

Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

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

Email articles and comments to
Bostonseniority@cityofboston.gov

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Thomas M. Menino, Mayor

Martha Rios

Tula Mahl

Editors

Eileen O'Connor

Photographer

City Hall Plaza-Room 271

Boston, MA 02201

(617) 635-4366

www.cityofboston.gov/elderly

Karine Querido, Chief of Staff

Tula Mahl

Deputy Commissioner

Communication & Policy

Melissa Carlson

Deputy Commissioner

Advocacy & Planning

Michael Killoran

Deputy Commissioner

Transportation

Francis Thomas

Deputy Commissioner

Administration & Finance

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Mayor's Spotlight



Mayor Menino Awards \$650,000 Through Partners with Non-Profits Program

In February, Mayor Thomas M. Menino celebrated the City's Partners with Non-Profits (PNP) program, awarding 48 human service non-profit organizations from around Boston a total of \$650,000 in grant funding to be used for public facility upgrades and on-site physical improvements. This year's awards will leverage a projected total cost of approximately \$2 million, and will benefit social service organizations, youth and recreation centers, several YMCA and Boys and Girls Club neighborhood branches, as well as health centers, among many other non-profits.

"For more than 20 years, Partners with Non-Profits has directly invested in dozens of organizations that invest so deeply in the people of Boston. Their commitment to the neighborhoods helps make our city so strong," Mayor Menino said. "This program is a small but important tool that we have to ensure that these programs and services are made available to the community for years to come."

Since 1995, the Partners with Non-Profits program, operated by the City's Department of Neighborhood Development

(DND), has awarded more than \$10 million in grants to neighborhood non-profits. The program provides funding of up to \$25,000 for capital improvements, such as handicap accessibility upgrades, code repairs, or other infrastructure renovations, to neighborhood-based non-profit organizations through a competitive Request for Proposals process. Grants are made possible by the City's Community Development Block Grant (CDBG) funding from the U.S. Department of Housing and Urban Development (HUD).

The following groups were awarded 2010 Partners with Non-Profits grants by DND's Office of Business Development:

- Asian American Civic Association
- Asian Task Force Against Domestic Violence
- Boston Asian Youth Essential Service
- Boston Hamilton House
- Boys & Girls Clubs of Boston – Blue Hill Club, Charlestown Club, and South Boston Club
- Boys & Girls Clubs of Dorchester
- Casa Nueva Vida, Inc.
- Center Makor
- Codman Square Health Center
- COMPASS, Inc.
- Crittenton Women's Union, Inc.
- Crossroads Family Shelter
- The Dimock Center

The Dorchester Historical Society
Dudley Economic Empowerment Partners,
Inc.
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Edgar P. Benjamin Healthcare Center
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Gavin Foundation, Inc.
Grealish Boxing Club
Hyde Park Art Association
Inquilinos Boricuas en Accion
The Italian Home for Children
The Jamaica Plain Tuesday Club, Inc.
The Kennedy Center
Kwong Kow Chinese School
MassCOSH
Metro Boston Alive, Inc.
Mujeres Unidas en Accion
The National Center for Afro-American Artists

Neighborhood Involvement for Children's
Education, Inc.
Paraclete Foundation
Project Hope
Project Place
South Boston Neighborhood House
Sportsmen's Tennis Club
St. Francis House
St. Mary's Center for Women and Children
Victory Programs
Vine Street Community Center
Wesley Child Care Center
West End House Boys & Girls Club of
Allston/Brighton
WORK, Inc.
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SCP Volunteer Highlight:

Shirley Turner

By: Kerrin Gibbs

Shirley Turner was born and raised in Lake Charles, Louisiana and traveled to Boston in June of 1963 where she dwelled in the South End. Three years ago, after having retired from her job, Shirley was referred to the Senior Companion Program by her sister and has been volunteering ever since.

Shirley carries out her volunteer work at the Kit Clark Service Center located in Dorchester, MA. Kit Clark has been providing the elders of Boston an independent lifestyle since 1974. Like many of the Senior Companions, Shirley devotes herself to five seniors. They all conveniently reside in the Dorchester area. Shirley provides assistance with anything her seniors may need. She escorts them to medical appointments, provides transportation, plays game, helps with business forms, or simply spends quality time with them at their homes. When asked what her favorite thing to do with her seniors, Shirley responded, “I like to discuss things with them. Sometimes, they just need people to listen.”

Although all of her experiences as a Senior Companion are inspiring and memorable, Shirley says her most



memorable experience was a field trip to the Swan Boats in the Boston Public Garden with her clients. This was a great experience and opportunity for her to bond with her seniors.

Like all of the Senior Companions, Shirley Turner truly loves helping out and plans to do so for as long as she possibly can. She loves the Senior Companion Program and says it has given her opportunities to learn a lot of new things. When asked to give two words that would best describe her experience as a Senior Companion, Shirley responded, “Enjoyable and Rewarding”.





RSVP Boston

By: Anique Langlois

Volunteering at the State House

After retiring as elementary school teachers, longtime friends Maryann Hichar and Ruth Fisher became Doric Docent volunteers at the Massachusetts State House on Beacon Hill. In February 2011, I had the opportunity to hear about their experiences as Boston RSVP volunteers and learned that giving tours as a Doric Docent is a truly unique and exciting opportunity. For 39 years, Ruth taught 6th grade Language Arts and Social Studies in Malden. Every year, she took her students on a field trip to the State House, where she met a Docent who got her interested in volunteering. Ruth started volunteering once she retired and is now in her 6th year of volunteering.

Maryann, who taught for 42 years, spent her first 4 years of teaching in several Massachusetts communities and Europe before returning to Melrose for 38 years as a second grade teacher. She became interested in volunteering in 2008. They both enjoy volunteering at the State House because they get to meet interesting people every day and are always learning.

Ruth and Maryann explained to me that becoming a Docent does not happen overnight. It requires research and weeks of preparation. Maryann showed me a large stack of index cards that all new volunteers receive when they first begin training, and each Docent has to write his or her own script for their tours. Trainees shadow other

Docents on tours until they feel comfortable enough to give a tour of their own. The final test for trainees is to give their tour of the State House to Mary Rinehart, the head of the Volunteer Department. Although they have both been Docents for years, Ruth and Maryann continue learning and picking up interesting facts about the State House. Docents learn from one another, through research, and sometimes even from their visitors. Because of this, each Docent gives a unique tour, slightly different from the others.

One monument that visitors learn about on the tour is the statue of General Joseph Hooker, (which stands on the South Lawn of the State House). Maryann and Ruth explained that its sculptor, Daniel Chester French (who also sculpted the Lincoln Memorial statue in Washington, D.C.), would only sculpt people. Edward C. Potter was the sculptor of the horse that General Hooker is riding and he collaborated with Mr. French on the creation of this statue.

In her tour, Ruth talks about the replica of a slab from the graveyard of the Washington family estate called Sulgrave Manor in Oxon, England (George Washington's ancestral home). In one of Ruth's tours was an elderly woman visiting Boston from an area near Sulgrave. After giving the tour, Ruth invited her to go up to the 4th floor coffee shop to sit and have a spot

of tea. During their tea, the woman was so appreciative that she took down Ruth's name and address and later mailed her a note to thank her for the tea, along with a book about Sulgrave. Ruth now had a resource that none of the other Docents had and could use it to add to her comments about Sulgrave.

Maryann went on to tell me about an interesting tour group that she met while giving a tour last year. There were about 15 or 20 men (a few of them retired) who would get together once a month to go on a "field trip". They told her that the group started out with only a couple of friends getting together to take interesting little trips every month, but then friends of the

original group started coming along. Then as more friends were interested in going, the group grew! For that trip, they had decided to go to the State House, and the next month they told Maryann they were going to a manufacturing plant that also gave tours.

On Governor Patrick's 2nd day in office, he was stopping to greet a few of the State House visitors. One woman in Ruth's tour asked if they could have their picture taken with him, and Ruth helped out by taking the photos. Then the woman insisted that Ruth have her photo taken with the Governor. Not only did the woman mail the photo to Ruth, she had it blown up, and now Ruth has a wonderful photo with Governor Patrick from that day.

Ruth and Maryann talked about some of the visitors to the State House being school groups, but there are also a significant number of tourists from Canada, Asia, Australia, South America, and Europe. Many tend to visit in the fall to see the foliage. Ruth mentioned that she loves giving tours to this demographic because they are very interested in learning about everything in the State House, and have many interesting questions.

If you are interested in taking a tour of the State House with Maryann or Ruth, they volunteer every Friday until noon, from September to June. If you would like to learn about becoming a Doric Docent, contact Anique Langlois, Administrative Assistant for the RSVP at 617-635-3988.



Ruth and Maryann at the State House.

Follow a Style Icon's Lead to be Fashion Forward at Any Age

Stylist, Jackie Conlin, gives her expert advice on how to acquire the chic, elegant, and effortless look of Lauren Hutton

At 67 years old, actress and model, Lauren Hutton is still a thriving style icon. She has that particular elegance and grace that radiates through her fashion sense.

Hutton once said, “Fashion is what you are offered four times a year by designers and style is what you choose.”

San Francisco style consultant and fashion expert, Jackie Conlin, agrees with Hutton’s philosophy and provides five simple tips for achieving this type of classic, effortless style.

1. Embrace what makes you look unique! “Hutton never fixed the gap in her teeth – her self-acceptance became cultural acceptance. Find something about yourself that makes you stand out. Embrace that feature, as it is beautiful for its uniqueness. Beauty marks, freckles, and curly hair can all be something that sets you apart from every other woman in the room.”

2. Wear tailored clothing. “Fussy/frilly clothing tends to look “sloppy” as we get older. Tailored clothing provides structure to help create a proportional silhouette. You can draw attention towards your best assets through proper tailoring. Invest to ensure that your core wardrobe fits your figure impeccably. You will be able to create multiple looks combining those timeless pieces with the latest “in fashion” accessories to achieve a current polished look.

3. Invest in good basics. Conlin says, “These are must-haves for any woman’s closet... black trouser, dark wash jean, charcoal pencil skirt, versatile separates jacket, white blouse, black two-inch belt for waist, V-neck cashmere sweater in a flattering color, white t-shirt, neutral colored mid-weight trench, printed scarf, black ankle boots, and black mid-heeled pumps with a soft point.”

4. Exude confidence and femininity. Self-confidence is the finishing touch for any look. Femininity is about showing off your creative, passionate side. Hutton is not afraid of being noticed. The older women get, the more we see them covering themselves up. The best look we can carry is a confident, positive attitude. “Be proud and confident in who you have become as a woman, and don’t be afraid to show off your defining qualities,” adds Conlin.

5. Keep it simple. Known for her natural beauty, Hutton always looks like she pulled herself together effortlessly. Referring to the modeling industry, Hutton said, "I think I made it more natural, as I used less makeup. The makeup was very heavy in those days and I looked bad in a lot of makeup." Being more natural by using less makeup keeps her look authentic.

Following these five tips will give a more elegant-chic look at any age that will never go out of style.

About Jackie Conlin

Jackie Conlin is a professional image consultant, teaching men and women alike how to develop and maintain their authentic personal style. She taps into each client's potential and guides them through a process to help them put their best look forward. She understands the importance of looking good and how that directly relates to a positive self image. Having a positive self image can give you the boost you need to go after life's opportunities and your dreams.

Jackie transitioned from a successful retail career, including being an in-house personal shopper for Saks Fifth Avenue, to owning and operating one of the most highly regarded Image Consulting Companies in the Bay Area. She has distinguished herself in the industry for nearly a decade and has an extensive, diverse clientele.

Her clients range from busy professionals, harried moms, dating singles, recent graduates, etc...they come from all walks

of life, represent all sizes and age groups. Though diverse, her clients have one thing in common; they have decided to make a personal investment in themselves and in their appearance because they realize the value it can add to their lives. "Whether we like it or not, people make assumptions about us based on how we look. It is important that the way we look represents who we are inside. It is my job to help the outside agree with the inside... the passions, the spirit, and the essence."

More information on Jackie can be found at: www.jackieconlin.com



Jackie Conlin

Art In Many Forms

By: John H. O'Neill III

“It is important that people express themselves” said Jennifer Honan, who is affiliated with the Boston Conservatory of Music. Honan trains aspiring vocalists. Art has been appreciated throughout time.

“There are different types of art” according to Brian Roach, teacher turned artist. Roach has done paintings of some well known Boston locations. Quincy Market is an example of a historical site which Roach has painted.

We are constantly learning new forms of art. For instance, computer generated art is popular today. Ceramics is a form of art which I have learned recently. The molding of clay has occurred for thousands of years. The process begins with a mound of clay. By rolling, shaping, painting, and glazing, clay can take the form of vases, bowls, and plates, to name a few items. There are workshops for ceramics offered in most Community Adult Education Programs. Seniors are given the added opportunity to study the arts through programs offered during the day. Socializing and learning a new activity makes for an enjoyable time.



Painting by: *Brian Roach*

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For more information on program eligibility or how we can help seniors in your community, please contact ABCD Financial Futures Initiative

Angelina Camacho
617.348.6586

Don Chadis
617.348.6588

Email: Communityresource@bostonabcd.org

Web: www.bostonabcd.org



Common Age-Related Pains

Remember when you were younger? You don't remember ever having an ache or pain, constipation, insomnia, not hearing very well and the list can go on for a while!!

Today, every bone seems to hurt, stomach upset from fried foods. Everyone seems to annoy you and headaches that put you to bed.

As we age, the small pains can grow into large pains. Is it normal pain or should we see a doctor?

Headaches:

Everyone gets an occasional headache. According to the National Headache Foundation, 90% are stress, tension headaches. A few common headache causes are: not everyone likes getting older, not enough money, loneliness and failing health.

Headaches can also be a sign of more serious conditions: Hypertension, vascular and circulatory problems and side effects because of a reaction to prescription medicines.

When should you see your doctor? Make an appointment to see your doctor when your headaches don't seem to be going away. Sometimes, one serious

headache is enough to call your doctor and let him/her decide what type of headache you are having and the best treatment for you.

Joint Pain:

Osteoarthritis is a wear and tear injury that develops in overused bones and joints. Shoulders, knees, hands hips and feet are the most common sites. The National Institutes of Health state that the repeated impact eventually thins or wears away the cartilage that cushions the ends of the bones in the joint resulting in "bone against bone". The joint is then less flexible, bone spurs can develop and the joint swells. You may notice the first symptoms are after exercise or after you have not moved for a while, like sleeping or sitting in a chair. Treatment: medication to treat pain and swelling, exercise, physical therapy, joint splints. For more serious treatment of serious damaged larger joints (hips and knees), joint replacement surgery is recommended.

Back Pain:

Lifting, bending and twisting can result in pain in the back. Low back muscles tense and tighten in response to irritated bones and nerves. Arthritis in the back is common, sciatica-the sciatic nerve runs down from the spine, through the

buttocks and down the legs. As the spinal discs deteriorate, sciatic nerves can become irritated. Sciatica pain can cause you to “stop in your tracks” and it can be very, very painful. Treatment: strength and flexibility exercises may be more effective than medication and surgery as a last resort. A doctor who specializes in pain treatment, may recommend chiropractic treatment, massage and acupuncture.

Gastrointestinal Pain:

Indigestion, heartburn and stomach aches occur as we get older. Doctors recommend a healthy diet with plenty

of fluids, fruits, vegetables, walking and exercise. Many medicines can cause diarrhea or constipation. You may not be able to digest your food as well as you used to a few years ago. Read the patient information sheet that comes with all medications.

How to improve your quality of life?

Work closely with your doctor and be sure to tell your doctor what is bothering you. A simple ache or pain to you could actually be the start of a more serious condition. It is best to catch a problem in its earliest stages when it is easier to treat.



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The Search Begins in Massachusetts for America's *Outstanding Oldest Worker*

Nominations now are being accepted in the search for America's Outstanding Oldest Worker for 2011. Sponsored by Experience Works, the search is part of a national effort to raise awareness about the contributions older individuals make in today's workplace and to break down barriers often associated with their employment. Experience Works operates the Senior Community Service Employment Program (SCSEP), which is funded by the U.S. Department of Labor to provide skills training, work experience, and community service opportunities for low-income older workers.

America's Outstanding Oldest Worker nominees must be 100 years of age or older, currently employed, working at least 20 hours each week for pay and involved in his or her community. Additional information, including the nomination form, is available at www.experienceworks.org. The deadline for nominations is April 15, 2011.

"Experience Works is proud to sponsor the search for America's Outstanding Oldest Worker," said Billy Wooten, executive director of program operations for Experience Works. "We believe that people who are productive and active throughout their lives will have better health, increased longevity and a more positive impact on their communities."

Last year's honorees were 104-year-old Emilio Navarro of Ponce Puerto Rico and 101-year-old Sally Gordon of Lincoln, Neb.

The last surviving member of the Negro American League, Mr. Navarro is considered the world's oldest former baseball player, softball player and coach. Known by the nickname Millito, he has been inducted in the Puerto Rican Baseball Hall of Fame and the Puerto Rican Sports Hall of Fame. He currently works as the comptroller for a company that he founded after his baseball career, Schuffley Alley, which distributes gaming machines.

The first female sergeant-at-arms for Nebraska, Ms. Gordon continues to serve the state's legislators. With an employment history that spans 84 years, she has worked for three of Nebraska's governors and several other government agencies. Her experience also includes court reporting, advertising, retail work and professional modeling – a career she began at age 56.

Formerly known as Green Thumb, Experience Works is a national nonprofit organization whose mission is to improve the lives of low-income older people through employment, community service, and training. Individuals who would like more information about Experience Works job programs should visit www.experienceworks.org or call 866-397-9757.

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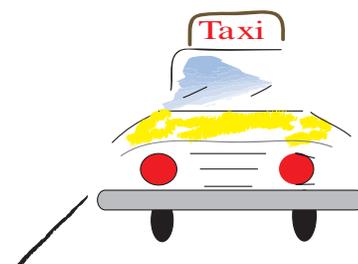
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STOPPING MEDICARE WASTE, FRAUD, AND ABUSE

By: Ron Pollack, Executive Director,
Families USA

Did you hear about the case last year of the Houston doctor and medical equipment provider who billed Medicare more than \$1 million for wheelchairs and other medical equipment that patients didn't even want? Sometimes this equipment is delivered to the door of a person who is surprised to see it and can't get it taken away! What about the home health care agencies in Michigan that defrauded Medicare of almost \$3 million by billing for home health services that were not needed or were never provided? We all agree these kinds of scams need to be stopped. Waste, fraud, and abuse cost Medicare millions of dollars each year, and these costs are passed on to everyone—beneficiaries and taxpayers.

There is good news. Recent efforts by the Centers for Medicare and Medicaid Services (CMS)—the agency that administers Medicare—resulted in the recovery of almost \$3 billion for Medicare in 2009. And CMS continues to do more.

To build on this success, the Affordable Care Act (the new health care law), provides CMS, the Department of

Justice, and other relevant agencies an additional \$350 million to hire more investigators to root out waste, fraud, and abuse. This is a good investment that will save Medicare an estimated \$5 billion over the next 10 years.

The new law goes further. It creates new rules that will help prevent trouble in the first place. Stricter screenings of health care providers, like background checks and site visits, will help ensure that “fraudsters” never become part of Medicare. Any providers that do commit Medicare fraud will face harsher fines and penalties than they did before.

You have a part to play, too. Have you or a friend ever been given the same test twice with no good explanation from a doctor? Or been offered free medical supplies in exchange for your Medicare number? Sometimes it's just an honest mistake—but sometimes something more sinister is going on.

One of the most important things you can do is to protect your personal information. Never provide your Medicare number to anyone but your health care providers. If someone offers you free medical supplies or services and then asks for your Medicare number, do not give it to him or her. If what they are offering is free, they do not need your Medicare number. Medicare will never call or visit you to sell you something.

If someone calls to sell you anything and says he's from Medicare, tell him no thanks! Then report what happened to the U.S. Department of Health and Human Services at 1-800-HHS-TIPS (800-447-8477) or by email to HHSTips@oig.hhs.gov.

You should also check your Medicare Summary Notices and Explanation of Benefits. These are documents you receive from Medicare, your Medicare Advantage plan, or your prescription drug plan that explain what services or medications you have received. If a service is listed that you did not receive, if the dates listed are wrong, or if you do not recognize the name of the health care provider, contact your health care provider or plan. There may be a simple mistake. But if you need more help, you can contact the volunteers at the Senior Medicare Patrol (www.smpresource.org or 877-808-2468). Finally, don't be afraid to report a problem to the U.S. Department of Health and Human Services.

Medicare's renewed emphasis on preventing waste, fraud and abuse, along with the new tools in the health care law, are encouraging signs.

If all of us commit to do our part, together we can help make sure Medicare has the resources it needs to continue to serve us, and our children, for many years to come.

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The Elderly Commission Seniors are you eligible?

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Living Life Well: Defying Gravity...

By: Dr. Julia Byers, LMHC, ATR-BC

OK. Here is the fat and skinny on aging. If your head is the North Pole and your feet are the South Pole, we all know the Northern Hemisphere is drifting toward the equator and the equator is expanding! What can we do to defy this natural force of gravity?

I have been extremely fortunate to find work for over 35 years that makes me feel alive. Expressive art therapy is still a relatively new field (since the 1940s) but growing ever stronger as our population grows and ages. Somehow, when life gets complicated, we tend to forget how art, music, dance, theater, photography, writing, storytelling, poetry, and play can come into our lives and nurture us through the many ups and downs.

I've done a lot of thinking about what it really means to live life well, and I have a few thoughts on how expressiveness in life can result in positive growth and improved mental health at any age. For instance, as an aging Baby Boomer with a parent in the "golden years," I have been thinking it is time to make use of the tool of "looking up to" others who have made a difference in my life and

tell the story of what each has given me. That's a great phrase—when you "look up to" someone.

The first such person I think is of my father, Wally. When I was a teenager, he became blind for three months due to a freak accident with a can of lighter fluid that caused four degree burns on his face. "I guess I'm not supposed to see outward right now," he told me, so he looked inward. At any age, we can choose to let gravity pull us down or we can draw energy from the people we look up to and see that life is worth living beyond aches, pains, worry, and the struggles of life.

We Baby Boomers (as well as our parents) are not going to be content rocking in chairs in expensive nursing homes. For many, we will want to "rock on."

Dr. Julia Byers, LMHC, ATR-BC is currently the Art Therapy Coordinator and Co-Coordinator of Play Therapy Certificate at Lesley University, in Cambridge MA. Julia has lectured and provided workshops using expressive therapies in over fourteen different countries.

“Acceptance: IT JUST IS!”

“Don’t Retire, Inspire”

By Augusta Alban



On a recent show I felt privileged to be engaged in a conversation with my guest, Sushi Bhatia, Ph. D. Executive-in-Residence, Institute for Executive Education and Lifelong Learning. Professor Bhatia is the founder of the Laughing Clubs of America and has completed books “Laughing Your Way to Fitness with Yoga and Meditation (and that’s no joke).” And “Laughing is a serious matter”.

Not wanting to waste a single minute of airtime I got right into the stress of today living. Budget woes, economic crunches, limits and restrictions of all kinds have become a way of life for a great many of us. Sometimes I become so frustrated thinking about the way life has changed. I remember, “The way things used to be,” if I let myself I become very angry.

Proffer Bhatia smiled and said, “May I make a suggestion?”

“Please do!” was my quick response.

“I suggest you try and change your way of thinking,” he said.

So Professor Bhatia “I should just try to make everything better with a positive attitude”? His approach totally surprised me!

“Trying to make everything into a positive thought is very stressful and totally unnecessary way of living.”

Professor what are you telling me; I should be thinking negative thoughts?

Absolutely not! I am suggesting it does not have to be a positive or a negative, “IT JUST IS.” Learn to be more open, you don’t have to make judgments about everything, try to accept things the way they are. Such things as weather, finances and other people’s opinions should not in any way limit our thoughts. The weather is the weather, not bad or good, “IT JUST IS”.

“I can accept that,” I said, “So what do I do now?”

“What do you want to do” he asked?

“I want to go away, take a short trip, get out of the city but my funds are low”, I said.

“Your budget may be restricted but your brain is not restricted. The brain stores everything that has ever happened to you. If you sit quietly and remember a wonderful visit you had with a dear friend, it will all come back to you and it will bring you great pleasure, you can take a short trip without the cost”

Well, a pleasurable trip without spending a dime, why not try the professor’s suggestion.

I sat quietly and focused on my old friend

June, who by choice had lived for many years on Cape Cod. She was a single parent wanting a safe environment in which to bring up her two young boys. The house she found in which to raise her family was an expanded summer cottage on a huge corner lot it was close to good schools and the sea shore. In one corner of the large family room she even found enough space to house her growing computer repair business. The area couldn't have been more perfect; somehow she collected a down payment and bought it.

Managing a new business and raising two growing boys added to her stress, June took up running as a cost free quick fix answer to the problem. Exploring the beauty of the cape on her runs, she decided to share these discoveries by inviting her friends on walking tours. With the responsibility of children uppermost in her mind, she mapped out her many running and walking routes with the exact time of each so as to know exactly how long she'd be gone.

June had invited me down for the weekend; I arrived late on Friday so we could get an early start Saturday morning. I awoke early to the smell of freshly brewing coffee. The front porch swing was the perfect place to enjoy fresh air and fresh coffee. Where would you like to walk today and for how long, she asked me? How about a medium-long best vista walk, I said. You got it, was her answer.

From the start I was extremely impressed with my guide. Like the rest of her life, she had mapped out trails to see the best of the Cape and to avoid the crowds and hubbub of the many tourists. We passed over a quaint old bridge that gave way to a lush, picturesque view of a marsh-like waterway leading to the sea. A few summer cottages dotted the water's edge; I was instructed by my guide just to "just over look them, if you can" June was right; it made the view so much better. We continued our journey to a deserted beach where we found the most impressive growth of caramel colored sea oats, bordered by lush, waist-high yellow-green eelgrass. I regretted not having a camera of any kind.

The reluctant sun had chosen seclusion that morning, resulting in an overcast sky which enhanced the beauty of our surroundings. The considerate sea encoded the sky by reflecting the overall bluish-gray color palette—a picture to remember. We passed a huge oak tree whose low hanging branches provided shade for some farmer's abundant vegetable stand. On one corner of the stand was a small tin box, taped to the lid was a sign that trustingly read, "Make your own change." It gave me warm feeling to know that that some things have not changed.

Continuing on another block or so, we came across an abundant field of white Queen Anne's lace in which stood three

white boxes—unmistakably beehives. My gratitude to the wonderful farmer for maintaining those hives and producing wildflower honey for me to eat! The sun was just starting to find the sky; I started to feel the heat of the August day.

“We’re just about home,” June said. “However, being the wonderful guide that I am, I have saved the best for last.”

Just then the ground near the sidewalk’s edge dropped off dramatically resulting in a steep downward slope ending in a very large garden. At first glance I was taken aback by how disheveled this property looked. After all, according to my guide, this was to be the best view of the day. I stepped backwards to get a better look. What had I missed?

“You need to look with your heart,” my friend suggested.

“Oh, just how do I do that, I asked?” She replied, “Do not make judgments, just accept it.” This was the same thing the professor was saying. Don’t say this is good or this is bad, just accept it as it is and delight in the moment.

The second time I looked with my heart. What a remarkable difference! The lines of this gentle garden were soft and natural. It conveyed a profound quiet elegance I had overlooked before. Flourishing plants and flowers of many varieties were growing as if they had chosen where they wanted to grow;

great pride prevailed in this garden. The garden was respectful of its uniqueness, and its ability to be open to all living things in it. There was a certainty the owner was not far away. The garden had the ability to laugh at itself, it knew life is short, that nothing lasted forever - enjoy the moment it seemed to say. This garden is remarkable I told my guide and a most considerate teacher I thought.

We stood quietly for a very long moment, and then continued the walk to the corner of the property where the land now greeted the sidewalk once again. Broken pieces of slate—stepping-stones revealed a short pathway leading to a hidden green cottage door. I suspected the green color of the door had been chosen by designed to camouflage the entrance from the street close by. Charming! I stood very still hoping to absorb the rapture of this serene place; I felt tranquility and peace. Wishing to remember all that I had seen, I carefully placed a visual frame around this landscape. Somewhere deep inside of all of us we have a special place to store such memories for future use.

We paused another moment, and then started walking. Just then a blue jay flew by landing on something that had fallen over in the high grass. My curiosity got the better of me, upon closer inspection I found a much worn yard sign. Although weathered by many seasons, it still captivated me. The hand

painted letters on the sign followed a circular design. The artist's choice of bright metallic golden-yellow paint on a dark blue background was superb. The sign in all caps clearly read "GARDENS OF SUNSHINE." I smiled. The words then came to me: all that we are is all that we think about!

This sensitive garden had presented me with so many gifts. Somehow it knew I had gotten the picture...and the lesson. As with all truly great art, this picture framed in my memory needed a title. Now it had an unforgettable one—a name I could easily recall whenever I needed to do so. Whenever I lose my way and goals start to fade—and sometimes they do—I know I need only look within my heart and in an instant my glorious "GARDENS OF SUNSHINE" reappear like the magic of that summer day.

The day was the same but I wasn't. I had taken a lovely journey. Pulling up pictures in my mind was better than an online photo gallery; at least it was for me. I can still feel the warmth of that day and hear my friend's wonderful laughter. The professor's words came back to me.....such things as weather, finances and others people's opinions should not in any way limit our thoughts. No matter what we are doing or not doing, true rest happened when we take a rest from ourselves.

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Healthy Recipes

Quick Vegetable Sauté

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 small shallot, minced
- 4 cups mixed frozen vegetables, such as corn, carrots and green beans
- 1/2 teaspoon dried dill or tarragon
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Preparation:

1. Heat oil in a large skillet over medium heat. Add shallot and cook, stirring, until softened, about 1 minute. Stir in frozen vegetables. Cover and cook, stirring occasionally, until the vegetables are tender, 4 to 6 minutes. Stir in dill (or tarragon), salt and pepper.



Serves: 4, 3/4 cup each

Cod with Tomato Cream Sauce

Ingredients:

- 8-10 ounces Pacific cod (see Note) or tilapia fillets, cut into 2 pieces
- 1 1/2 teaspoons chopped fresh thyme, divided
- 1/4 teaspoon salt, divided
- 1/8 teaspoon freshly ground pepper
- 1 1/2 teaspoons extra-virgin olive oil
- 1/2 shallot, chopped
- 1 clove garlic, minced
- 6 tablespoons white wine
- 1 cup canned diced tomatoes
- 2 tablespoons heavy cream or half-and-half
- 1/4 teaspoon cornstarch

Preparation:

1. Season fish with 1/2 teaspoon thyme, 1/8 teaspoon salt and pepper. Heat oil in a medium skillet over medium heat. Add shallot, garlic and 1/2 teaspoon thyme; cook, stirring, until beginning to soften, about 1 minute. Add wine, tomatoes and the fish to the pan; bring to a simmer. Cover and cook until the fish is cooked through, 4 to 6 minutes. Transfer the fish to a plate; keep warm.

2. Whisk cream and cornstarch in a small bowl. Add to the pan, along with the remaining 1/2 teaspoon thyme and 1/8 teaspoon salt. Cook, stirring, for 1 minute. Divide the fish and sauce among 2 shallow bowls.



Serves: 2

Tortellini Primavera

Ingredients:

- 1 14-ounce can vegetable broth or reduced-sodium chicken broth
- 2 tablespoons all-purpose flour
- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, sliced
- 1 cup shredded fontina cheese or 3/4 cup shredded Parmesan cheese
- 1 tablespoon chopped fresh tarragon, dill or chives or 1 teaspoon dried tarragon
- 1/8 teaspoon salt
- 4 cups chopped vegetables, such as broccoli, carrots and snap peas, or 16-ounce bag frozen mixed vegetables
- 1 16-ounce package frozen cheese tortellini



Preparation:

1. Put a large pot of water on to boil.
2. Meanwhile, whisk broth and flour in a small bowl. Heat oil in a large skillet over medium heat. Add garlic and cook, stirring, until just beginning to brown, 1 to 2 minutes. Add the broth mixture to the pan, bring to a boil and cook, stirring occasionally, until the sauce is thick enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in cheese, tarragon (or dill or chives) and salt.
3. Add vegetables and tortellini to the boiling water; return the water to a simmer and cook until the vegetables and tortellini are tender, 3 to 5 minutes. Drain; add to the pan with the sauce and stir to coat.

Serves: 5, 1 1/4 cup each

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Save Energy, Save Money

Thomas M. Menino, Mayor

Community Tax Aid of Boston Provides Free Tax Assistance for 30th Year

Starting February 1, for the 30th year, Community Tax Aid of Boston (CTA) will serve Boston's low-income population with free tax preparation services at 5 locations around the city. CTA president Mary Dill describes the services provided; "We aim to assist as many people as possible in benefiting from the tax law. Particularly we aim to help the working poor in tapping into the tax credit programs designed to help them."

Over the past 30 years, hundreds of CTA Volunteers

have assisted thousands of taxpayers to make sense of their needs. Primarily located in community centers, and providing service on evenings and weekends, CTA of Boston has become a fixture in many of the neighborhoods it serves. Each year CTA opens shop during the first week of February and provides service through March, assisting many in tapping into unexpected resources through such programs as the Earned Income Tax Credit, No Tax status, child care credit/deduction and credit for the elderly. The non-profit organization was founded by Rick Siegrist and a group of his classmates at Harvard Business School. In the years since, similar programs have been established in other cities by alumni of CTA.

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Training for CTA volunteers is led by Northeastern University Tax Professor Timothy Rupert. He has developed a three-hour intensive course for new and returning volunteers designed to meet the specific tax needs of the population served by CTA. Volunteers do not need to have backgrounds in taxation, just a willingness to commit to volunteering weekly in the program and to attend the training. Managers staff each site and address the tough questions that arise. "Probably 95% of the taxes we prepare are fairly predictable, yet lack of familiarity with the forms and language barriers make them difficult for our clients to navigate," says Charlestown CTA Center manager, Elizabeth Brodbine Ghoniem.

To be eligible for services individuals need to have incomes below \$35,000 and families have incomes below \$45,000. Clients bring W-2's, bank statements and prior year taxes, if available. Clients are served at sites on a first come, first serve basis.

Tax preparation sites are in neighborhoods throughout Boston including Allston, Charlestown, Dorchester, Roxbury, and the South End. For more information on volunteering or on free tax preparation, please email us at ctaboston@accountant.com or visit our website at www.ctaboston.org.

Cambridge Community Advocate Gives Back at Home and in the Community

As a Community Advocacy Coordinator for the Cambridge, Mass. Economic Opportunity Committee, Raymond Chioyoe knows his way around the services that help Cambridge residents and fellow Haitians. But when his mother-in-law passed away and his father-in-law needed full-time assistance to live at home, Raymond didn't know where to turn for help.

In July, 2008, Raymond's mother-in-law, Ertha, was rushed to the emergency room, where she passed away from an undiagnosed heart tumor. Her husband Pierre, blind since 1998, explained in his native French, "The loss of my wife really hurts. My wife helped me get around, but she's gone. God gave me strength to cope."

From the hospital, Ertha spoke with her daughter on the phone and asked her to "take care of Father." Mirium and Raymond fulfilled Ertha's wish when they insisted that 77-year old Pierre – whose home base has been in the U.S. - live permanently in their home with Raymond as his caregiver in the Caregiver Homes program.



Raymond commented, "What surprised me is that I do community work and I didn't know about Caregiver Homes!" When he learned about the program, his first thought was "What's the trap? It's too good to be true!" He spoke with CGH Boston Program Managers Gloria Pascual and Kris Whitney, who "made it sound so easy." Pierre was already a MassHealth consumer and the admission

to Caregiver Homes happened within weeks. Raymond now receives a stipend for the care he provides and the family receives regular support from CGH RN and Care Managers, Mary Davies, Sarah Mausner, and Erin Woodbury.

Another key player in making it possible for Pierre to live with Mirium, Raymond and their four children, is the Mass Commission for the Blind. Case Manager, Denise Dracup provided training and helped configure the apartment for his safety and mobility. The family describes how – since his blindness – Pierre has become "very concerned with the time and is always asking what time is it, is it dark, is it sunny?" Pierre shows off his watch and they explain how Denise was able to locate and send him a talking watch that tells the time in French!

Pierre added, “I was hoping God would open my eyes again, but I am thankful for all the organizations that helped me cope with this situation. When you have this handicap – finding people who help you really touches your heart. It makes me think that I’m not alone in the battle. Even by you (Caregiver Homes) visiting me, that encourages me to keep on living.” Pierre’s calm, thoughtful and pleasant demeanor and his easy smile make it apparent why so many are willing and feel honored to help him.

In Haitian culture, family life is very important and extended family is traditionally viewed as the social unit. Raymond and Mirium certainly display these family values in their care of Pierre and now Raymond’s sister and two children, who were left homeless after the recent earthquakes in Haiti. As caregiver, Raymond is committed: “I don’t see myself sending my father-in-law to a nursing home. It’s a pleasure to help him. It’s my job. I hope my kids do the same.”



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May 1, 2011

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Valentine's Day Luncheon



Celebrate Women's History Month

with **Mayor Thomas M. Menino**

& The Elderly Commission

National Women's History Month dates back to March 8, 1857, when women from New York City factories staged a protest over working conditions. International Women's Day was first observed in 1909, but it wasn't until 1981 that Congress established National Women's History Week to be commemorated the second week of March. In 1987, Congress expanded the week to a month. Every year since, Congress has passed a resolution for Women's History Month, and the President has issued a proclamation.

157.2 million - The number of females in the United States as of Oct. 1, 2010. The number of males was 153.2 million.

At 85 and older, there were more than twice as many women as men.

Motherhood

82.8 million - Estimated number of mothers of all ages in the United States.

1.9 - Average number of children that women 40 to 44 had given birth to as of 2008, down from 3.1 children in 1976, the year the Census Bureau began collecting such data. The percentage of women in this age group who had given birth was 82 percent in 2008, down from 90 percent in 1976.

Earnings

\$36,278 - The median annual earnings of women 15 or older who worked year-round, full time, in 2009, up 1.9 percent from \$35,609 in 2008 (after adjusting for inflation). Women earned 77 cents for every \$1 earned by men.

88% - The ratio of women's-to-men's earnings in the District of Columbia in 2009, among the highest of any state or state equivalent in the nation, with a ratio at or above 80 percent, along with Arizona, California, Nevada, New York, Florida, North Carolina, Texas and Maryland.

Education

29.9 million - Number of women 25 and older with a bachelor's degree or more education in 2009, higher than the corresponding number for men (28.7 million). Women had a larger share of high school diplomas, as well as associate, bachelor's and master's degrees. More men than women had a professional or doctoral degree.

30% - Percentage of women 25 and older who had obtained a bachelor's degree or more as of 2009.

55% - Percentage of college students in fall 2008 who were women.

Businesses

\$1.2 trillion - Receipts for women-owned businesses in 2007. There were 141,893 women-owned businesses with receipts of \$1 million or more.

7.8 million - The number of women-owned businesses in 2007. Women owned 29 percent of all nonfarm businesses; 910,761 of these were employer firms. Women were also equal owners with men of another 4.6 million businesses.

7.6 million - Number of people employed by women-owned businesses in 2007. There were 7,644 women-owned businesses with 100 or more employees, generating \$357.9 billion in gross receipts.

More than 45 percent of women-owned businesses operated in health care and social assistance, and other services, such as personal services; professional, scientific, and technical services; and repair and maintenance. Women owned 52 percent of all businesses operating in the health care and social assistance sector. Wholesale and retail trade accounted for 36 percent of women-owned business revenue.