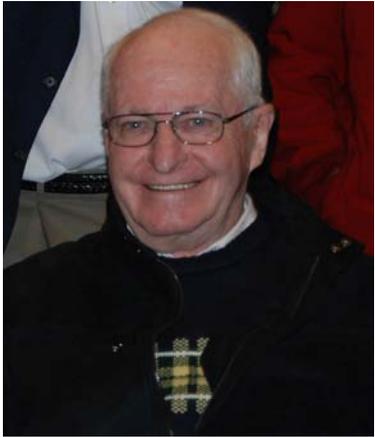


Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



MAY

FREE

**2009
Volume 33
Issue 4**

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www.cityofboston.gov/elderly

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Email articles and comments to
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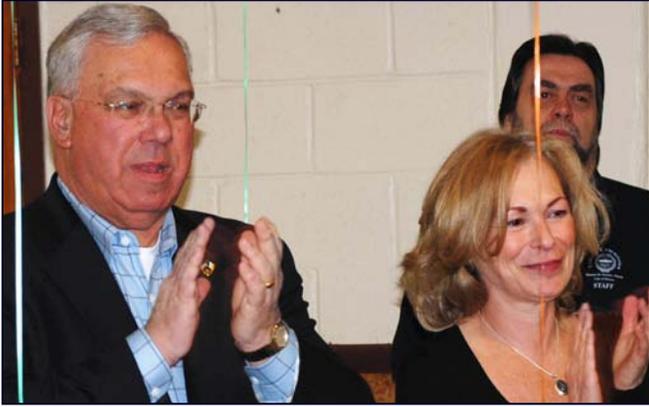
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Mayor's Spotlight



Most of us have been anxiously anticipating the end of winter, and fortunately spring is finally here. After a season that dumped record amounts of snow on the City, warmer weather is a much welcomed change. Recently, we kicked off spring in the City of Boston by announcing that our neighborhood street cleaning program would begin early. Public Works employees have already been hard at work “spring cleaning” neighborhood streets and getting rid of the remnants of winter. In fact, between March 1st and March 23rd, the City had already collected 255 tons of sand and debris from areas across the City.

This year, I’m asking residents and businesses to get involved in the cleanup efforts. By working with neighborhood Main Street business districts, we’re also making sure that local shopping areas are clean and inviting for pedestrian traffic. You can pitch in with the cleaning by sweeping sand and debris from the sidewalks to the curb in front of your home or business before scheduled street cleanings. To find out when streets in your neighborhood will be cleaned, call the

Mayor’s Hotline at (617) 635-4500. Now is a great time for everyone to give a helping hand and make our City brighter. We’ll pick it up if you make an effort to put it out.

If you’d like to get more involved in the spring cleaning fun, there will be plenty of opportunities in every neighborhood of Boston during the citywide Boston Shines cleanup. Now in its seventh straight year this event is the signature event of the year-round program Boston Shines 365. I hope to see you out in the neighborhoods, as I join thousands of other volunteers to say goodbye to winter and welcome in spring. Boston Shines is an opportunity to work side by side with neighbors, corporate volunteers, universities, neighborhood businesses, public organizations, and private agencies.

Getting involved in Boston Shines is easy, and I’m inviting individuals, businesses, and institutions to partner with the City by volunteering their time and resources to help support this event. You can help by recruiting and leading a team of your neighbors or co-workers, or by making an in-kind or cash donation. To register for a Saturday project in your neighborhood, please call 617-635-4249.

Winter left its mark, but we’re working hard to make Boston shine again for warmer weather. I hope that you’ll be able to join us and give a helping hand!

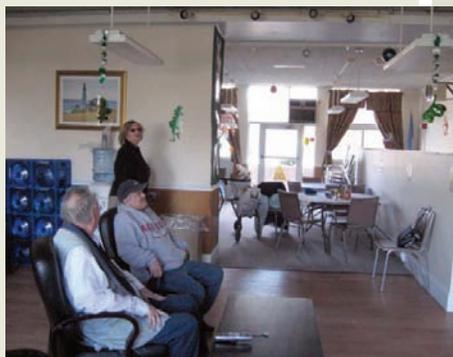
ARE YOU 62 YEARS OR OLDER?

Paying too much for your rent?

The Boston Housing Authority offers affordable housing with preference for people ages 62 and older in many Boston neighborhoods.



Walnut Park is a warm and friendly environment located in Roxbury



Rockland Towers is a tight-knit community in West Roxbury



Hassan in Mattapan has an active Tenant Task Force that organizes activities for residents

To Apply

- Visit 56 Chauncy Street - Monday through Friday from 9 a.m. to 5 p.m. located in the heart of Downtown Crossing
- Call (617) 988-4200 or reach us by TDD at 1-800-545-1833 ext. 420
- Print an application from www.bostonhousing.org



The grounds around the Heritage development in East Boston are beautifully landscaped



Dr. Martin Luther King, Jr. Towers is a welcoming and vibrant community located in Roxbury



Amory Street, located on the Roxbury/Jamaica Plain line, offers numerous activities for residents including a renowned exercise class



**For more information about how to apply, preference for elderly persons or the BHA Elder Advantage / Designated Housing Program, call (617) 988-4200 or visit www.bostonhousing.org/*



Adult Acne

A Few Tips:

Acne can affect anyone, not just teenagers!

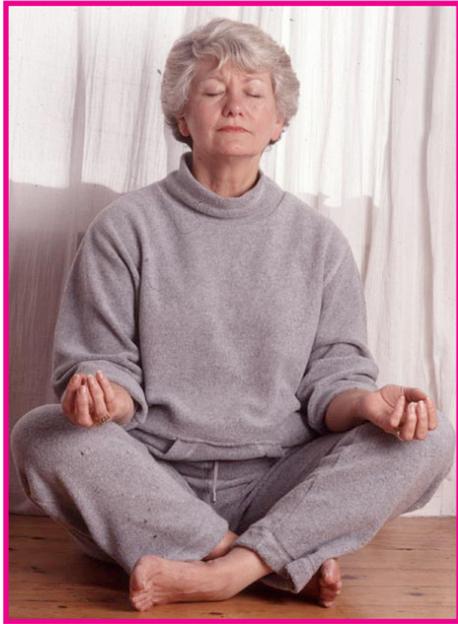
Oftentimes, many people experience first time acne as an adult in their twenties and thirties and not when they are teenagers. Males usually experience acne in their teens. Adult acne, by definition, is a chronic condition and more often in women. Adult acne can affect you in your twenties, thirties and even in your fifties and sixties!

What is acne? Acne is a disease of the hair follicles. Many different factors contribute to the formation of acne lesions. Today's thinking is that acne starts in the skin with an invisible abnormal plug formation called the microcomedone. As the plug grows, whiteheads or blackheads may become visible. Excessive oil produced, the presence of bacteria and inflammation also contribute to acne formation. In younger women, acne may flare up before menstruation. This flare up is caused by the effects of an androgen hormonal surge which contributes to increased oil production. For some women, birth control pills can control their acne.

Remember, adult acne is a chronic condition. Therefore, adult sufferers should be diligent about their treatment. Repeated treatments and medication may be needed. Most importantly, get a referral for a board certified dermatologist who will follow your care closely. Each case is treated differently, you must follow your regime carefully.

- Follow good skin care routine.
- Good skin care can also slow down the signs of aging.
- Do not share towels, soaps and moisturizers. Stay away from soaps loaded with perfumes.
- Discard makeup after 4-6 months.
- Use a non-comedogenic moisturizer with sunscreen daily (including winter months). Dry skin has shown to cause acne to flare.
- Moisturizers may be needed if your medication causes dry skin.
- Sunscreen prevents skin cancer and photo aging of the skin.
- Interestingly, some of the active ingredients in acne medications, namely retinoids, glycolic acid and salicylic acid and chemical peel procedures have a good effect of preventing wrinkles, reducing sun damage and blemish fading.
- Humidify your house if the house air is dry in winter.
- Acne can be treated so ask your doctor for a referral to a good dermatologist.

Manage Your Stress



Stress is taking its toll on a lot of people. In the newest “Stress in America” survey by the American Psychological Association (APA), almost half of Americans say they are increasingly stressed about their ability to provide for their family’s basic needs. Eighty percent say that the economy is a significant cause of stress.

Stress is the body’s response to the demands of the world. There are two basic kinds of stress, acute and chronic. According to the Mayo Clinic, acute stress is your body’s immediate reaction to a significant threat, challenge or scare. It’s the classic fight-or-flight reaction. Job interviews and fender-benders are examples of stressors that can cause acute stress.

Chronic stress results from long-term exposure to acute stress. Stressors that can lead to chronic stress are often the day-to-day pressures that don’t seem to let up – work problems, relationship issues and financial troubles.

Chronic stress can lead to physical problems such as headaches, fatigue, back pain, heart palpitations, high blood pressure, sleep problems, stomach upset and decreased immunity.

It can also affect your behavior, resulting in angry outbursts, over or under eating, difficulty concentrating, social withdrawal, relational conflicts and drug or alcohol abuse.

According to the APA, the health consequences of extreme stress are most severe when people ignore symptoms and fail to manage their stress well.

Here are some ways that you can manage your stress:

Identify how you experience stress. Everyone experiences stress differently. You might get irritable, or have a hard time concentrating. Perhaps you get headaches or muscle tension. Keep track of your stress symptoms for several days to give you a better idea of how you respond.

Know your stress triggers.

It's important to know where your stress comes from. If you know, you can take steps to deal with the cause and not just the symptoms.

Find healthy ways to manage stress.

The National Institutes of Health (NIH) recommends putting together a stress management plan that includes:

- **Physical activity:** Exercise releases endorphins, which promote good moods and positive thinking. It also increases blood flow to the brain and body, helping you feel better and think more clearly.
- **Relaxation:** Music, meditation, yoga and relaxation techniques help calm the body and the mind.
- **Reaching out:** Interacting with others lets you get your mind off your troubles and lift your spirits. It also keeps you from feeling alone. Talking with friends or professional counselors can be a good emotional outlet and a healthy way to work out problems.
- **Taking care of yourself:** Good nutrition and adequate rest go a long way toward giving your body what it needs to deal with stress. Junk food may feel good for a few minutes, but healthy food will help you feel good for a lot longer.

Stress is normal and something everyone experiences. But if you're undergoing chronic stress, you can take steps to deal with it in healthy, positive ways.

Please Note: Remember to consult your physician before beginning any exercise program.

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Sheriff's Department Senior ID Program Visits Boston City Hall

On March 27, staff of the Suffolk County Sheriff's Department visited the monthly meeting of the Senior Companion Program (SCP) at Boston City Hall. Heather McNeil of the Community Affairs Department and John D'Amore, Director of Vocational Programs introduced the Department's Senior Identification program to the members organized through the Boston Elderly Commission.

The Sheriff's Department Elderly ID program provides Suffolk County Seniors with colored identification cards. The cards include a photo of the cardholder, his or her name, address, blood type, and medical history, and the name and phone number of the cardholder's physician and an emergency contact. The information is vital in an emergency situation and the ID card is an important aid to medical responders.

In addition to collecting the completed applications for processing the identification cards, D'Amore handed out booklets on senior safety tips about how Boston seniors can protect themselves. D'Amore said, "Sheriff Cabral is committed to making Suffolk County a safer place for its seniors and the Sheriff's Department Senior ID program is a great way for us to support that commitment."

The Boston Senior Companions recently held its 20th anniversary and according to



the City's website, the program is part of Senior Corps, a network of national service programs that provides older Americans with the opportunity to apply their life experiences to meeting community needs. Senior Companions serve one-on-one with the frail elderly and other homebound persons who have difficulty completing everyday tasks. They assist with grocery shopping, bill paying, and transportation to medical appointments. They also alert doctors and family members to potential problems. Around fifty-one members attend monthly meetings at city hall while receiving a small stipend through the City of Boston to take important information and program literature back out into the neighborhoods in which they live.

Many members of SCP are affiliated with local agencies such as the Central Boston Elder Services, ETHOS, Kit Clark Senior Center, Boston Senior Home Care, just to name a few. Eileen O'Connor, Senior Companion Administrative Assistant said, "We have such a diverse group of seniors that attend from different organizations throughout the City of Boston." She continued, "Having the Suffolk County Sheriff's Department Senior ID Program come to city hall and meet with these clients is a great thing for them to take back into their

The City of Boston

Elderly Commission

Senior Companion Program



Senior Companions
**Thanks for making
a difference!**

For more information on
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

Continued from page 8

neighborhoods and the various agencies they are affiliated with.”

“I’ve been doing this for nineteen years,” said Sarah Blakeney SCP member and volunteer with the Central Boston Elder Services. “I visit clients throughout Dorchester, Roxbury, Mattapan, and West Roxbury to make phone calls, go shopping, fix lunches, and take out the trash.”

On the Senior ID program Blakeney said, “I think that having a Senior ID card will help out a lot. If you keep this on you at all times, it can be very useful should the



information be needed in an emergency situation.”

For additional information about the Suffolk County Elderly ID program visit our website at www.scsdma.org or call (617) 961-6655.

PRESERVING CUT FLOWERS



Gardening With Charlie
Kathie Bond-Borie,
Guest Columnist

Fresh flowers have the power to lift our spirits. Even a tiny vase of pansies can dress up a windowsill. To get the most life out of our cut flowers, it's important to cut them at the right time and treat them with care. Here are some tips for prolonging the life of your flowers.

Cut flowers. Cut garden flowers in the morning before the dew has dried, or in the early evening. With flower scissors or sharp pruners, snip above a node or dormant bud to spur new blooms on the plants, making the stems as long as you like. Cutting the stems shorter will allow faster growth of new buds. Put stems in a pail of lukewarm water as you cut them.

Certain types of flowers (including celosia, sunflower and poppy) benefit from scalding the stem ends in boiling water for 20 seconds or over a candle flame to stop nutrient-rich sap from oozing.

When purchasing cut flowers, get them home into water as soon as possible. Ask the florist for water reservoirs for the stems if you can't get home quickly.

Recut stems. Before you place flowers into water at home, recut stems on a slant to aid water absorption. Ideally, stems should be cut under water to prevent air bubbles from blocking the uptake of water, and then inserted directly into water. This is especially helpful with roses. To prevent decay, remove all leaves below the water line.

Condition flowers. Set flowers in lukewarm water in a cool, dark place for several hours to condition them before arranging.

Arrange flowers. Arrange flowers in a vase of warm (110° F) water. To prolong the blooms, keep the vase out of direct sunlight in a well-ventilated, cool location. Even moving the vase into a cool spot only at night will help. Don't place flowers near the fruit bowl because fruits produce ethylene gas that can speed aging of the flowers.

Add water. Freshly cut flowers have enough stored sugars to survive for a few days in a vase, but floral preservatives can help them last longer. You can make your own using equal parts 7-Up and water, with 1/2 teaspoon household bleach added. The sugar provides energy, and the bleach inhibits bacterial growth.

Change water. Change vase water every couple of days. In mixed bouquets, some flowers, such as daffodils, may exude sap that shortens the vase life of other flowers, so refreshing the water frequently is important. Or better yet, keep these flowers in a vase by themselves.

For more tips and garden information
visit: www.garden.org

A former floral designer and interior landscaper, Kathie Bond-Borie has spent 20 years as a garden writer/editor, including her current role as Horticultural Editor for the National Gardening Association. She loves designing with plants, and spends more time playing in the garden – planting and trying new combinations – than sitting and appreciating it.

Courtesy of Family Features

Music Appreciation

By John H. O'Neill III



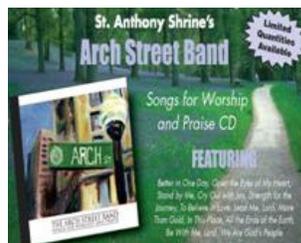
Tough economic times have forced seniors to reduce activities. They continue to practice their faith, visiting churches and temples. Faith helps people deal with concerns.

Many houses of worship have social programs assisting people who are in need. Some have soup kitchens which provide a nourishing meal to those who are homeless and living on the streets. Several churches offer counseling for unemployed people. Music can be relaxing. It is important.

Organs, trumpets, and other instruments can often be heard at divine services. Jennifer Honan-Galea, who is affiliated with the Boston Conservatory, leads a small musical group at St. Anthony's Shrine, more commonly known as the "Church on Arch St." She is often joined by Mark Emery, singer and trumpeter.

Emery has performed with the Boston Symphony Orchestra. The musical group relies on donations to help pay bills.

Honan-Galea worked with other musicians to produce not one, but two CDs. The first, called: "Songs for Worship and Praise" include: "CRY OUT WITH JOY, LEAD ME LORD, and OPEN THE EYES OF MY HEART." A second CD was produced by the group, including: "BE NOT AFRAID, ON EAGLES WINGS, and AVE MARIA." The CD's quickly sold out.



If you are interested in finding out more information about how to purchase a CD you can contact St. Anthony's Shrine at 100

Arch St, Boston, MA 02110 or call 617-542-6460 extension 250



Zumix 1630 AM on the dial radio host Fran Johnnene (right) with Ron Della Chiesa host of Saturday Night Strictly Sinatra at WPLM 99.1 FM and producer Kathleen Giordano.

Meditation: More Than A Stress Reliever For Care Partners

Consistent, responsible caregiving can become enormously stressful. If you provide care for another, it is essential for you to have concrete ways to relieve and reduce stress and renew your own energy to stay in balance.

Research suggests meditation can help ease stress, improve health and well-being and even boost brain activity. Meditation can increase concentration, mental performance, memory and the ability to calm and stabilize the mind.

Caregivers and care recipients can become care partners and use very simple meditation techniques that involve one or more of the following: the breath, sound/music, light, simple movement, imagery, and color. The care partners are able to experience a more relaxed and centered state of mind together. This mutual process provides the care-recipient with a way to focus, be in touch with feelings, and express those feelings in a safe, contained space. The caregiver strengthens his or her ability to live in the present moment, thus guarding against burn-out. Partnering in this way builds trust and, often, the care recipient will experience a decrease in agitation, along with more joy and peace of mind.

A qualified meditation trainer will offer practices to suit each caregiver individually, as well as practices that the care partners can do together. Each caregiving situation is different and so each set of practices is individually adapted for the people involved. All practices include remembering our love for that individual as the challenges arise.



Some tips caregivers:

- 1) Meditate briefly before guiding your care partner in a meditation.
- 2) Make sure you are in a quiet place. If your care partner is in an assisted living facility with others, for example, go to the person's room or another quiet place with no distractions.
- 3) Establish eye contact; take his or her hands with love. This can help the person to relax and focus on a simple meditation practice.
- 4) If there is short term memory loss, refer to a positive memory from much earlier. This can also help a person connect and focus.
- 5) If the person is tuned to music, then find a song, a chant, a prayer that you can sing together. This can be very centering and even joyous.

To the extent that we can stay in rhythm and balance as caregivers, we can help our loved ones needing care-taking to find some measure of peace, as they experience our love within the challenges of a debilitating illness.

*Saphira Linden, MA, RDT-BCT, LCAT, C.P., works as a transpersonal psychotherapist and is a Sufi senior teacher, Meditation Guide, Cheraga *(Sufi minister) and a co-founder of the Chrysalis Connection: The Feminine Council of the Sufi Order. She can be reached at info@omegatheater.org.*



The Devil Wears Prada

The book, *The Devil Wears Prada* is one about a junior assistant to the editor-in-chief of *Runway* magazine, with whom many female department store shoppers can identify. Andrea Sachs' job was presumed to be one that "a million girls would die for." But almost as soon as she starts, she finds herself working for a Miranda Priestly, who is both unreasonable and unpleasant. Early on, Ms. Sachs is exposed to instances in which she must deprive herself both of eliminating when needing to and of eating lunch on time. She is also given a task of procuring for her boss's 10-year-old twin daughters two identical copies of a particular issue of *Harry Potter* that only has been just recently published but was not in circulation at that time. She manages to get one copy, which, under ordinary circumstances, can be shared, but that is not satisfactory to Ms. Priestly.

Andrea Sachs takes the reader on a journey through other trials and tribulations while on the job that supposedly "a million girls would die for." One can only sympathize with Sachs' predecessor and mentor, Emily when she has to miss her own birthday party because she is ordered to book a private jet to Florida due to a delay in her boss's regular flight.

When Sachs gets to go to Paris in place of Emily, it appears to give Andrea her biggest break. But from the moment she arrives, she is

Book review by Howard Glick

criticized for being late in the process of going through customs. When Miranda Priestly berates Sachs for not efficiently extending the twins' passports, it clinches Andrea's decision to talk back to her boss, which costs her her job.

Andrea Sachs, nonetheless, achieves the end for which she fought by finding another magazine that appreciates her writing ability as she writes a fictionalized article regarding her job experience. She also gets reunited with her family after having a strained relationship during her employment at *Runway*.

I chose this book because I can identify with anyone who feels they have been set up to fail. In my first job at Powers' Candy at North Station, which I had at age 17, I welcomed the opportunity to perform without requiring deep thinking. But as this was assembly line work, which requires everyone working in harmony, and as I am not bright about performing fast, I received constant criticism from my workmates, which I couldn't take.

I believe any regular shopper of the department store brands can identify with Andrea Sachs. I also believe that when one is taken through Sachs' journey, they need to ask themselves which type of scenario they would rather be in: one with a lot of money and a lot of perks or one with a modest amount of each, but is more up their alley?

Organized Doesn't Mean Rigid or Perfect

There is something about the spring air that motivates even the worst procrastinators to dust off the cleaning supplies and begin organizing their home or office space. However, once the yearly ritual begins, many people can describe how they feel in one word, “Overwhelmed!”

“That’s because they think being ‘organized’ means being rigid, sterile or perfect,” explains Organizing Guru Rosemary Chieppo, author of the handbook “Clutter, Chaos & the Cure.” Chieppo, who says her style “is more Rachael Ray than Martha Stewart,” defines organized as being able to find what you need, when you need it.

“It ain’t rocket science,” Chieppo defiantly proclaims. “Organizing just means having a place for everything and making sure everything is in its place.”

Chieppo’s unconventional approach stresses that clearing physical clutter clears the clutter in the mind, “Spring is all about renewal, so there’s no better time to reorganize your home and reinvigorate yourself.” Although her new handbook ranges from guidelines for knowing when to throw out important papers to maximizing kitchen space, Chieppo offers the following five general tips for simplify-



ing spring organizing when the “must-do-mood” hits:

- 1.** Start with small tasks so you can indulge in the victory of completion. “Most people feel defeated before they start, so this mindset is going to keep you motivated.”
- 2.** Give your things a home at the point of their use. “Think toothbrush. You never misplace it because its home is where you use it. The same concept should be applied to just about everything else in your space.”
- 3.** Group like things together. “It allows you to keep inventory of what you

do have so you don't end up with 17 black turtlenecks or 67 AA batteries!"

4. Don't put tall things in front of short things and don't put big things on top of little things. "Most people are visual; if they don't see something, it may as well not exist."

5. Remember, organizing is an ongoing process. "Once you've done the initial work of creating a place for everything, don't sabotage your progress by falling back into old habits. Try to return each item to its designated spot as soon as you can."

Before attempting to implement the tips, most clients of Chieppo's business, *Born to Organize*, commonly present her with the same two roadblocks. The first is concern about the amount of time it will take to complete the organizing project; to which she replies, "You think you don't have time to get organized, but you must get organized in order to have time."

The other hurdle involves mustering up the courage to say "goodbye" to things accumulated over a number of years. "I never saw a hearse pulling a U-Haul," Chieppo jokingly points out. The longtime member of the National Association of Professional Organizers states that many people tend to think of organizing only in terms of physical space like closets, pantries and papers, but adds it also has an

emotional and mental side. "They don't own their stuff. Their stuff owns them. Bringing themselves to donate or discard an item of sentimental value takes a certain amount of self-reflection."

Once a person is armed with knowledge of how to organize and begins the process, Chieppo teaches that the easier the system, the more likely they are to incorporate organizing into their daily routine. And that, she contends, is where the real payoff comes into play, "Keep your life organized, she says, and you'll find more energy and clarity in every day. More importantly, next year, you can spend your time enjoying all spring has to offer instead of cleaning!"

About Rosemary Chieppo -

Since 1999, Rosemary Chieppo of *Born to Organize* has made her living doing what most people hate to do: organizing! Chieppo is a member of the National Association of Professional Organizers and has written the book "Clutter, Chaos & the Cure." She writes for Connecticut's "Around the Towns" magazine and the "New Haven Register." Several magazines, including "Connecticut," "MORE," and "Lifestyles in Connecticut" have shone a spotlight on Chieppo's unconventional approach to organization. Her down-to-earth style has made her a hit on numerous radio and television shows. Chieppo's website is:

www.borntoorganize.com.

Managing Springtime Allergies

Seasonal allergies are common and impact people during the spring, summer and fall. As we enter spring, the culprits causing symptoms in most people will be trees (like oak and elm), grasses and weeds and will vary from region to region.

For many people, the symptoms will begin with an itchy nose or throat. They may also experience sinus trouble, watery eyes, coughing and wheezing. Some people may experience a loss of appetite or trouble sleeping.



Your family doctor can help identify, diagnose and treat your allergies. And depending on the season, there are simple steps you can take to help manage your indoor allergies.

Try the tips below for spring.

Keep the Pollen Outdoors - Where it Belongs

Remember that pollen travels indoors on people, their clothing and on pets. Keep jackets and shoes close to the front door to help stop the spread of pollen through-

out the house. Bathe pets frequently to remove pollen and other allergens. Between baths, wipe them down before they come in from outside.

Keep Indoor Air Clean

Keeping your house's windows and doors closed and running your air conditioner will help keep irritants outside. Likewise, you should keep your car windows rolled up when driving to help limit your exposure to pollen.

Know the Pollen Count Forecast

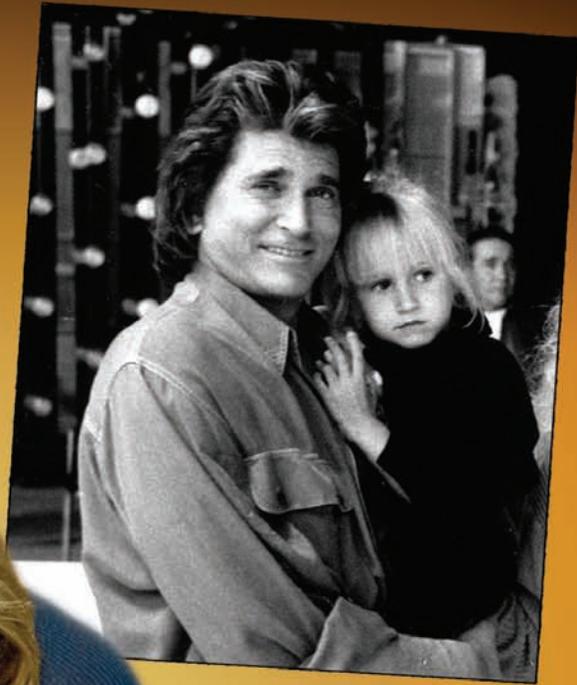
There are lots of resources you can use to track the pollen forecast in your area and you should check it as often as you check the weather. If the pollen count is going to be high, which it will be on hot and dry days, try to find alternatives for your outdoor plans. The count can vary within a few miles since it's influenced by factors such as weather and altitude, so check the forecast even if you're only traveling a short distance from home.

A Little Spring Cleaning

Seasonal house cleaning can go a long way in ridding your home of allergens. Shampoo your carpets and then vacuum them weekly afterwards. Dust frequently using anti - allergen wipes and pay special attention to spaces where pollen collects like baseboards and windowsills.

Cancer robbed my family.

Please protect yours.



Cancer took my dad Michael Landon's life when I was only 8.

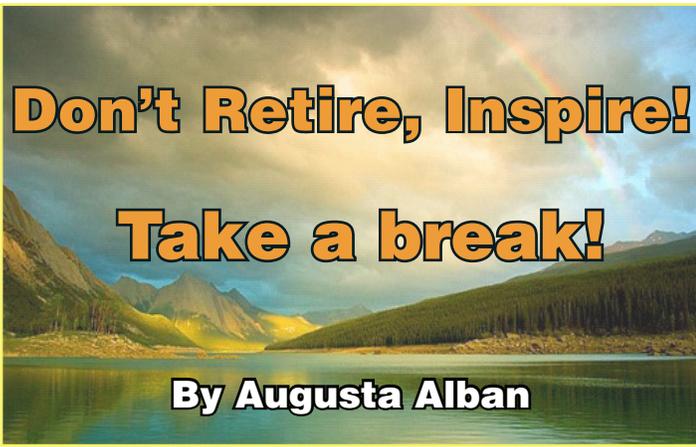
Today we know a lot about preventing this disease. If you smoke, quit. Eat more vegetables, fruits, and vegetarian meals.

These steps are powerful - for you and your whole family.

- Jennifer Landon



To download a free PDF of *The Cancer Survivor's Guide: Foods that Help You Fight Back*, a nutrition guide with more than a hundred cancer-fighting recipes, visit www.CancerProject.org/Guide



Don't Retire, Inspire!

Take a break!

By Augusta Alban

I'm enjoying a cup of tea in a delightful café, somewhere on the Cape. I am enchanted by a room cushioned in soft yellows and faded reds, variegated stripes and flowers, with antique lace curtains draping the tall windows, for a moment I feel protected, all of this filters my view of Main Street and the outside world beyond. I reflect on the anything but peaceful rapidly changing world I find myself in and I am overwhelmed by the challenging events ahead of me. If I could ask time to "take a break", this would be the place she would choose to stand still.

The world has just witnessed an historic groundbreaking election, won in great part, whether we like it or not, by the use of the vast Internet. It's a time for collaboration of the collective, and the Internet makes it all so much more possible.

Sadly, America seems to have become a youth-obsessed, throwaway culture; we discard our elderly like empty McDonald's french-fry boxes. We've been stored in palmed, gated, fountained, retirement communities without children or pets. Television spins words made to leach into our heads: "it's over," they tell us; "call

now to order your discounted casket." Retirement villages suggest we need peace and quiet in the years we have left. In providing for that "need," they



may nourish our bodies, but they forget our souls. People get old because they see people getting old. Life is for living it, not withdrawing from it. Today it's called Condensed Morbidity; we need to live to live, life is a priceless gift.

I feel privileged to be an older American at this time; we have knowledge, life experience (called wisdom) and strength of mind to take on messy questions like the environment; we can and must help to reshape our nation. Thanks to the Baby Boom, we have reached a critical mass; there are more of "us" than there are of "them." The majority of Americans are now over 50; it's a unique and exciting time to take part in this adventure. Like our forefathers, we are pioneers facing unknown territory. Let's help this country learn to honor the wisdom that comes only with a long life well-lived. **Wake up, America;** you can count on us to do our part! We are your national treasures! You might think of us as you would a bottle of vintage wine or a 200-year-old bonsai tree – with reverence and respect. Gifts such as these come only with time.

When I was six, grownups fascinated me; I wanted to understand what made them different from each other. I soon discovered it was something behind their eyes. There is a light (life energy) inside each of us; age is not in control of this light; individual choice is. At six I decided my light had to be ON forever! I am a grown-up now, I host and produce TV shows, one of my non-verbal prescreening tools is something I learned at age six. The outside container may give the appearance of a scholar, actor, playwright, or head of a mega corporation; yet it determines nothing. Check the inside light, if it's ON, you have a winning show. People whose light is on are ageless; they value who they are; they understand each day is an adventure on this uncertain road, not a destination to be reached.

Growing up is great, yet the process is not a line, but rather a circle. The mature adult achieves wisdom by learning to see the world anew, as if a child, with innocence, curiosity and wonder. When the *Tao Te Ching* and other wise books say things like, "Return to the beginning; become a child again," that's what they're referring to. Share some time each day with the young or the young at heart; it always rubs off. Read *The Tao of Pooh*. Winnie the Pooh gets it, you will too.

To contact Augusta Alban please send her an email at:
dontretireinspire@yahoo.com
or
augusta.alban@yahoo.com



Save the Date!

*Central Boston Elder Services
Celebrates 35 Years
at the
Fourth Annual
United for Elders Expo
June 26, 2009
"Aging with Your Future in Mind"*

NEW LOCATION

UMASS BOSTON - Campus Center
100 Morrissey Boulevard, Boston MA

AMERICA'S GREATEST SPORTSCASTER

By Mike Flynn

“Hi neighbor! Have a ‘Gannsett.’” Long before every inning, every down, every replay was “brought to you by” this tire store or that furniture store, sporting events were usually sponsored by a single company or brand name. In the fifties and the sixties those five words were heard in the dulcet tones of Curt Gowdy as he urged everyone to sit back, pop open a Narragansett beer and listen to his play-by-play calling of the Boston Red Sox. He was the one of the first and arguably the best. He paved the way for all who followed and is emulated by the many you hear on radio and television today although none can come close to his accomplishments. If it wasn't for his expertise who would have tuned in to hear the trials of those hapless teams the Sox fielded during those days. He once told a reporter he tried to do the games like he was sitting beside you in the stands. He thought of baseball as a story to be told with all the drama, irony and even comedy of a good book.

Curtis Gowdy was born in Green River, Wyoming in 1919, the son of a Union Pacific dispatcher, where he grew into an avid outdoorsman and a self described cowboy. He would later be nicknamed and forever known as the “Cowboy at the Mic.” He went to the University of Wyoming and played varsity basketball



and the sport would become his lifelong passion. Years later, as the story has been told, before he was off to do the play-by-play for the college final four basketball tournament, he received

a call from Red Auerbach, then coach of the Boston Celtics, asking Curt look out for any player that might fit in with the Green. Curt came back and told Red that maybe he should take a look at this kid named Havlicek.

During his mandatory stretch in the Army he injured his back. He would have serious recurring back problems for the rest of his life and in 1957 he had to sit out the entire Red Sox season. After his medical discharge, he returned to Wyoming where he was hired by a local radio station to read the news and commercials after he was heard broadcasting a local football game. Years later he admitted during that game he made up names and embellished plays. In 1946 he was hired as a sportscaster at a local C.B.S. affiliate in Oklahoma. Three years later he won an audition to become Mel Allen's partner on New York Yankee broadcasts. In 1951 he was hired to be the “Voice of the Red Sox” where he remained for 15 years. He called Carl Yastrzemski's first at bat, chided him once for not running out a ground

ball and the two became bridge partners after Curt taught him the game.

Curt Gowdy and Ted Williams became the closest of friends but baseball had nothing to do with it. One day Williams walked up to Gowdy and said “I hear you fish. What kind?” “Fly fishing” answered Gowdy. The two walked off and talked in a corner for hours about tying flies. They spent many days together knee deep in rivers around the world. As the 1960 season for the Sox was coming to a close the Sox were playing their last home game in Fenway with the final 3 games of the year to be played away in Yankee stadium. (The Sox were perennially out of post season play and the Sox-Yankee rivalry was nothing close to what it is today.) Before the game Gowdy happened to run into the clubhouse boy who told him this would be Ted’s last game because owner Tom Yawkey had given him the Yankee series off so he could go fishing in Maine. He made him promise to tell no one. Gowdy broke his promise. “Long drive to deep right. That ball is going... going ... gone. A home run for Ted Williams in his last time at bat in the major leagues.”

That was not his only big call. How about Hank Aaron’s 715th on N.B.C. “The ball is hit deep, deep, it’s gone. He did it! He did it! Henry Aaron is the all-time home run leader now.” There are far too many of these big calls to quote. He

did the first nine Super Bowls, his favorite being number 3 with Joe Namath’s brash call of a New York upset that actually became reality as the Jets beat the heavily favored Colts. He was at the microphone when the powers that be switched from a football game which seemed to be over to a kid’s movie. The Oakland Raiders went on to score two touchdowns in the final minutes to win one of the most exciting come from behind victories in N.F.L. history. It is forever infamously known as “The Heidi Game.” He called Franco Harris’s “Immaculate Reception” in the 1972 Super Bowl. Gowdy’s was the voice you heard at all major sporting events. If it wasn’t Gowdy, it wasn’t big. He did all college big games in every sport, 24 Final Fours, 14 Rose Bowls, he was heard at 13 World Series, 16 Baseball All-Star games as well as those 9 Super Bowls. He worked for P.B.S. on “The Way it Was” and later on H.B.O.’s “Inside the N.F.L.” Today there are specialists for each sport, college and pro; play-by-play, color, half time reporters, expert commentators, field interviewers. Gowdy did all these jobs in all sports.

Along with his good friend Roone Arledge, he is credited with revolutionizing the way television networks broadcast sports as he did with A.B.C. as the two created “The Wide World of Sports” and the tremendously popular “American Sportsman”, which usually aired on Sundays in conjunction with a sporting event. Curt

and co-host Grits (no kidding, Grits) Gresham would go hunting or fishing in a beautiful outdoor setting with celebrities such as Bing Crosby or Andy Griffith. Very folksy. He bought Lawrence radio station WCCM in 1963 and changed the call letters to WCGY (get it?) He became a radio mogul buying stations in Florida, New Hampshire and his native Wyoming.



In 1970 he was awarded the prestigious Peabody Award for Excellence in Journalism, the first sportscaster ever honored. He was elected to 22 Hall of Fames (no typo here) including baseball, football Red Sox and basketball which annually awards the Curt Gowdy Media Award. In 1971 the state of Wyoming opened the 11,000 acre Curt Gowdy State Park, and in 2006, in his hometown of Green River, the United States Postal Service renamed their headquarters in his name. He passed away that year in Palm Beach after a long battle

with leukemia. His body was flown back to Boston for interment at Mount Auburn Cemetery but not before the hearse circled Fenway Park on the way.

Wow! As I am writing this I am trying to think of others who fit so much into life and been as recognized for their achievements in their given field. The list cannot be very long. From his signature ten gallon hat to that unmistakable gravelly growl we should be thankful to have had the Cowboy at the Mic here for those fifteen years and then all those years on TV. As a true testament to his character, when he was asked the proudest moment of his career he said, "Doing 'Casey at the Bat' with the Boston Pops in 1998. The music, the children, the summer breeze at Tanglewood. Yes, that had to be the greatest." Yes Curt and so were you.

If you're going to be heading out to Fenway one day this summer, stop in the Baseball Tavern before the game and say to the bartender. "Hi neighbor. I'll have a 'Gannsett.'" And tell him Curt sent you.



RSVP
Recognition
2008



Thank You!

Carney Hospital

Wal-Mart Foundation Gives \$25,000 to Project Bread

Grant Supports Food for Frail Homebound Seniors in Boston

The Wal-Mart Foundation recently awarded Project Bread \$25,000 to support the Food for Seniors Program. This program supports Project Bread's mission by providing immediate hunger relief to homebound elders while helping them enroll in the Supplemental Nutrition Assistance Program (SNAP), formerly known as "food stamps." Escalating food costs and fixed incomes are causing an increasing number of seniors to seek out food assistance.

"Project Bread is grateful that the Wal-Mart Foundation recognizes the importance of our Food for Seniors Program," says Ellen Parker, executive director. "SNAP benefits are a win-win strategy, giving seniors the nutrition they need while also bringing federal dollars into the state's economy."

Funding from the Wal-Mart Foundation will enable Project Bread to build upon its considerable experience reaching hungry elders through new partnerships with three critical homecare organizations: Central Boston Elder Services in Roxbury, Ethos in Jamaica Plain, and Boston Senior Home Care. These organiza-

tions serve 7,000 low-income seniors in neighborhoods across the City of Boston. Caseworkers from these organizations visit homebound seniors to access their need for food. Supported by emergency vouchers provided by the grant, the caseworkers will then help the seniors order groceries, arranging for home delivery or contacting family members for shopping assistance. Beyond this, caseworkers work with Project Bread's FoodSource Hotline to help elders apply for SNAP benefits for longer-term help. Caseworkers make sure that each senior's application for benefits is completed correctly and sent to the MA Department of Transitional Assistance. And, as part of their ongoing care, the caseworkers maintain a watchful eye on the senior's ability to access sufficient nutritious food.

"We're pleased to contribute to Project Bread for this important program that provides direct care services to elders in Boston," said Chris Buchanan, senior manager for public affairs and government relations at Wal-Mart Stores, Inc. "Walmart is eager to support vital programs like this that ensure seniors in Boston receive basic necessities at a time when they are struggling to make ends meet."

For more information, visit www.projectbread.org. To learn more about the Wal-Mart Foundation visit www.walmartfoundation.org.

HEALTHY

Lentil and Sweet Potato Curry

* Recipe is High in Potassium

Ingredients:

1 onion (8 oz.), peeled and chopped
2 teaspoons minced garlic
1 tablespoon salad oil
2 cups dried lentils (about 13 oz.)
2 pounds sweet potatoes or yams, peeled and diced (1/4 in.)
2 tablespoons curry powder
1 tablespoon ground cumin
About 1 teaspoon salt
About 1/4 teaspoon pepper
1 1/2 quarts vegetable broth or fat-skimmed chicken broth
Chopped fresh mint leaves

Instructions:

1. In a 5- to 6- quart pan over medium heat, stir onion and garlic in oil often until onion is limp, about 5 minutes.
2. Meanwhile, sort lentils and discard debris, then rinse and drain lentils. Add lentils, sweet potatoes, curry powder, cumin, 1-teaspoon salt, 1/4-teaspoon pepper, and broth to onion mixture. Bring to a boil over high heat; reduce heat, cover, and simmer until lentils are tender to bite and sweet potatoes are tender when pierced, 25 to 30 minutes. Add more salt and pepper to taste. Garnish with chopped mint.

Serves: 6



RECIPES

Dressed-Up Rice

Ingredients:

2 1/2 cups water
1 cup brown rice
1/2 cup dried fruit
1/4 cup chopped nuts
(walnuts, pecans, almonds or pine nuts)



Instructions:

Bring water, rice and fruit to a boil in a medium saucepan. Cover, reduce heat to low and simmer, covered, until tender and most of the liquid has been absorbed, 40 to 50 minutes. Stir nuts into the hot rice, cover and let stand for 5 minutes. Fluff with a fork.

Serves: 4

A special
Thank you

to Suffolk Downs Racetrack
for their sponsorship of the
Valentine's Day Party for
East Boston senior citizens.



Dom Terrazzi (left), Richard Fields and Chip Tuttle



BED BUGS



What are bed bugs? (*Cimex lectularius*)

Bed bugs are a type of wingless insect, found worldwide, that feed off the blood of humans and other mammals such as birds and bats. Bed bugs are not known to transmit diseases to humans.

Who is at risk for getting bed bugs?

Anyone who comes in direct contact with bed bugs can carry them into their homes in clothes, second hand beds and bedding, furniture, or suitcases.



How are bed bugs spread?

Bed bugs may be found in homes, motels, hostels, movie theaters, transportation depots, and restrooms. They may be accidentally moved with clothes, suitcases, furniture, and other personal items. Bed bugs may also be transported in second-hand or rental furniture.

What are the symptoms of bed bugs?

Bed bugs suck blood from their host with piercing mouthparts. Common areas on the body that are affected involve the arms and shoulders. Saliva that is injected during the bite can produce swellings on the skin that may itch and become irritated and infected when scratched. For the most part, bed bugs only feed in the dark. During the day they hide in dark cracks or crevices.



How should you check for bed bugs?

Bed bugs are difficult to identify because of their small size (1/4 to 3/8 inch). Their hiding places are usually marked with black or brown dried fecal spots on surfaces where the bugs rest. There may be an offensive sweet odor in rooms where they are numerous. At first bed bugs are likely to be found only about the tufts, seams and folds of mattresses and daybed covers; later they spread into crevices in bed frames. Once they multiply they may be found in baseboards, window and door casings, pictures and picture moldings, in furniture, loosened wallpaper, cracks in plaster and partitions, couches, and stuffed chairs. Bed bugs like to hide in dark cracks or crevices.

What is the treatment for bed bug bites?

Bed bugs do not carry any human diseases. Suggestions to treat the bites include:

- Resist the urge to scratch 
- Wash the bites with antiseptic soap to reduce the risk of infection
- Apply an icepack frequently to help relieve swelling
- See your health care provider if the bites develop an infection

How can you prevent bed bugs?

Preventing bed bugs can be difficult, especially in homes that have many cracks

and crevices, or loose wallpaper. Indirect measures can go a long way in controlling bed bugs: wash bedding and mattress pads, steam-clean mattresses, and clean furnishings. Prevent bed bugs from getting into homes by removing debris from around the house, repairing cracks in walls, and caulking windows and doors. Simple methods include coating the legs of beds with petroleum jelly or double-sided tape so bed bugs will not be able to climb onto the bed. Putting the legs of the bed frame in empty cans or glass jars also help since bed bugs cannot fly and have difficulty climbing vertical surfaces.

What can I do if my house is infested with bed bugs?

If your house has been infested, it is unlikely that nonchemical methods alone will eradicate bed bugs.



Some general guidelines are:

Brushing, vacuuming, and steam cleaning of infested mattresses and pillows is effective in killing bed bugs living in seams and buttons.

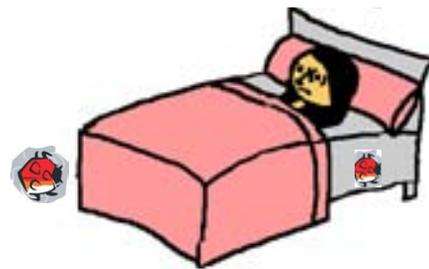
Find the cracks, crevices, and other places where the bugs hide in the daytime and apply an insecticide directly into those places. If you continue to see bugs after 2 weeks, spray again.



To treat a bed, take apart the bed and spray the slats, springs, and frame with an insecticide; apply enough to wet them thoroughly. Use only a household residual insecticide product labeled for bedding control.

If the problem persists you may want to contact a pest control company.

**For more information contact
Boston Public Health Commission
Communicable Disease Control
617-534-5611**



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, 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 Johnene 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 -

- * Savings or Retirements 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
617-635-3745

Lorna Pleas
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

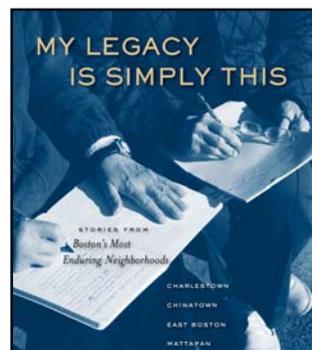
FREE SMOKE DETECTORS

for Seniors living in the City of Boston.

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



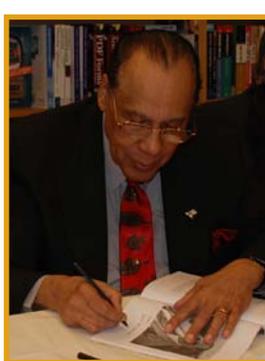
Let their stories touch your heart with their life experiences in *My Legacy Is Simply This*, the Memoir Writing Project's second edition containing personal stories from seniors in Charlestown, Chinatown, East Boston and Mattapan. For more information or to purchase *My Legacy Is Simply This* please contact Tula Mahl at 617-635-1922.



Only \$15.95

Special offer: \$25.00

For Volume I & II



THE SEARCH BEGINS IN MASS FOR AMERICA'S OUTSTANDING OLDEST WORKER

Nominations are now being accepted in the search for America's Outstanding Oldest Worker. Sponsored by nonprofit Experience Works, the nation's largest training and employment organization for older workers, the search is part of a national effort to raise awareness about the contributions older individuals make in today's workplace and to break down barriers often associated with their employment.

Nominees must be 100 years of age or older, currently employed and working at least 20 hours each week for pay. The selected honoree for 2009 will receive public recognition and travel to Washington, D.C., in September to participate in a press conference and national recognition event. Additional information, including the nomination form, is available at www.experienceworks.org. The deadline for nominations is June 1, 2009.

"At Experience Works, we believe that people who are productive and active throughout their lives will have better health, increased longevity and a more positive impact on their communities," said Cynthia Metzler, president and CEO of Experience Works. "We also know that employers who hire, train and retain older workers will be most successful."

Last year, 100-year-old Mildred Heath of Overton, Neb., was named America's Oldest Worker. A newspaper woman since the age of 15, Heath still works at the Overton Observer, the publication she and her husband founded in 1938. She works 30 hours each week taking classified ads, filing photographs and seeking out local news.

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

Knights of Columbus 2009 Annual St. Patrick's Day Dinner for Mission Hill Seniors



With a theme of Green Goodie Bags in-hand provided by the Art Mobile Program, Bunker Hill Community College VMA Dept. adjunct faculty Denise O'Malley, Art Gallery Interns Darnell Hydes, Maame Nyarko, Chris Jacobs & Jessica Clarke volunteered to serve 75 seniors dinner and entertainment.



Darnell hands out lucky charms.



Maame & Jessica provide St. Patty's Day lapel stickers.

Excerpt from the Speech of Christopher Castellani at the *My Legacy is Simply This* Book Signing at Borders Bookstore in Downtown

Our deepest thanks, of course, are reserved for our authors. We wish we had enough time for all sixty contributors to read aloud from their work. Instead, we'll do the next best thing – we'll enjoy each other's real-life company, eat, and drink, and, as we do, we can talk about everyone who doesn't read this book, and what they'll be missing, those poor unfortunate souls.

They'll miss, for example, Cuthbert Downey's healing trumpet, and Marie DiCiccio's stylish black umbrella, and the aluminum bowl that should take its rightful place on Marie Hubbard's refrigerator. They'll miss the Four Marias at Camp Myles Standish, as told by Mary Pagnani; and Noni, who had a creative use for her daughter's First Communion dress, as told by Eileen Locke; and a girl named Lil, loud and streetwise, who became the lifelong friend of quiet and reserved Ella Everett. They won't know the secret of Yu Ye Tan's grandfather's other family in China; or why Norma Lawrence's father James was called George; or the terrible uninvited guest who's come into the life of Edna Hall and her beloved mother.

They won't be able to take journeys out of Boston, to the busy farmhouse in Quebec Marie Napier spent part of her childhood; to the mud floors of Yu Szeto's bedroom in her village in Kaiping; or to chase cows with Olga Jones on Cape Breton Island; or to dance a complicated reel with Margaret Spellman in Finncastle Glen, in Scotland; or to the family reunions that have so inspired Virginia Hamilton; or to Okinawa, where Barbara Powers spent a year-long adventure; or all the way to the melting pot of Central Square Cambridge, to get some of Grace Locker's mother's West Indian coo-coo with salmon.



Artistic Director and Interim Executive Director Christopher Castellani posing with two authors of *My Legacy is Simply This*.

Unlike us, they won't take the journeys into the Boston few remember: the grassy common of Madison Park, where Lois Newsome listened to music played by an orchestra on the gazebo bandstand; or Porter Street in East Boston, where, before the tunnel was built, Ann Pappapetro bought her daily bread; or waiting for the Iceman with Ann Fields in the West End, a sturdy white card with big black letters spelling out ICE in her hand; or the roundhouse in Allston where the people were so covered in soot that Allan Nelson couldn't tell the blacks from the whites; or to the safe quiet streets off Blue Hill Avenue in Dorchester, which Muriel Beasley wishes were still as quiet and safe as they used to be.

Because not all the places in this book are happy: there's the house on Woodbowl Avenue in Mattapan, where Mary Baker first met racism face to face; the 24-hour store where Arnold Ross was shot in the back of the head; the supposedly "safe house" that was bombed in Guangzhou, where Ada Leung's family took refuge, and which claimed her mother's life; the bodies lying on the roadside during the Japanese occupation of China, as seen in horror by Ciu X. Mei (known to us as affectionately as Mrs. Mei).

They won't get good advice from Peter Looney's Ma, who warned him "Don't wish your life away. It will go quick enough;" or from Ann Giovanni, who knows a thing or two about forgiveness and compassion; or from Carol Waller, who continues to bloom where she was planted, despite the changing flora around her in Charlestown; or Jerry Deneumoustier, who didn't take the bag of money after all, and whose life illustrates the virtues of staying busy; or from Barbara McTigue, a single parent who found her way to the happiness room; or from Annie B. Hunt, whose CEO Muse is ever-present, and whom she images as a broad-shouldered, handsome and strong; or from the nine lives of Dorothy Parks, who escaped a train crash, a plane engine fire, and a hurricane-battered ship.

They won't meet all the loving families who've nurtured these authors: Marion Wood's "pleasingly plump" mother and Navy father in the first of her two happy homes; Nancy Barbero's sisters and brothers – candy girls and servicemen and works at the Central Theater and the Seville – many of them now dearly missed; Janet Spence's parents whom she didn't meet until well into her childhood, after she moved from Jamaica to Boston; Brigida and Federico Borsa, who did all they could to make Alice Christopher into a nice Italian girl; Nina Preston's "modern father, who did a lot of the cooking, and even made his wife a rolling pin so she could cook the ravioli on the weekends; Helen Manifold's father, whose collection of African art serve as a lasting tribute to his life cut short by cancer; or Earl Faulks' great-grandfather, born a slave, whose greatest pride was a Ford Model T even though he never learned to drive.

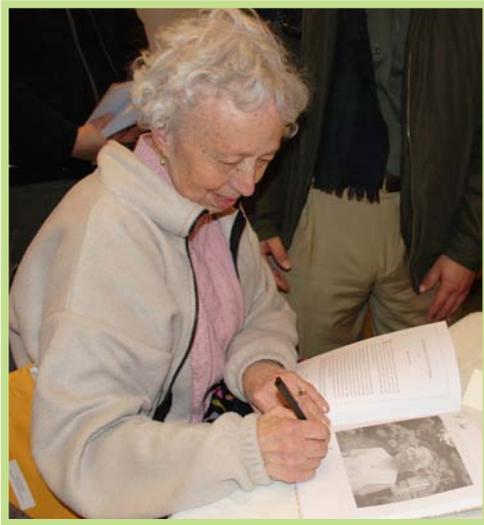
They won't know the role community and friendship plays in the identity of a person. Just

ask Marsha Colbert about the women who've shaped her life; or Marilyn Marsiglia why she wasn't lonely even though she was an only child; or Annie Kinkead, whose time and work in the diverse Mattapan schools was like an education at the league of nations.

They'll never ask Lela Woolery why her "canned ham" was the "talk of the town, or Maggie Hill how she ate those Jell-O Sandwiches her grandmother made for her lunch (yes, Jello sandwiches); they won't taste the carrot marmalade made by Carl Vickers' mom, the first woman in the neighborhood to own a refrigerator; or the coal that Dorothy Lewis liked to lick as she sat in the coal bin in the basement.

They won't meet the cast of characters here that reads like a sprawling novel: Shi Si Wang the doctor; Jerry Fields the Magician; William Boyle the Fireman; Al Lewis, the tennis guy; Beverly Hayes, the girl with the sweet tooth; Kim Ho, who broke the tradition of arranged marriage and chose her own husband; or the crime-fighter, Gareth Kinkead, who gave the book its title. "My Legacy is Simply This," Gareth wrote: "Before closing one's eyes for the last time, try to leave this planet better than it was when you came into the world."

This book, as you know, is dedicated to Anna Molinaro, who passed away before she got to see her essay, in print. In it, she calls her youth "the days of dinner dates and flowers," a time when "always had something doing:" plenty of work, dancing, clubbing, music, time with friends. She was always out on Saturday nights, she said, and something tells me she'd have loved nothing more than to be here with us tonight.



Author Ann Giovanni happily signs for the crowd at the book signing.



Guests at the book signing with head instructor Michelle Seaton.



These happy ladies show off with their Irish Eyes Smiling at St. Patrick's Day.



Memoir Project authors posing with Alexis Rizzuto at the book signing for My Legacy Is Simply This.



Author Marsha Colbert (right) with her friend.



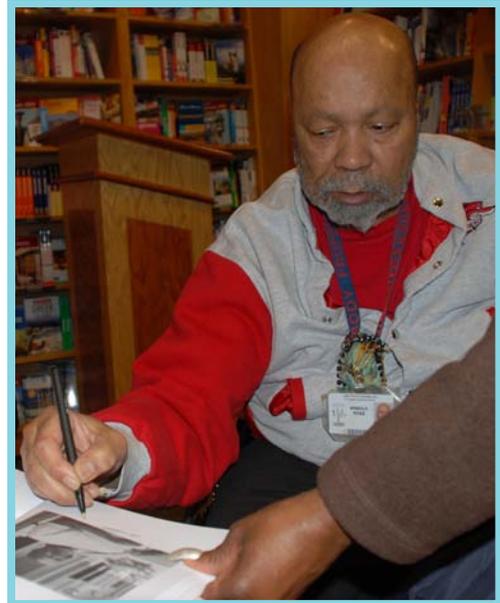
Olga Jones (left), Mary Baker, Maggie E. Hill, Jerry Fields and Ann Fields are proud to be published authors.



Anne Sullivan poses with Mayor Menino and her granddaughters.



Ann Papapietro shares a laugh with her daughters.



Author Arnold Ross signs for a fan.



John "Wacko" Hurley (left) with Commissioner Greenberg and Commissioner Tom Tinlin at the St. Patrick's Day Luncheon.



A young boy reading into the past history of Boston seniors.



Happy Older Americans Month

“We would like to thank all the older adults in our lives for how they have helped make Boston an amazing city. It is due to their hard work, personal triumphs and struggles that Boston continues to offer everyone opportunities for a great life.

- Mayor Thomas M. Menino

