

Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

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2nd and 4th photos on the left side of the front cover courtesy of: Carla Osberg Photography



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Commission on Affairs of the Elderly
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Mayor's Spotlight



Mayor Menino Files Legislation to Help Homeowners Stay in Their Homes

Says Home Rule Petition Would Require Lenders, Homeowners to Complete Mediation Session Before Foreclosure Can Take Place

Mayor Thomas M. Menino announced that he has filed a Home Rule Petition with the Boston City Council that would require banks and mortgage companies to participate in a mediation session before they are allowed to foreclose on a homeowner. The Petition, which was discussed at a City Council hearing in December, would also give the City the authority to establish a mediation program. If passed by the City Council, the proposed legislation will then be filed with State Legislature for further action.

“This ordinance is so important because it requires the banks and the mortgage companies to meet face to face with a homeowner to determine whether a solution can be worked out,” Mayor Menino said.

“The loss of a home is devastating to a family and a neighborhood. Too many times we hear stories from homeowners and they can’t get through to a real person to have a conversation about their situation. Requiring mediation could really make a difference to Boston families – especially during these hard financial times.”

As outlined in Mayor Menino’s Petition, a homeowner would first receive counseling by an assigned housing counselor prior to the scheduled mediation. This would ensure the homeowner is in a better position to understand their options and well prepared for the mediation. Banks and the mortgage companies would be required to send a representative that has the authority to make decisions to the mediation session. Furthermore, the mediator would be required to have mediation experience *and* have working knowledge of all federal assistance programs currently available.

“Our foreclosure counselors have been frustrated at the non-responsiveness of lenders to help homeowners keep their homes. This is a pivotal proposal because it will require lenders to meet with the homeowners experiencing economic hardship and negotiate in good faith,” said Bill Minkle, Executive Director of ESAC Boston. “The goal of lenders should be to avoid foreclosure whenever possible. Foreclosure is good for no one.”

As of October 2010, there were 776 foreclosure deeds registered so far in Boston in 2010 – a 17% increase from the same period in 2009, and approximately 609 bank-owned properties. Boston has experienced 3,607 foreclosures since the City first began tracking a spike in foreclosed homes in 2006.



RSVP Boston

Volunteer Opportunities:

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

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

Faulkner Hospital Volunteer Program

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

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Medical Escort/Short-Term Assistance: Jacqueline Gallagher: jgallagher@fw4elders.org or 617-482-1510 x 26

Neighborhoods

By: John H O'Neill III

Boston is made up of several neighborhoods. Much happens in downtown Boston, but after a day of work, people return to their neighborhood homes.

Jamaica Plain is one of the many neighborhoods. It is located just outside of Roxbury. It is accessible by different branches of the MBTA. The Orange Line has three stops in Jamaica Plain at Stony Brook, Green St. and Forest Hills. There are schools in Jamaica Plain, such as the Manning School which offers an excellent primary education. The Manning is located at the top of Louders Lane.

Artists and musicians call Jamaica Plain home, as do many doctors and lawyers. People can ride the #39 MBTA bus to work at the numerous medical facility's in Boston. Therefore, they call Jamaica Plain home. Many people enjoy walking or running around the Jamaica Pond. Exercise is quite important.

The Footlight Club, shown here, is in Jamaica Plain. It is the oldest non professional drama club in the country. Members have produced shows such as: Annie, My Fair Lady, and the Wizard of Oz for the enjoyment of viewers.



The neighborhoods play an important part in Boston. Jamaica Plain is an important neighborhood.

Photo source:
http://www.artsboston.org/sites/artsboston.org/images/org/7949/footlight_medium.jpg

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



The “Recycled Teenagers”: Senior Companion and Client keep each other young

By: Cassandra Baptista

Every Thursday, Dorothy Chaplain makes a new friend. Chaplain, 85, sits at Roche Bros supermarket with a cup of coffee and a muffin while her senior companion, Sarah Friendly, picks up groceries. When Friendly, 68, is done, she always finds Chaplain talking with new people, her breakfast hardly touched. This has been their weekly routine for two years.

“Dorothy is not a homebound person,” Friendly says. “She just needs to get out!”

They have this in common. The two spend much of their time together taking walks and making mischief. People-watching is a frequent and favorite pastime for the outgoing tag-team. They sing songs, crack jokes, talk to strangers, and tease each other. They also have no problem making a scene.

“I don’t like to be called a senior citizen,” Chaplain says.

“We’re recycled teenagers,” they say together. Friendly says people always know when they’re in the area, and it’s easy to see why. They greet each other with soft jabs and loud laughter. Even

now, they playfully push each other on the couch like siblings.



“People look at us like we have five heads, but we don’t care,” Chaplain says with a smile. After they play-fight though, they grip each other in a warm embrace.

“Just because I hug you doesn’t mean I like you,” Chaplain teases. But it’s clear she does. Chaplain nonchalantly crosses her legs over the arm of her couch. The conversation turns to a recent incident, unknown to Friendly.

“The other day,” Chaplain says, “I lost my way.” She had taken a walk but became disoriented trying to get back home. She laughs it off, as she seems to do most things, but Friendly looks noticeably concerned.

“I told you it’s too hot for you to go on walks right now,” Friendly says, shaking her head. “I don’t like it.”

“Oh you know, I need to get out,” Chaplain retorts quickly.

“I know,” her companion says. “I know.” The duo eases in and out of conversations, peppered with rare seriousness before they’re onto their next laugh. Despite their social personalities, their relationship is exclusive; they welcome

onlookers to share a few jokes with them, but their bond is not easily penetrated.

“It seems like we’ve known each other our whole lives,” Friendly says. “When one is sad, we uplift each other. We understand each other. I’ve gotten to know and love Dorothy.”

Chaplain isn’t quick to show her emotions, but says she is thankful for the senior companionship program as well.

“I think it’s great,” she says. “Sarah keeps me company. We’ve become very close friends.” Friendly stretches over the couch and reaches towards her friend to hold her hand as they talk. Despite all the games they play and teasing they

do, their relationship is marked by these brief, tender moments.

Chaplain steadies herself with her cane and Friendly holds out her arm for support. She begins to sing, “Lean On Me.” Dorothy responds by belting “Follow The Yellow Brick Road” down her hallway. They walk linking arms, singing out the door as they head towards their next adventure.



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Important Information on Reverse Mortgages: Overview and Explanation of Recent Legislation

Submitted by Michele A. Gauger, Attorney Fellow, Greater Boston Legal Services, Elder Law Unit

This article is meant to educate readers about reverse mortgages, a type of loan available to elders. The article will first explain what a reverse mortgage is. The article will then address the pitfalls of using a reverse mortgage to obtain a loan. Finally, the article will discuss recent legislation which hopes to provide increased protection for elders seeking a reverse mortgage.

I. What is a Reverse Mortgage?

A reverse mortgage is a specific type of loan available to individuals 62 and older. Like a conventional home mortgage, a reverse mortgage is a loan secured by the value of one's home. But in many other respects, a reverse mortgage is very different from a conventional mortgage and it is important to fully understand these differences.

In a conventional home mortgage, a borrower pledges her home as collateral for a loan, and makes periodic payments back to the lender to pay off the loan. Over time, payments made by a borrower in a conventional mortgage increase the

borrower's equity in the home, until the loan is fully paid off and the borrower owns all the equity in the home. Once the loan is paid off, the lender's lien on the home is lifted.

In a reverse mortgage, a homeowner can receive either a lump sum or multiple payments from a lender in exchange for releasing the accumulated equity (some or all) in her home to the lender. If a homeowner receives multiple periodic payments through a reverse mortgage, her debt increases with each payment and her equity in the home decreases. Repayment of the loan is not required until the last surviving borrower either dies, sells the home, or no longer lives in the home.

There are a number of different types of reverse mortgages. Homeowners often consider **single-purpose reverse mortgages** to obtain funds to pay for home repairs or property taxes; a lender for this type of reverse mortgage, offered by some state/local government agencies and nonprofit lenders, may restrict the use of the loan for this type of purpose. The U.S. Department of Housing and Urban Development (HUD) sponsors the federally-insured **Home Equity Conversion Mortgage (HECM)**. Private financial institutions offer **proprietary reverse mortgages**, for homeowners with very high-value homes.

II. What to Look Out For

Reverse mortgages offer some advantages to seniors who need to borrow money. Loan advances given under a reverse mortgage are not taxable, and usually do not affect Social Security or Medicare benefits. There is no income criteria to obtain a reverse mortgage (although some of the types of reverse mortgage may require a certain credit score). A homeowner can obtain a loan through a reverse mortgage but still retain title to her home before repayment begins. If an elder takes a reverse mortgage and later must go to a nursing home or medical facility, repayment will not be triggered for a full year after the elder moves out of the home.¹

Reverse mortgages also present a number of disadvantages, however, that elders considering this option must be aware of and understand. **First**, reverse mortgages can turn out to be much more expensive than they initially appear. Lenders charge a number of fees for a reverse mortgage, including an origination fee, closing costs, a mortgage insurance premium, and servicing fees. Some of these fees are due upfront and can total over \$10,000. Additionally, the interest on a reverse mortgage is compounded, meaning that interest accrues both on the principal debt amount and the interest that has already accrued previously. **Second**, reverse mortgages can use up some or

even all of the equity in a home. Reverse mortgages first became popular when property values were steadily rising; at that time, a homeowner could rely on the value of her property rising and creating more equity even if she released some of it through a reverse mortgage. However, in the current recession, property values have sharply decreased and homeowners can no longer rely on an increase in property values to replace equity lost through a reverse mortgage. Using up the equity in your home also means there will be less equity left over for your heirs, or for you if you later find yourself facing a financial emergency.

There are alternatives to a reverse mortgage that may be better options for some elders. Though it is not always an appealing option for elders, you may want to consider selling your home and moving in order to convert your home equity into usable cash funds. Public benefit programs, such as Medicaid/MassHealth and Supplemental Security Income could provide you with funds and still allow you to remain living in your home. If you are having trouble paying property taxes, many states have tax relief programs that could help. To find out more about these alternatives, contact the Elder Law Unit at Greater Boston Legal Services by phone at 617-603-1577, or at our offices located at 197 Friend Street, Boston, MA 02114.

III. New Legislation Affecting Reverse Mortgages

Recent legislation has been passed in Massachusetts, with a goal of protecting elders considering reverse mortgages. The law prohibits a mortgagee (lender) from making a reverse mortgage unless two conditions are met: (1) the mortgagor (elder homeowner) affirmatively opts for the reverse mortgage in writing, at or before the closing; AND (2) the mortgagor has a certification that he or she has completed required counseling with an approved third-party counselor. These provisions are meant to ensure that an elder has received enough information to make an informed decision on whether to enter into a reverse mortgage.

The provisions discussed above went into effect on November 1, 2010. An additional provision, set to go into effect in summer 2012, will require in-person counseling regarding the appropriateness of a reverse mortgage with an approved third party counselor. Requiring in-person counseling will provide more protection to elders seeking reverse mortgages. But this legislation will not go into effect for quite some time, and elders currently considering a reverse mortgage will more likely be offered telephone counseling. Elders may seek in-person counseling and are encouraged to do so

in order to obtain as much information as possible before entering into a reverse mortgage. If you would like in-person reverse mortgage counseling or want to find out more about reverse mortgages, you may be eligible for assistance from Homeowner Options for Massachusetts Elders (HOME), a non-profit agency committed to protecting the equity of elder homeowners.

(Endnotes)

1 Repayment is triggered upon a "permanent" move out of the home, which is considered to occur after the borrower has ceased to live in the home for one continuous year. See Reverse Mortgage Loans: Borrowing Against Your Home, AARP Foundation Publication, p. 6, available at http://assets.aarp.org/www.aarp.org/articles/money/financial_pdfs/hmm_hires_nocrops.pdf.

The Elderly Commission Seniors are you eligible?

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance no longer counts -

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For more information or to complete an application contact:

Shannon Murphy
617-635-3745

Lorna Pleas
617-635-4335

Hypothermia Fact Sheet

What is hypothermia?

Hypothermia is a condition where the body gets too cold. A body temperature below 96°F may seem like just a couple of degrees below a normal temperature of 98.6°, but it can be dangerous.

What are the symptoms?

When you think about being cold, you probably think of shivering. That is one thing the body does when it gets cold. It is one way the body warms itself back up again.

So how can you tell if someone has hypothermia?

- Watch out for the “umbles”: Stumbles, Mumbles, Fumbles and Grumbles; these show how the cold is affecting a person’s muscles and nerves.

Other changes you might notice are:

- Confusion or sleepiness
- Slowed, slurred speech or shallow breathing
- Weak pulse or low blood pressure
- A lot of shivering, or no shivering because of stiffness in the arms and legs
- Slow reactions because of not being able to control body movements as well as usual

What things put you at risk?

- Water on your skin - you can lose body heat as much as 25 times faster.
Stay Dry = Stay Alive!
- Being in a cold room or outside - your body heat will blow away more quickly
- Clothes- tight clothes may not let your blood flow freely; Several layers of loose

clothes will trap warm air between them and help keep you warm

- Low weight- Fat can protect your body by keeping the heat inside. Make sure you are eating enough of the right food to keep you at a healthy weight
- Illnesses- diabetes, hyperthyroidism, and some skin problems. Arthritis, Parkinson’s, memory problems, strokes and paralysis can make it difficult to move around and stay warm
- Medication - for high blood pressure, nervousness, depression or sleeping disorders
- Drinks with alcohol or caffeine can make you lose body heat faster
- Smoking

What to do in case of an emergency?

- Call 911, get medical attention as soon as possible
- Handle the person very gently
- Protect the person from the cold with dry blankets, quilts, towels or extra clothes
- Make sure that you cover the person’s head and neck
- If medical care is not available, warm beverages can help increase the body temperature
- Heat packs, hot water bottles, or warm compresses should be applied to the neck, armpits, and groin. A lot of blood pumps through these areas, and the person will warm up faster and safer by warming the blood there
- Do not place the person in a hot shower or bath
- Do not give any alcohol or drugs
- Do not raise the legs or massage the arms or legs

10

Mysterious Diseases

Many sicknesses and illnesses doctors can cure or at least allow you to live a normal life. A week of antibiotics can treat a bacteria, surgery repairs your veins, gallbladder and heart disease, medication controls mental and emotional health but what about some diseases you may never even heard. To this day, some diseases have confounded some of the most brilliant and talented research teams.

Here is a list of what are considered to be the “Top Ten”.

10. AIDS- Acquired Immune Deficiency Syndrome

It has been 25 years since AIDS was identified. Today, AIDS remains among the world’s most potent killers of both young and old. It is especially devastating in undeveloped countries.

9. Alzheimer’s Disease

Alzheimer’s Disease is a degenerative brain disorder. It manifests differently in each of its patients. The exact cause is not understood. Today, it can not be

effectively treated but medication can help many people.

8. The Common Cold

There are estimated one billion cases of the common cold in the United States each year. Doctors still know very little about the cause of cough, runny nose and other complaints. The root cause of the common cold viruses numbers in the hundreds.

7. Avian Flu

Avian flu virus is carried by birds. Humans have no immunity to the avian flu virus. This flu virus is very powerful. Health officials fear this virus could mutate into a strain that can be transmitted between humans. Sadly, death rates for humans infected are about 50%. So far, humans have been infected mostly by direct handling with infected birds.

6. Pica

People diagnosed with Pica have an insatiable urge to eat non-food items like dust, paper, glue and clay. It is thought to be linked to mineral deficiencies. Health experts have found no real cause and no cure for this peculiar disorder. Pica is often found in patients who are pregnant. I once had a patient who had the urge to eat corn starch and clay!!

5. Auto Immune Disorder

Auto immune disorder is a catchall term for a host of afflictions including Lupus, Multiple Sclerosis and Crohn's Disease. Auto immune disorders treat the body and organs and normal functions as "enemy invaders". These diseases are usually chronic and always debilitating. Doctors can do little except ease their symptoms. Hopefully, patients can go into remission and have a rest from these symptoms.

4. Schizophrenia

Experts consider this the most puzzling of mental disorders. Schizophrenia robs the sufferers of the ability to logically distinguish between reality and fantasy. Symptoms range widely between patients and include delusions, hallucinations, disorganized speech, lack of motivation or emotion. Sadly, the disease has no defining medical tests, only diagnosing by symptoms exhibited.

3. Creutzfeldt-Jakob Disease

One version of this rare brain disorder is better known as "Mad Cow Disease". CJD can be contracted by eating contaminated beef. "Regular" CJD is also always fatal, quick acting and is the most common form. CJD develops in most patients for reasons doctors have yet to figure out and cannot prevent.

2. Chronic Fatigue Syndrome

CFS is a classic MUPS (medically unex-

plained physical symptoms) disease. It has a diagnosis based only on the "ruling out" of other possibilities. More than just a little tired, these patients are often bedridden for days at a time.

1. Morgellon's Disease

This mysterious illness, which has cropped up again recently, displays almost sci-fi symptoms. Sufferers complain of insects or parasites beneath the skin. These creepy crawlers are intensely irritating with odd fibrous strands oozing out of their open wounds. Some in the medical community blame the disease on psychotic delusion yet others say the symptoms are very real.

If you know anyone who has any one of these diseases, you may want to give them a sympathetic ear and listen how his/her life has changed because of these diseases.

If you think you may have one of these diseases, speak to your doctor. S/he will be the best person to help you get worked up and find the correct diagnosis.

**A very Happy and Healthy 2011
to all my readers.**

**May 2011 be the best year
you have ever had.**



FREE TAX HELP IS AVAILABLE IN SITES AROUND BOSTON

AARP TAX-AIDE and the IRS sponsors help for low and middle income taxpayers, with special attention to seniors 60 years and over, hosted by sites around Boston during tax filing season. You do not need to be a member of AARP or a retiree to use this free service offered by trained and certified volunteers.

Last year over 590 volunteers across MA helped nearly 40,000 residents electronically file federal and state returns potentially saving taxpayers over \$200,000 that might have been spent on paid preparers.

New Walk-In Site at Catholic Charities Yawkey Center – 185 Columbia Rd. Dorchester, MA 02121
(617)506-6600: Mondays/Thursdays 3:00PM – 7:00PM (starts Feb.7, ends April 11, 2011)

By Appointment Only call one of these partner sites for an appointment during available hours:

Honan-Allston branch of the Boston Public Library - 300 North Harvard Street, Allston, MA 02134
(617) 787-6313: Thursdays 10:00AM - 1:30PM

Veronica Smith Senior Center - 20 Chestnut Hill Ave. Brighton, MA 02135-3602
(617) 635-6120: Fridays 10:00AM - 3:00PM

West End branch of the Boston Public Library - 151 Cambridge Street, Boston, MA 02114
(617) 523-3957: Saturdays 10:00AM - 3:00PM

Hyde Park branch of the Boston Public Library - 35 Harvard Avenue, Hyde Park, MA 02136
(617) 361-2524: Tuesdays 10:00AM – 5:00PM

South End branch of the Boston Public Library - 685 Tremont Street, Boston, MA 02118
(617) 536-8241:

Mondays 12:00 – 4:00PM

Tuesdays 12:00 – 2:00PM

Wednesdays 10:00AM – 3:00PM

Thursdays 10:00AM – 3:00PM

For additional locations please call 1-888-AARP-NOW (1-888-227-7669) or go online to www.aarp.org/ma. Please bring a copy of last year's tax return, tax documents for 2010 (i.e. W-2's, 1099's, MA 1099 HC, rent receipts etc.) and if you own your home, bring your real estate tax and water and sewer bills for all of 2010.

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The Elderly Commission

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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.

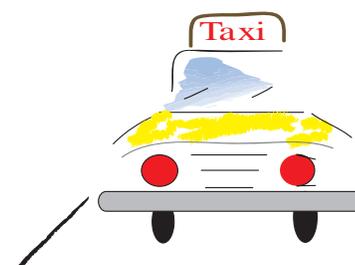
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LOVE AND POLITICS

By: Mike Flynn

Sometimes love overcomes geographical and political boundaries and at times physical handicaps can be secondary to athletic prowess. Seldom the twain shall meet. One of the few exceptions is the extraordinary life of Harold Connolly. During his birth on August 1, 1931 in Somerville, Massachusetts, he sustained nerve damage to his left arm. Having fractured the arm 13 times throughout his childhood, it grew 4 inches shorter and the hand half the size of the right. He has said of his younger years, "I began to see myself as a reject, chained to a small army of twisted bodies in a hospital waiting room... I wanted to push myself into normal society. They didn't treat the disabled with dignity back then. I would not stand to be treated differently." He was ridiculed as a youngster as he competed in sports in Ringer Park in Allston where his family lived. Determined to overcome the taunting, like the kid at the beach who gets sand kicked in his face in those old Charles Atlas ads in the 50s and 60s comic books, Harold bought all the muscle magazines he could find and worked out diligently. In an unorthodox method for an athlete to become more agile, he learned ballet from an aunt who performed on the vaudeville circuit.

In Brighton High School, he was a member of the track and football teams. Upon graduation he was accepted to Boston College where he made the track team as a shot putter as only the right arm was needed to throw the 16 pound lead sphere. During practice he would sometimes serve as the retriever for the hammer throwers. When the hammer would come back farther than it had been thrown, Harold had a new sport. (The hammer throw is a similar 16 pound weight attached to a three foot wire. Participants spin three or four times within a 7 foot circle and throw for distance.) His strong legs from dancing (for the rest of his career, Harold would compete in specially made ballet shoes) and his muscular right arm overcame the deficiencies of the left. He won nearly all the competitions he entered and was awarded a berth on the 1956 Olympic team and was to compete in Melbourne, Australia. Prior to the games, Harold had made friends with fellow hammer thrower Mikhail Krivonosov from Russia, who would be his chief competition down under.

At this time in history the Iron Curtain was up and the Cold War a harsh reality. The Governments of the Eastern European countries such as Russia were sworn enemies of the West. As an athlete with no interest in politics, this was all nonsense to Harold because he saw Mikhail and himself as



Harold Connolly

friendly rivals. In the Olympic Village however the lines remained drawn and although the athletes were not separated by an actual wall, the wall of politics was certainly palpable. Among the Eastern European countries behind the Iron Curtain was Czechoslovakia. When Harold would visit with Mikhail, invariably other members of the Eastern Bloc teams would be there. One was Czech discus thrower Olga Fikotova.

Olga was a 24 year old medical student and an outstanding athlete. Before learning to throw discus she had been a member of the Czech handball and basketball teams. She had no idea what fate had in store for her. Her plans were to compete in the Olympics, return home and finish medical school and upon graduation go to Africa and work with Albert Schweitzer. At one of Harold's visits with Mikhail, Olga was along. Bang! "Although we were from far away corners of the world and from political systems completely incompatible, when it came to human

values we were very similar. We were trying to converse in my fractured English and his fractured German. We put together ideas and views and we were extremely close. From that developed, besides curiosity and friendship, also love."

The Czech handlers were not pleased and refused to even acknowledge Harold and there were rumblings of Olga being a traitor. As it turned out Olga was the only member of the Czech delegation to win a gold medal in the Melbourne Games thus becoming a hero to her fellow countrymen, so the government eased up. Harold also won the gold, overcoming his handicap, besting his friend Mikhail and becoming an American sensation.

Several months later Connolly visited Prague as a United States Goodwill Ambassador. He and Olga petitioned the Czech Government for permission to marry. She was once again branded with the traitor label and it seemed they would never be together. Negotiations dragged on, until finally the President of the Republic said the union could take place, but it must be private and held on a Wednesday afternoon with no fanfare. On the way to be married, they were caught in a tremendous traffic jam in the town square. They thought it must be a terrible automobile accident. What had actually happened was word



Olga and Harold

of the wedding had leaked out and 30,000 Czechoslovakian people showed up in the square, half to see the famous American, the other half to support Olga's right to marry him. It was a worldwide embarrassment for the Czech government and astounding proof that some governments do not always have the will of the people on their agenda.

Still labeled a traitor, Olga was allowed to immigrate to U.S.A. but would never again compete for her native country and was only allowed to return many years later. She would compete in four more Olympics, this time wearing the Red, White and Blue of America and would be the flag bearer in the 1972 Olympics in Munich for the United States. Unfortunately, their love story ended in divorce in 1973. Today Olga lives in California promoting environmental causes and selling mountaineering equipment.

Harold remarried to 3-time Olympian Beth Daniel and they settled in Santa Monica where he was a public school administrator for 30 years. Upon his retirement he became U.S. Director of Programs for the Special Olympics. This past August, while exercising in his basement, he fell from his stationary bike, hit his head on the concrete floor and died. Harold Connolly was 79. He was a 6-time world Champion, 3-time indoor champion and an inductee into the Boston College, U.S. Track and Field and National Throw Coaches Halls of Fame.

Five years ago a statue of Harold in full Hammer Throw form was dedicated in front of the William Howard Taft School in Brighton. That day Harold addressed the crowd. "I am eternally grateful to all of you. I am here today filled with intense pride for being a member of the community that made me into the man I became."

And grateful are we to the couple who showed the world that a bond between two people from such diverse backgrounds can overcome all obstacles.

A quick chat with the lovely Anne Baldwin

1. What was your life's work?

Raised on a farm in Florida

She has five children and 16 grandchildren

2. What do you think you did that has helped you live such a long life?

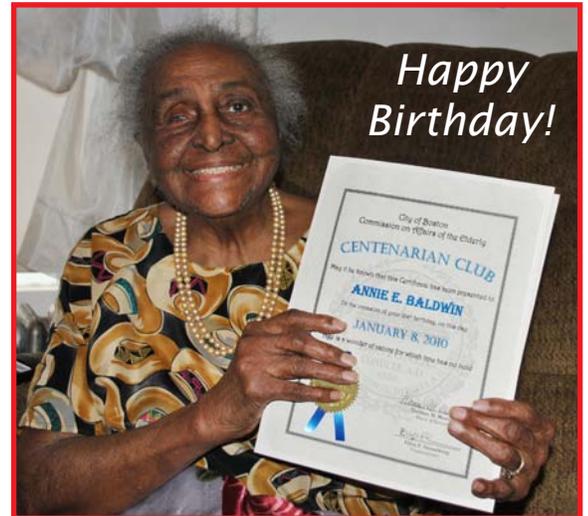
Didn't drink, didn't stay out late, had good parents, ate good fresh food, and religion

3. What are some of your life's passions?

Church

4. What would you tell your younger self?

Had a wonderful life as a child but would like it to be sweeter



Anne Baldwin
Age: 105

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WHAT INSPIRES YOU?

“Don’t Retire, Inspire”

By Augusta Alban



The intent and theme of the Don’t Retire, Inspire! show is: “To inspire people to create rewarding experiences that give greater joy and satisfaction to their lives.” It is therefore predictable that our guests are chosen partly because they live their lives in dedication to encouraging, stimulating and motivating themselves and others on their path. One of the first questions I ask each guest is what inspires you? Here are a few vignettes from some of the more inspiring guests.

I talk and write about remarkable people who are enthusiastic about their lives; they are strongly motivated to help others. What is it these people have that the rest of us do not? I have hosted hundreds of shows on this subject and the result, surprisingly, is we all have it. We are all remarkable people yet we just don’t focus on it. One guest way of remembering was to think of “MOM” it stands for managing of mind. We very often focus on the least helpful thing (define thing) we choose to play the victim, the poor me life is not fair routine.

Without exception “remarkable people” have clearly defined their goals. While the world around them maybe out of control they choose to remain unwavering, steadfast in their thinking. I have learned from the best of them: write down your goals, read your goals over two or three times a day and once at night before bed

time. Everything takes work so you might as well work at something you really want and like. I call my mind my tool so I keep it clean by letting go of anger, fear and resentment as it is of no value. Try a day or so without judgment, things are not good or bad they just are.

It’s hard to let go of old upsetting thoughts. It’s hard to choose to make a change. How do you help people with that problem? I asked Father Dan O’Connell of St. Joseph Parish in the West End of Boston. This is the most asked question I receive. We need to get out of our own way by helping someone. There is such need for it. Be happy and appreciative of what you do have and more will come to you. Don’t expect to be happy someday, today is the day to be happy. Do you ever get in your own way I ask him? Of course was his answer. I am above all a human being.

Marguerite Fagan, the executive assistant to Mayor Kevin White for sixteen



Augusta with Marguerite

years has her philosophy written on an index card she keeps with her at all times. She reads her philosophy often and it works very well

for her. Marguerite is ageless and very huggable.

I shall pass thru this world but once, any good thing, therefore, that I can do, or kindness that I can show-to any human being let me do it now.

Let me not defer it – or neglect it - for I shall not pass this way again.

- Author is unknown

Morris Englander, a volunteer who always gives his best to all he helps, is inspired by the opportunity to enhance the lives (human and animal) of others less fortunate. Volunteering to work with families of children with life-threatening disease at Make-A-Wish Foundation and walk abandoned dogs at the Angell Memorial Hospital are examples of what gives him pleasure and inspires him to continue to seek similar opportunities.

On the show James Harris' shirt sparkled almost as much as his wonderful smile. James was the first black male member of Intercoiffure, an organization of elite hair stylists and salon owners. His gift and talent has helped him travel the world of high fashion coiffures giving shows in



Augusta and James

France, Italy, Spain and Brazil. His clients include Diana Ross, Tyra Banks, Nancy Wilson and Patti LaBelle and they all count on his

talents and his love of life. I am grateful for the gifts I have been given, James said, we all need to give back and that is why I have return to Boston.

The entire crew on the show helped celebrated John Vaccaro's 90th birthday. John is the owner (over 50 years) of Marascio's Market and the best sausage maker in Boston. I don't work as hard as I used to, he said, I only work from 9 to 5 now. What hours did you keep before that I ask? When the family was growing up I worked 15 hours a day six days a week. I love what I do I always wanted my own business. So many people are unhappy because they are doing things they don't want to do. I work hard, but I love it, so it is not work to me. I tell everyone NEVER RETIRE! All my old friends retired and they are all gone now.

Be open and willing to change inspires the weaver and fiber artists Beverly Sky. We are so accustomed to the tension we carry with us throughout our day that, unless we are in pain, we rarely notice it. Yet this tension has a powerful impact on every goal we set out to accomplish. Our internal feedback system or kinesthetic sense is no longer reliable, making it very difficult to change habitual postural or movement patterns on our own.

I have been using The Alexander Technique since 1989 it helps me to

use the appropriate amount of effort for a particular activity, freeing up more energy for other activities. In the process, sense becomes a more accurate guide for participating in new activities with greater ease, freedom and control.

“Change involves carrying out an activity against the habit of life.”

- F.M. Alexander

Andre Cesnikas recruits volunteers for “Camp Sunshine” the camp in Casco, Maine for children with life-threatening illnesses and their families. Andrew was a joy to have on the show; I was surprised when he told me he had been a prison guard for his entire work-life. After all those years I just knew there was something out in this world I would



Angela, Augusta and Shirley

love to do “Camp Sunshine” is it, he said. How do you handle the fact that some of these wonderful

children will not be with us in the years to come, I ask? We live in the now, all any of us has is today. The camp helps us live and laugh knowing nothing is forever, we don’t waste time. We say “I love you” a lot!

Shirley Lewis and her beautiful daughter Angela Warner are inspired by sharing their well known singing talents with those in homes and councils on ageing. Whatever your age, singing with others is a wonderful way to share love and happiness. I was over whelmed by their delightful voices and generous love they have for all of humanity.

Dr. Bhatia, Professor of Laughter at Suffolk University and creator of Laughing Clubs of America was a recent guest. Clear your mind and inspiration will follow, he said. I ask how do you do that? Meditation, laughter is the shortest form of it. We put on masks hoping people will like us and it causes us a lot of stress. Thinking positive or negative is stressful just think neutral your mind will become calm it becomes a happy mind. Professor Bhatia said his wife inspires him, they have been married for over 30 years, it just gets better and better he said.

So there you have it, just a few nuggets from some of the Don’t Retire, Inspire TV shows. Remember...

Yesterday is history, tomorrow is a mystery. All we really have is the Now.

Watch “Don’t Retire, Inspire” on BNN channel 9 on Friday’s at 2:30 pm and on Sunday’s at 11:00 am.

Keepsakes Project

On October 14, 2010 the Elderly Commission, in collaboration with Boston Neighborhood Network (BNN), premiered the Keepsakes Project. Twelve seniors from a variety of backgrounds and Boston neighborhoods received recognition for their participation in the project and viewed their finished stories for the first time.

The Keepsakes Project, a workshop that taught a group of Boston seniors how to tell personal stories using a “keepsake” to spark their memories, is a collaboration between Mayor Thomas M. Menino’s Elderly Commission and BNN.



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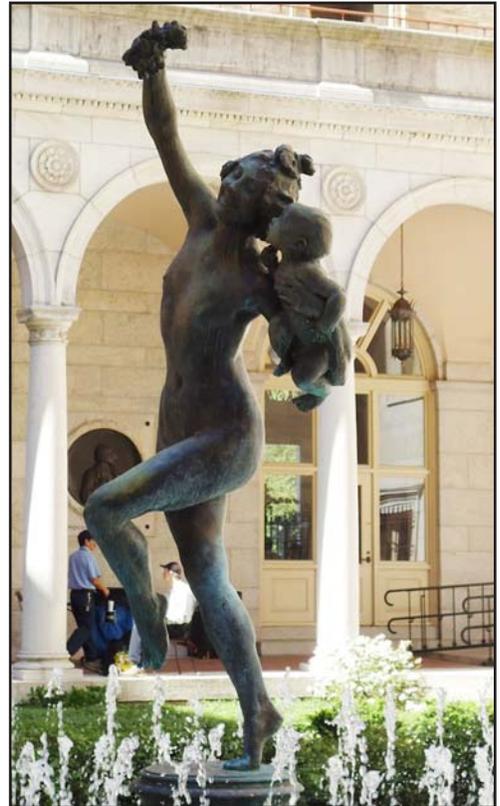
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CHECK OUT www.AfterFiftyLiving.com (AFL)

The premier web site for the 50-plus market, AFL addresses major areas of interest, including: health and fitness, finance, careers, lifestyle, companionship, active-living, and senior-living, including a custom-built senior housing searchable database. The site's Social Center is its community hub, with opportunities for making friends, having conversations, sharing ideas and more.

“Love ‘n Life”, featured on the home page, provides opportunities for Boomers to get advice from the AFL community on relationship-related issues. This will be linked to the Companionship section.

A poll on a relevant question is offered in each major section, thereby gathering the pulse of this generation with up-to-date results.

“Ask the Pro” features a pool of professional talent who will answer the real questions of real people. In the near future, a “Concierge” will be available, providing seamless, silk-gloved service for a user-friendly experience.

Founder and Baby Boomer Jo-Anne Lema, MBA, EdD, gave the site what she calls a blended Walmart / Nordstrom Model: “one-stop-shopping” with “high touch customer care”.

Book Review:
**Ten Thousand Joys &
Ten Thousand Sorrows**

By: Olivia Ames Hoblitzelle

Olivia Ames Hoblitzelle has endured the struggles of caring for a loved one with Alzheimer's, but rather than let the disease consume and define this phase of her life, she chose to take a more proactive approach. She and her husband Harrison (known as Hob) made a pact upon his Alzheimer's diagnosis to negotiate his illness consciously and lovingly, anchored by their Buddhist practices.

This book shares that intimate account of their journey. In detailing the final phase of their marriage, Hoblitzelle explains how the couple's unique approach provided them with extraordinary peace, comfort, and courage.

This is a book that would be interesting to anyone. It is written in a way that is very easy to read and engaging. You can almost feel Olivia's quiet calm emanating from the page.

Important lessons from their journey are highlighted in the reflections and suggestions sections at the close of each chapter. These sections are certain to be a valuable guide for those impacted by this disease.

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Healthy Recipes

Chicken Cassoulet

Ingredients:

- 1 15-ounce can white beans, rinsed
- 1 teaspoon extra-virgin olive oil
- 6 ounces boneless, skinless chicken thighs, trimmed of fat and cut into 1 1/2-inch chunks
- 1 small onion, chopped
- 2 cloves garlic, roughly chopped
- 1/4 cup plus 1 tablespoon water, divided
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon dried thyme
- 1/4 teaspoon freshly ground pepper
- 1/4 cup dry white wine
- 1/4 cup reduced-sodium chicken broth, (see Tips for Two)
- 3 ounces low-fat turkey kielbasa, sliced into 1/2-inch pieces
- 1/4 cup Toasted Breadcrumbs, (see Note)

Preparation:

1. Place 1/4 cup beans in a small bowl and mash roughly with the back of a fork or a potato masher. Add the remaining beans to the bowl.

2. Heat oil in a large skillet over medium heat. Add chicken in a single layer. Cook, turning once, until browned on both sides, 2 to 3 minutes per side. Transfer to a plate and cover with foil to keep warm.
3. Add onion and garlic to the pan. Cook, stirring, until fragrant, about 1 minute. Add 1 tablespoon water. Cover and cook, stirring occasionally, until the onion is softened and browned, about 4 minutes. Add rosemary, thyme and pepper. Cook, stirring, until fragrant, about 30 seconds. Add wine; increase heat to high. Cook, stirring with a wooden spoon to scrape up any browned bits, until the wine has reduced by about half, 30 seconds to 1 minute. Add broth, the remaining 1/4 cup water, kielbasa, the beans and chicken; bring to a boil. Reduce heat to a simmer, cover and cook until the chicken is cooked through, 3 to 5 minutes. Serve topped with Toasted Breadcrumbs.

Serves: 2



Chicken Noodle Soup with Dill

Ingredients:

- 10 cups reduced-sodium chicken broth
- 3 medium carrots, diced
- 1 large stalk celery, diced
- 3 tablespoons minced fresh ginger
- 6 cloves garlic, minced
- 4 ounces whole-wheat egg noodles, (3 cups)
- 4 cups shredded cooked skinless chicken breast, (about 1 pound; see Tip)
- 3 tablespoons chopped fresh dill
- 1 tablespoon lemon juice, or to taste

Preparation:

1. Bring broth to a boil in a Dutch oven. Add carrots, celery, ginger and garlic; cook, uncovered, over medium heat until vegetables are just tender, about 20 minutes.
2. Add noodles and chicken; simmer until the noodles are just tender, 8 to 10 minutes. Stir in dill and lemon juice.

Serves: 6, about cups



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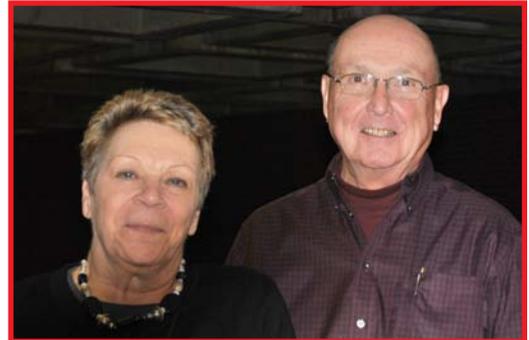
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Holiday Health Fair



Veronica B. Smith Holiday Luncheon



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from

Mayor Thomas M. Menino

& The Elderly Commission



*Live and work but do not forget to play,
to have fun in life and really enjoy it.”*

- Eileen Caddy