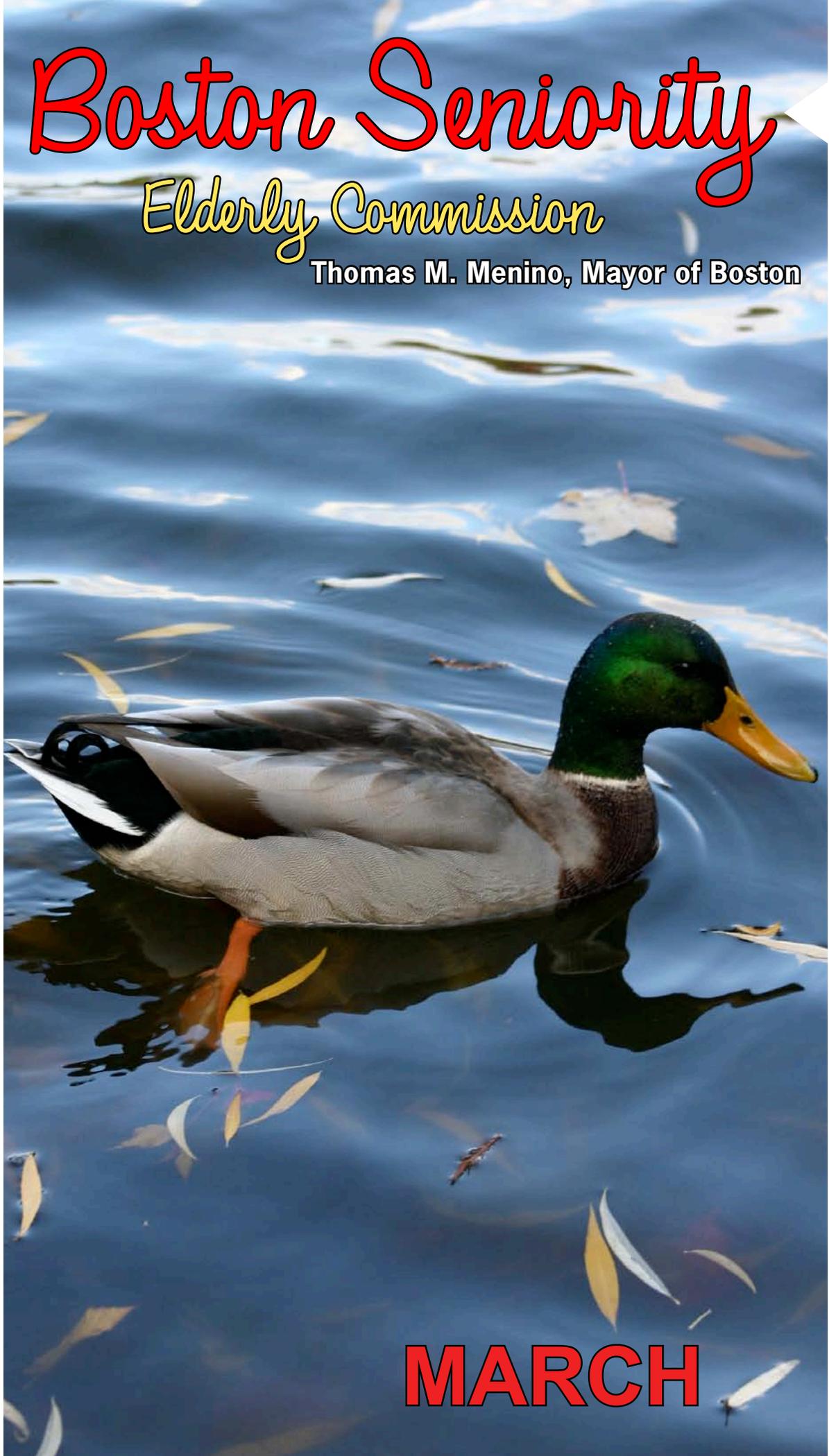




Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE 2009
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Issue 2

MARCH

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Call us with comments and suggestions
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(617) 635-2360

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Mayor's Spotlight

In January, I joined Governor Patrick, Lieutenant Governor Murray, and mayors from across the state for the annual meeting of the Massachusetts Municipal Association (MMA). This year, we're confronted by the most challenging budget situation in recent memory. Cities and towns face unprecedented financial challenges, and factors beyond our control are hurting us all. We'll all need to work together in this crisis to identify our shortfalls, devise creative solutions, and overcome the problems at hand. At kitchen tables around the City, I know that your families are struggling with the same concerns. Let me assure you that we will come together to survive this storm because the strength of Boston comes from the unparalleled determination of its residents.

Since Governor Patrick announced a multi-billion dollar state budget deficit, we have all been anticipating unavoidable cuts to local aid funding. The governor has championed the importance of our cities and towns, but ongoing financial troubles have forced him to trim local aid statewide by \$128 million for the current fiscal year. State aid, our second largest segment of revenue behind property taxes, represents 21% of Boston's FY09 operating budget, and the governor's funding cuts translate to a \$22 million loss for our city.

My administration continues to be proactive in addressing the current

challenges. During my annual State of the City address, I reached out to unions to ask for their support in helping to resolve a predicted \$140 million budget shortfall next fiscal year. By agreeing to a one-year wage freeze, Boston could save \$55 million, maintain core government services, and minimize the impact of painful layoffs. Additionally, I have always advocated the state legislature for more diverse means of generating much needed revenue for cities and towns at a local level. For the current session, I proposed legislation that would allow up to a 2% meals tax. This would translate to roughly \$40 million in revenue for the City of Boston. Still, my administration actively continues to pursue options to increase government efficiencies and decrease unnecessary spending.

Things will be difficult before they get better, but I see opportunity in times of difficulty. The current challenges call for bold action and collaboration across the board because nobody can solve these challenges alone. We must share in the sacrifice to protect the greater good. We've made great progress over the years, and we will overcome the current challenges to create lasting changes that will build a more sustainable future. I am confident that Boston's best days are ahead of us.



WALKING CLUBS

BREEZING THROUGH 2009 WITH HEALTHY STEPS

Boston's South End

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Charlestown

Golden Age Center
Beverly Gibbons 617-635-5175

Dorchester

Harbor Point Senior Center
(Chair Exercise Group)
617-288-4569

Dorchester

Bowdoin St. Health Center
Riza Pereria 617-754-0132

Dorchester

Kit Clark Senior Services
(Summer only)
Laurinda Campbell 617-825-5000

Dorchester

Sister Strut
Boston Black Women's Health Institute
Lula Christopher 617-436-2291

Dorchester

Upham's Corner Health Center
Patrick Healy 617-740-8071

Jamaica Plain

Back of the Hill Apartments
(Chair & Walking Exercise Club)
Sienora Haynes-Mells 617-232-8092

Jamaica Plain

Nate Smith House
Nancy Escoto
617-524-2294



Mattapan

Shangri-La Walkers
Gareth P. Kinkead 617-635-4168

Roxbury

Hawthorne Walkers
Hawthorne Youth & Community Center
Samantha Sadd 617-427-0613

Roxbury

La Alianza Hispana
Maria Elisa 617-232-0634

Roxbury

Project RIGHT
Sandra Williams 617-541-5454 x103

Roxbury

Sensational Seniors
Reggie Lewis Track & Athletic Center
Cheryl McDermott 617-541-3535



Shingles Vaccine

Shingles (herpes zoster) is a skin rash, usually with blisters, that can cause very painful chronic pain. It is caused by the chicken pox (varicella zoster) virus, which can lie dormant within the nerves and reactivate as shingles.

Why should I be interested in getting a shingles vaccine? The Centers for Disease Control notes that the risk of contracting shingles increases with age, starting about 50 years old. The risk of complications from shingles rises after age 60.

In May 2006, the Food and Drug Administration approved the first shingles vaccine called Zostavax. Zostavax contains a weakened chickenpox virus. Zostavax works by helping your immune system protect you from getting shingles. If you do get shingles, even though you have been vaccinated, the vaccine may help prevent the nerve pain that can follow shingles in some people. The vaccine cannot be used to treat shingles once you have it. Also, it may not protect everyone who gets the vaccine.

In October 2006, the CDC's vaccine advisory panel voted to make shingles vaccination routine for everyone aged 60 and older.

Have you already had shingles? Do you need a shingles vaccination? Yes. CDC recommends a single dose of Zostavax for adults aged 60 and older, even if you have already had shingles.

According to CDC, research has shown that the vaccine reduced the occurrence of shingles in people aged 60 and older by about 50% and by 64% in people in their 60s.

What are the side effects of getting the vaccine? The most common side effects linked to Zostavax are redness, pain, tenderness, itching and swelling at the injection site and possible headaches. Zostavax is a one time injection in your arm.

There are certain groups of people who should not get the vaccine. Speak to your doctor about this.

Ask your doctor if this vaccine is covered by your health plan.

Cancer Update

According to a World Health Organization report, cancer will overtake heart disease as the world's top killer by the year 2010. This is part of a trend that will likely more than double cancer cases and deaths by 2030.

The WHO said in its report that rising tobacco use in developing countries, as China and India, where 40% of the world's smokers live, is believed to be the key reason for the shift. WHO estimates as many as 75 million people worldwide could be living with cancer by 2030.

Diabetes and Neuropathy

By Dr. Barry Rosenblum

Diabetes can affect both the circulation as well as the nerves. In the Winter issue we dealt with the effects that diabetes can have on the circulation. This will deal primarily with the effect that diabetes can have on the nervous system, specifically the nerves in the feet and legs.

When patients have diabetes, there is up to a fifty percent chance that they will develop neuropathy. In its simplest sense, neuropathy is any condition that affects a nerve. There are many forms of neuropathy, such as carpal tunnel syndrome, sciatica, or spinal stenosis, among others. The neuropathy seen in diabetes is specific to patients with diabetes, and is likely due in no small part to the accumulation of sugar in the nerve, although in reality researchers do not know the exact mechanism of neuropathy due to diabetes.

Regardless of the cause, as a result of the abnormality of the nerve structure, the function of the nerve is adversely affected. When this happens, the nerve's main role (that of providing messages to the brain) is different than normal. This difference can be seen in one way or another, or, surprisingly, in both.

The most common symptom of diabetic neuropathy is numbness, or loss of

protective sensation. Early on, the first sign of neuropathy may be numbness, but this may take place in the setting of an entirely normal neurological examination. If the condition progresses, then the patient may not be able to tell if something is causing pain in the foot. This increases the importance of regular foot exams, by the patient, a family member, or a health care provider.

In other situations, neuropathy may cause pain. This pain is often described as burning, shooting, or sharp, and tends to occur at night, or when a patient is not necessarily active. There are simple and prescription methods to deal with this pain, but the first thing is adequate control of blood sugars.

As you can see, diabetes may affect the nerves, but with good control of blood sugars, periodic examinations of the feet, and common sense, the adverse effects of neuropathy may be significantly minimized.



What You Need to Know About the Switch to Digital TV

ARE YOU READY FOR JUNE 12, 2009?



TV is changing and it may require action on your part or you won't get any TV signal at all.

Staff at the Elderly Commission can assist you with:

- Assessing your need for a digital converter box
- Applying for a converter box coupon
- Obtaining a converter box
- Installing the converter box in your home

Don't wait until your TV goes blank, please call the Elderly Commission at 617-635-4366.

Let us help you make the switch to digital TV today!

What is the Digital Broadcast Transition?

On June 12, 2009 all full-power television stations in the United States will stop broadcasting in analog and switch to 100% digital broadcasting. Digital broadcasting promises to provide a clearer picture and more programming options and will free up airwaves for use by emergency responders.

Who is Affected?

If you have one or more analog-only TV's that don't have cable or satellite service connected to them and are using a "rabbit ear" antenna to receive your local-over-the-air broadcasts, you will be affected by this transition, and will need to take action to continue receiving any local over-the-air broadcasts after June 12, 2009.

If you are Affected by the Digital Broadcast Transition, you have 3 Options.

Option 1: Buy a box that converts digital signals to analog signals that your analog set can display.

Estimated Cost: \$50-\$70 if you buy a basic converter box (\$10-\$30 with coupon)

You can apply for a converter box coupon until July 31, 2009. Coupons expire 90 days after they are mailed.

Option 2: Buy a new television set with a built in ATSC digital tuner.

Estimated Cost: \$100 and up. (High Definition is not required)

Option 3: Subscribe to cable or satellite service.

Estimated Cost: At least \$8-\$20/month (\$96-\$240/year) plus possible equipment rental fees.

Note: Even with a converter box or digital television set, a TV may not work if you have an inadequate antenna. TV stations broadcasting in digital use both the VHF band (channels 2-13) and the UHF band (channels 14-51). Many indoor antennas use "rabbit ears" for the VHF band and a "loop" or "bow-tie" antenna for the UHF band. A converter box or digital TV will not work if connected to just "rabbit ears." You will have to purchase an Indoor UHF/VHF antenna, which costs between \$10-20 and can be found at converter box and television retailers.

Lo que tienes que saber sobre el cambio digital de la televisión



¿ESTAS LISTO PARA EL 12 DE JUNIO DEL 2009?

El Personal de La Comisión de las Personas de la Tercera Edad le pueden ayudar con lo siguiente:

- Evaluar su necesidad para la caja convertidora
- Solicitar un cupón para la caja convertidora
- Obtener una caja convertidora
- Instalar una caja convertidora en su casa

No espere que su televisor se quede sin señal, por favor llame a La Comisión de las Personas de la Tercera Edad al 617-635-4366.

Déjenos ayudarle hacer su cambio a la televisión digital hoy!

¿Qué es la transición digital de la televisión?

El 12 de junio del 2009 todas las estaciones de televisión en los Estados Unidos dejarán de transmitir sus señales análogas y cambiarán totalmente a transmisiones digitales. La transmisión digital proporcionará una imagen más clara y más opciones de programación y liberará las señales análogas para el uso de los canales de emergencia.

¿Quién será afectado?

Los consumidores que reciben su señal de la televisión “por aire” con antenas colocadas en el techo o por las tradicionales de conejo – y que no están suscritas a cable, satélite, o a una compañía telefónica – serán afectados por la transición. Si los consumidores no hacen la transición fácil a TV digital arriesgan la pérdida de sus señales a partir del 12 de junio en 2009.

Si están afectados por la transición digital tendrán tres opciones.

Primer Opción: Comprar una caja convertidora de TV digital que transforme la señal análoga a digital para su televisor existente.

Cálculo aproximado: \$50-\$70 si compran la caja convertidora (\$10-\$30 con el cupón) A partir del 1 de enero del 2008, y hasta el 31 de marzo del 2009, un cupón de \$40 será ofrecido. Es importante solicitar los cupones lo antes posible. Los cupones se venen a los 90 días después de que sean enviados por correo.

Segundo Opción: Comprar un nuevo televisor con un sintonizador digital.

Cálculo aproximado: \$100 o más. (Recuerde que no tiene que comprar un televisor de alta definición (HDTV por sus siglas en inglés) para ver la programación en formato digital.

Tercer Opción: Contratar al cable, satélite o proveedor de servicio de telecomunicaciones.

Cálculo aproximado: Por lo meno \$8-\$20/al mes (\$96-\$240/al año) con la posibilidad de cargos para equipo rentado.

Nota: Aun usted tenga una caja convertidora o una televisión digital, podría ser que su televisión no trabaje, si usted tiene una antena inadecuada. La transmisión digital usa dos bandas de transmisión que son: UHF (Para los canales del 2-13) y VHF (Para los canales del 14-51.) Muchas de las antenas que se usan dentro de las casas, utilizan la “Rabbit Ears” (Orejas de Conejo) para los canales de la banda de VHF y la de tipo Circular o “Replegada” para la banda de UHF. La Caja Convertidora o La Televisión Digital no trabajara si se conecta solamente a una de estas, usted tiene que comprar una antena con las dos opciones (UHF/VHF) que podría costarle entre \$10.00 y \$20.00 Dólares y que podría encontrarla en los lugares de ventas de las cajas convertidora.

Nothing is more important to me than planning for my family's future.



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Inauguration Celebration

By Joyce Quinerly



Council Tower residents enjoyed the start of this historical day with a full continental breakfast, there were many testimonies of how no one thought a Afro American would be elected President of the United States of America within their lifetime. There were comments, if I am asleep, “don’t wake me up”. So much excitement was in the room as Council Tower residents watched the pre-inaugural activities, then the magic moment happened the swearing in of our President, President Barack Obama. There was clapping, smiling, and tears of joy, some residents even stood up in his honor. ★

As the day went on the inauguration celebration was put into high gear. The decorations were beautiful, there was gold and silver sparkling everywhere. Obama decorations were visible throughout the Penthouse floor. Since President Obama could not make it to his Inaugural Celebration, his life like stand up took his place. Council Tower residents dressed up in evening gowns, tuxedos and their Sunday best. When Council Tower residents exited the elevators, they walked the red carpet, at the end of the red carpet our President Barack

Obama was there to greet them, some took pictures with him, which was a lot of fun!

Council Tower residents then feasted on a full service catered dinner and a special dessert STAR OF THE DAY OBAMA WHIPPED CREAM CAKE! Everyone enjoyed this fabulous feast. Evans Group provided their band and their wonderful Jazz singer Richard Evans, brought down the house. ★

This was a powerful, emotional, happy, wonderful celebration. Council Tower residents will remember this event for the rest of their lives. It was indeed an honor for Council Tower staff to have been a part in celebrating along with Council Tower residents at this historical, powerful event!

Council Tower residents and staff CONGRATULATE our 44th PRESIDENT, PRESIDENT BARACK OBAMA



**Massachusetts Aging & Disabilities
Information Locator Is Now Available
For Your Use!**

The Massachusetts Aging and Disabilities Information Locator (**MADIL**) is a public service of the Massachusetts Office of Health and Human Services.

Available at <http://mass.gov/madil>, MADIL is an online, user-friendly tool designed to help you find information on services and programs in Massachusetts that support elders and people with disabilities.

By using the search features of MADIL, users can simultaneously search the resources on three state-funded, aging and disabilities Websites:

- <http://www.disabilityinfo.org>, New England INDEX and the MNIP
- <http://www.800ageinfo.com>, Executive Office of Elder Affairs and Mass Home Care

- <http://www.MassAccessHousingRegistry.org>, Citizens' Housing and Planning Association (CHAPA)

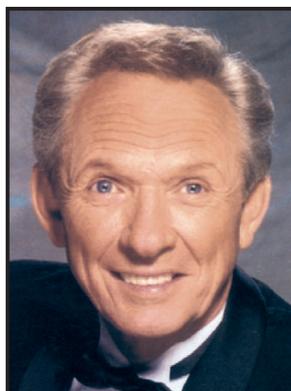
MADIL also includes Quick Guides to major need areas including:

- A Person to Talk to
- Emergency Information
- Employment
- Energy
- Finances
- Food and Nutrition
- Health
- Help for People Living at Home
- Housing and Related Services
- State Agencies
- Transportation
- GetStuff

MADIL meets the state and federal requirements for accessibility to people with disabilities.

Stuttering Didn't Silence His Song.

Country music star Mel Tillis has entertained audiences around the world. Mel still copes with stuttering, but it hasn't kept him from a highly successful career as an entertainer and recording artist.



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



1-800-992-9392
www.stutteringhelp.org

This story gives a glimpse to the rich history of the City of Boston. It takes the City of Boston, which can sometimes feel impersonal and cold and gives it a warmth that you can wrap your heart around. The City of Boston has many more of these stories. The Memoir Project, a collaboration between the City of Boston, Elderly Commission and Grub Street, Inc. a non-profit writing organization, has made it their mission to reach out to Boston seniors and collect their stories to be memorialized in a published anthology. *My Legacy Is Simply This* is Volume II of this anthology.

MEMORIES

By John H. O'Neill III

Joan and Jack O'Neill lived in Jamaica Plain, MA all of their married lives. They raised five children, sending them to nice schools. All five attended the Manning School on Louders Lane.

Jack worked as Chief Executive to former Mayor John F. Collins and Joan was a housewife. After her son was in a car accident, she began doing volunteer work at the Faulkner Hospital, eventually becoming the President of the Faulkner Hospital Auxiliary. The Faulkner is a community hospital, serving patients who have different needs. It is on Centre St. along Allendale Road.

Jack was a past president of the Footlight Club which is on Eliot St. in Jamaica Plain. The Footlight Club is the oldest non-professional drama club in the United States. Members have performed such shows as: Oklahoma, West Side Story, Annie, and other shows.

The couple spent summers in Scituate, returning to Jamaica Plain after



Labor Day. They were back in Jamaica Plain in time for the start of the new school year. They enjoyed working in the garden, growing flowers.

Two of their sons, John and Michael, are employed by the city. John has worked for several years in the Elderly Commission. Michael has been appointed to a four year term on the Boston School Committee.

Many parties were held, with relatives and friends joining the celebration, whether it was a birthday, holiday, or other event. It was always enjoyable. The couple married, raised a family, and lived long lives. Their story deserves to be told.

The City of Boston

Elderly Commission

Senior Companion Program



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how you can get involved,
please call (617) 635-3987.

**“I volunteer because I have the time now and I like
knowing that I am making a difference”.**

- Senior Companion

It's Here!!! Only \$15.95 Volume II

The Memoir Writing Project's second edition *My Legacy Is Simply This* contains personal stories from seniors in Charlestown, Chinatown, East Boston and Mattapan.

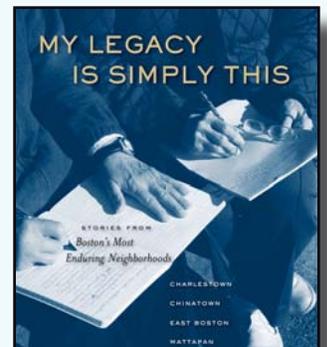
For more information or to purchase *My Legacy Is Simply This* please contact Tula Mahl at 617-635-1922.

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\$25.00

Don't miss out on this amazing offer!





OF BEANS AND BOSTON: THE COLLEGE HOCKEY CHALLENGE

By Mike Flynn

Beantown is the oldest and most common nick name given our city. Would it surprise you to learn that the early slave trade played a part in this becoming Boston's epithet?

Navy beans were part of the daily diet of the local Narragansett and Penobscot Indian tribes. They would mix them with maple syrup and bear fat wrapped in animal skins and cook them under heated stones. When the first English settlers arrived they were taught the process and the beans became a weekend staple because their religion did not allow food preparation on the Sabbath, so Saturday leftovers became Sunday dinners.

Flash forward to Colonial Days when Boston became a major rum producer in its role in what was called the Triangular Trade. Slaves in the West Indies cut indigenous sugar cane for shipment to Boston for the production of molasses, a major ingredient in rum. The rum produced here was then used to buy more slaves in Africa to be sent to the West Indies, completing this vicious circle.

By now the city was the major molasses supplier for the Colonies. The old Indian recipe of bear fat and maple syrup was replaced by molasses and salt pork and became known as the Boston Baked Bean. Much later, in 1919, a molasses holding tank at the Purity Distilling plant in the North End would rupture sending a wave of the stuff 15 feet high, travelling 35 miles an hour down Commercial St., killing 21. On this spot now are a city playground, bocce courts and, coincidentally, a hockey rink. To this

day, residents claim the smell of molasses still fills the air on hot summer nights.

All right enough with the history lesson. What the heck does all this have to do with hockey?

In the fifties hockey was just starting to bloom with the return of big names like Gordie Howe, Bernie "Boom Boom" Geoffrion and Maurice "The Rocket" Richard after years of war. The Boston Bruins were the first professional hockey team in America and one of the original six of the National Hockey League. The games were played at the old Boston Arena on Huntington Ave. (Which to this day is the oldest indoor operating ice arena in the world, owned by Northeastern University and is called Matthews Arena.) This was the only venue for hockey in town so all of the local college teams played there as well. With such a demand for ice time, double headers were the norm of the day. The Boston University coach at the time, Harry Cleverly, noticed that whenever his team played Northeastern, Harvard or Boston University there were always larger crowds. He approached Walter Brown who owned the Arena (as well as the Boston Garden) and suggested that a tournament between the four schools could possibly sell the place out. If nothing else Brown was a businessman and quickly realized the possibilities.

It was decided that the four teams would play each other in a round robin to be called the New England Invitational Tournament. At stake were the bragging rights to the city but the games would also count in the standings of the Eastern College Athletic Conference of which the four teams were members.

All this was fine, but the four athletic directors and Brown decided some sort

of trophy should be awarded. Durgin Park restaurant in Faneuil Hall was (and is) world renown and whenever a celebrity from out of town visited, they would more than likely dine there. Upon leaving they were presented with a bean pot with the restaurant's name on it as a remembrance of their visit to Boston, the Baked Bean Capital of the World. (Hence the history lesson.) It was decided that a bean pot would be an apt reward, so one was cast and the winning team's name would be engraved on it.

The day after Christmas, in 1952, the first games were held at the Arena with a double header and on the next day the consolation game followed by the championship. Harvard was the first to have their name on the trophy. The next year the tournament was moved to the Boston Garden and was played in January. It wasn't until 1958 that the dates were solidified to what they are today, the first and second Mondays in February and that was only because they were the only open dates at the Garden. It didn't take long for this show to catch on. By 1961 both Mondays were selling out with a capacity house of 13,909 raising the roof of the old building. Even today it is almost easier scoring Red Sox Tickets.

Not all who have played in the Beanpot are from this area or realize the spectacle it has become. Sure they have heard all about it from college recruiters and others who have participated, but nothing can prepare a kid who comes from Canada, Minnesota or North Dakota for the experience of stepping out on that ice for the first time in front of a sold out house with the whole building shaking. Many have said the highlight of their college careers was having played in the Beanpot.

The atmosphere is electric when the teams take the ice. These rivalries go way back and each and every athlete knows what is at stake. All of these schools have remained powerhouses in the national college hockey scene and each wants to win a national championship, but don't think that winning the Beanpot is not a close second. (Boston College hit the ultimate jackpot last year by winning the Beanpot and going on to be crowned National Champions.) Sure we have a lot of things strictly New England like Nor'easters and candlepin bowling, but nothing beats the excitement of a crowd of students, alumni, fans and the school bands battling on the ice and in the stands. (Good natured battling in the stands.)

Boston University has dominated the tournament, winning 28 titles, equaling the total of the three others schools combined, BC 14, Harvard 10, Northeastern 4. But Boston has always been a very smart and fair hockey town. Northeastern had gone the first 27 years of the Beanpot without winning the title. In 1980, when they beat BC 5-4 on an overtime goal by Wayne Turner to finally capture the trophy, those that were there say it was the loudest roar ever heard in the old Garden. They went on to win three more in the 80's.

Some of hockey's greatest players and coaches are part of Beanpot history; NHL stars Joe Mullen, Chris Drury, Tony Amante, Olympic Miracle on Ice Gold Medal winners Mike Eruzione, Jim Craig, Dave Silk and Jack O'Callahan, coaches Snooks Kelly of BC, BU'S Jack Parker, ex-Boston Bruin and Northeastern coach Fern Flamin and 1960 Squaw Valley gold medalist Bill Cleary of Harvard.

Stories abound, but of course one stands out. On Monday, February 6, 1978 only about 10,000 showed for the opening games because we were experiencing one of our frequent Nor'easters. By the end of the first game people were encouraged to leave as it was possible the T would shut down and roads could become impassable. Still the game went on and some people stayed. By the end of the night a couple of hundred people were left but by now they were stranded. For 3 days they ate old, cold concession food and slept in the seats (couldn't stretch out in the aisles, too many rats.) The games were rescheduled to March first, and those people certainly have "where were you when" stories to tell.

This year's 2009 title game pitted nationally ranked number 1 Boston University against number 3 Northeastern. Could NU end over two decades of frustration? With seven minutes to go in the game and Northeastern down a goal, a penalty was called on BU. It looked as though the momentum had swung and NU would end their drought. But incredible as it might sound, BU would score two shorthanded goals within 30 seconds to capture their 29th Beanpot 5-2 and thus another legendary game is added to the lore of this tournament.

Because of the success of the Men's Hockey Beanpot, a women's tournament began, but through the years Beanpots have sprung up in baseball, softball, soccer, lacrosse, rowing and just about any sport you can think of. On the non-sporting side of it is the beanpot band competition, the beanpot comedy night even a beanpot burrito eating contest. Probably the most worthwhile is the Beanpot Corporate Challenge. Modeled after



the hockey tournament, it is limited to 40 players. Each participant must raise at least \$2000 to play in the game at BU'S Agganis Arena. The winner is whoever raises the most money. Proceeds go to the Travis Roy Foundation and the Mark Bavis Foundation. Travis was a Boston University hockey player who was paralyzed 11 seconds into his college career. His foundation donates adaptive equipment for those in need. Mark Bavis was also a former BU player who worked for the Los Angeles Kings of the NHL and was travelling back to the West Coast from Boston on United Airlines flight 175 with his boss and former Boston Bruin legend Garnet "Ace" Bailey when their plane hit the South Tower of the World Trade Center. His Foundation awards \$1000-\$5000 grants to selected recipients.

So if you are ever lucky enough to find yourself in possession of a ticket to the Beanpot, don't think about passing it up. Get on down to the "Gahden" and experience this "only in Boston" tradition.

Just a heads up. Our Legislature has designated the navy bean Massachusetts' "Official State Bean" (I'm not kidding) and July is "National Baked Bean Month"(again, not kidding) so why not head on down to Durgin Park and get yourself a pot.



Gareth Kinkead



Barbara Gumes



Geraldine Wyse

RSVP Recognition 2008



Thank You!



Patrick Yu, Anna Fan and Yuanhui Lin
Boston Chinatown Neighborhood Center



Sarah Allen and Carl Vickers
Seniors on Call



"What if I live longer than my money lasts?..."

"I wanted to put off taking Social Security, but lately I've been wondering..."

"I thought my money was safe but..."

How can I Afford Retirement™

Investor Education at
the Boston Public Library

If you are thinking about retirement or recently retired, now is an important time for you to learn more about your investments.

Please join us for a **five-part series** of free non-commercial Investor Education Events at the Boston Public Library this Spring.

Two convenient BPL locations:

South Boston Branch
646 E. Broadway, South Boston
Mondays — 6-8 pm
March 23, 30; April 13; May 11; June 8

New! Mattapan Branch
1350 Blue Hill Avenue, Mattapan
Tuesdays — 6-8 pm
April 7, 14, 28; May 19; June 2

For topics and to register, check our website, www.affordretirement.bpl.org or call 617-859-2241.



This series, an Investor Education in Your Community program, is funded by a grant from the Investor Protection Trust www.investorprotection.org

DATING GAME

By Howard Glick



Have you ever been dumped? I certainly have. At the time I was twenty-four years old, I had stayed over at my cousin's house due to the "sneak" snowstorm of that time. I came home from job-training class the following day, November 16, 1967, and saw an 8"x 5" envelope addressed to me, and thought it was a birthday card from my friend, Linda G. It was some birthday card! It was actually a letter addressed to me, which read as follows:

Dear Howard,

I like you a lot, but because of a lot of problems, I won't be able to see you any more.... My problems are too big for anyone to handle, even me, ... let alone you,...so go and meet other girls.

I am sure you will feel better after you get your break.

Please forgive me if I led you on.

Love,
Linda

For the life of me, I could not see how a girl planning on becoming a psychiatric nurse could not understand me. Anyway, I was devastated to believe that someone I had known for several months and believed she understood my problems and issues would suddenly write that letter.

In *Dating Game* by Danielle Steel, Paris Armstrong had been married for twenty-four years, with two children, one twenty-two and one eighteen, with no indication that anything was wrong with her marriage. Then, without warning, the husband, Peter Armstrong breaks the news that he no longer loves Paris that he is in love with another woman, Rachel, who is twenty years younger than he. All attempts to lift Paris out of the depressive doldrums are in vain, which range from offering a massage to cajoling Paris to attend parties. Finally, an event convinces Mrs. Armstrong to move from Greenwich, CT to San Francisco, CA to be with her children.

While in California, Paris, without meaning to, encounters a large succession of suitors, each of whom proves either disastrous or disappointing. They include one man who is drunk, another who provides a Cinderella-like existence but refuses to provide the integrity and commitment, which Paris requires.

When Paris relates to a much younger Frenchman who turns out to be a “delicious boy,” but who turns out to be too immature to gauge the consequences of his own decisions or error-check hers, that nearly clinches it against further dating. Instead, Paris takes on a lifestyle reminiscent of that which she led when her kids were infants.

Does she actually find her “right” man? That is for us former readers to know and for you prospective readers to find out.

I chose this book primarily because of the afore-mentioned experience I had, but also another I had during graduate school. I had met a single mother-to-be at a social club. I had hoped to father her child after she got divorced but found out that she, too, lacked the integrity and commitment.

I sincerely believe that anyone who had the kind of experience as Paris Armstrong or myself of being dumped will really be able to identify with her.



Citi Performing Arts Center City Spotlights Neighborhood Ensembles

Are you between the ages of 9 and adult?
Want to improve your acting ability and learn more about your community?
Interested in having fun and performing on the Shubert Theatre stage?

Citi Performing Arts Center is now accepting Registration Forms for spring City Spotlights Neighborhood Ensembles taking place Wednesday and Thursday evenings from March 23-May 16.

Neighborhood Ensembles will rehearse in Charlestown, Jamaica Plain, Roslindale/West Roxbury and the South End. You do not need to reside in one of these communities to join and all levels of experience are welcome.

Please contact Anthony Victoria at avictoria@citicenter.org or call 617-532-1221 for more information.

City Spotlights

How Can I Afford Retirement?

Popular investor education program at the BPL offers tools for answering questions about retirement planning.

Carol Greenfield
How Can I Afford Retirement
Project Director
affordretirement@bpl.org

The BPL begins its second year of programming of its highly acclaimed “How Can I Afford Retirement? Investor Education at the Boston Public Library” series. The five-part series will be offered at two branch locations this spring – the South Boston Branch and the new Mattapan Branch Library. “When we developed this series last year, the key question that people were asking was ‘Can I Afford to Retire?’ In response, we created a non-commercial investor education program to show them how to do it. Now with the extremely difficult economic climate and widespread stories of investor fraud and scams, people are asking more loudly if there is anyone they can trust. To answer both these questions, the BPL series focuses on investor protection as well as education and in a place you can trust – the public library!”, notes Amy Ryan, BPL President.

“Bringing non-commercial investor education to local communities is an important tool in helping consumers

be wise and safe investors,” stated Don Blandin, president and CEO of the Investor Protection Trust (IPT), the nonprofit organization that funded the BPL program, “and with the launch of year two of the BPL program we hope to reach many more Bostonians right in their own community. In 2009, the IPT will also be bringing the BPL’s model program to other states across the nation.”

Over 1000 people attended these programs at the BPL in 2008. In written and verbal comments past participants have remarked how comforting it was to see so many others like them who were in the same or similar situations in terms of planning for retirement and worrying about what they need to do to get ready. They appreciate having an opportunity to learn in a non-commercial and comfortable environment – i.e. the public library. The program has not only given people access to tools and ongoing support services but has helped to allay their fears. Many have already taken some small but important next steps.

The program is designed for individuals at all levels of investment knowledge who are either approaching retirement or are recently retired. The purpose is to provide access to objective, non-commercial information about investments so individuals can make informed choices, recognize and avoid investment fraud, and learn to better manage their retirement finances.

Each event will have several components including a presentation by a financial expert, information on library resources, and a small group facilitated discussion and a question and answer session with financial experts. Extensive resource materials will be provided.

The series will be offered on the following dates and locations:

At the South Boston Branch Library on the following Monday evenings from 6-8 pm:

- **March 23** – Taking the Mystery Out of Retirement Planning – Part 1
- **March 30** – Taking the Mystery Out of Retirement Planning – Part 2
- **April 13** – Closing the Gap: Investment and Expense Strategies – Even for Late Starters
- **May 11** – Investing Wisely to Avoid the Financial Risk of Longer Life Expectancy
- **June 8** – Protecting Your Investments – The Best Defense is a Wise and Safe Investor

At the new Mattapan Branch Library on the following Tuesday evenings from 6-8 pm:

- **April 7** – Taking the Mystery Out of Retirement Planning – Part 1
- **April 14** – Taking the Mystery Out of Retirement Planning – Part 2

- **April 28** – Closing the Gap: Investment and Expense Strategies – Even for Late Starters
- **May 19** – Investing Wisely to Avoid the Financial Risk of Longer Life Expectancy
- **June 2** – Protecting Your Investments – The Best Defense is a Wise and Safe Investor

Funded by a grant from the Investor Protection Trust (IPT), a nonprofit organization devoted to investor education, this program was created in collaboration with the IPT, the Investor Protection Institute, the Massachusetts Securities Division and the Financial Planning Association of Massachusetts. The series is part of the IPT's *Investor Education in Your Community* program.

All programs are free and open to the public. Registration is recommended at affordretirement@bpl.org or by phone at 617-859-2241.

For more information, visit the website at affordretirement.bpl.org



Lack of information on leading cause of blindness could leave some Americans in the dark

Prevent Blindness America Offers Public Free Educational Materials on Age-related Macular Degeneration

Age-related Macular Degeneration (AMD) currently affects the vision of more than 2 million Americans, ages 50 and older. AMD is a progressive disease that diminishes central vision and if left untreated, can result in severe vision loss and even blindness.

But despite the severe damage AMD can cause to sight, the public is still relatively unfamiliar with chronic eye disease. In fact, in 2008, AMD Alliance International conducted a survey that found more than half of all respondents had either never heard of AMD, or had heard of it but knew very little about it.

Prevent Blindness America has declared February as Age-related Macular Degeneration Awareness Month in order to help educate the public on one of the leading causes of blindness in the world. The non-profit group offers a free educational online resource, “The AMD Learning Center” at www.preventblindness.org/amd as well as information through its toll-free number.



The good news is that the effects of the disease can be diminished through early detection and treatment by an eye care professional. That is why it is imperative for the public to know about the disease including early warning signs and risk factors.

Those with AMD may experience the following symptoms:

- Straight lines, such as a flag pole or streetlight, may appear wavy
- A dark or empty spot may block the center of vision
- Written words or type may appear blurry

According to the National Eye Institute, risk factors for AMD include:

- Smoking – Smoking and even second-hand smoke may increase the risk of AMD

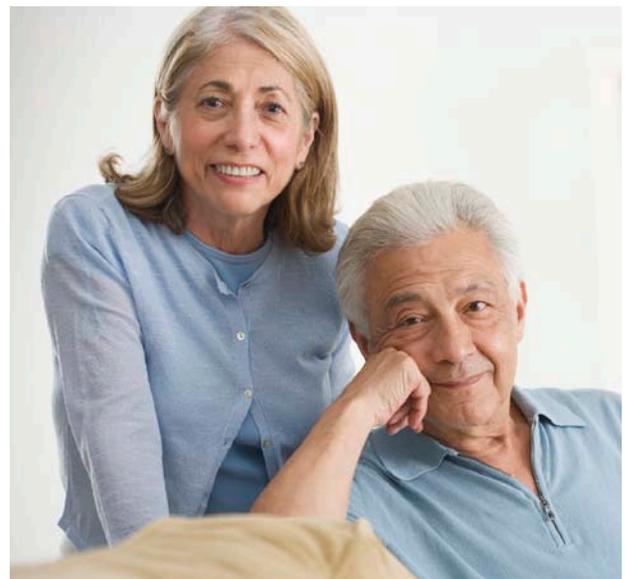
- Obesity – Research studies suggest a link between obesity and the progression of early stage AMD to advanced AMD
- Race – Caucasians are much more likely to lose vision from AMD than African Americans
- Gender – Of the more than 2 million Americans age 50 and older that have AMD, more than 1.3 million of those cases are women
- Family History – Those who have immediate family members with AMD are at a higher risk of developing the disease

“We urge everyone, especially if they are ages 40 and older, to go get a dilated eye exam as soon as possible,” said Hugh R. Parry, president and CEO of Prevent Blindness America. “Even if you don’t notice any signs of eye trouble today, you may already have an eye disease and not know it. Once detected, eye doctors may be able to slow the progression and help save vision.”

For free information on AMD and other blinding eye diseases, please visit Prevent Blindness America at www.preventblindness.org or call 1-800-331-2020.

About Prevent Blindness America

Founded in 1908, Prevent Blindness America is the nation’s leading volunteer eye health and safety organization dedicated to fighting blindness and saving sight. Focused on promoting a continuum of vision care, Prevent Blindness America touches the lives of millions of people each year through public and professional education, advocacy, certified vision screening and training, community and patient service programs and research. These services are made possible through the generous support of the American public. Together with a network of affiliates, divisions and chapters, it’s committed to eliminating preventable blindness in America. For more information, or to make a contribution to the sight-saving fund, call 1-800-331-2020 or visit us on the Web at www.preventblindness.org.



HEALTHY

Spicy Vegetable Soup

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 large onion, diced
- 1-3 teaspoons hot paprika, or to taste
- 2 14-ounce cans vegetable broth
- 4 medium plum tomatoes, diced
- 1 medium yellow summer squash, diced
- 2 cups diced cooked potatoes
- 1 1/2 cups green beans, cut into 2-inch pieces
- 2 cups frozen spinach (5 ounces)
- 2 tablespoons sherry vinegar or red-wine vinegar
- 1/4 cup chopped fresh basil or prepared pesto



Instructions:

Heat oil in a Dutch oven over medium heat. Add onion, cover and cook, stirring occasionally, until beginning to brown, about 6 minutes. Add paprika and cook, stirring, for 30 seconds. Add broth, tomatoes, squash, potatoes and beans; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the vegetables are just tender, about 12 minutes. Stir in spinach and vinegar; continue cooking until heated through, 2 to 4 minutes more. Ladle soup into bowls and top with fresh basil or a dollop of pesto.

Serves: 4 (2 1/4 cups each)

Thank you

to the interns who help make the Boston Seniors Count show on BNN a success.



Host Fran Johnnene alongside interns and radio show host Ron Della Chiesa of Saturday Night Strictly Sinatra at WPLM 99.1 FM.

RECIPES

Savory Breakfast Muffins

Ingredients:

- 2 cups whole-wheat flour
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 2 eggs
- 1 1/3 cups buttermilk (*See tip below*)
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons butter, melted
- 1 cup thinly sliced scallions (about 1 bunch)
- 3/4 cup diced Canadian bacon (3 ounces)
- 1/2 cup grated Cheddar cheese
- 1/2 cup finely diced red bell pepper



Instructions:

1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.
2. Combine whole-wheat flour, all-purpose flour, baking powder, baking soda, pepper and salt in a large bowl.
3. Whisk eggs, buttermilk, oil and butter in a medium bowl. Fold in scallions, bacon, cheese and bell pepper. Make a well in the center of the dry ingredients. Add the wet ingredients and mix with a rubber spatula until just moistened. Scoop the batter into the prepared pan (the cups will be very full).
4. Bake the muffins until the tops are golden brown, 20 to 22 minutes. Let cool in the pan for 5 minutes. Loosen the edges and turn the muffins out onto a wire rack to cool slightly before serving.

Tip: 1 cup of buttermilk can be substituted with 1 cup plain yogurt (1 1/3 cup for this recipe) or 1 Tbsp lemon juice or white vinegar plus enough milk to make 1 cup

Back Cover Answers

Abigail Adams, Inez Milholland, Rosa Parks

Eleanor Roosevelt, Mae Jemison, Marie Curie

Bottom Row:

Top Row:

5 Ways Older Adults Can Be More Physically Active

By the
National Diabetes Education Program

As you get older, your risk for type 2 diabetes increases. You're also at higher risk if you have a family history of diabetes. But you're never too old to lower your diabetes risk. Studies have shown that modest weight loss through healthy eating and increased physical activity is highly effective in preventing or delaying type 2 diabetes in people over age 60.

Getting Started: How to Get Moving

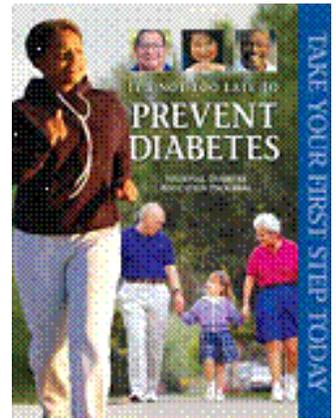
Physical activity can improve your strength, flexibility, and balance. Start by setting small, specific goals for yourself, like: "I will walk for 10 minutes, three days this week." Add a little more activity each day until you reach at least 30 minutes a day, five days a week.

Ask your health care provider which activities are safe for you. Before any physical activity, be sure to warm up for a few minutes to get your body ready. Try shrugging your shoulders, taping your toes, swinging your arms, or just move in place.

5 Ways to Be More Physically Active

There are many types of physical activity you can do at little or no cost, such

as walking or doing chair exercises. Find an activity you can enjoy. This will make it easier to stick to your schedule and reach your goals. Try these simple suggestions:



- **Around the House.** Things that you do every day are an opportunity to be more active. Stand up from a chair and sit down again without using your hands or rise up and down on your toes while standing and hold onto a stable chair or countertop. Try putting away the TV remote and get up to change the channel. You can also walk around the house when you talk on the phone or check out a fitness video from your local library and follow along.
- **Around Town.** Becoming more active can also be a great way to meet friends. Try joining a local walking group. Always walk in safe places such as a shopping mall, museum, or a community center, and make sure to wear comfortable shoes.
- **While Running Errands.** Make physical activity part of your regular routine. Park the car farther away from stores or restaurants. If you take the bus or train – and the neighborhood is safe – get off a stop earlier and walk the rest of the way. Go for a brisk walk between errands.

- **With Your Family.** Getting your family involved can make physical activity more fun. Teach the younger people in your life the dances you enjoy. You can even plan a trip to the local pool and go for a swim together. Moving around in the water is a great activity that is gentle on your joints.
- **Get Outside.** When you can, take your physical activity outside. Simple activities such as planting a garden or washing your car are great ways to get more active. You can also go for a walk with friends or family at the local zoo, nature park, or outdoor walking path.

For more tips to help prevent or delay the onset of type 2 diabetes, download or order the free *It's Not Too Late to Prevent Diabetes. Take Your First Step Today* tip sheet from the National Diabetes Education Program at www.YourDiabetesInfo.org or 1-888-693-NDEP (6337), TTY: 1-866-569-1162.



Zelma Lacey House residents readied for Valentine's Day with a hands-on card making activity provided by the Bunker Hill Community College Art Mobile program. Mass General Hospital nursing students were on hand to help.



The site visit on Feb. 10th marked the first anniversary of the college's Art Gallery Mobile program which delivers arts and crafts programming to senior sites throughout many neighboring communities.



FREE



FREE

**Introductory computer classes
at Suffolk University.**

**For more information call Kate
at 617-573-8251**



Basketball



Seniors over age 60 who are interested in playing Basketball are welcome to join us every Thursday from 10:30 a.m. to 12:30 p.m. at the Roslindale Community Ctr, 6 Cummings Hwy. You can just shoot around or you can participate in 3 on 3 Half Court games.

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



The Commission on Affairs of the Elderly is Coming to YOU-LIVE!

BNN-TV Channel 9

Boston Seniors Count
Live Call-in Cable Television Show

New Day & Time

Thursday at 3:30 p.m.

Repeated Sunday at 11:30 a.m.

Tuesday at 8:30 p.m.

For more information call
Deputy Commissioner
Kathleen Giordano, Producer
at 617-635-4362



The Commission's BNN-TV hosts (left) Marybeth Kelly, Lorraine Capozzi, Connie Mohammed, Marie Barry, Fran Johnnene, Carolyn Barnes and Mike McColgan

Need a Ride?

Senior Shuttle 617-635-3000

Scheduling Available
Monday - Friday
8:00 a.m. - 4:00 p.m.

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

(Some restrictions may apply)

DON'T MISS

The Elderly Commission

On Radio



Tune into:

Zumix Radio 1630 AM

on Wednesday at 2:00 p.m. also streaming on

the internet at **www.zumix.org**

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

For more information please contact:
Deputy Commissioner Kathleen Giordano at
617-635-4362
or Fran Johnnene at 617-635-3988.

The Elderly Commission

Seniors - are you eligible?

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance no longer counts -

- * saving or retirement accounts
- * your car
- * your home
- * or other assets

Unless your income is higher than:

- * Individual - \$1,734 per month
- * Couple - \$2,234 per month

For more information or to complete an application contact:

Shannon Murphy Lorna Pleas
617-635-3745 617-635-4335

Discounted TAXI COUPONS

at 1/2 Price

- Buy 2 books each month -

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



Interested in placing an ad in *Boston Seniority*?

Email us at:

BostonSeniority@cityofboston.gov
or call Martha Rios at (617) 635-2360.

If your core audience are seniors you're in the right place. We have a devoted following of seniors with a distribution of 25,000 in print and 15,000 hits online per month!

We accept editorial articles

The City of Boston Fire Safety Program provides

FREE SMOKE DETECTORS

for Seniors living in the City of Boston.

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



“Top 5 Giving Alternatives”

While many segments of the U.S. economy have been hard hit, none will feel the pain more than charities this season. Charities across the country are certainly bracing for what is expected to be a very tight giving season. As more potential donors are focusing hard on keeping food on the table and a roof overhead, charitable giving is often the first thing cut from a family budget. For individuals on a budget looking for creative ways to contribute to charities, BBB’s Wise Giving Alliance is offering advice on keeping the spirit of giving alive this season.

The current downturn in the economy is having a major impact on the bottom line of families and businesses and ultimately the well-being of charitable organizations. For example, The Red Cross has experienced a 30 percent drop in responses and contributions from new donors, and corporate donations are also on the decline. And more than 80 percent of the 180 food banks in a recent Feeding America survey said that they can’t adequately meet the demands of hungry people without reducing the amount of food or their operations.

“Charities invariably find themselves in a bind when the economy tanks; not only is there less funding, but there are more people that need assistance,” said Paula Fleming, Vice President of Communications and Marketing for BBB. “Donations of money may be hard for cash strapped families to provide, but there are many other ways people can

support a charity and contribute to the season of giving. Even in times of hardship, donors are rich in opportunity.”

BBB encourages the public to explore alternatives to cash gifts, and is providing a “Top 5 Giving Alternatives” list this season to help would-be donors in their decision-making process.



The Top 5 list includes:

Toys, Food or Other Items

Many organizations can put “in-kind” gifts to good use, but there are points to keep in mind. First, the donor should contact the charity to find

out what donated items are needed. Donors sometimes think any item they give will be useful to someone, but the truth is that broken toys are not welcomed by even the poorest children and families, and soiled or holey clothes will not sell in a thrift store. Disposing of unwanted or unusable “gifts” actually costs charities heavily in manpower and fuel costs.

Shop Thrifty

Goodwill Industries reports that as personal finances shrink, more people are buying donated clothes at its stores. And additionally, sales benefit its programs to provide job training. Buyers should note though, that not all thrift stores equally benefit the charities whose names are associated with them. For more information about giving to charity thrift shops, plus information about related

tax deductions, donors can go to bbb.org/charity.

Car Donations

Changes in tax rules beginning in 2005 have in many cases lowered the charitable deductions for car donations. Donors should check out the charity's activities and find out how the charity distributes the proceeds from car donations, and how proceeds benefit those in need. In some cases, the charity may receive a flat amount or a small percentage of the car's re-sale. See the BBB Resource Library at bbb.org/charity for additional information.

Your Time

Donors can also volunteer their time this season. The personal rewards can be great and can be as important to the charity as a cash contribution. Nevertheless, it's wise to find out about the charity before making a commitment. Volunteering doesn't have to involve direct assistance to those in need (like ladling soup at a homeless shelter). Assisting with office work or other behind-the-scenes tasks can be just as helpful. While the value of a donor's time is not deductible, some out-of-pocket expenses directly related to volunteering, like transportation costs, may be.

Your Voice

Many charity Web sites feature "advocate" as well as "donate" buttons. Those charities are telling donors that their advocacy can help advance policies and practices that will contribute to their missions. Charities can't promote political candidates but they can

urge or lobby for public policies that further charitable causes. Donors may be asked to contact their representative in relation to certain legislation. Many charities also advise on how donors can further their programs through advocacy in local communities.

While there are many ways to give this season, keep in mind that even a small cash gift often produces big benefits. For example, Feeding America says that \$1.00 in cash can help bring up to \$30 worth of food to those in need because the organization has economies of scale not available to the public.

For more advice on charitable giving, including BBB reports on more than 1,000 national charitable organizations visit bbb.org

About BBB

BBB is an unbiased non-profit organization that sets and upholds high standards for fair and honest business behavior. Businesses that earn BBB accreditation contractually agree and adhere to the organization's high standards of ethical business behavior. BBB provides objective advice, free business BBB Reliability Reports™ and charity BBB Wise Giving Reports™, and educational information on topics affecting marketplace trust. To further promote trust, BBB also offers complaint and dispute resolution support for consumers and businesses when there is difference in viewpoints. The first BBB was founded in 1912. Today, 125 BBBs serve communities across the U.S. and Canada, evaluating and monitoring nearly 4 million local and national businesses and charities. Please visit bbb.org for more information about BBB.

Adjusting to Life After Cancer - Part Two -

**By Richard Boyajian, RN, MS, ANP
Nurse Practitioner, Leader
Lance Armstrong Foundation Adult
Survivorship Clinic
Dana-Farber Cancer Institute**

Cancer is an age-related disease, and the frequency increases as the population grows older. Improvements in screening and better treatment options have contributed to the increasing numbers of cancer survivors, who number more than 24 million worldwide. Sixty-one percent of these survivors are at least 65 years old.¹

The phrase “cancer survivor” means different things to different people. Some people think a cancer survivor is someone who has been diagnosed with cancer and is in treatment. For others, a cancer survivor is someone who is who has completed cancer treatment and has no signs of cancer. This article focuses on women and men who have completed treatment for cancer.

Even when cancer treatment has ended, the risk of treatment side effects has not. Survivors often are surprised to learn that side effects can continue after treatment has been completed and even may develop years later, which are known as late effect. Side effects that start during cancer treatment and continue for months or years following treatment are called long-term effects. For example, nerve damage (peripheral neuropathy) is frequently developed during

some types of chemotherapy and may last for months or even years after cancer treatment has finished. Most long-term effects do decrease or completely resolve over time.

Late and long-term effects of cancer treatment can come from any of the three types of cancer treatment: chemotherapy, radiation and surgery. People who received a combination of treatments may be more likely to experience late effects.

It is normal for cancer survivors to be concerned about these issues, and there are a number of steps survivors can take to address their concerns. First, learn about late/long term effects of cancer treatment and use this information to take control of your health. This is easier said than done but obtaining a treatment summary is an important first step and it is a right of every cancer survivor. The oncology world is very focused at the present time on treatment summary and care plans. Sometimes these two terms are used interchangeably although this is not correct. The components of a treatment summary are the catalyst to developing a care plan (plan of care) that addresses all the needs of every cancer survivor. Without the basic information contained within a treatment summary, oncology providers cannot devise a care plan with recommendations specific to a survivor’s diagnosis. This information is also needed to develop a late/long term effects risk profile based on the survivor’s cancer treatment.

1) The older cancer survivor. Rao AV, Demark-Wahnefried W. Crit Rev Oncol Hema-
tol. 2006 Nov;60(2):131-43. Epub 2006 Sep 11.

Cancer survivors can take greater charge of their health by asking the doctor who treated their cancer for a treatment summary during a follow up visit. For those who no longer see their oncologist, they should call the oncologist office or the clinic or hospital where they were treated and ask for a cancer treatment summary. They also have the legal right to request a copy of their medical records.

Cancer patients who have completed their treatment should ask their oncologist the following:

- Does the cancer treatment increase the risk for other health problems?
- What are the potential health risks?
- How soon following treatment might these problems begin?
- How will the health risks be monitored?
- What is the plan to watch for the possible return of the cancer?
- What are the symptoms that the cancer may have returned?
- What can be done to lower the risk of health problems in the future?

During a follow-up appointment, a cancer survivor should talk with the doctor about:

- Any problems that disrupt everyday life, including:
 - fatigue
 - trouble sleeping
 - sudden weight gain or weight loss, for no reason

- having a hard time working or concentrating
- new pain or pain that's getting worse
- sexual problems
- Chronic health issues, such as:
 - diabetes
 - arthritis
 - asthma
 - heart disease
- Notable changes in feelings or emotions. These can include depression or anxiety.
- Changes in family medical history. If a relative has been diagnosed with cancer or heart disease, tell the doctor.
- Current medications. These can be things like:
 - prescription medicines
 - over-the-counter medicines
 - vitamins
 - herbs

For more information or help call the Mayor's Health Line (617) 534-5050.

*This information and Adjusting to Life After Cancer - Part One from our February issue was adapted from **Facing Forward: Life After Cancer Treatment**, National Cancer Institute, NIH Publication No.06-2424, printed September 2006; and from **LIVESTRONG**, Resource for Cancer Survivors, Lance Armstrong Foundation, 2004-2005.*



Council Tower residents Ms. Alberta H. Tillman and Mr. Thomas H. Williams having a blast at the Inaugural Celebration.



Coaches and writers from the Mission Hill Memoir Project Kerrie Kemperman (left), Kathy Gately, Gwendolyn Keith and Carrie Normand.



Seniors from the Julia Martin House create a large Red Dress collage to help raise awareness for Women's Heart Disease.

Council Tower resident Mr. Julian G. Daniels and Council Tower Property Manager Gloria R. Osborn are ready to walk the red carpet.



Council Tower residents Ms. Lois N. Butler and Ms. Nancy Goins smile for the camera.



Checking out the Art Gallery at Bunker Hill Community College (BHCC) Black History Month exhibit while visiting for Wear Red Day.





For Wear Red Day BHCC nursing students and faculty help give blood pressure screenings.



Mayor Menino greets everyone at the Strand Theatre.



Mission Hill Memoir Project writers (left) Theresa Parks, Anna Adams and Mary Clifford.



Senior Companion Volunteers Eddie Blakeley and Sr. Joyce McMullin.



The crowd at the Strand Theatre burst into cheer as President Barack Obama gets sworn in.



“No one can make you feel inferior without your consent.”



“Never limit yourself because of others’ limited imagination; never limit others because of your own limited imagination.”



“Nothing in life is to be feared. It is only to be understood.”

Celebrate Women’s History Month

with



Mayor Thomas M. Menino



&

The Elderly Commission



“If particular care and attention is not paid to the ladies, we are determined to foment a rebellion, and will not hold ourselves bound by any laws in which we have no voice or representation.”



“I am prepared to sacrifice every so-called privilege I possess in order to have a few rights.”



“I knew someone had to take the first step and I made up my mind not to move.”

*Can you name these historical figures by their pictures or their quotes?
- Answers on page 25-*