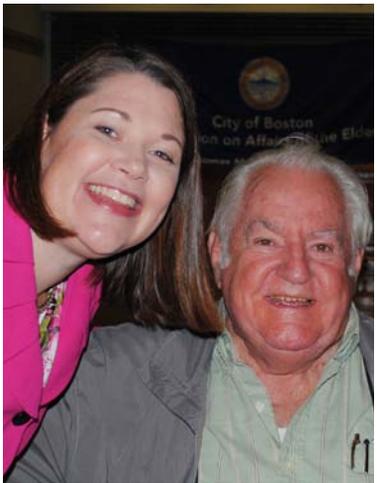


Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

**2012
Volume 36
Issue 10**

November

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On the front cover: Agnes Allieri, enjoying her 101st birthday at the Grandparents Luncheon.

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

Email articles and comments to Bostonseniority@cityofboston.gov

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 and the City of Boston Observe National POW/MIA Recognition Day

In September, Mayor Thomas M. Menino was pleased to announce that the City of Boston observed the United States' National POW/MIA Recognition Day. A ceremony on City Hall Plaza remembered the sacrifices and service of those soldiers held prisoner during wartime and those soldiers still listed as "missing in action."

For the first time ever, the POW/MIA flag was flown at entrances to the City of Boston's three active cemeteries: Mount Hope Cemetery in Mattapan, Fairview Cemetery in Hyde Park, and Evergreen Cemetery in Brighton.

"We want our military families to know that their loved ones are always in our thoughts," said Mayor Menino. "I encourage all residents to briefly pause and reflect on the freedoms we have today because of the sacrifices made by our men and women who have served in the military."

The day's ceremony on City Hall Plaza included the Presentation of Colors, National Anthem, Pledge of Allegiance, and an Invocation. Military families and veterans joined several dignitaries for the event, including Massachusetts Department of Veterans Services Secretary Coleman Nee, Mayor Menino, Boston Veterans Commissioner Francisco Urena, and members of the Boston City Council. Maureen Dunn, an active member of the National League of Families of POW/MIA's,

also addressed the crowd.

National POW/MIA Recognition Day is observed across the United States on the third Friday of September each year. All military installations and many government properties fly the National League of Families' POW/MIA flag, which features a silhouette of a young man, a watch tower with a guard on patrol, and a strand of barbed wire. Along with lettering on the flag which says "POW" and "MIA" is the motto, "You Are Not Forgotten." There are more than 1,700 American personnel listed by the U.S. Defense Department's POW/MIA Office as missing and unaccounted for, and about 90 percent of those still missing were lost in Vietnam or areas of Laos and Cambodia under Vietnam's wartime control.

Members of Massachusetts Rolling Thunder, Inc., assisted city employees in raising the POW/MIA flags at the three active City of Boston cemeteries. Group President Joe D'Entremont says his message to families who are still waiting for word about loved ones is the message on the flag, "You are not forgotten." Rolling Thunder is a national non-profit organization with more than 90 chartered chapters in the nation. The group was formed to remind government and the public that members of the military are still listed as "missing in action" and efforts must continue to see that the soldiers are accounted for. Residents with questions concerning issues impacting military families may contact the City of Boston Veterans Services Office at (617) 635-3037 or by visiting: <http://www.cityofboston.gov/veterans/>



Don't Miss

The Elderly Commission

On Radio



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WJIB 740 AM on Sundays
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For more information please
contact: Deputy Commissioner
Tula Mahl
at 617-635-1922

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10:00 a.m. - 2:30 p.m.

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Holiday Craft Bazaar contact: **Janice Locke** at **617-635-4371**
or **Mary Beth Kelly** at **617-635-3959**

Sponsored by:

Mayor Thomas M. Menino
and the
Commission on Affairs of the Elderly
Emily K. Shea, Commissioner



Who are the wonderful Senior Companion volunteers from the Hong Lok House? From left to right: Sou Kuen Lee, Yu Mei Liang, Fu Kang Lin and Supervisor David Ko.

- **What made you decide to become a Senior Companion?**
 - To enrich my life, to earn some money, and to help the elderly.
 - Better use of my leisure time.
 - Learning something new.

- **What do you like most about being a Senior Companion Volunteer?**
 - The satisfaction to help the needed elderly.
 - The recognition event.

- **What would you tell others who are thinking about being a Senior Companion Volunteer?**
 - You can help the elderly.
 - You can earn some money.
 - You learn something new.

- **What do you do most often with your clients?**
 - Provide companionship
 - Remind the elderly to take their medications
 - Joint recreational activities
 - Provide escort services
 - Do simple shopping
 - Pick up their medications



Holiday Phone-A-Thon



Friday, December 7, 2012
8:00 a.m. to 2:00 p.m.

Boston City Hall - 5th Floor



Mayor Thomas M. Menino, the Boston Commission on Affairs of the Elderly and at&t are happy to announce the annual Holiday Phone-A-Thon.

If you are a Boston resident, age 60 or older, you may be able to call a relative or friend anywhere in the world: **FREE OF CHARGE**. Each person will be given a half (1/2) hour to place as many telephone calls as they wish. Breakfast or Lunch provided. To register, please complete the application form below and return by Monday, November 26, 2012 to the attention of:

Mary Beth Kelly
Commission on Affairs of the Elderly
One City Hall Square, Room 271
Boston, MA 02201
Or fax to 617-635-3213

PLEASE PRINT CLEARLY

| | | |
|-----------------------------------|---|------------------|
| First Name: | Last Name: | |
| Address: | | Apt. # |
| Neighborhood: | | Zip Code: |
| Countries I wish to call: | Telephone #: | |
| Time I would like to call: | <input type="checkbox"/> Transportation Needed <input type="checkbox"/> Transportation Not Needed CHECK BOX BELOW | |

CENTRALIZED PICK UP LOCATIONS - PLEASE CHECK ONE CLOSEST TO YOUR HOME

- | | |
|---|--|
| <input type="checkbox"/> Allston-Brighton Chinese Golden Age, 677 Cambridge St. | <input type="checkbox"/> Jamaica Plain Julia Martin House, 90 Bickford St. |
| <input type="checkbox"/> Allston-Brighton Covenant House, 30 Washington St. | <input type="checkbox"/> Mattapan Church of the Holy Spirit, 535 River St. |
| <input type="checkbox"/> Allston-Brighton JCHE, 30 Wallingford Road | <input type="checkbox"/> Mission Hill Flynn House, 835 Huntington Ave. |
| <input type="checkbox"/> Boston 333 Massachusetts Avenue | <input type="checkbox"/> Roxbury Freedom House, 14 Crawford Street |
| <input type="checkbox"/> Dorchester Kit Clark Senior Ctr., 1500 Dorchester Ave | <input type="checkbox"/> South End Castle Square Apts., 484 Tremont Street |
| <input type="checkbox"/> Fenway-Kenmore Kenmore Abbey, Kenmore Square | <input type="checkbox"/> South End Franklin Square, 11 East Newton Street |
| <input type="checkbox"/> Jamaica Plain, 155 Lamartine Street | <input type="checkbox"/> South End-Chinatown, 5 Oak Street |

Sites with 8 or more seniors attending this event may schedule for a bus pick up.
When you register you will receive a phone call with your pick up time for the phone-a-thon.

Fecal Incontinence - Bowel Control Problems

Many people do not want to talk about it, but not having control of their bowels is a common problem, especially among older adults.

Fecal incontinence can occur at any age yet most elders are uncomfortable talking about it. They use the adult disposable diapers under their clothes, hoping no one will see the slight bulge.

The U.S. National Digestive Diseases Information Clearinghouse says there are several common causes of bowel control problems

- Having diarrhea
- Having damage or weakness in the sphincter muscles or nerves
- Having an inability of the rectum to stretch properly
- Having hemorrhoids
- Getting older, due to changes in muscles and tissues
- Sustaining damage to the pelvic floor muscles after giving birth

I was at a medical meeting recently when the doctor said it is common for a patient having diarrhea for 7 years before telling their physician!!

A few bouts of diarrhea in an elderly

person can result in dehydration, electrolyte imbalance and weakness and possibly an admission to the hospital. Do not be embarrassed telling your doctor that you are having problems with your bowels especially if you are having abdominal pain with it. Be honest with your doctor so s/he can diagnose your problem effectively. It may be as simple as to discontinue your most recent medication. Your doctor may refer you to a gastroenterologist, a specialist in gastrointestinal problems.

Your bowel problem could be as simple as treating your hemorrhoids or more extensive treatment to include colonoscopy and removing often benign growths. Remember, your doctor has “heard it all” so be honest about your symptoms. S/he will know how to treat your bowel problem.

Tailbone Trauma - Coccyx Injury

Winter will be here soon. Snow and ice are dangerous for seniors. When you lose your footing, often you land on your buttocks.

There is a group of three to five small bones called the coccyx located at the base of your spine. When you have a tailbone injury, you have bruised or fractured one of these bones.

Most of these injuries lead to bruising and pain, rarely are they fractured or broken.

The symptoms include:

Pain or tenderness in the lower back or top of the buttocks, pain when sitting or numbness while sitting. Bruising and swelling around the base of the spine.

A tailbone injury can be very painful. A bruised tailbone may take 4 weeks to heal. A fracture may take 8 weeks to heal.

Relief may take a while. Check with your doctor and follow his routine instructions which will include

- Rest – no strenuous activity
- Ice your tailbone for 20 minutes every hour (while awake) for 48 hours, then 2-3 times a day.
- Sit on a rubber donut to relieve the pressure
- Pain medicine. Avoid any that may contain aspirin products. They may increase the risk of bleeding. Your doctor

may recommend acetaminophen. If this does not relieve your pain then you may need a stronger prescription pain medicine.

Recommendations:

- Return to your routine slowly.
- Avoid hard surfaces, use a donut cushion.
- Avoid sitting for long periods of time. When sitting, alternate between each side of your buttocks.
- Ice your buttocks after activities, as needed.
- Be sure to drink water, high fiber foods to avoid constipation.
- Call your doctor if you are not getting better.

Tailbone injuries are very painful with a slow recovery time. Be patient with yourself. Ask family and friends if you need help doing routine activities.



HORIZONS FOR HOMELESS CHILDREN

VOLUNTEERS NEEDED TO PLAY WITH CHILDREN!

Horizons for Homeless Children seeks volunteers to play with children living in family, teen parent, and domestic violence shelters in Greater Boston. We partner with 140 shelters throughout Massachusetts, including 50 in Greater Boston. We offer daytime and evening shifts, so there is likely one that fits your schedule. A commitment of 2 hours a week, the same day and time each week, for 6 months is required.

To fill out an application: www.horizonsforhomelesschildren.org
E-mail: boston@horizonsforhomelesschildren.org | Phone: (617) 553-5488

Boston Public Library Launches Three-Week Overdue Book Drive in November



Overdue books, CDs, DVDs returned from November 1 through Thanksgiving will have associated fines cleared

During November, the Boston Public Library will run a three-week drive to encourage the return of overdue materials to its shelves. Any overdue book, CD, or DVD returned to a Boston Public Library location from November 1 through Thanksgiving will have the associated fine cleared. This is in effect for library users of all ages whether a book is one day late, one year late, or more. If an item is permanently lost, users will be responsible for paying only the replacement cost.

“The Boston Public Library offers something of value to everyone, and this overdue book drive makes one of the best deals in town even better,” Mayor Thomas M. Menino said. “I encourage

Boston residents to visit their local branch, return any overdue items they may have, and continue to take advantage of the Library’s excellent programs and services.”

“Sometimes fines stop people from using their library,” said Amy E. Ryan, President of the Boston Public Library. “This campaign is about welcoming our books back and about welcoming people back. We see it as an opportunity to say thank you to our users and to make it easier for them to be part of the everyday library community.”

The overdue book drive applies only to the actual return of physical materials from November 1 through Thanksgiving. Library users with outstanding fines on already-returned books will be asked to clear their record the usual way: by paying their fines.

This is the largest overdue book drive in Boston Public Library history. In January 2002, the City of Boston offered a “duty-free” weekend in honor of Mayor Thomas M. Menino’s third inaugural celebration to encourage the return of overdue materials. During the blizzard of 1978, overdue fines were temporarily lifted following intense





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WWW.CAREGIVERHOMES.COM

Continued from page 10

storms. In November 2008, all youth fines were wiped from the library’s records, but that effort did not require the return of materials as the 2012 overdue book drive does.

The overdue book drive comes in advance of the Boston Public Library’s planned computer upgrade in December which involves changes to its acquisitions, cataloging, and lending system. “Having these overdue books come back to the library in November will be of great help to us in transferring the most accurate data to the new system in December,” said Michael Colford, Director of Library Services. “Even as our users may be thanking us for clearing a fine when they bring back an overdue book, we’ll be thanking them for helping update our information.”

About the Boston Public Library

The Boston Public Library has a Central Library, twenty-five branches, a literacy center, map center, business library, and a website filled with digital content and services. Established in 1848, the Boston Public Library has pioneered public library service in America. It was the first publicly supported municipal library in America, the first public library to lend books, the first to have a branch library, and the first to have a children’s room. Each year, the Boston Public Library hosts thousands of programs and serves millions of people. All of its programs and exhibitions are free and open to the public. At the Boston Public Library, books are just the beginning. To learn more, visit www.bpl.org.

Ethos Pilots Computer Tutoring Program for Seniors

By: Janice Williams, Ethos Healthy Aging
Program Manager



For 88-year-old Raymond of Jamaica Plain it is all about connecting with the outside world and keeping his mind active. With his young tutor Lirio by his side, he has learned how to connect with the community using Skype and can now interact with members of his church. This means a lot to him as he never married and has no family. Some days his only interaction with another human being is when the Ethos meals on wheels driver delivers the daily meal. He loves his computer classes and his new found skill.

For another senior the learning curve was significant. “I enjoyed working with the Ethos volunteer. She helped me with email, organizing contacts, straightening out email glitches, making contact folders for groups and showing me how to transfer articles and portions of articles to send in emails. It is a great six week program! I learned more than I expected. You matched the volunteer well with the pupil!”

The program was developed as part of the Healthy Aging Initiative at Ethos. As more and more seniors obtain computers they are asking where they could get lessons. For many seniors cost and traveling to computer classes inhibit some seniors from using their computers. In April 2012, Ethos developed a volunteer driven program to teach seniors computer lessons on their own computers in their own homes. Currently the program offers seniors one hour a week of personalized computer tutoring for 6 weeks.

According to Dale Mitchell, Ethos Executive Director, “This exciting new initiative is important as it connects seniors that are aging in place with the community as well as to their families and friends. We are grateful to the volunteers who have stepped up to share their technical skills with seniors.” To find out about volunteering or for more information about the program, call Janice Williams at 617-477-6616.

STATEPOINT CROSSWORD
THEME: FAMOUS ATHLETES

ACROSS

1. Like winters in the North, e.g.
6. Western omelet ingredient
9. One of the Three Bears
13. Japanese port
14. International Labor Organization
15. Peeled or trimmed
16. Drawing support
17. A nervous ____
18. Plural of #10 Down
19. *Most decorated Olympian
21. Unwelcome to a comedian
23. High rocky hill
24. Ditto
25. Wear and tear
28. Opposite of warp in weaving
30. Exhort
35. South of Market Area in San Francisco
37. Like Oscar in "The Odd Couple"
39. Composer of American military marches
40. Wing-shaped
41. *2002 gold medal skater, Hughes
43. Angelina's husband
44. Like a wall covered with certain evergreen
46. Hurtful remark
47. *Quipping Hall-of-Famer
48. *PGA great, Byron
50. Snakelike sushi staple
52. Last word of "America, the Beautiful"
53. Wasn't straight
55. Romanian money
57. *He led an army?
60. *"His Airness"
63. Rub hard
64. Boiling blood
66. Farewell, to ami
68. African tea or chew
69. Rank above maj.
70. Prison-related
71. Strong desires
72. ____ Aviv
73. Go the way of Vesuvius

DOWN

1. Tiller's tool
2. Hurry!
3. Poison ivy woe
4. Clay pigeon shooting
5. Render something holy
6. Not misses
7. *Rhyming fighter
8. Cafe order
9. Central to NYC

10. Seed cover
11. *Soccer great known by single name
12. Online pop-ups
15. *Reggie Miller's team
20. *Ali seem to relish it
22. Down Under bird
24. With an illustrious past?
25. *Fastest man on Earth
26. To crack, as in case
27. Inbox letter
29. We pledge allegiance to it
31. Pass
32. Continental money
33. Missouri River tributary
34. *Bela Karolyi prodigy
36. Mars, to the Greeks

38. *He was passed by Hammerin' Hank
42. Conversation starter
45. Sorrows
49. Not a thing
51. Colorful Mexican wrap
54. Order
56. Milk dispenser
57. Dull pain
58. Multicolored horse
59. Brazils or filberts, e.g.
60. Become gelatinous
61. Hokkaido language
62. Less than average tide
63. Blue hue
65. Future fish
67. Last, abbr.

| CROSSWORD | | | | | | | | | | | | | | |
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Boston Early Music Festival

2012 – 2013 Boston Concert Series

“A beautiful performance and great way to spend an evening,” *Boston Seniority*.

Although the music festival has already begun, we invite you come join us for any of the following concerts.

Beloved vocal ensemble **The Tallis Scholars**, directed by **Peter Phillips**, celebrates the holiday season on **Sunday, December 2 at 7:30pm at St. Paul Church, Cambridge** with a program of music by Vivanco, Lassus, Pärt, and Praetorius. Lauded throughout the world for their “deeply moving” performances (*The Telegraph*), these incomparable singers will be making their 24th annual appearance on the BEMF Concert Series.

Made up of some of the all-star instrumentalists of the Boston Early Music Festival Orchestra (BEMFO), the six members of **Quicksilver** follows up on their June 2011 BEMF début with a program of virtuosic chamber music from 17th-century Germany on **Saturday, January 26, 2013 at First Church in Cambridge, Congregational**. Directed by frequent BEMFO Concertmaster **Robert Mealy** and violinist **Julie Andrijeski**, the ensemble dazzled audiences at the 2011 Festival with their “drop-dead gorgeous” playing (*Early Music America*).

The **Venice Baroque Orchestra** returns by popular demand on **Friday, February 8 at 8pm at Harvard University’s Sanders Theatre in Cambridge**. Renowned as “one of the world’s most adventurous and

dramatic period-instrument ensembles” (*NPR*), the ensemble with director **Andrea Marcon**, returns for their fourth appearance on the BEMF concert stage with an engaging selection of Italian concertos focusing on the great Venetian master, Vivaldi.

One of the world’s foremost Early Music keyboardists and a stalwart member of the BEMF Orchestra, **Luca Guglielmi** takes center stage on **Saturday, March 9 at 8pm at First Lutheran Church in Boston**.

Guglielmi earned a standing ovation for his solo performance at the June 2011 Festival; he will perform on both harpsichord and pipe organ in this must-see double recital featuring masterworks of J.S. Bach.

A season of unforgettable concerts ends with the thrilling young singers of **Stile Antico** on **Friday, April 5 at 8pm at St. Paul Church, Cambridge**. Since making their North American début at the 2009 Boston Early Music Festival, this vocal ensemble has fast established themselves as one of the most popular ensembles with BEMF audiences while delighting critics with a reviewer for *The Boston Globe* calling a selection from their December, 2011 concert “one of the most beautiful things I have ever heard.” Stile Antico presents an enticingly varied tour of Renaissance treasures from across Europe and 15 different composers.

Tickets: Subscriptions and individual tickets are now on sale through the Boston Early Music Festival Box Office at **617-661-1812** or online at WWW.BEMF.ORG. Tickets priced at \$19, \$38, \$49, and \$66 each. There is a \$5 discount available for seniors, students, and groups.

Boston Public Library Offers Learning for Life Online

Free, training for learners, at all levels, from anywhere

With [Learning for Life Online](#), the Boston Public Library (BPL) has created a **free**, online program for those stepping cautiously into the world of computers and for those who are already comfortable with e-commerce and e-books, but who may just want to learn about the latest new site everyone is talking about.



“This learning tool is geared to meet users wherever they are and however deep their familiarity with technology is,” said Jennifer Koerber, BPL web services librarian and Learning for Life Online coordinator. “Anyone with access to a computer or smart phone and an internet connection has the chance to learn.”

Boston Public Library staff developed the innovative program in order to provide users with a simple way to learn from anywhere at any time. Subjects addressed through Learning for Life Online include questions librarians are asked frequently and other trending topics about new internet tools.

Every week, a new lesson is posted to the Learning for Life Online blog at <http://blog.bpl.org/lifeonline/>. Each post describes an online tool or offers suggestions for safe and interesting ways to live and work online. Participants can also follow along with Learning for Life Online via [Facebook](#) and [Twitter](#).

Talking to beginners, the blog posts explain not just how to use Facebook, Pinterest, or any internet tool, but also why people might want to use them and what needs they fill. Recent topics include social gaming, new search engines, and using Facebook settings to provide the level of privacy an individual user chooses.

For those who need a place to start, the Boston Public Library offers free computer and wireless access at all of its locations.

To learn more, visit www.bpl.org.

Learning for Life Online website: <http://blog.bpl.org/lifeonline>

Boston Public Library Computer Classes page: www.bpl.org/general/tech_training.htm

Low Cost Protein Super Foods

By: Mary Johnson

Eating well on a budget doesn't mean giving up good food. You can cut your meat costs while boosting nutrition by using these protein-packed foods.

Buckwheat: A must-try food for diabetics, and anyone trying to lose weight. Packed with nutrients, including protein, buckwheat may help with blood sugar control, and protect against heart disease. Diets containing buckwheat have been linked to lowered risk of high cholesterol and high blood pressure. It can be used as an alternative for porridge or rice and will leave you feeling full, and satisfied. Cost per 1 cup serving: 50¢.

Eggs: A good source of low-cost high quality protein, one egg supplies 13% of your daily protein at only 68 calories. The choline found in eggs boosts brain health, helps reduce inflammation, and protects eyesight. Eggs are high in cholesterol, but many nutrition experts now say that most people can eat one egg a day without altering their cholesterol levels. Cost per 1-egg serving: 16¢, \$1.94/doz.

Quinoa: One of the best whole grains you can eat with the highest complete protein content - 8 grams in one cup

cooked. This ancient grain from South America is a good source of iron, and it contains nutrients that help with cardiovascular health, and has been found to be protective against breast cancer, asthma and gallstones. Cost per 1-cup serving: 76¢.

Non-fat Greek yogurt: Research is linking yogurt to a stronger immune system, helping to fight osteoporosis, and reducing fat. In addition, the nutrients in yogurt have been shown to help prevent and heal arthritis, protect against ulcers, and reduce risk of colorectal cancers. Greek yogurt is strained, so it's thicker and creamier than standard yogurt with twice the protein as regular yogurt - about 17 grams in 6 ounces. Cost per 6-ounce serving: less than 96¢.

Beans: One cup supplies 30% of the daily recommended allowance of protein. The fiber in beans helps keep blood sugar levels steady and cravings down, helping to lower calorie consumption. The fiber in beans helps protect your heart and lower cholesterol. Learning the secret to cooking dry beans properly prevents most digestive complaints. To start, wash beans by pouring them into a deep dish of cold water and then lifting them out, leaving dirt and debris behind. Cover with cold water and "quick soak" by gently boiling ten full minutes rather than the usual two minutes recommended on the package.

Pour off that liquid. It often contains the toxins that cause digestive problems. This is especially true for black or dark red beans. Pour in a fresh batch of cold water and gently boil for another 2 minutes and turn off heat. Allow to soak for at least 2 hours. Pour off soaking liquid and bring beans to a gentle boil in enough cold water to cover by about two inches. Reduce to simmer until right consistency. Start checking them in about 25 minutes. Taste at least four—they fool you and may need another 10 to 25 minutes. Cost per 1-cup serving: 25¢.

This article was originally in the voice for Seniors online newsletter of The Senior Citizen's League.

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 or email lorna.pleas@cityofboston.gov

Senior Count

BNN-TV Channel 9

Boston Seniors Count
Cable Television Show

Thursday at 3:30 p.m.

Repeated Sundays at
11:30 a.m. and

Tuesdays at 8:30 p.m.

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

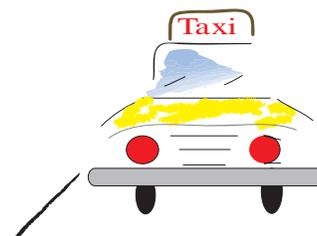


Discounted TAXI COUPONS

at 1/2 Price

- Buy 2 books each month -

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



Healthy Recipes

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

Roasted Butternut Squash and Bacon Pasta

Ingredients:

- 3/4 teaspoon salt, divided
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon freshly ground black pepper
- 3 cups (1-inch) cubed peeled butternut squash
- Cooking spray
- 6 sweet hickory-smoked bacon slices (raw)
- 1 cup thinly sliced shallots
- 8 ounces uncooked mini penne (tube-shaped pasta)
- 1/4 cup all-purpose flour
- 2 cups 2% reduced-fat milk
- 3/4 cup (3 ounces) shredded sharp provolone cheese
- 1/3 cup (1 1/2 ounces) grated fresh Parmesan cheese

Instructions:

1. Preheat oven to 425°.
2. Combine 1/4 teaspoon salt, rosemary, and pepper. Place squash on a foil-lined baking sheet coated with cooking spray; sprinkle with salt mixture. Bake at 425° for 45 minutes or until tender and lightly

browned. Increase oven temperature to 450°.

3. Cook the bacon in a large nonstick skillet over medium heat until crisp.

Remove bacon from pan, reserving 1 1/2 teaspoons drippings in pan; crumble bacon. Increase heat to medium-high. Add shallots to pan; sauté 8 minutes or until tender. Combine squash mixture, bacon, and shallots; set aside.

4. Cook pasta according to the package directions, omitting salt and fat. Drain well.

5. Combine flour and 1/2 teaspoon salt in a Dutch oven over medium-high heat. Gradually add milk, stirring constantly with a whisk; bring to a boil. Cook 1 minute or until slightly thick, stirring constantly. Remove from heat. Add provolone, stirring until cheese melts. Add pasta to cheese mixture, tossing well to combine. Spoon pasta mixture into an 11 x 7-inch baking dish lightly coated with cooking spray; top with squash mixture. Sprinkle evenly with Parmesan cheese. Bake at 450° for 10 minutes or until cheese melts and begins to brown.

Serves: 5

Calories: 469 per serving

Source: <http://www.myrecipes.com/recipe/roasted-butternut-squash-bacon-pasta-1000000592277/>



Roasted Cauliflower, Chickpeas and Olives

Ingredients:

- 5 1/2 cups cauliflower florets (about 1 pound)
- 24 green Spanish olives, pitted and halved
- 8 garlic cloves, coarsely chopped
- 1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained
- 3 tablespoons olive oil
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 3 tablespoons fresh flat-leaf parsley leaves

Instructions:

1. Preheat the oven to 450°.
2. Combine first 4 ingredients in a small roasting pan. Drizzle with oil; sprinkle with pepper and salt. Toss well to coat. Bake at 450° for 22 minutes or until cauliflower is browned and crisp-tender, stirring after 10 minutes. Sprinkle with parsley.

Serves: 6, 2/3 cup per serving

Calories: 176 per serving

Source: <http://www.myrecipes.com/recipe/roasted-cauliflower-chickpeas-olives-10000001963972/>



First Realty Management salutes all the competitors in the Mayor's Health & Fitness Walk, especially our senior residents of the following apartment communities:



First Realty
Management

Brandywyne Village, East Boston
Burbank Apartments, East Fenway
Camelot Court, Brighton
Cummins Towers, Roslindale
Stony Brook Commons, Roslindale



Learning is the Answer

“Don’t Retire, Inspire”

By: Augusta Alban



We can learn to control our thoughts. It is good to examine what we think and where those thoughts come from. Not all of what was taught to us by meaningful parents or guardians is helpful or true. We have the ability and the right to adjust, amend and explore new ideas. This is a rapidly shifting world; change is imperative less we get stuck between then and now.

We can only live in this present moment, let’s not waste it. It is hard to change you say. It does take effort. However, it only takes two weeks to kick the old habit and create a new one. So do you have two weeks to give to yourself to make your life better and happier?

Get a calendar - you know the big paper kind - the one that was such fun to cross off each day until Christmas Eve or summer camp. I remember having one in my bedroom. Each night I crossed off another day. Then I counted the days until my favorite grandma came for her annual summer visit. That always meant laughter, treats, candy, ice cream, and a dollar bill or two that she always tucked into our sweaty little hands. I still tuck those dollar bills into my grandchildren’s hands except, boy has the price gone way up. But I haven’t forgotten how special those treats made me feel. Treats are still part of my learning process.

It’s fun to learn with others. If there is group learning - what you would like to learn? Join it. If that doesn’t work, find another group or a friend who will happily share your learning process. Above all do something you fear! For me it was the water. I had one of those mothers who kept telling me I was going to drown. I couldn’t stand next to a fish tank without shaking. I never got in a boat or even walked on a dock.

My solution was to join a "scuba class" at the Y. Now I know what you are thinking, but try to be open-minded. The idea was to shift my focus from fear to pleasure. And what could be more pleasurable for me than to put on scuba gear that would help me to see the magnificence of the underwater world I had been denied.

It didn’t exactly work the way I thought it would. However, after the scuba coach got over the shock of my request he understood my concept and valued my creativity. I did NOT get my “scuba certificate.” What a surprise! But I did learn to be a good swimmer and I did get over my fear of the water and the fear of fear.

You see, fear is fear, and it comes in many forms and it hides in dark places. This is always the way. We all fear something. Very often FEAR starts to control much

of what we think and do. So as we grow older and the world around us is changing faster and faster we are paralyzed with fear and we start to narrow our world. I was afraid of the water, but more fearful of my classmates knowing I couldn't swim. I was afraid they would laugh at me. Well they did laugh, but then the laughter turned to love and they wanted to help me. It was as if the room had filled with angels.

Let me tell you life is worth risk!

Volunteer Opportunities
 At One Of Boston's Premier Historic Sites

Castle Island Association

~ 617-268-8870 ~
www.bostonfortindependence.com

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.

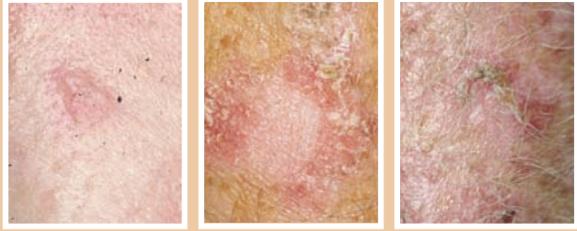
On Boston City TV, Comcast channel A-24 and RCN channel 16, Tuesdays and Saturdays at 5:00 p.m.

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

Do you have AKs?

If you answer "YES" to any of the following questions, you may have Actinic Keratoses (AKs)

- Do you have sunspots?
- Do you have any rough-textured, dry, scaly patches on your face or scalp?
- Do you have any spots on your face or scalp that look like these:



AKs are a precancerous skin condition

- You may be among the 58 million people in the US who have AKs
- Get more information about what causes AKs and find out if you are at risk

Don't ignore the signs. To learn more, go to www.actinickeratoses.com

If you have any medical questions, speak to your dermatologist.

AG COAKLEY ALERTS ELDERLY CONSUMERS TO BE WARY OF “GRANDPARENT SCAMS”

In an effort to better inform consumers of possible scams, Attorney General Martha Coakley is alerting seniors to be wary of the “grandparent scam” in which imposters prey upon the elderly by posing as relatives in trouble, tricking them into sending money.

“These scams prey on many of our seniors to get money from well-meaning relatives,” AG Coakley said. “Their stories often involve information about an individual’s family to make the scenario sound authentic. Consumers should not be afraid to ask questions, say no, and simply hang up the phone if they believe they have been engaged in a scam.”

In a typical scenario, the caller tells the victim that he or she has been arrested overseas and is in need of money in order to be released by local authorities. The caller stresses the urgency of the situation and often claims to be embarrassed, asking the senior not to tell anyone else in the family about the call. The caller then asks the senior to wire money through a wire transfer service such as Western Union or Money Gram so they can get the money quickly, in cash, and before the senior realizes they have been cheated. Typically, there is no way to reverse the transaction, trace the money, or recover payment. In a variation of this scheme,

the victim also receives a call from a second individual purporting to be a law enforcement official, who verifies the story.

In some cases, the callers offer personal details to add credibility to their calls. Details such as the names of family members, addresses, and even birth dates are often easily obtained by scammers online. Scammers can even learn about someone’s travel plans through Facebook and other social networking websites.

In some scenarios, the caller prompts the victim to unwittingly divulge information. For example, the caller begins by saying, “Hi Grandma, it’s me, your favorite grandson,” and the victim supplies the caller with the name of the grandchild the caller sounds the most like. The caller then pretends to be that person.

Here are some tips to avoid being scammed:

Be extremely suspicious when you receive a telephone call when:

- The caller says he or she is a grandchild or relative;
- The caller is in another country or a far-away location;
- The caller is in trouble and urgently needs money (i.e., bail money to be released from jail, or money for a hospital bill);

- The caller requests secrecy;
- The caller asks for the funds to be sent by wire transfer.

If you receive a call from someone claiming to know you and asking for money or other help:

- Don't be fooled by details: scammers often get enough information from the internet to sound authentic;
- Don't volunteer information to the caller until you have confirmed his or her identity;
- Check with other family members to confirm that the request for help is legitimate;
- Ask questions that would be difficult for an imposter to answer correctly (i.e., the last time you saw each other, or the date of his parents' wedding anniversary);
- Directly contact the person who the caller claims to be;

- Guard the personal information you disclose online. If you use social networking websites, be aware of what information you make available on them, familiarize yourself with privacy settings so that you are aware who can view information that you make available, and only divulge information that you are comfortable having that audience view.

The Attorney General's Office fields thousands of inquiries pertaining to scams and can direct consumers to the appropriate agency to file a complaint. One of those is the Federal Trade Commission (FTC). If a transaction is made, consumers should also contact the wire transfer agency used, although there may be little recourse to get the money back. Before sending any money overseas, consumers may contact the State Department's Office of Overseas Citizens Services (OCS) at (888) 407-4747, to help verify whether the situation is legitimate or a scam.

Consumer information specific to the grandparent scam is available on the FTC's website, www.ftc.gov. Additional information and resources pertaining to consumer scams are available on the Attorney General's website.



WE'VE BEEN A PART OF BRIGHAM AND WOMEN'S FOR NEARLY 15 YEARS. OUR NEW NAME NOW REFLECTS THAT.

We've been working nearly 15 years to integrate our services, doctors, and quality and safety programs with those of Brigham and Women's. The result? Brigham and Women's Faulkner Hospital. As a key part of Brigham and Women's, we're an integrated team focused on doing everything possible to ensure you receive the right care in the right place.



BRIGHAM AND WOMEN'S
Faulkner Hospital

www.brighamandwomensfaulkner.org

5 In-Law Survival Guide Tips: Make It Memorable, Not Miserable

Does the thought of spending the holidays with your in-laws send you running for the hills? You're not alone. "Three out of four marriages are impacted by problematic in-law relationships," says Deanna Brann, Ph.D., leading expert on Mother-in-Law/Daughter-in-Law relationships and author of the new book *Reluctantly Related: Secrets To Getting Along With Your Mother-in-Law or Daughter-in-Law*. "Mothers-in-law can fear being shut out and at risk of losing their son or grandchildren. Daughters-in-law can often feel manipulated, judged, or simply not validated. These problems can lead to minor annoyances or stress but can also result in a total family breakdown."

Fear not - it's never too early, or too late, to improve your relationship. Here are five tips to help make your holiday memorable, not miserable:

1. Be a team player

Regardless of who is hosting, remember to ask questions, compliment your mother-in-law or daughter-in-law, offer help and let her know you're interested in her thoughts.

2. Don't take things personally
Everyone is stressed during the holidays, so as long as you know you're on your best behavior, you can be certain "it's not all about you."

3. Find the humor

No matter what happens look at the humor in it and tuck it away for a story about what she did "this" time.

4. Find some down-time for yourself

Just a few minutes to reflect and re-energize can be just what you need to get your energy back.

5. Establish ground rules in advance

Talk to your spouse and agree on how long you'll be staying. If necessary, take two cars and don't forget to let your family know what time you plan to leave.



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 call Ed Conway at (617)327-6831 or e-mail him at edconway14@yahoo.com

Proud Supporter of

**Mayor Thomas M. Menino's
Health and Fitness Walk for Seniors**



Solution to Crossword on page 13

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Need a Ride?

**Senior Shuttle
617-635-3000**

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

The Senior Shuttle offers free door-to-door transportation service to Boston Senior residents age 60 or over. Rides are offered to non-emergency medical appointments.

We kindly request that you notify us as soon as possible to schedule an appointment since rides are scheduled on a first come first serve basis.

Occasionally, due to cancellations, we can accommodate same day requests.



Partners HealthCare

pleased to support

Mayor Thomas M. Menino's Health and Fitness Walk



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL

Grandparents Luncheon



RSVP & SCP Recognition



Happy 40th Anniversary Boston RSVP volunteers!

This year: 2012, marks the 40th year that the RSVP program has been a part of the City of Boston. We are so appreciative of your everlasting commitment and dedication to service in Boston! Last year RSVP volunteers served a total of 94,154 volunteer hours! This number is extremely impressive, and we cannot thank you enough for all that you do! To all who came out, thank you for making this year's Volunteer Recognition Luncheon a success. We sincerely hope you enjoyed yourselves, and we look forward to seeing all of our volunteers again next year!!

Special thanks to RSVP Volunteer Jane Handler for her work in making this all possible. We couldn't have done it without you!

We'd also like to send a special THANK YOU to the following organizations in appreciation for the tickets, gifts, passes, and gift certificates that were generously donated

to Boston RSVP and SCP for recognition raffle prizes.

Adams National Historical Park
Boston College
Boston Tea Party Museum
Boston University
Bostonian Society at Old State House Museum
Brookline Booksmith
Harvard University
Historic New England
Isabella Stewart Gardner Museum
John F. Kennedy Library
Museum of Fine Arts
New England Aquarium
Saus Resturaunt
Stop & Shop
The Freedom Trail Foundation
USS Constitution Ship & Museum
Wholefoods
JP Licks
Zinga! Frozen Yogurt
Zoo New England



Mayor's Health & Fitness Walk



A Special Thank you to all of the Sponsors

Action for Boston Community Development
SHINE Program

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Boston Athletic Club

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Boston Emergency Medical Services

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Boston Public Health Commission Boston Moves
for Health

Boston Public Health Commission Chronic Disease
Prevention

Boston Public Health Commission's Boston Steps

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Greater Boston Chinese Golden Age Center Staff

Sarah Care

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City of Boston Arts, Tourism & Special Events

City of Boston Election Department

City of Boston Parks & Recreation Department

City of Boston Parks and Recreation

Commonwealth Care Alliance

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Fallon Community Health Plan

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Kit Clark Senior Services Fit4Life Fitness Center
for Seniors

Massachusetts Department of Public Health *Keep
Moving* Program

NSTAR Electric and Gas

Partners Healthcare

Retired Senior Volunteer Program (RSVP) of the
Elderly Commission

Saint Joseph Rehabilitation and Nursing Care
Center

Senior Solutions HCM

Senior Whole Health

Suffolk University

Susan Bailis Assisted Living

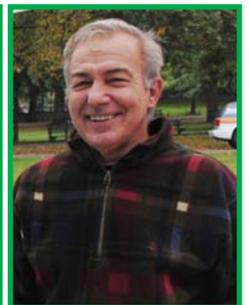
Tufts Health Plan Foundation

United Healthcare Senior Care Options

Vanessa Wilson Howard

Visiting Nurses Association of Boston

YMCA of Greater Boston



**First Come
First Servell**

**MAYOR THOMAS M. MENINO &
THE SEAPORT WORLD TRADE CENTER
PRESENT**

**Admission by
ticket only!!**

24th Annual First Night Celebration

Thursday, December 27th, 2012-- 11:00 a.m. – 2:00 p.m.

TRANSPORTATION SIGN UP SHEET

**INDIVIDUAL APPLICATION ONLY - NO GROUP REGISTRATION ALLOWED
REGISTRATION BY FAX OR MAIL ONLY - NO PHONE REGISTRATIONS ACCEPTED**

TRANSPORTATION PICK-UPS BEGIN AT 10:30 a.m. - DOORS DO NOT OPEN UNTIL 11:00 a.m.

ADMISSION BY TICKET ONLY - TICKETS ARE LIMITED

Please complete and return registration form by **Friday, November 30, 2012** to: **Fax 617-635-3213** or mail to **1st Night, Elderly Commission, One City Hall Plaza, Room 271, Boston, MA 02201**

| | | |
|-------------------------|--------------------|------------------|
| Last Name: | First Name: | Tel: |
| Address: | | Apt. # |
| Neighborhood: | | Zip Code: |
| Language Spoken: | | |

CENTRALIZED PICK UP LOCATIONS

| | |
|---|---|
| Allston/Brighton – Covenant House, 30 Washington St. | Mattapan – Church of the Holy Spirit, River St. |
| Allston/Brighton – JCHE Housing, 30 Wallingford Rd. | Mission Hill – Flynn House, 835 Huntington Ave. |
| Allston/Brighton – Veronica Smith, 20 Chestnut Hill Ave. | North End – Nazzaro Center, 30 North Bennett St. |
| Boston – Park Street Station – MBTA (Tremont and Park) | Readville – St. Ann's Church, 82 West Milton St. |
| Charlestown – Golden Age Center, 382 Main St. | Roslindale – Roslindale Municipal Bldg, Roslindale Sq. |
| Charlestown – 100 Ferrin Street | Roxbury – Reggie Lewis, 1350 Tremont St |
| East Boston – E.B. Social Center, 68 Central Sq. | Roxbury – Freedom House, 14 Crawford St. |
| East Boston – Brandy Wine, 88 Brandy Wine Drive | South Boston – West Broadway Task Force, 81 Orton Marrotta Way |
| Dorchester – Keystone Apts. 151 Hallet St. | South Boston – St. Monica's Church, Old Colony Ave. |
| Dorchester – Kit Clark Services, 1500 Dorchester Ave. | South Boston – S.B. Neighborhood House, 136 H St. |
| Dorchester – St. Brendan's Church, 589 Gallivan Blvd. | South End – Castle Square Apts. 484 Tremont St. |
| Fenway/Kenmore – Kenmore Abbey, Kenmore Sq. | South End – Harriet Tubman, 566 Columbus Ave. |
| Hyde Park – Blake Estates, 1344 Hyde Park Ave. | South End/Chinatown – 5 Oak St. |
| Hyde Park – Georgetown Apts. 400A Georgetown Dr. | West End – Blackstone Apts. 33 Blossom St. |
| Hyde Park – H.P. Municipal Parking Lot, Cleary Sq. | West Roxbury – CVS & Walgreens Parking Lot |
| Jamaica Plain – Julia Martin House, 90 Bickford St. | MBTA RIDE |
| Jamaica Plain – Nate Smith, 155 Lamartine St. | I DO NOT NEED TRANSPORTATION |

Once this registration form is received an admission ticket will be issued in the name of the registrant and mailed to the above noted address.

