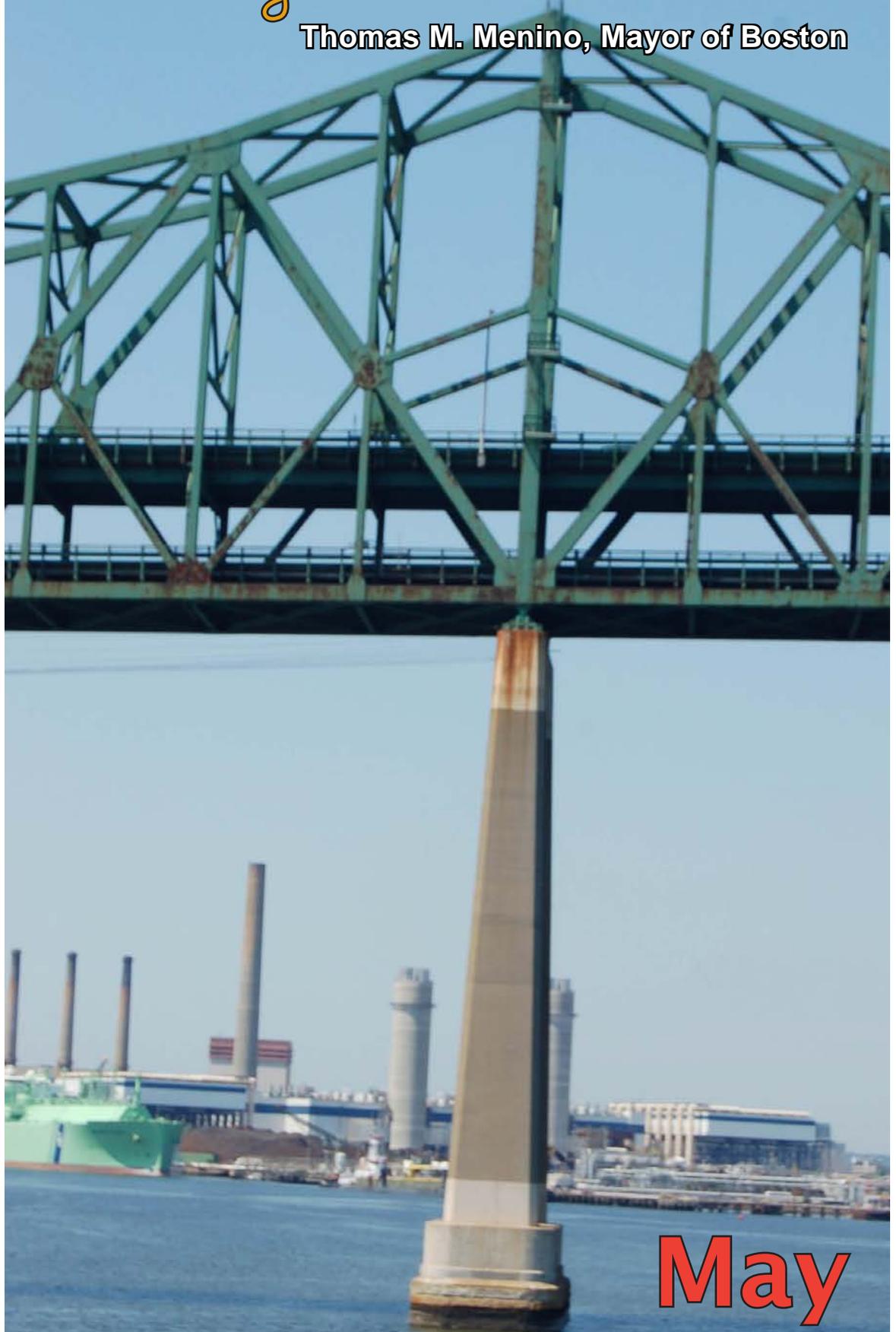


Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

2012
Volume 36
Issue 5

May

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Check out our website
www.cityofboston.gov/elderly

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

Email articles and comments to
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Although all material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the City of Boston, Commission on Affairs of the Elderly.

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Mayor's Spotlight

MAYOR MENINO INVITES RESIDENTS TO 14th ANNUAL NEIGHBORHOOD COFFEE HOURS

Mayor Thomas M. Menino and the Boston Parks and Recreation Department invite residents to enjoy free informational Coffee Hours in various neighborhood parks throughout the city. The annual series, sponsored by Dunkin' Donuts, will take place from May 3 through June 23.

The Coffee Hours give residents a unique opportunity to speak directly with Mayor Menino about open space and other needs in their neighborhoods. Through these one-on-one discussions and a suggestion box at each site, Mayor Menino looks forward to hearing how the City of Boston can improve upon local parks, public areas, and city services.

This year, five Coffee Hours will be planned in conjunction with park opening celebrations. These parks include Ringgold Park in the South End, Fr. Buckley Playground in South Boston, Rev. Loesch Family Park in Dorchester, DeFilippo Playground in the North End, and Kittredge Park in Roxbury. An additional Coffee Hour at Brewer-Burroughs Playground in Jamaica Plain will be announced at a future date.

All participants will enjoy coffee and healthy breakfast treats provided by Dunkin' Donuts. In addition, each family in attendance will receive a flowering plant grown in the city's greenhouses as a gift from Mayor Menino. Residents at the event will also be eligible to win a raffle prize package including a Dunkin' Donuts gift basket.

Dates and times for Mayor Menino's 2012 Neighborhood Coffee Hours are as follows:



Tuesday, May 15 - Iacono Park
9 a.m. to 10 a.m. 150 Readville St., Hyde Park

Thursday, May 17 - Walker Playground
9 a.m. to 10 a.m. 550 Norfolk Ave, Mattapan

Friday, May 18 - Fallon Field
9 a.m. to 10 a.m. 910 South St., Roslindale

Thursday, May 31 - East Boston Stadium
9 a.m. to 10 a.m. 143 Porter St., East Boston

Monday, June 4 - Billings Field
9:30 a.m. to 10:30 a.m. 369 LaGrange St.,
West Roxbury

Thursday, June 7 - McKinney Playground
9:30 a.m. to 10:30 a.m. 74 Faneuil St., Allston

Friday, June 8 - Fr. Buckley Playground
9 a.m. to 10 a.m. 210 West Third St., South
Boston

Monday, June 11 - Rev. Loesch Family Park
9:30 a.m. to 10:30 a.m. 81 Brent St., Dorchester

Friday, June 22 - DeFilippo Playground
9:30 a.m. to 10:30 a.m. 135 Prince St., North
End

Saturday, June 23 - Kittredge Park
9:30 a.m. to 10:30 a.m. 2 Kittredge St.,
Roxbury

For more information, please contact the Boston Parks and Recreation Department at (617) 635-4505 or online at www.cityofboston.gov/parks or www.facebook.com/bostonparksdepartment.

SCP Making a Difference



Arcangela Monterio

Has been a Senior Companion for 8 years and has many clients. In her building she is known as the “Fix it lady” since she is called for everything. She also reminds several tenants in the building to take their medication.

Helen Harris

Enjoys walking with her clients who dubbed her the “Wild Woman”. She has so much fun spending time with the seniors under her care that they never want her to leave. She says she has learned a lot from them.



Become a Senior Companion and become a friend

For information on how you can get involved please call 617-635-3987

Volunteer Opportunities

At One Of Boston's Premier Historic Sites

Castle Island Association

~ 617-268-8870 ~

www.bostonfortindependence.com

STOP. RETHINK YOUR DRINK. GO ON GREEN.



Red - Drink Rarely, If At All

- Regular sodas
- Energy or sports drinks
- Fruit drinks



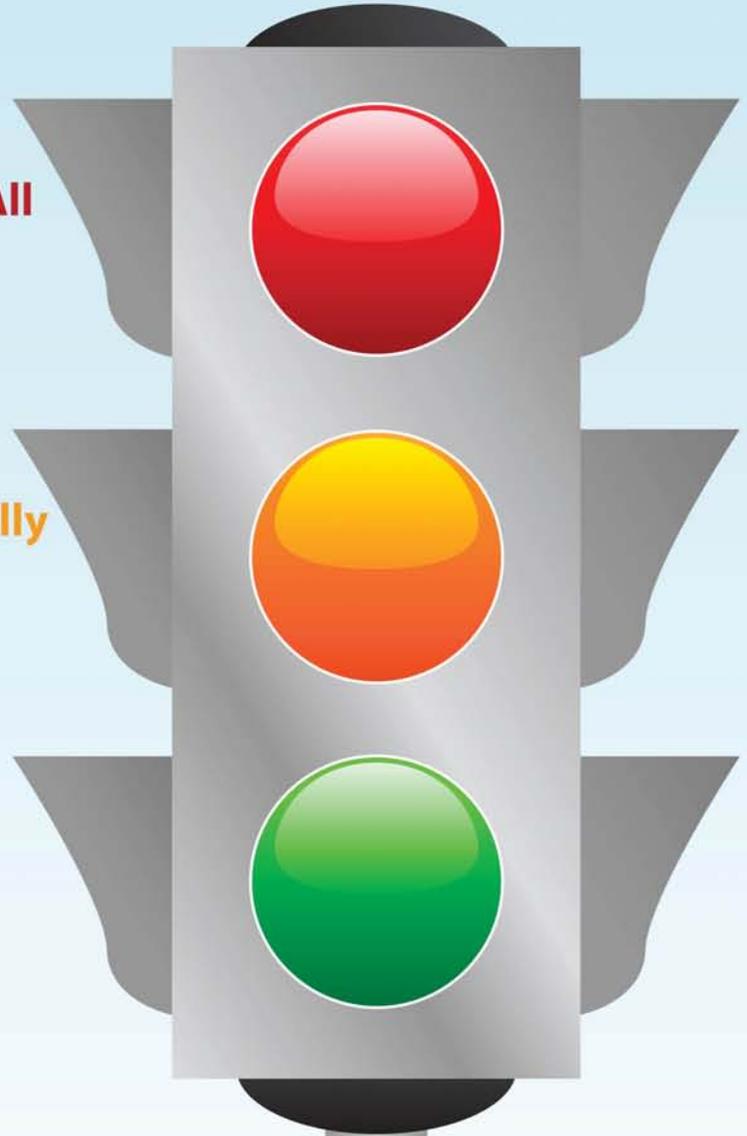
Yellow - Drink Occasionally

- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice



Green - Drink Plenty

- Water
- Seltzer water
- Skim or 1% milk



Building a Healthy Boston
Mayor Thomas M. Menino

Made possible by funding from the US Department of Health and Human Services
through Communities Putting Prevention to Work.

Visit www.bphc.org/chronicdisease
for more information.



Boston RSVP would like to thank our incredible volunteers for all of your dedication and hard work! In 2011 you gave a combined total of 93,822 hours to make a difference in Boston.

You are appreciated!!



**Making A Difference
For Generations**

Senior Corps Week
May 7-11, 2012

Department of
NATIONAL & COMMUNITY SERVICE



Jet Blue Park

By: John H O'Neill III

The Boston Red Sox are playing their 2012 season. It is sure to be exciting. Nothing beats a day at the ballpark. Don and Jerry will be up in the booth, calling the game for television viewers.

Each season begins with Spring Training, the period where ballplayers gather to prepare for the actual season. The Red Sox opened a new Spring training facility in Fort Myers, Florida. It is known as Jet Blue Park. The ballplayers have their exercises and preparation for the actual season. They participate in what is known as the "Grapefruit League" with games against opposing teams who are also preparing for the official season.

I visited Fort Myers with my sister Megan

and her friend Karen. Fort Myers has grown into quite a community. It is just off Route 75, near Cape Coral. The "Edison-Ford Estate" is in Fort Myers. Thomas Edison and Henry Ford had homes there. A nice museum occupies the site now, showing inventions by the two scientists.

Warm weather in Fort Myers made it hard to leave. However, the Red Sox play their official season in Boston. Therefore, after the visit, it was back on "Jet Blue" for the trip home.



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To find out more, call us at **866-797-2333**.

*All candidates are carefully screened.

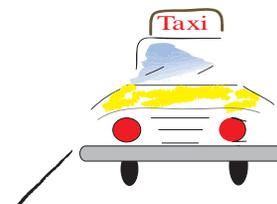


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IS IT ME? By: Willie Pleasants

Is it me? Or have American companies outsourced their entire customer service departments. It seems that some of the people answering the phone have accents that are so thick that only every fifth word is recognizable, or “Hello may I,” is the only thing that can be understood.

The folk who provide customer service are supposed to assist the customers not frustrate them.

Well, in the effort to be a Good Samaritan I tried to endure the pain of the 800 numbers to help my aunt. I called them to find out why my aunt hadn't received her investment check. Unable to understand a word that was being spoken, I said, “Are you speaking English?”

“I'm speaking good English,” the lady on the phone said. Well, after the third time asking, “What did you say?” I requested (jokingly) to be transferred to an agent in the United States who spoke broken English.

Finally they transferred me to someone I could understand, and service was about to be had. “My aunt, Kay Smith, Account #22222 has not received her check, and I would like to know why?”

Of course they take all the information needed, and then they put me ON HOLD. I was forced to listen to that elevator music that should be calming but instead the outdated tunes made me angry. The lady returned to the phone and told me, “The check has been cashed.”

“By who?” I continued, “My Aunt said she never received the check.”

“Well, the check has been cashed and there is nothing we can do,” she said. “My aunt is on a fixed income and needs her money to pay rent,” I said with an elevated tone determined to help my aunt.

“I can get you a copy of the check so we can see who cashed it,” she said. “How long will that take?” I asked with no patience. “A week,” she said. “That's just too long! She is an elderly person who needs her money.”

I must have been yelling at that point because she told me to calm down. She would work on it herself and get back to me in a few days. She was a woman of her word; within a few days copies of the cancelled check came in the mail and guess whose signature was on it? Yes, my aunt.

Story from my book called, “MAKE TRUTH A HABIT”.



Bev



.....Arts on the Move



Kay

Spring & Easter Theme Bunker Hill Community College
ArtMobile
Visit to **Zelma Lacey House** Charlestown



Annie



Edna



Theresa



Chrissie



The Zelma Lacey House Gang making Easter Cards



Romero



Theresa



Art Gallery Intern Ingrid Nelson with Edna



🌻🌻🌻 *Our Lord has written the promise of resurrection,
not in books alone, but in every leaf in springtime.* 🌻🌻🌻
Martin Luther

National Do Not Call Registry

Remember the days when you were flooded with calls from telemarketers? The calls often came at mealtime or as you were on your way out the door?

In June 2003, most of us signed up to be on the Do Not Call Registry. The list is good for 5 years. This includes cell phones. You must re-register again by June 2012 to stay on the list.

There are 2 simple ways to register. I just did it. It took me less than 10 seconds.

1. Go online to www.mass.gov/donotcall then enter your telephone number or
2. Call toll-free 1-866-231-Call (1-866-231-2255)

Simple facts you need to remember.

You must register to get on the Do Not Call Registry. The registry is free.

The Do Not Call Registry updates telemarketers quarterly so they will know who not to call. That is why it may take up to 90 days for the telemarketers to stop calling you!!

As a consumer who is on the registry, you can contact the Attorney General if you have a legitimate complaint against one of these telemarketers.

You can still receive certain telephone calls.

- Surveys and noncommercial polls-political polls
- Tax exempt, non-profits and charities

- Sales calls if you already have a relationship with a company
- Sales calls if you have given prior, express written or verbal permission
- Sales calls up to 90 days after you have signed up for Do Not Call Registry
- Sales calls connected to an existing contract or debt
- Calls if you have visited that company's fixed commercial location
- Sales calls when a face to face meeting is required prior to the sale

For more information about your rights as a consumer and if you have a complaint, please contact the Office of Consumer Affairs and Business Regulation at 617-973-8787 or 888-283-3757

Mother's Day 2012

I wish all my readers, friends and colleagues a wonderful Mother's Day 2012. This also includes the many women who help to raise and care for the children in their lives.

Did you know that Mother's Day started with the Egyptians? Egyptian records (remember Egyptian hieroglyphics?) show that they celebrated an annual festival to honor the goddess Isis, known as the mother of the pharaohs.

It wasn't until 1914 that the United States recognized Mother's Day as an official holiday. Father's Day didn't become official until 1966.

Great Barrington, Ma. – For the months of June and July, the American Institute for Economic Research (AIER) is offering 10,000 free hard copies and unlimited free digital copies of its popular, all-in-one planning guide, *If Something Should Happen: How to Organize Your Financial and Legal Affairs*.

The short, 44-page book takes the guesswork out of everyday estate planning and uniquely helps readers pull together everything that's necessary into one single place – thereby creating a 'master plan' in the event something should happen.

AIER's book – which discusses creating a will and where to keep financial documents, as well as provides worksheets for recording financial, personal, medical and insurance information – is the perfect tool for readers who want to avoid sending their loved ones scrambling, trying to pull together the pieces of an uncertain financial puzzle under the most stressful conditions.

If Something Should Happen breaks the planning process into three easy steps:

1. Taking stock -- This chapter addresses areas to review before delving into the specifics of estate planning and financial organization.
2. Planning -- This chapter reviews key planning documents and the roles of individuals involved in making decisions in the event of disability or death.
3. Organizing your records -- This chapter provides a series of fill-in-the-blank forms to help individuals get a handle on their finances and create a "master plan" to share with the individuals they have chosen to assume various responsibilities.

The booklet also includes a page of resources, if readers want more detailed information on any particular aspect of the process, such as pre-paid funeral arrangements, wills and trusts, or powers of attorney.

Complimentary copies of *If Something Should Happen* are available throughout June and July while supplies last. To receive a free digital copy, visit www.aier.org.

To receive a free hard copy, call 1-800-528-1216 and press 0.

The book, originally published in 2008, normally sells for \$10 per copy. A complete list of book endorsements are available here: <http://www.aier.org/product/if-something-should-happen>

Founded in 1933, the nonprofit American Institute for Economic Research (AIER) conducts independent, scientific, economic research to educate individuals, thereby advancing their personal interests and those of the nation.

The **MOCKING** Bird

By: Maryalice Bellew

It was sometime in July of 2011. As I walked down the front steps of my house, a bird flew out of nowhere and hovered over my head, flapping his wings loudly and making a very scary noise. The next morning the same thing happened. I just thought to myself, “This bird is crazy” but why?

This didn’t happen to my daughter Donna or my son Joe until about a week later. It got to be rather scary. This bird was holding us hostage in our own home and really “MOCKING” us. There was a bush beside the gate in front of my house and it had built its nest inside. We could see him going in and out of the bush sometimes carrying a worm to feed its baby. He was guarding the nest and protecting the baby bird.

One day, when the mailman was delivering the mail, the bird attacked him. He said to me “That bird is crazy. He did the same thing yesterday.” We tried walking across the lawn to the gate on the other side away from the bush but the bird just flew across the lawn at us. We didn’t want to hurt the bird but we had to devise some sort of weapon to protect ourselves and keep the bird from hurting us. I have a cane and it

sure came in handy. When I came out of the house I would wave it over my head. We never knew where this bird was hiding or when it would appear. We just could not be anywhere near the front of the house. Donna has an umbrella she would use. She would open it up and Joe had a big long stick which he would wave in the air. That’s the only way we could get in and out of the house.

One day we came home from grocery shopping and the question was “SO HOW DO WE GET INTO THE HOUSE WITH THE BUNDLES WITHOUT BEING ATTACKED BY THE BIRD?” I stood by the gate on the other side of the lawn away from the bush and shook my cane in the air so we could bring the bags up the side of the house to the back door. Donna said I looked like a crazy lady shaking the cane because none of the neighbors knew about the bird.

One Saturday afternoon, the bird attacked the mailman again and he threw the mail on top of the bush. I call 911 thinking maybe someone would come and help, but that didn’t happen. So we devised a plan, Donna was shaking my cane to protect Joe and Joe had his stick trying to knock the mail off the bush. As he walked out of the gate waving the stick, a woman walking up the sidewalk went out into the middle of the street. Joe told her he wasn’t after

her; it was the bird. I even attached another mailbox outside the gate on the other side of the front lawn so the mailman would not have to go near the bush or through the gate at all. If I only had a video camera it would have been hysterical to watch. We looked like the crazy family on River Street.

The baby bird finally learned to fly and they all left the nest. That bush no longer exists and there'll be no birds there for a long time to come. We retrieved the nest before the bush was cut down. It was amazing to see how the

nest was built. There was ribbon, string, twigs, straw, and whatever this bird found to hold this nest together. When we found out it was a Mocking bird we also found out their favorite place to build a nest is in a bush. NO LONGER IN FRONT OF MY HOUSE.

A woman that bowls on the same league I belong to likes to play jokes. One day she left a butterfly net on my front porch and she said the bird flew at her. I still have the net but am not about to use it any time soon.

THANK YOU EMS!

May 20th-26th is National EMS Week. Boston EMS is creating a “Thank You EMS!” photo montage to show their staff how much their tireless work is appreciated. View a digital slide show of groups and individuals showing their thanks by visiting www.cityofboston.gov/ems before and during EMS Week.



Recycled Art Comes Alive At Upham's Elder Service Plan

With the start of warmer weather and April showers, the seniors at the Upham Corner Health Center Elder Service Plan (ESP) have been hard at work crafting a variety of projects.

Art therapy is considered an excellent source of creative outpouring and expression. Under the direction of the Upham's PACE Elder Service Plan Activities Coordinator, Paulette Sewell-Reid, the residents worked on a variety of projects at the center, including this recent magazine paper spread.



The rolled paper art piece (pictured, left) was an example in team work and creative endeavors. It's a craft that turns pages into pretty things: art, beads, bowls, baskets, mirrors and more.

The project allowed for everybody to participate in the work, including ESP participant, Carmen. Even though her eyesight isn't as strong as it once was, Carmen was able to produce much of the raw materials. Taking pages from magazines and circulars, she provided the bounty which would be taken by other participants, then be rolled, pressed, and ultimately shaped by Ted (pictured, right) into the final product.



This project allowed for a great level of creativity. The paper provided its own curiosity. Once pressed and rolled, it was no longer possible to tell if the original paper had been a catalog, newspaper, fashion magazine, or circular. What remained was the intricate patterns, font, colors, and visual array indistinguishable from its first source.



For more information about rolled magazine art, contact Paulette at 617-440-1615, extension 224. For information about the PACE program, contact the Enrollment Coordinator at 617-288-0970, extension 33.

The Elderly Commission

Seniors are you eligible?

Food Stamp requirements have changed for most senior applications. The Department of Transitional Assistance no longer counts -

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

For more information or to complete an application contact:

Lorna Pleas at 617-635-4335

Need a Ride?

Senior Shuttle 617-635-3000

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

Please give at least 2 business 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

on Wednesdays at 2:00 p.m.
and Mondays at 9:00 a.m.
Streaming on the internet at
www.zumix.org

WJIB 740 AM on Sundays
at 8:30 a.m.

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



Volunteer for Renew Boston and Boston RSVP

You've gained a lifetime of experience - Now is the time to put your skills and talents to good use by volunteering through Boston RSVP.

When you volunteer, you are not just helping others – you are helping yourself and helping the environment by informing and educating Boston residents on this great program that can not only save them money, but also reduces greenhouse gas emissions for our environment.

If this opportunity is for you simply call Lourdes Lopez at 617-635-2713 or email at Lourdes.Lopez@cityofboston.gov

Save Energy, Save Money

Thomas M. Menino, Mayor

18 FREE THINGS TO DO AROUND BOSTON

1. Soak up the energy of Harvard Square – Harvard Square is not only home to the esteemed Harvard University, but also to more than 300 registered street performers
2. Bunker Hill Monument – Climb the 294 steps to the top of the Bunker Hill Monument for unparalleled views of the Boston skyline
3. Harvard Book Store – Check out the Author Event Series, lectures, and signings at the Harvard Book Store
4. Free wine tastings at Coolidge Corner – Coolidge Corner Wine and Spirits offers free tastings from 6 to 8 p.m. Thursday and Friday and from 4 to 7 p.m. on Saturday
5. Brewery tours and tastings – Sam Adams Brewery offers tours of the Jamaica Plain facility with discussions of how founder Jim Koch brews the beer. Tours and tastings occur on Monday – Thursday, and Saturday, from 10 a.m. to 3 p.m., Fridays from 10 a.m. to 5:30 p.m. starting every half hour. Similarly, Harpoon Brewery hosts tastings every weekday at 4 p.m. with additional tastings on Wednesdays, Thursdays, and Fridays at 2 p.m.
6. Massachusetts Historical Society – Get to know a bit more about the Bay State’s historical side at the Massachusetts Historical Society where they make manuscripts and artifacts available to the public. They also hold numerous seminars and weekly tours for free, some require registration. Check their website.
7. Tour the Massachusetts State House – Explore the Massachusetts State House, the oldest building on Beacon Hill, with a 45-minute tour for free.
8. Visit an art gallery on Newbury Street – Paintings by Rolling Stone guitarist and artist Ronnie Wood hang on the walls at Newbury Fine Arts on Newbury Street. There are more than 15 art galleries on either side of Newbury Street.
9. Walk along the Freedom Trail – Get a real taste of history by taking a self-guided tour along all or part of the 2.5 mile trail. Just follow the red-brick or red-painted line from the Visitor Information Center on the Boston Common and enjoy the 16 historic stops along the way.
10. Tour the USS Constitution – The USS Constitution, also known as “Old Ironsides,” cruises Boston Harbor. Take a tour of the Navy Yard, exhibit hall and oldest commissioned warship afloat in the world.
11. The Museum of Afro-American History – The African Meeting House,

owned and operated by the Museum of Afro-American History, is one stop on the Black Heritage Trail.

12. Tour the Boston Public Library – The library features rotating art exhibits, extraordinary architecture, lectures, movies, workshops and more. There is a free Art and Architecture Tour of the building Sundays at 2 p.m., Mondays at 2:30 p.m., Tuesdays and Thursdays at 6 p.m. and Friday and Saturdays at 11 a.m.

13. Commonwealth Museum – After a major renovation, the Commonwealth Museum has finally opened its doors to its permanent exhibit.

14. Institute of Contemporary Art – On Thursdays, from 5 p.m. to 9 p.m. the ICA is free.

15. DCR deals – All parks within Route 128, run by the Department of

Conservation and Recreation are free (exceptions: Boston Harbor Islands, Nantasket Beach, Nahant Beach)

16. Coit Observatory, Boston University – Pick out your favorite constellation at the Coit Observatory at Boston University, which offers free stargazing Wednesdays after 7:30 p.m. throughout fall and winter.

17. Visit the Mount Auburn Cemetery – Those looking for a historically rich and beautifully landscaped retreat should visit “America’s first garden cemetery.” Located on the border of Cambridge and Watertown, the cemetery features classical monuments.

18. Visit the Old North Church – At the Old North Church you can view the steeple where the two lanterns were hung that signaled Paul Revere to take his famous ride, and sparked the Revolution.



Quality Care Close to Home

Skilled Nursing • Comprehensive Rehabilitation Services • “Rehab-to-Home Programs • Quality Long-term Care

Five locations to serve you:

1 Charlwell House Nursing and Rehabilitation Center

305 Walpole St, Norwood, MA 02062
Phone 781-762-7700 Fax 781-255-0387

2 Kathleen Daniel Nursing and Rehabilitation Center

485 Franklin St, Framingham, MA 01702
Phone 508-872-8801 Fax 508-875-1385

3 Kimwell Nursing and Rehabilitation Center

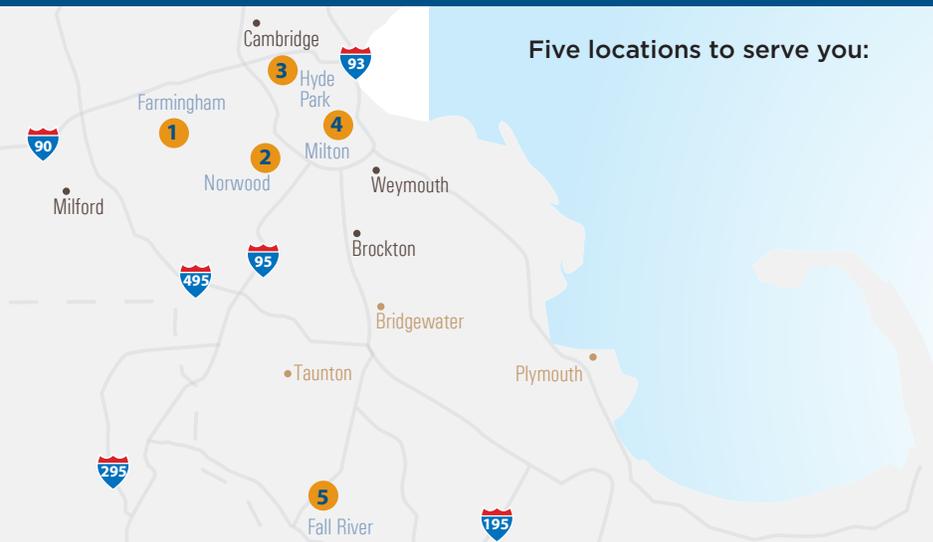
495 New Boston Rd, Fall River, MA 02720
Phone 508-679-0106 Fax 508-674-1570

4 Milton Health Care

1200 Brush Hill Rd, Milton, MA 02186
Phone 617-333-0600 Fax 617-361-8175

5 Parkwell Nursing and Rehabilitation Center

745 Truman Hwy, Hyde Park, MA 02136
Phone 617-361-8300 Fax 617-361-7725



Healthy Recipes

All Healthy Recipes are carefully selected by our expert nutritionist
Melissa Carlson, MS, RD

Mustard Chicken

Ingredients:

- 1 cup low-salt chicken broth
- 1/2 cup chopped onions
- 1/4 cup plus 2 tablespoons Dijon mustard
- 6 garlic cloves, minced
- 2 teaspoons Worcestershire
- 1/8 teaspoon hot pepper sauce (such as Tabasco)
- 2 tablespoons (1/4 stick) no salt butter
- 2 tablespoons olive oil
- 1 3 1/2-pound chicken, cut into 8 pieces, or chicken breast
- 1 teaspoon dried thyme, crumbled
- Chopped fresh parsley

Preparation:

1. Combine first 6 ingredients in small bowl.
2. Melt butter with oil in heavy skillet over medium-high heat.
3. Season chicken with salt and pepper. Add to skillet and sprinkle with thyme. Cook until chicken is golden brown, turning occasionally, about 10 minutes.
4. Pour mustard mixture over chicken.

Cover, reduce heat to low and simmer until chicken is just cooked through, about 20 minutes.

5. Using slotted spoon, transfer chicken to platter. Cover chicken with foil and keep warm.

6. Boil liquid in skillet until reduced to sauce consistency, stirring occasionally, about 7 minutes. Pour sauce over chicken. Sprinkle with parsley. Serve immediately.

Note: To reduce salt - use no salt chicken broth, no salt butter and only 1 teaspoon of Worcestershire sauce

Serves: 4

Don't Retire, Inspire!

Hosted by Augusta Alban

Tune in to find out how Boston seniors are INSPIRED everyday

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

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

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

Dandelion Greens with Toasted Garlic & Almonds

Ingredients:

- 1 large bunch dandelion greens or 1 head curly endive, escarole or chicory, trimmed and coarsely chopped
- 3 tablespoons extra-virgin olive oil
- 6 cloves garlic, thinly sliced
- 4 scallions, thinly sliced, whites and about 2 inches of the greens only
- 1/3 cup sliced blanched almonds, toasted
- 1/4 teaspoon salt

Preparation:

1. Bring a large pot of water to a boil. Drop greens into the boiling water and cook until bright green, stirring once or twice, 30 seconds to 2 minutes, depending on the type of greens. Drain

in a colander, then rinse well with cold water. Drain again, pressing on the greens to remove excess water.

2. Heat oil in a large skillet over medium-high heat. Add garlic and scallions; cook, stirring, until the garlic starts to turn golden brown, 30 seconds to 2 minutes. Add the greens and cook, stirring, until tender and heated through, 1 to 3 minutes. Stir in almonds and season with salt. Serve immediately.

Serves: 4

Calories - 185 per serving



CELEBRATING 50 YEARS OF THE KENNEDY PRESIDENCY



The Museum at the
JFK Presidential Library

www.jfklibrary.org

866-JFK - 1960 ★ Columbia Point, Boston, MA 02125

GROW WHERE YOU ARE PLANTED!

“Don’t Retire, Inspire”

By: Augusta Alban



On the “Don’t Retire, Inspire!” tv show, I have exciting conversations with many people who seem to have found their passion and purpose without even looking for it. Many of us ask ourselves over and over, “Why I am here, and what am I supposed to be doing?” In truth, from what I am told by my guests, the aim or objective of their lives found them.

Exploring others’ life journeys can be fun, exciting and informative, but what I have discovered really surprised me. Most of these people were not looking for their destiny: they were just doing a job in the best way they knew how, and trying to help others on their path. As it turns out, many of these hard working people helping one person at a time have helped thousands. One lady, now past 80, started repairing chairs and tables she found in the trash and giving them away to those in need. That was 25 years ago. Now they have several big warehouses and hundreds of volunteers. These people did not look for “their calling,” so to speak: they simply answered one request at a time.

Going after money may work, but going after your destiny almost never works. In fact, the more you run after something the further away it goes. It’s like a cat chasing his tail: he comes close but he never catches it. When he

sits quietly, his tail comes and wraps itself around him. This is an inside job! This finding what makes you happy requires learning to love yourself and listening to those whispers of “that looks like fun”, “I have always wanted to” and “someday I would like to.” Love is doing what makes you happy! What do you love doing? What have you always dreamed of doing? Well, today is that day. We all know someone who loves to read and they are now helping children in school learn to read, good for them. If you like to read, take it one step further: Volunteer for recording for the blind. They have wonderful programs all over this country. We have one in Cambridge. I have done it, and after I got over shaking, I learned a great deal about reading and recording. I am sure if you ask, they will give you a copy. It will teach you a lot about how you read and how to improve yourself, AND IT’S FUN!

Find someone who is really good at doing, what you would like to do, or someone who has written a book about what interests you. Create a graceful opening, start off by asking them if they could give you 5 minutes of their time. Have your questions ready and only take 4 minutes! Ask if you could call again and when. They are busy people, respect

that, they didn't get to where they are by wasting time. Ask if you could come to their studio or workplace and observe. Again, don't stay long the first time, thank them and leave. **REMEMBER TO WRITE A THANK YOU NOTE.** Write down and send a short letter telling them what you have learned. Ask if you could visit again. It will surprise you how willing and helpful people really want to be. Remember, these people have perhaps spent a lifetime learning their skills: they are happy to share them with you. Remember not to take up their time if you are really not interested.

Spend some quiet time thinking about what you would like to try or learn. Make a list. Put the list away for a day or so, go back reread, add or take away. This is your first process. Give it all the time it needs; after all, you haven't asked yourself these questions for a long time. This is a new adventure! If you need more skills, get them! There are so many places you can go to learn and many are FREE! Not interested in how to use a computers, in my opinion it has nothing to do with technology, it about your fear of new and change. Don't give me that stuff about how you don't want 100 emails – no one does, so don't have it. You can, however get on-line and have all the libraries and art galleries in the world at your finger tips, in color and with sound. If it were so hard to do, do you think so many would be on-line? It

is just NEW and different to you. New and different is what our brains need to stay young, and it gets the endorphins going.

Yes, this is volunteering, but you are not second rate! You have life skills and knowledge. You bring certain comfort to those younger workers. This is your life's energy! You are giving: what greater gift is there? Yes, it's scary but exciting, and gives you something new to think and talk about. Dress up like you used to. Put on that nice shirt and yes, a jacket. You ladies go to the dresser drawer in your bedroom. Find a big pin: big pins are in and pick out your favorite colored scarf (not too much perfume, ladies). Make it a game: Write out your questions, things you have always wanted to know. If they are not impressed, this is not the place for you. But that place is out there. I have heard it over and over: "We Have Been Waiting For Someone Just Like You."



Communal Living Attracting More 60-Something Women

Author Says Women are Choosing to Age with the Support of Friends

Some say the '60s hippies are going back to the commune. Others call the growing number of female Baby Boomers rooming together “‘The Golden Girls’ phenomenon.”

Author Martha Nelson, who at 65 is on the leading edge of a tsunami of retiring Boomers, says it's really all about choosing the company of friends.

“As a group, we've been empowered more than past generations of women,” says Nelson, whose debut novel, *Black Chokeberry* (www.BlackChokeberryTheBook.com), is the story of three disparate older women who unexpectedly end up sharing a home. “We're more worldly, stronger, financially savvy and healthier than our ancestors – through no fault of their own – and we know what we want.”

Increasingly, what they want is to actively age with the camaraderie, laughter, understanding and support of other women who share their ideas of healthy lifestyles, good food from their own gardens, green living, and myriad activities on a moment's notice.

In 2010, 480,000 Baby Boom women lived with a least one unrelated female, according to an AARP analysis. The growing number of U.S. HomeShare

programs, which help connect people interested in sharing a house, say their numbers have been steadily rising since the economy belly-flopped.

“This concept is really trending on the East and West Coasts and is very big in Europe,” says Ryan Cowmeadow, vice president of the National Shared Housing Resource Center, an all-volunteer clearinghouse of HomeShare programs.

“Our numbers are up about 15 percent since 2007, and about 75 percent of applicants are female,” he says.

“We're hoping to see a real surge with the Boomers entering retirement age now. They're the ones who didn't take ‘no’ for an answer. Home-sharing just makes sense.”

Nelson notes that there are several reasons why women more than men are gravitating to communal living as an alternative lifestyle.

“Women typically live longer than men, and men are more likely to remarry quickly after a divorce or the death of a spouse,” she says.

“And fundamentally I think it's as much about the special bonds women share. We form these wonderful, supportive, ‘tell the truth’ friendships, which survive

the demands of husbands, children and careers. Whether living alone or with a spouse or partner, women cling to their friendships. When a woman considers living alone as she ages, it's a natural progression to seek the company of her best friends."

That's what happened to Nelson, a former journalist and educator, whose long marriage ended in divorce when she was in her 50s. In regaining her balance as a single woman, she sought time alone to heal, then turned to her trusted friends as she stepped back into life. Her happiest moments came from long conversations over coffee, laughter over meals and movies, and, occasionally, indulgent tears she felt safe to shed.

"I came to fully understand the importance of women friends in my life," she says. "They are the gold standard and as we age, they are critical to happiness, regardless if one is married or in a committed relationship."

The movement for cohousing – where residents have private living spaces but share common areas, such as dining rooms, and tasks, such as cooking -- started in Denmark and is catching on in the United States. There are model programs in Boulder, Colo., and other communities, including three cohousing projects being planned in the greater Nashville area, where Nelson lives.

Practical considerations of creating close

living communities include health and safety, care in times of an accident or medical emergency, and saving money, a concern for many women who find themselves single or widowed after long marriages, Nelson says.

But Boomers are renowned for demanding more than creature comforts from life, she adds.

"We want to be happy; we're healthy, active and we want to enjoy ourselves as we age. We want to travel, go to a movie with a neighbor or housemate, cook a meal, share a garden, and feel that we are contributing to our communities.

"What started with Rosie the Riveter has brought us to this," says Nelson who is happily married again, but fascinated by the new movement of cohousing.

"We're strong women and we can choose to live the way we want as we get older. Very often, that will mean with other women in close knit communities."

About Martha Nelson

Martha Nelson is an award-winning former investigative reporter, columnist and editor at two New York newspapers. She also is a former educational and nonprofit executive, consultant, and chef. She retired in 2010 and settled in to write *Black Chokeberry*, a coming-of-age novel about three women confronting crisis and change on the other side of 50.

Tips For Men To Stay



Healthy As They Age

(StatePoint) With age comes wisdom. Unfortunately, it also comes with an increased threat of developing certain health problems.

Prostate cancer and other diseases affect a disproportionately large amount of American men. According to the Prostate Cancer Foundation (PCF), more than 16 million men are affected by the disease globally, and American men represent nearly 2.5 million of that figure.

Given these statistics, American men should be especially vigilant about their

health. With a few lifestyle tweaks and attitude adjustments, you can help stay healthy as you age.

Eat Right

If you've eaten a particular way your whole life, you might find it difficult to change. But cutting out the junk in favor of fruits, vegetables and whole grains is well worth the effort. Not only will you look and feel better, certain foods have even been proven to reduce your risk of developing diseases like prostate cancer, coronary heart disease and diabetes.

Opt for fish over red meat. Evidence from several studies suggests that fish can help protect against prostate cancer because it contains "good fat," particularly omega-3 fatty acids. Choose olive oil over margarine. While monounsaturated fat found in olive oil is beneficial to health, trans-fatty acids contained in margarine contribute to clogged arteries, high cholesterol and an increased risk of stroke and heart attack.

A free nutrition guide and tasty recipes are available at www.pcf.org/nutrition.

Stay Active

A sedentary lifestyle contributes to your risk of obesity, heart disease and cancer. You don't need to become a marathon runner, however, to experience benefits

from a more active lifestyle. Start with what you can handle, like a 20 minute walk once a day. If you have bad joints, consider a low impact activity like swimming.

Get Checked

While it's always important to be open with your physician about your health and your family's health history, starting at age 40 it becomes crucial. The older you are, the more likely you are to be diagnosed with prostate cancer and other diseases. In fact, more than 65 percent of all prostate cancers are diagnosed in men over the age of 65, according to PCF.

Your doctor can help you determine your risk of developing various diseases, and make recommendations accordingly. Regular doctor's visits are also an important component of early diagnosis. While these tests may not be fun, they can save your life. If you have a history of prostate cancer in your family, consider a yearly rectal examination and a Prostate-Specific Antigen (PSA) test starting in your forties, or even earlier if your doctor recommends it.

Broader awareness and understanding of the health risks associated with aging can save lives. So don't shy away from talking to your friends and family about your health, and theirs.



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

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THEME: HEALTHY LIVING

Across

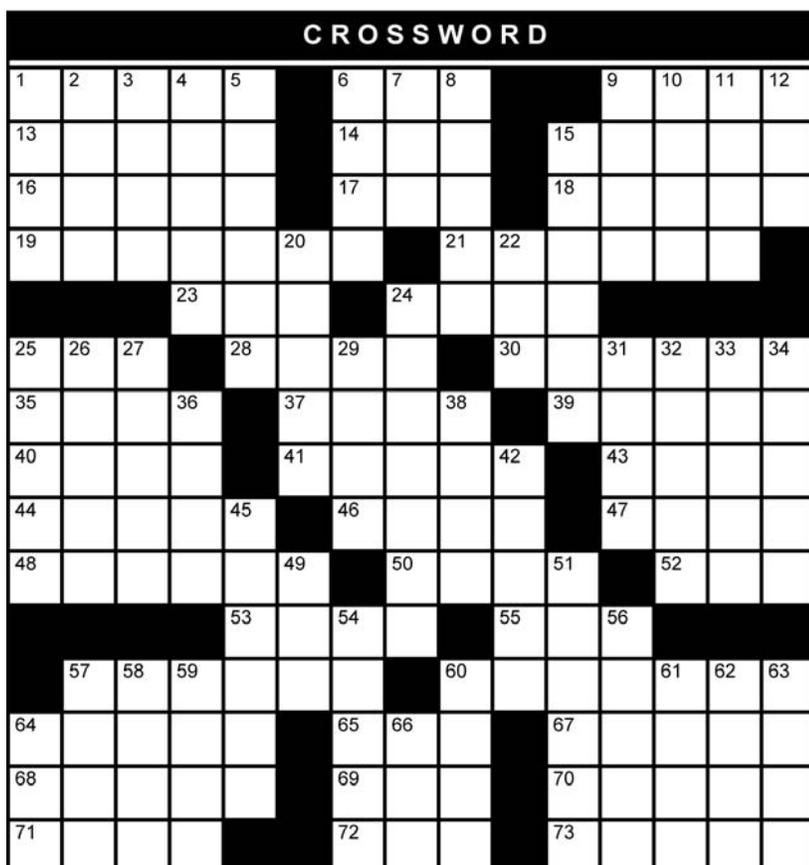
1. Landing road
6. *The ___ cage protects the heart and lungs
9. Slang for heroin
13. Billy Joel's "_____ Man"
14. International Labor Organization
15. Formed by running water
16. Imitating
17. Santa's helper
18. King's domain
19. *Ca or K, e.g.
21. Nightmare character
23. He played Opie on "The Andy Griffith Show"
24. Disdainful, pouting grimace
25. *When exercising, you get ___
28. Between mini and maxi
30. Metamorphic rock
35. Makes a mistake
37. Bart Simpson's sister
39. Saint in Mexico
40. Miners' passage
41. Swamp plant
43. Yelled to shoo a cat
44. Puzzle in pictures
46. "Smells Like ___ Spirit" by Nirvana
47. *A focal point in workouts
48. Type of coat
50. Dame ____, Australian celeb
52. Christian Chi-___ symbol
53. The upper one is used for ruling
55. Coffee pot
57. Allegiance
60. *E or D, e.g.
64. Former French currency
65. Ring of flowers
67. Singer Cara
68. *Some need more of this than others
69. Be in debt
70. What a jazz singer does
71. Bear lairs
72. Not pre-owned
73. Commotions

8. Very successful
9. What victim did in court
10. Armor-_____
11. USSR to USA during WWII
12. *Usually busy after the holidays
15. *Leafy edibles
20. Indigo dye-yielding shrubs
22. Where bugs are snug?
24. Improper act
25. *Ventricular beater
26. Superior's command
27. Cherokee or Hopi, e.g.
29. *Regimented eating
31. *Where green tea tradition comes from
32. Bring upon oneself
33. Cache of money, e.g.
34. Official language of Lesotho
36. Nonlethal gun
38. Wine and cheese descriptor
42. Tedium
45. Carry, as in heavy bag
49. Ladies' Easter accessory
51. 2012 Oscar-winner "The _____"
54. Stocking fiber
56. Those in organized crime relating to narcotics
57. *Your doctor usually keeps one on you
58. Like never-losing Steven
59. Greek god of war
60. "The _____" talk and entertainment show
61. Known for notebooks
62. Keen on
63. Loch _____
64. Psychedelic drug
66. Female sheep

1. Junk e-mail
2. Cone-shaped quarters
3. Often asked to "go away, come again another day" from
4. Like a special circle
5. Organized persecution of ethnic group
6. Cambodian money
7. *Not well

Down

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62. Keen on
63. Loch _____
64. Psychedelic drug
66. Female sheep

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Who is Senior Whole Health?

Senior Whole Health (SWH) HMO-SNP is a **Medicare Advantage health plan** for seniors 65 years and older that combines your MassHealth Standard and Medicare benefits.

Who can join?

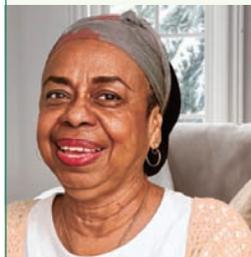
It's simple to join.

You can become a SWH member if you:

- Are 65 years old and older
- Live in Bristol, Essex, Middlesex, Norfolk, Plymouth, Suffolk, or Worcester county
- Have both Medicare Part A and B, and MassHealth Standard
- Eligible beneficiaries may enroll at any time of year

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Thomas M. Menino
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Lisa.Santio@CityofBoston.gov

RSVP Movie Screening Young @ Heart

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about you
should
include you.**



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To make your voice heard, visit
earnedasay.org.



Solution to Crossword on Page 26

S	T	R	I	P		R	I	B		S	C	A	G			
P	I	A	N	O		I	L	O		G	U	L	L	Y		
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The Corrib Pub & Restaurant in West Roxbury

A special thank you to Tony Bligh & waitress Crystal!



Memoir Project in West Roxbury



33rd Annual USS Constitution Model Shipwright Guild Model Show



Happy Older Americans Month

from

Mayor Thomas M. Menino

&

The Elderly Commission

Never Too Old to Play!



May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month – a proud tradition that shows our nation’s commitment to celebrating the contributions and achievements of older Americans.

The Administration on Aging has set this year’s theme for Older Americans Month – *Never Too Old to Play!* It puts a spotlight on the important role older adults’ play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year’s celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults – many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over the age of 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking as well as arts and recreational groups.

Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships help shape their values, goals, and life choices and gave them a sense of identity and roots.

While the Commission on Affairs of the Elderly provides services, support, and resources to older Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them!