesota had lost. McClain had to win to force a one game playoff for the American League Pennant. The Red Sox listened on the radio in their Fenway clubhouse. Well, we have all seen that iconic picture of Carl Yastrzemski with that huge cigar in his mouth as he is covered in shaving cream and now know that our Cardiac Kids went on to the World Series. McClain became the goat. Sports Illustrated also reported that Tony Giacalone had bet heavily against Detroit. Gee, think he knew something.

By 1972 McClain was over 100 pounds heavier and out of baseball, looking much older than his 29 years. A year later he declared bankruptcy. By 1984 a lot of his old associates had been rounded up and were looking for deals. They gave up McClain. Years before, McClain, the holder of a private pilot license, had flown a fugitive from justice out of the country. Among other things, McClain was convicted of extortion,

racketeering and cocaine distribution. He was given 23 years. Two years later the conviction was overturned by an appellate court and McClain tried to put his life back together.

It didn't last long. In 1993 he bought a struggling meat packing plant in Michigan. Within a month 3 million dollars went missing from the employee's pension fund. In 1996 he began an 8 year stretch and was released after 6. Upon serving his sentence he could be found signing autographs at a 7-11 on the Detroit freeway where he had a work-release job. Autographs! Who would want his autograph? When do these guys stop becoming heroes?

On September 11 of this year, McClain was making a u-turn on the highway trying to get to a Cracker Barrel restaurant on the opposite side. He ended up in Canada. The customs agent found an outstanding arrest warrant claiming McClain had cheated two Louisiana landowners out of money for scrap metal. Don't think we've heard the last of Denny McClain.

O.K. This is just one tale of an athlete running afoul of the law, but there are many more. It is depressing that they can't turn their talent and good fortune into something positive. As for role models, why can't kids start looking to to society's real role models, like police, firefighters, teachers or I don't know, how about their parents?

Mayor Menino Gives Recognition to 3 Latino Employees for Three Kings Day



Above Photo: Veterans Services Commissioner Francisco A. Ureña (left) with awardees Javier Gutierrez (BPHC Chronic Disease Division), Elizabeth Rios (Mayor's Office 24-Hour Service) and José Diaz (BPHC Office of Environmental Health)



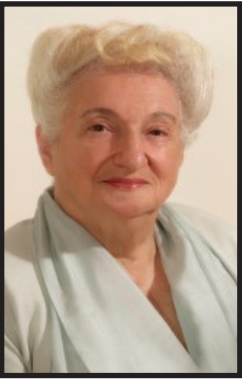
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AT AGE 82 SHE STILL CARES FOR BABIES AND THEIR HOMELESS MOTHERS

By: Trish Macy



On August 30, 1969, Sylvia and Richard were married. This was the second marriage for both. At age 40, Sylvia's children were grown. She felt now she had to care for others.

Perhaps, a home for the elderly, not a rest home but a home for those who wanted to stay active, where activities would abound. However, she had no funds, it was not God's perfect timing. She felt a void that seemed to say, help others.

Seven years later, she thought, a shelter for orphans who were above the age of infancy. Again no money, God's timing was not now, however Richard never discouraged Sylvia, he was always supportive. Then in October 1986, Richard had been stricken with cancer, for two years, and was now terminally ill.

One morning, Sylvia was washing breakfast dishes. Rick was in bed watching the TV evangelist, Jerry Falwell. Rick called to Sylvia, "Come quickly, I want you to see this." Jerry Falwell was giving away a "Save A Baby Syllabus", a manual of instruction of how to operate a homeless shelter like his. It was given just for asking. Sylvia turned to Rick and said,

"That's what I want to do", and sent away for the syllabus.

Rick had gone to college for marketing, advertising and public relations. With only six months to live, Rick began networking, and took Sylvia to meet anyone who might be able to help. On January 25, 1987, with the help of a lawyer, pro bono, "Life for the Little Ones, Inc" the shelter for homeless women and children was born.

Rick went to be with the Lord on March 30, 1987. He had completed his task. The last two sentences he uttered were, "Go get the girls" and "Don't worry, I will always take care of you". Sylvia was grateful that Rick was no longer suffering, yet there was a feeling of void. For one month she wallowed in sorrow. Noting how fruitless this was, she quickly contacted Pregnancy Help, and told them she was now accepting clients.

On May 1st, she took in her first client, a pregnant young lady, thrown out by her mother and living in the police station temporarily. Soon she was sent two more pregnant women. She took them into her rented apartment and was caring for them 24/7. She soon realized that she had to rent a separate home for them. From then on, she rented whole houses with 4 to 6 bedrooms.

In 1992, she received a letter from the federal government, telling her that Fort Devens was closing down and through

the McKinney Act, “X” amount of space had to be set aside, for the homeless. They sent her a listing of all the property available. She quickly chose 50 townhouses and the Post Chapel. They also stated that she would have a 3-year waiting period before the army actually moved out. In 1994, Sylvia’s Board of Directors voted to change the name of the organization to “Sylvia’s Haven, Inc”. She occupied Devens for nearly 10 years.

Today, she is located in Revere. She has housed to-date, 1064 women and children, and still counting. These children now range in age from 23 years of age to one due in February, a baby boy.

For more information, to donate or volunteer please contact Sylvia Anthony at www.sylviashaven.org or at 781-629-4327

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

Don't Retire, Inspire!

Hosted by Augusta Alban

Tune in to find out how Boston seniors are INSPIRED everyday and listen to them share their wisdom with you.

Check out BNN channel 9 on Fridays at 2:30 p.m. and repeated on Saturdays at 11:00 a.m.

On Boston City TV, Comcast channel A-24 and RCN channel 16, Tuesdays and Saturdays at 5:00 p.m.

Collaboration between
Mayor Thomas M. Menino,
the Elderly Commission
& Suffolk University

Healthy Recipes

Vegetable-Loaded Pasta Bake

Ingredients:

- 8 ounces dried whole wheat penne pasta (2 3/4 cups)
- 2 1/2 cups cauliflower florets (1/2 medium head)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 2 medium carrots, sliced
- 1 stalk celery, chopped
- 12 ounces kale, stems removed, leaves torn (12 cups)
- 1/2 cup frozen peas
- 1/2 cup frozen whole kernel corn
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup fat-free milk
- 4 ounces extra-sharp cheddar cheese, shredded (1 cup)
- 2 tablespoons finely shredded or grated Parmesan cheese

Preparation:

1. Preheat oven to 350 degrees F. In

a large Dutch oven cook pasta according to package directions; add cauliflower during the last 4 minutes of cooking. Drain; rinse. Set aside.



2. In the same Dutch oven cook onion and garlic in hot oil over medium heat for 2 minutes. Add carrots and celery; cook just until carrots are tender. Add kale; cook just until wilted. Stir in pasta mixture, peas, and corn.

3. For cheese sauce, in a small saucepan melt butter; stir in flour, salt, and pepper. Add milk all at once; cook and stir until thickened and bubbly. Reduce heat; add cheddar cheese. Cook and stir until melted. Stir sauce into pasta and vegetables. Transfer to a 2 1/2-quart casserole. Bake, covered, for 35 minutes. Uncover; sprinkle with Parmesan. Bake 5 minutes more.

Serves: 6



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 call Ed Conway at (617)327-6831 or e-mail him at edconway14@yahoo.com

Spinach & Feta Soufflé

Ingredients:

- 2 tablespoons fine dry breadcrumbs
- 8 cups fresh spinach (about 8 ounces), stemmed and washed or 8 oz frozen spinach defrosted and drained
- 1 1/2 teaspoons canola oil
- 1 medium onion, finely chopped
- 1 clove garlic, finely chopped
- 1 1/2 cups low-fat milk, divided
- 1/3 cup cornstarch
- 2 large egg yolks
- 1/2 cup crumbled feta cheese
- 2 tablespoons chopped fresh mint or dill
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper
- 6 large egg whites

Preparation:

1. Position rack in lower third of oven; preheat to 375°F. Coat a 2-quart soufflé dish or similar deep, straight-sided casserole dish with cooking spray. Sprinkle with breadcrumbs, tapping out the excess.

2. Heat a large skillet over medium heat. Add spinach with the water still clinging to the leaves and cook, stirring, just until wilted, 2 to 3 minutes. Transfer to a colander to drain. Squeeze out excess liquid and chop.

3. Wipe out the pan, add oil and heat over medium heat. Add onion and garlic and cook, stirring, until softened, 2 to 4 minutes. Add the chopped spinach and cook, stirring, until heated through and quite dry, about 2 minutes.

4. Heat 1 cup milk in a heavy medium saucepan until steaming. Dissolve cornstarch in the remaining 1/2 cup cold milk in a small bowl. Add to the hot milk and cook, whisking constantly, until thickened and smooth, 2 to 3 minutes. Remove from the heat and let cool slightly. Add egg yolks, one at a time, whisking until incorporated. Stir in the reserved spinach mixture, feta, mint (or dill), 1/4 teaspoon salt and pepper.

5. Beat egg whites in a large mixing bowl with an electric mixer on medium speed until foamy. Add the remaining 1/4 teaspoon salt; gradually increase speed to high and beat until stiff (but not dry) peaks form.

6. Whisk about one-third of the beaten egg whites into the spinach mixture to lighten it. Fold the spinach mixture back into the remaining whites with a rubber spatula. Turn into the prepared dish and smooth the top.

7. Bake the soufflé until puffed and the top feels firm to the touch, 35 to 40 minutes. Serve immediately.

Serves: 4



THE BRIDGE BUILDER

“Don’t Retire, Inspire”

By: Augusta Alban



I KNOW ALL THE ANSWERS, we all do, we were born with them. Little by little life nicks at us in diminishing ways. We start to question ourselves. We appoint others as the authorities. We tell ourselves they must know what they are talking about. And that, my friends, is the beginning of a lifelong crushing job we undertake to diminish our self-confidence and self-esteem. The fine line between believing and not believing expands, leaning us towards the negative. We repeat negative thoughts and after a time they become real to us. We collect others who are agreeing with us, which only strengthens the crushing job we are doing on ourselves. When did we stop believing in hopes, dreams and magic possibilities? How do we get back to any of that? How do we get ourselves out of the rut we have dug for ourselves? My friend Father Dan’s solution is to think about and do for others. It’s worth a try! We must help ourselves to learn to help ourselves to diffuse and diminish those old beliefs.

During the holidays I was on a train seated next to a charmingly brilliant ten-year-old schoolgirl. From our opening conversation I concluded she had escaped the usual I-am-only-a-child syndrome. She was complete with grownup ideas and a childlike determination to live her life and enjoy it. After five hours on the train we had some sadness in leaving each other. As it was the holidays, she wished to give me a gift. Now we all know the answer to that one: she was the gift. We laughed, discussed world problems, solved some world problems and

laughed some more. She renewed that wonderful feeling I love called “magic possibilities.” For my gift she made me a picture and signed it. What should be my gift to her? What could be equal to what she had given to me?

“You have been given a great gift,” I said. “Yes,” she interrupted, “I am smart, that’s what my father tells me.” “Your father is right, but that is only one of your many gifts,” I answered. “You are kind, creative, a hard worker. At the top of the ‘gift list’ you have been given the best gift of all. You have been given the gift of ‘the magic of possibility.’ The magic to see beyond what is in front of you and to believe in yourself above all else.” She reached down in front of her and opened her pink case out of which she brought her pink stuffed bunny and well-worn Pooh bear. “I talk to them,” she said, “and we make plans. They help me write, they are my friends, they are ‘real.’” “Of course they are. Would you like to know about my Elmo?”

I told her about visiting my grandsons when they were very little. Austin was just about four. He was so excited to see me and wanted me to come and play in his room. We sat on the floor and he enjoyed telling me about his toys and stuffed animals. The room had no order which was refreshing and fun. Mixed up in the Legos on the floor was everything a child could want: books, balloons, apple cores, toy cars, dollar bills and a few coins. Bears like Winnie, tracks from a train set, large puzzle pieces, a blue

blanket, and what looked like a slightly used (but still edible) peanut butter and jelly sandwich. We played for over an hour and when it was time for us to pick up his older brother Evan, I thanked Austin for letting me share all the wonders of his room.

“Take what you want to play with,” he said.

“Take anything,” he said, “what do you want to play with?” Knowing he would be disappointed if I did not choose something, I looked around and said, “I know what I want to play with. I want Tickle-Me Elmo.”

“Here he is, put him on your bed,” he said, “so you can sleep with it tonight.” I did.

That was sixteen years ago to this day.

When I visit, in my room in the middle of the bed is my dear old friend Elmo. We have been friends for a very long time. We are always grateful to see each other and remind each other of the joy and love we have shared in this wonderful home. Elmo is as real to me as my new little friend’s well-worn bunny or Pooh bear, I always carry with me a small, pink quartz stone about the size of a quarter. I call it my gratitude rock. Each time I hold it or feel it in my pocket, I think about the many things I am grateful for, and there are many. I knew what my gift to this child must be.

“Hold out your hand,” I said. “I have a secret that is my gift to you. This secret will serve you well throughout your life. Others will not believe as you do and may find your thinking childlike. They may even tell you there are no such things. **YOU MUST NEVER STOP BELIEVING in the MAGIC of POSSIBILITIES.** You must always be grateful for what you have, what you are, and what you believe in. Magic is in our DNA, it’s believing in our dreams and

hopes and the dreams of others. This little pink stone will help you remember to be grateful and hold on to your dreams.”

“Thank you,” she said. “This stone will remind me to always think PINK!”

That train ride with the beautiful little girl gave me so much. It allowed me to remember my thinking about why we are here and what time has given to us in the form of wisdom. What are we to share with others who have not traveled the same distance we have? I was reminded of an old poem someone sent me years ago. It is called The Bridge Builder.

THE BRIDGE BUILDER

An old man, going a lone highway,
Came at the evening cold and gray,
To a chasm, vast and deep and wide,
Through which was flowing a sullen tide.
The old man crossed in the twilight dim-
That sullen stream had no fears for him;
But he turned, when he reached the other side,
And built a bridge to span the tide.

“Old man,” said a fellow pilgrim near,
“You are wasting strength in building here.
Your journey will end with the ending day;
You never again must pass this way.
You have crossed the chasm, deep and wide,
Why build you the bridge at the eventide?”
The builder lifted his old gray head.
“Good friend, in the path I have come,” he said,
“There followeth after me today
A youth whose feet must pass this way.
This chasm that has been naught to me
To that fair-haired youth may a pitfall be.
He, too, must cross in the twilight dim;

Good friend, I am building the bridge for him.”

- **WILL ALLEN DROMGOOLE**

I returned this holiday and was not surprised to find Elmo, as always, in the middle of my bed. “Good to see you,” I said, “hope it’s been a good year for you.” Together, we went across the hall to Austin’s room. “Much the same,” I thought. Many things scattered around on the floor, but different things like headphones, iPods, laptops, and, of course, a Kindle. A chair had been added, but in the same tradition, it sits on the floor.

It’s made to support your back while you are playing a video game, watching a TV show, talking on Skype, or, as a last resort, doing homework. I look around for the Legos. Gratefully, I found a tub of them in the closet. Next to a stack of video games was a half-eaten peanut butter and jelly sandwich. Some things never change. I sat on the chair and could almost see that little boy sixteen years ago, or should I say I could feel the presence of his energy. We had built many memories. I smiled. Memories build bridges.

Health


By: John H. O’Neill III

It is important that one meet with his or her doctor. I am referring to the primary care physician. February is considered “heart” month. The heart is the central organ. Tests often begin with the use of the stethoscope. If the heart is in good working order the stethoscope will help determine that.

Seniors need to meet with their doctors. Much information is available on the internet. The doctors can help determine what is best for a patient. An important thing is one’s diet or meal-plan. There are all sorts of vitamins in different foods which help people in their lives. For instance, *Vitamin A* can be helpful with the eyes. It is in spinach and carrots. *Vitamin B12* helps with red blood cells. It is in fish and yogurt. *Vitamin C* is important when one has a cold.

It helps with gums and is in many fruits and vegetables.

Working with one’s doctor is very important. The doctor can be helpful. Vitamins are available in a number of different foods. Carrots and fish are examples. Together they can help people lead enjoyable lives.



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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

Save Energy, Save Money
Thomas M. Menino, Mayor

National Park Service Senior and Access Passes Now Available by Mail

Lifetime passes to America's national parks for senior citizens and Americans with disabilities are now available through the mail.

National Park Service Director Jonathan B. Jarvis said the Senior Pass and the Access Pass will still be available at national parks, "But the option of receiving a pass by mail may better suit some people and any change that makes it more convenient to prepare to come to the parks is a change for the better. We want everyone to experience the amazing places in our care."

"National parks have a lot to offer," continued Jarvis. "They are places to share with children, grandchildren, and other family members. They facilitate recreation and healthy living. Many parks, including Yellowstone, Shenandoah, and Denali, have trails that are accessible to people with limited mobility and to wheelchair users. We also have many accessible camping and picnic areas."

The Senior and Access passes provide admission to, and use of, federal recreation sites that charge entrance or standard amenity fees. Pass users also receive a 50% discount on some amenity fees for activities like camping and launching a boat. They are available to citizens and permanent residents of the United States age 62 or more or who have permanent disabilities regardless of age.

The "Senior" and "Access" versions of the America the Beautiful Pass – the National Parks and Federal Recreational Lands Pass – are good for a lifetime. The Access pass is free and the Senior pass is just \$10. There is a \$10 processing fee to receive either pass by the mail.

To get your Senior pass through the mail just submit a completed application, proof of residency and age, and \$20. The fee covers the cost of the pass and a document processing fee. You can print out an application at this web site: <http://store.usgs.gov/pass/index.html>. Once the application package is received and the documentation verified, the pass will be mailed to you.

The application for the Access pass is also available at <http://store.usgs.gov/pass/index.html>. To receive the Access pass, mail the completed application along with proof of residency and documentation of permanent disability plus the \$10 document processing fee. Once the application package is received and verified, the pass and the documentation of permanent disability you provided will be mailed to you.

For more information, please visit http://www.nps.gov/fees_passes.htm or <http://store.usgs.gov/pass/index.html>.

About the National Park Service. More than 20,000 National Park Service employees care for America's 395 national parks and work with communities across the nation to help preserve local history and create close-to-home recreational opportunities. Learn more at www.nps.gov.

Caregiving During the Holidays

By: Betsy Downton

Are you a caregiver providing care and assistance to a frail elder or raising your grandchildren? If you are in the fortunate situation of having more help than you need, perhaps this article is not for you. Otherwise please read on. Holidays can be very stressful for an independent person, let alone someone who is caring for another. Holidays may require gifts or hosting out of town visitors, whom you may or may not like. In addition to your normally busy life you need to make time to shop, clean, decorate and devise an itinerary for the guests. Perhaps you feel that this is so obvious that it should not have to be mentioned, that it is just your job.

It's time to step back from this idea for a moment and realistically assess how well you enjoyed the winter holidays. Did you have a good time and get enough rest? If not, allow me to make some suggestions. Before the next holiday rolls around sit down and make a list. List everything that you usually do to celebrate the holiday. Under each activity write the tasks necessary to set up and carry through the activity. Next to the

tasks put who usually does them. Indicate if anyone else can or will do the tasks. Write how important this particular activity is to you. Make sure to program some alone time for yourself and ask for help where possible. Using this master sheet, you can now decide how much you can do without spoiling your enjoyment of the holiday.

In the process of carrying through this planning, it is a good idea to take into account how the person or persons you are caring for will react to the excitement of the holiday and the influx of guests. One suggestion is to set aside a room for the elder or grandchild to rest when they become tired or hyper. Some elders react better if persons visit with them one or two at a time. More than two can be confusing for people suffering from dementia, especially if young children are included.

This planning process should assure a less stressful, more enjoyable holiday. If you would like assistance in this process, please contact Betsy Downton, Director of Caregiver Support Services at the Elderly Commission. Ms. Downton can be reached at 617-635-3979 or elizabeth.downton@cityofboston.gov.

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)

Volunteer Opportunities

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Castle Island Association

~ 617 268-8870 ~

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Mission Hill Annual Unity Luncheon



MBTA Proposal

In the next few months the T will have to make decisions that will significantly impact fares and service.

To learn more go to www.mbta.com/about_the_mbta or you can comment on their proposals by emailing fareproposal@mbta.com or mailing your comment to Fare Proposal 10 Park Plaza, Suite 3910, Boston, MA 02116

**Comments will be reviewed in March.
Please get your comments in by the end of February.**

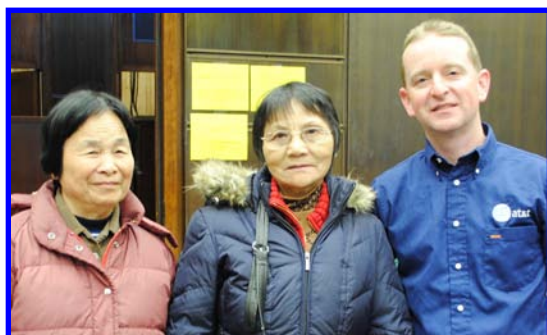
Health Fair



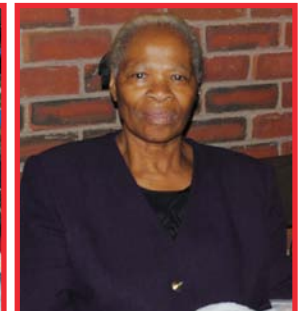
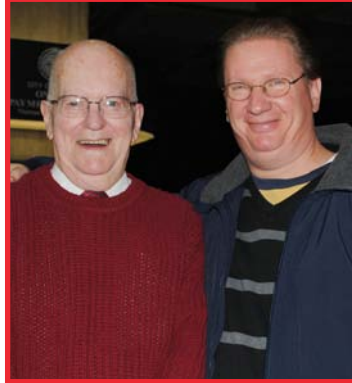
Advisory Council Holiday Party



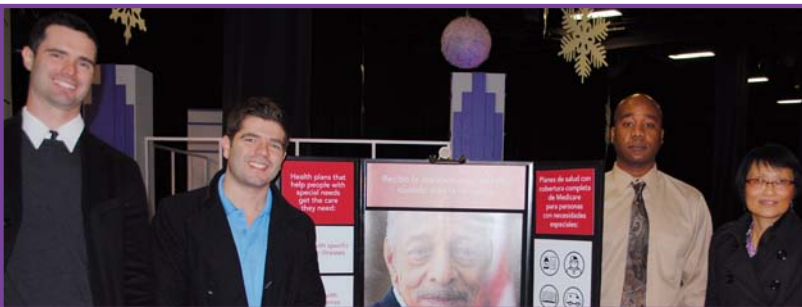
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Craft Bazaar



We would like to thank the Seaport Hotel & World Trade Center for sponsoring 1st Night



A special thank you to all of the sponsors and volunteers who helped make the event a success

1st Night



CELEBRATE BLACK HISTORY MONTH

with

Mayor Thomas M. Menino

&

The Elderly Commission



The **Boston Public Library** (BPL) will observe Black History Month in February with a series of music, films, and activities for all age groups. In addition, the BPL has published its annual “Black Is” booklist, a compilation of recent works by and about African Americans.

The 2012 booklist contains dozens of fiction and nonfiction works, including biographies of Governor Deval Patrick, Malcolm X, and the slave who became the first African American poet, Phillis Wheatley. The published list will be available in every Boston Public Library location in February.

The Boston Public Library will also offer programs at locations across the city to entertain and educate for Black History Month. To see story times, concerts, and films planned at BPL locations, visit the Boston Public Library’s online calendar at www.bpl.org/calendar. A sampling of BPL programs for Black History Month includes:

- The films of Sidney Poitier will be shown at 6 p.m. on Thursday evenings at the South Boston Branch, 646 East Broadway, 617-268-0180. The schedule is: February 16, *The Wilby Conspiracy*; and February 23, *Duel at Diablo*.
- Throughout February, the Grove Hall Branch, located at 41 Geneva Avenue in Dorchester, 617-427-3337, will host a series of lectures and talks.
- The Central Library’s Monday Night Film Series will focus on African American actresses. All films are shown at 6 p.m. on Monday evenings in Rabb Lecture Hall at the Central Library in Copley Square, 700 Boylston Street, 617-536-5400.
- Storytellers will present African folk tales on Thursday, February 23, at 12:30 p.m. at the Hyde Park Branch, 35 Harvard Avenue, 617-361-2524, and black history stories at a pajama story time at 6:30 p.m. on Monday, February 27, at the Connolly Branch, 433 Centre Street, Jamaica Plain, 617-522-1960.