



Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



SEPTEMBER

FREE

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(617) 635-2360

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Mayor's Spotlight

Going Green: "Kill-A-Watt" Device Makes Saving \$\$\$ Easy and Fun

In June, Mayor Thomas M. Menino announced an innovative program allowing residents access to a home electronics energy measuring device that can now be borrowed from all Boston Public Library branches. The devices—each called a Kill-A-Watt™—measure the amount of electricity used by individual household appliances and electronics by simply plugging them in through a Kill-A-Watt™.

“Together we can put a stop to phantom energy use,” said Mayor Menino. “By doing a little detective work, the Kill-A-Watt™ will help residents eliminate wasteful energy use from appliances that continue to draw electricity even when unsuspecting homeowners turn them off. This is a simple way for residents to learn about saving energy and money.”

Residents can calculate how much it costs to keep individual appliances plugged in by multiplying the amount measured using the Kill-A-Watt™ device by the cost per kilowatt hour on their electric bills. Armed with the results, residents can make informed decisions on what appliances to use less, to unplug when shut down completely when not in use, or to invest in power strips to better manage consumption.

“The Kill-A-Watt™ is a tool that literally puts control of electricity usage right in the palm of your hand,” said Tom May, NSTAR's Chairmain, President and CEO. “Customers can now make real-time



decisions about how and when to use their appliances in order to save money and cut down on electricity use. I applaud Mayor Menino's efforts to help Boston residents become educated energy consumers.”

Two Kill-A-Watt™ devices are available at all branches of the Boston Public Library and can be borrowed the same way as a book – with a library card. The circulation desk will have the devices as well as a sheet with simple, how to use steps and guide on the back to chart energy use. This information can also be downloaded at www.cityofboston.gov/environmentalandenergy.

“These economic times touch our entire community. The Boston Public Library is delighted to help residents learn about energy use and cost savings,” said Amy E. Ryan, President of the Boston Public Library. “The Kill-A-Watt™ device is an innovative addition to the many free resources that we provide at the Central Library and all 26 of our neighborhood branches.”

“This program is yet another way that we are engaging residents in a campaign against wasteful energy use,” said Jim Hunt, Chief of Environment and Energy for the City. “After all, how many clocks do we really need in our kitchen to be able to tell the time?”

Doric Docents Celebrate their 40th Anniversary

By Tula Mahl



On June 12, 2009 the Doric Docents celebrated their 40th Anniversary in the Great Hall at the Massachusetts State House. What are the Doric Docents you may ask? They are a group of volunteers that lead the guided tours of the State House. The Doric Docents were not always called that, when this program first started in 1969 they were called the Doric Dames.

The Doric Dames was started by Mrs. Jessie Sargent, the wife of Massachusetts Governor Francis William Sargent (1969 to 1975). The purpose of the Doric Dames was to research the history of the historic Bulfinch State House building and to acquaint residents of the Commonwealth and out-of-state and foreign visitors with its architectural beauty, its history and the legislative process.

The Doric Dames were called so because the tours start in Doric Hall. Doric is one of the three orders or organizational systems of Ancient Greek or classical architecture. And Doric Hall derives its name from this architectural style of its ten columns.

The Doric Dames is a non-political and non-profit organization. Membership to this organization is either by becoming a volunteer or through a dues payment for Associate membership. The

organization is run by a Board of Directors. And President of the Board is always been held by the wife of the Governor. In 2001, when Governor A. Paul Cellucci left office to become U.S. Ambassador to Canada, his Lt. Governor, Jane Maria Swift was sworn in as Acting Governor, and her husband Chuck Hunt was invited to become President of the Doric Dames.

Chuck Hunt set the precedent to start inviting male membership to the Doric Dames. At which point the name of the organization was changed from Doric Dames to Doric Docents. In the US, “docents” are educators, trained to further the public’s understanding of the cultural and historical collections of the institution, quite apropos.

The 40th Anniversary was attended by former First Lady of the Commonwealth, Kitty Dukakis and the current First Lady, Diane Patrick, among other notables. Additionally, those Doric Docent guides who had accumulated 100 hours, 300 hours, or 500 hours of guiding were awarded gifts for their service.

For more information about how to become a Doric Docent please contact Mary Rinehart, Director of State House Tours at (617) 727-3676.

The City of Boston

Elderly Commission

Senior Companion Program



Senior Companions pose for a picture with Yvonne Hickey of Xerox at the 33rd annual Xerox Party.

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

Opportunity for Civic Engagement

One of the best and most lasting ways to engage with state and government is to join one of over 700 Boards and Commissions in the Commonwealth. Governor Deval Patrick and Lieutenant Governor Tim Murray have launched a new website that posts vacancies on boards and commissions. “The website will continue to boost accessibility to and engagement with state government for citizens throughout Massachusetts,” said Governor Patrick. “I encourage people to get involved in public service, and to apply for a board or commission.”

To find out what boards and commissions have vacancies please visit :
www.mass.gov/governor/boards

The Hidden Secret of **Elder Abuse**

Many elderly people rely entirely on family or other trusted individuals to help them. Whether it is for physical needs or emotional needs, as people grow older they tend to need more and more help from others. This dependence on caregivers or family members makes an older person more vulnerable for abuse.

For example, an older person relying on her children to provide meals and transportation and help her with financial decisions finds it difficult to complain when one of her children takes advantage of her. If, for instance, the child takes her money, hits her or neglects her care, the parent may be threatened with loss of support from the child if the parent complains. The child may also use threats of violence to keep the parent in line.

It is estimated that 5% to 10% of elderly Americans are suffering abuse. According to the National Committee for the Prevention of Elder Abuse, “Spiraling rates of elder mistreatment are reported by both practitioners and researchers. In a recent national study of Adult Protective Services (APS), typically the agency of first report concerning elder abuse, there were 253,421 reports of abuse of adults age 60+ or 832.6 reports for every 100,000 people over the age of 60 (Teaster, Dugar,

Otto, Mendiando, Abner, & Cecil, 2006). The National Elder Abuse Incidence Study (National Center on Elder Abuse, 1998) found that more than 500,000 persons aged 60+ were victims of domestic abuse and that an estimated 84% of incidents are not reported to authorities, denying victims the protection and support they need.” Much attention has been focused on abuse in nursing homes but most of the elder abuse in this country is at the hands of family members or other caregivers in the home.

In 2004, Utah Adult Protective Services workers investigated approximately 2,400 allegations of abuse, neglect or exploitation of vulnerable adults. In Utah, a vulnerable adult is defined as an elder adult (65 years of age or older) or an adult (18 years of age or older) who has a mental or physical impairment, which substantially affects that person’s ability to protect or provide for themselves. The majority of the victims were females between the ages of 60-89 and 60% of the perpetrators were family members/relatives, while 24% were non-related paid caregivers.

The protective needs identified were as follows:

- self-neglect 31%
- physical abuse 16%
- exploitation 19%

- caretaker neglect 12%
- emotional abuse 19%
- sexual abuse 3%

In conducting the investigations, it was not uncommon to find that adults who were self-neglecting were also being exploited or abused. As stated previously, these statistics are based on approximately 2,400 cases, thus, if only one in ten cases are ever reported, it is possible that there were actually 24,000 or more cases in Utah that year. We suspect 9 out of 10 is close to the actual ratio of unreported versus reported cases in Utah.

We also believe that Utah's lack of reporting elder abuse is not unlike other states in the country. We suspect all the states are experiencing close to the same ratios of underreporting as in Utah.

There are a number of reasons why incidents of abuse, neglect, or exploitation are not reported to Adult Protective Services or other authorities. One of the most common reasons is the victim's fear of losing support. Many of the perpetrators are family members and the victim fears that reporting the crime will result in removal of the caregiver, as the perpetrator may face incarceration or may discontinue relations with the victim once accused, charged, or convicted. Many of these victims fear that by reporting abuse they will be left alone and expected to



care for themselves or they will be forced to live in a nursing home.

Many states have implemented mandatory reporting laws to assist in the prevention of abuse, neglect or exploitation of vulnerable adults. Utah is one of the many states to have a mandatory reporting law (U.C.A. § 76-5-111). Utah law states that any person who has reason to believe that a vulnerable adult has been the subject of abuse, neglect, or exploitation shall immediately notify Adult Protective Services or the nearest law enforcement agency. Anyone who makes the report in good faith is immune from civil liability in connection with the report; however, any person who willfully fails to report is guilty of a class B misdemeanor.

It is important to note that the anonymity of the person or persons making the initial report and any other persons involved in the subsequent investigation shall be preserved and may only be released in accordance with the rules of the division (U.C.A. § 62A-3-311). In addition, all investigation information is confidential.

The following is a list of indicators of abuse, neglect or exploitation. It is important to note that the following lists are merely indicators and may not always be violations.

Signs of Abuse:

- Unexplained bruises, welts, fractures, abrasions or lacerations
- Multiple bruises in various stages of healing
- Multiple/repeat injuries
- Low self-esteem or loss of self determination
- Withdrawn, passive
- Fearful
- Depressed, hopeless
- Soiled linen or clothing
- Social Isolation

Signs of Neglect/Self-Neglect:

- Dehydration
- Malnourishment
- Inappropriate or soiled clothing
- Odorous
- Over/under medicated
- Deserted, abandoned or unattended

- Lack of medical necessities or assistive devices
- Unclean environment
- Social Isolation

Signs of Exploitation:

- Missing/"disappearing" property
- Inadequate living environment
- Frequent/recent property title changes or will changes
- Excessive home repair bills
- Forced to sign over control of finances
- No/limited money for food, clothes and other amenities

Prevention can only occur if there is awareness, the statutes are adhered to, and any suspicions of abuse, neglect or exploitation of vulnerable adults are immediately reported to Adult Protective Services and/or law enforcement.

To contact an abuse complaint department, call the Elder Abuse Hotline at 1-800-922-2275.

HOME OF THE BRAVE(S)

By Mike Flynn

If I tossed out team names like the Doves, the Rustlers or the Bees, could you even guess the sport? How about if I added Beaneaters, Red Caps or Red Stockings? OK, you would probably guess baseball and you would be correct. But if you thought they were previous monikers of the Red Sox you would be incorrect. At one time the brightest baseball lights in these parts were the Boston Braves into which those previous team names morphed. The Braves are the oldest continually operated ball team in history and the players on the Atlanta Braves today can say that they play on baseball's oldest franchise.

In 1869, the first professional baseball team was organized in Cincinnati. Known as the Red Stockings they would exist for only a couple of years. In 1871, the Cincinnati manager, Harry Wright, his brother George (who would go on to open a sporting goods store where one of his employees, Francis Ouimet, as a twenty year old, would beat two British Open Champions in the Greatest Game of Golf Ever Played at Brookline's Country Club. The municipal golf course in Hyde Park is named for George Wright) and two of his star players came to Boston to start a new team at the behest of the wealthy Ivers Whitney Adams (how's that for a true Boston Brahmin name.) They would form the nucleus of which became the Boston Red

Stockings of the new National Association of Professional Baseball Players. One of the other new teams in the league, the Chicago Cubs, would be forced to stop playing for two years as their city was being rebuilt in the wake of Mrs. Murphy's cow knocking over that darn lantern in the barn in 1871 and burning much of Chicago to the ground.

In 1876 they joined Cincinnati, New York, Hartford, Chicago, St Louis and Philadelphia as members of the National Baseball League. The Braves, Red Caps, Beaneaters, Bees or Doves played in three different stadia that were all named the South End Grounds. Part of the original site is now Ruggles Station, a stop on the T's Orange Line. The first stadium was demolished in 1887 to make room for The Grand Pavilion, which at the time was baseball's largest park, seating 40,000. In 1894, for some reason, a bunch of kids decided to light some rubbish on fire under the right field Grandstand. In what has been called the Great Roxbury Fire, The Grand Pavilion was destroyed as well as 170 other buildings in Roxbury and the South End. The third park was built on the same spot and resembled a castle from the outside, however it was much smaller. The Braves played there for 20 years until the new Braves Field opened in 1915 as a reward for their shocking World Series win the year before.

This new stadium was a massive structure where the fences were often moved out or in year by year depending on the power of the line up or the liveliness of the ball. Because the out field was so huge, inside the park homers were commonplace.

For sentimental reasons, grass was taken from the old South End grounds and replanted in the outfield. Today Boston University's Nickerson Field and three high rise dormitories occupy the spot, but the center and right field wall as well as the first base ticket booths have remained intact.

During their first couple of decades, the Beaneaters or the Red Caps were the dominant team of the National League winning 8 Pennants. Their 1898 mark of 102-47 stood as a record for almost 100 years. They were led at the time by the "Irish Twins" Tommy McCarthy and Hugh Duffy. Duffy's 1894 batting average of .438 remains the record to this day and will probably never be broken. (Ted Williams' .406 was the last over .400 average and that was in 1941).

By the turn of the century, the Red Sox were the new team in town and many of the Beaneaters jumped ship for more money. The older team hit the skids for the next decade having only one winning season after changing their name twice, to the Doves and Rustlers, with little results. Finally, in 1912, the Braves name was adopted for good and many thought the teams fortunes were looking up. How could they not after three straight seasons with 100 or more losses? But the next year they lost 86 and still finished in the hole.

In 1967 the Red Sox were the Cardiac Kids and the New York Mets became Amazin' in 1969, but in 1914 the Boston Braves had what arguably could be called the most surprising season in baseball history. Before the season started they obtained future Hall of Famer second baseman Johnnie Evers from the Cubs. (He of the famous Tinkers to Evers

to Chance double play combination.) They started out headed for the basement again with a 4-18 record. On July 4th they were 15 games behind the defending World Champion New York Giants. Then they caught fire and by the second week of September they had gone 43-12 and had overtaken the Giants for first place. For the rest of September and into October they set a blistering pace winning 26 out of 31 games and winning the division. To this day they remain the only team to be in last place on July 4th and come back to win the pennant.

The World Series would be played in Fenway Park that year while the new Home of the Braves was being built on Commonwealth Ave. Going into the series they were decided underdogs to the Philadelphia Athletics led by future Hall of Famer Connie Mack. But incredibly they won it in four making them the first team in history to sweep a World Series. Johnnie Evers was awarded the Chalmers Trophy which today is known as the Most Valuable Player Award.

However great 1914 was, the following years proved fruitless. They had competitive teams in 1915 and 1916 and posted a winning record in 1932. In 1935, in an attempt to boost attendance, owner Emile Fuchs made a deal with the Yankees and brought an aging Babe Ruth to Boston. The Babe was at the tail end of his career and his lifestyle had caught up with him. He could not run the bases or play the field very well, but he could still swing a bat, hitting three home runs in a game early in the season, but by July he was gone, finally retiring for good. The Braves record that year of 38-115 remains one of the worst in the history of baseball.

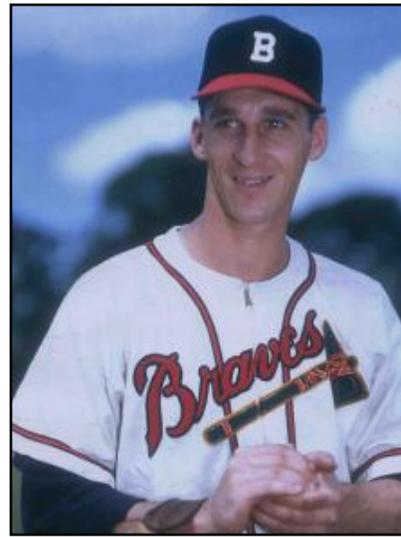
In 1948 the team returned to the World Series on the arms of their two future Hall of Famers, Warren Spahn and Johnny Sain. A famous poem was penned by Boston sportswriter Gerald V. Hern that year about the lack of depth in the pitching rotation.

“First we’ll use Spahn
Then we’ll use Sain
Then an off day
Followed by rain

Back will come Spahn
Followed by Sain
And followed
We hope
By two days of rain”

Although the poem glorifies the two, teammates Vern Bicklow and Bill Voiselle actually combined to win 24 games that year.

But the 1948 World Series proved to be the swan song for the team in Boston. After four more losing seasons and a steady drop in attendance, owner Lou Perini (that same Perini whose name is on all that construction equipment on building projects across the land) moved the team to Milwaukee. During their time in Boston, the Braves won 8 Pennants and 1 World Championship. 37 Boston Braves were selected to the Hall of Fame including the Wright brothers, Warren Spahn, Johnnie Sain and third baseman Eddie Mathews who was the only player to suit up in all three cities, Boston, Milwaukee and Atlanta as a Brave. As a rookie in 1952, Matthews excited the crowd with three home runs at Brave Field in the season finale and had



Warren Spahn

everyone looking forward to next year. Boston fans were crushed when months later they found out that the game was the last to ever be played at Braves Field.

Still the Braves live on in Boston. Aforementioned wall and box office still exist at B.U. alongside a commemorative plaque. After the Boston Sports Museum hosted a reunion of past Braves players in 1988, a host of fans, led by recently deceased George Altison, founded the Boston Braves Historical Association, now boasting over 500 members world wide. They host Annual Meetings and players reunions and have a web site dedicated to everything Brave. The Association even held a fund raiser after former Brave center fielder Sam Jethroe lost his home in a fire. Loyalty is an admirable trait to possess and Mr. Altison and his fellow Association members have it in abundance. George Altison was serving his country overseas in 1953 when the word reached him of the Braves move to Milwaukee. Devastated he was quoted as saying “he felt like an orphan” because he now had no team. For me, I’m sure glad John Henry married a Boston girl and it looks like he’s staying put ‘cause we sure don’t need any more baseball orphans around here.



Looking for new ways to give back in your community?

Create The Good.® When you're active, you'll help someone else be active, too.

As an AARP member, we know you already make a difference in your community. However, you might be looking for new ways to give back. You can Create The Good by helping your community live and stay healthy. Lend a hand so that neighbors can get more exercise. Or you could give information to your church or neighborhood newsletter about tools for recording medications. There are many ways that you can make a difference.

For more information, visit us at www.createthegood.org.

You can also contact AARP Massachusetts at 1-866-448-3621 or online at aarp.org/ma.



CONGRATULATIONS TO SPANISH IMMERSION

On June 9, 2009, the Spanish Immersion Jamaica Plain was honored by the Jamaica Plain Neighborhood Development Corporation (JPNDC) for their outstanding service to Jamaica Plain. JPNDC presents this award once a year to community organizations that work to sustain the neighborhood. This year the meeting had a special ring to it because of the hardship that these tough economic times have brought.

JPNDC board member, Domingo Ortiz presented the “JPNDC Building Our Community Award” to Giovanna Tapia “in recognition of your efforts as the founder of the Spanish Immersion project and activism in the Latino community.”

Spanish Immersion Jamaica Plain (SIJP) provides services and activities for elderly that live in the Hyde/Jackson Square Community in Jamaica Plain. The program offers them an opportunity to engage with neighbors they would ordinarily never speak to, to make friends, to learn new skills and to feel a sense of accomplishment and pride which will lead to healthier and more vibrant lives.

Since SIJP started offering one-on-one Spanish conversations in July 2007 this college project has grown into a full time program with 50 Spanish seniors engaging their neighbors in Spanish conversations. The program also benefits 70 to 80 learners

a year. Most conversations take place at the Julia Martin House and the Nate Smith House in the Hyde/Jackson Square area.

The seniors gather for training meetings 10 times a year. These meetings are designed to improve the conversation sessions and to share information about issues facing the participants.



In response to the seniors concerns, SIJP helps seniors coordinate with other partners to access resources in the community of which they might not be aware. Three needs continuously come up among the seniors: English Classes, computer classes and music/movement classes.

To learn more about the Spanish Immersion Jamaica Plain program, call Giovanna Tapia at 617-953-7016.

Research Volunteers Needed

Men and women over the age of 65, with hypertension or with diabetes, are being enrolled in a research study of the effects of cocoa on blood flow to the brain at the Brigham and Women's Hospital.

After a screening visit, the study requires one month of drinking cocoa daily. There are three outpatient visits lasting a few hours each, when we will study blood flow to the brain with ultrasound and ask you to perform simple thinking tasks.

Those with history of stroke cannot enter.

Those that complete the study will receive \$350.

Contact Stephanie, [617-732-5186](tel:617-732-5186), for more information.

The Elderly Commission

2009 Greater Boston Senior Games

Medals

Become a Senior Games sponsor contact
Michael McColgan at 617-635-4168



Basketball Free Throw - Men – U-Mass Finalé, May 23, 2009

Age	Gold	Silver	Bronze
50-54	Eddie Hom		
60-64	Xie Cheng Yang		
65-69	Bo Ping Lou	Shi Lun Lai	Song De Li & Zhao Xiang
70-74	Ting Li	Shen Sheng Wu	Allan Sneider & Chengvu Liang
75-79	Zhen Kui	Zi Vuan Wang	Tianguang Zhang
80+	Ming Shu Zhan	Zu Fan Ren, Chuan Shoulin & Horst Langer	

Basketball Free Throw - Women – U-Mass Finalé, May 23, 2009

Age	Gold	Silver	Bronze
55-59	Shen Di Xiang		
60-64	Biyong Xie	Fengyun He	Charlene Reese
65-69	Cuie Zhu, Guo Pingham & Yihu Suhua Zou		
70-74	Yingna Xie	Hui Fong, Mei Mei Guam, Guohua Jin & Xiuyng Lin	
75-79	Xi Lin Chen, Fengtran Li & Deloris Hufnagel		

Billiards - Men – Boston Bowl, Dorchester, May 15, 2009

Age	Gold
75-79	Harold Jacobs

Billiards - Women – Boston Bowl, Dorchester, May 15, 2009

Age	Gold
50-54	Vickie Wideman



Bocce - Men And Women – Langone Park, North End, May 14, 2009

<i>Inter Age Team</i>	Gold	Silver	Bronze (Tie)	
	Braintree	Watertown	Chelsea 6	Roslindale
Member # 1	Dominic Federicci	Donato Rufo	Mary Atkins	Matthew Norcia
Member # 2	Guy Maitino	Gino Sallvucci	Ed Diamond	Frank Scala
Member # 3	Vincenzo Dimato	John Carderelli	Jack Connors	Guy Federico
Member # 4	Eraldo Desantis	Romeo Carderelli	Ken Highland	John Paolo

Bowling – Men 8:00 A.M. – Boston Bowl, Dorchester, May 15, 2009

Age	Gold	Silver	Bronze
65-69	Salvatore Ferlito	Paul Tenney	Vincenzo D'amato
70-74	Donald Holness	Cecil Miles	Jack Luisi
75-79	John Reilly	Harold Jacobs	Joseph Monterisi
80-84	Frank Esposito & Walter Mulloney	Frank Murphy	Louis Foley

Bowling – Women 8:00 A.M. – Boston Bowl, Dorchester, May 15, 2009

Age	Gold	Silver	Bronze
60-64	Charlotte Reese	Ellen Jordan	Bettie Pounds
65-69	Barbara Wirtz	Diane Pallidino	Roberta McLaughlin
70-74	Virginia Luisi	Helen Stone	Faith Fiore
75-79	Bridget Sheehan	Rose Murphy	
80-84	Arline Atwood & Helen Mulligan	Mary Mulvey	Frances Conlon
85-89	Agnes Cassano	Martha Mitchel	Vickie Mollo

Bowling – Men 10:30 A.M. – Boston Bowl, Dorchester, May 15, 2009

Age	Gold	Silver	Bronze
60-64	Chet Lander		
65-69	Francis Adamczyk		
70-74	Paul Dunphy	Earl Boyd	Robert Woodson
75-79	Joseph Nee	Leo Page	James Hurley
80-84	Robert Heine	Anthony Marino & Edmund Sablock	
85-89	Pat Giordano	Salvi Cifri	Albert Eliot



Bowling - Women 10:30 A.M. – Boston Bowl, Dorchester, May 15, 2009

Age	Gold	Silver	Bronze
50-54	Marsha Durant		
55-59	Agnes Burke		
60-64	Deloris Pina	Judith Adelizzi	Sadie Hodges & Clara Lander
65-69	Margaret Hurley	Francis Jackman	Diana Mckeon
70-74	Olga King	Anne Morad	Rebecca Henry
75-79	Elizabeth Mafera	Kay Palmer & Joan Sablock	Mary Limberakis
80-84	Barbara Mcconghy	Barabara George	Dorothy Powell
85-89	Mary Mccarthy		
90-94	Lillian Sullivan	Grace Giordano	



Golf - Men – Members – Devine Golf Course, May 13, 2009

Age	Gold	Silver	Bronze
50-54	Vincent Easterling		
55-59	Earl Garrett & Michael Pass	Patrick Gall	
60-64	Zuhammond Zubazz	Bennie Myers	Jose Spann
65-69	Samuel Thompson	Robert Bell	Rudolph Cabral
70-74	Prince Gonsales	Isa Smith	Abu Abdal-Khauao
75-79	George Jones	Bob Jones	Bobby Berry
80-84	Moses Mcbrayer		
85-89	Leon Jackson		

Golf –Women Members – Devine Golf Course, May 13, 2009

Age	Gold	Silver	Bronze
55-59	Pamela Brothers		
60-64	Joy Malchodi	Bonnie Rafuse	
70-74	Shirley Johnson		
75-79	Anna Bissonnette	Carol Hartman	Vera Butler



Golf - Men – Non Members– Devine Golf Course, May 13, 2009

Age	Gold	Silver	Bronze
50-54	Michael Franks	Timothy Davidson	Thomas Fahey
55-59	Steve O'Donnell	Curtis Jones	Gary Hyduk
60-64	Barry Ware	Mitchell Weinstein	John Carr
65-69	Ronald Robertson	Bill Hajjar	Louis Preveza
70-74	Thomas Murphy	John Kirksey	John Adamcheck
75-79	Timothy Murphy	Richard Ghelf	Frank Storer
80-84	John Hinson	Gilberto Peralta	
85-89	Roy Vickery		
90-94	Paul Hasgill		

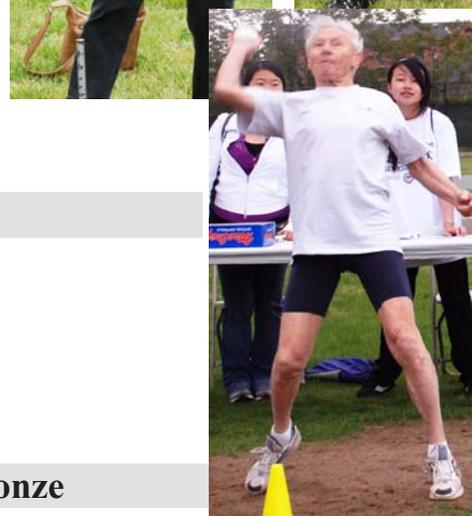
Golf –Women – Non Members– Devine Golf Course,

Age	Gold
50-54	Deborah Rice
55-59	Willie Pleasants
60-64	Carolyn Hasgill



Horseshoes - Men U-Mass Finalé, May 23, 2009

Age	Gold	Silver
60-64	Lin Yuhj Lee	
65-69	Bo Ping Luo & Jin-Yuah Zhou	
70-74	Younxin Zhou	
75-79	Xnanzhi Li	Harold Jacobs



Horseshoes - Women U-Mass Finalé, May 23, 2009

Age	Gold
60-64	Feng Wang Xui, Biying-Xie, & Fengyun He
75-79	Brigitte Langer
80-84	Zhi Guang Du

Softball Throw - Men - U-Mass Finalé, May 23, 2009

Age	Gold	Silver	Bronze
50-54	Eddie Horn 113.5'		
60-64	Xiecheng Yang 79'		
65-69	Bo Ping Luo 80'	Xiaoling Zhang 78.3'	Tieyi Huang & Jufa Qin 76'/76'
70-74	George Mallett 128'	Yung Xin Zhao 72'	Lian Xun Li 72'
75-79	Yong Zhang 80'	Zi Yunn Wang 79'	Tian Luang Zhang 70'
80-84	Lester Smith 64'	Horst Langer 57.8'	Chuan Shou Lin 49.3'

Softball Throw -Women U-Mass Finalé, May 23, 2009

Age	Gold	Silver	Bronze
55-59	Mei Yin Yeung 55'		
60-64	Charlene Reese 83'	Wan Xiu Feng & Jinyang Fu 55'/55'	Zeng Xiun Yu 52'
65-69	Sun Shu Lan 72'	Yi Hu 56.8'	Tianhua Zheng 48.6'
70-74	Li Lanxiang 52'	Yingua Xie & Zhao Anfang 48'/48'	Shu Hua Gong 44'
75-79	Brigitte Langer 49'	Li Fenglian 39.5'	Zhu Jinfang 34'
85-89	Xio Wen Zhang 21'		

Swimming Breast Stroke 100m - Men U-Mass Finalé, May 23, 2009

Age	Gold	Silver	Bronze
60-64	Mingjie Song		
65-69	Shi Lun Lai	Bao Lin Zhang	
70-74	Xi Qing Liu	Lian Shun Zhang	Cheng Yu Liang
75-79	Hua Li Zhi	Ziyun Wang	
80-84	Hai Rong Liu		

Swimming Breast Stroke 100 M -Women U-Mass Finalé, May 23, 2009

Age	Gold	Silver
55-59	Lui Gong	
60-64	Lin Wang	
65-69	Sukuen Chen	Shu Zhi Teng
70-74	Zhao Lan Tang	

Swimming Breast Stroke 50 M - Men U-Mass Finalé, May 23, 2009

Age	Gold	Silver	Bronze
60-64	Ming Jie Song		
65-69	Shi Lun Lai	Bao Lin Zhang	
70-74	Xi Qing Liu	Nathaniel Pegues	Lian-Stun Chang
75-79	Hua Zhi	Ziyun Wang	Yun Zhaong Xie

Swimming Breast Stroke 50 M -Women U-Mass Finalé, May 23, 2009

Age	Gold	Silver	Bronze
55-59	Liu Gang		
60-64	Lin Wang		
65-69	Sukuen Chen	Judith Hurley	Kim Wong
70-74	Zhao Lan Tang	Ling Qui	
75-79	Francis Stetts		
80-84	Xiu Yun Liu		
85-89	Hsia Fei Chang		



Swimming Freestyle 100 M- Men U-Mass Finalé, May 23, 2009

Age	Gold	Silver
60-64	Ming Jie Song	
65-69	Shi Lun Lai	
70-74	Xi Qing Liu	Liam Shun Zhang

Swimming Freestyle 100 M -Women U-Mass Finalé, May 23, 2009

Age	Gold	Silver
60-64	Lin Wang	
65-69	Judith Hurley	Shu Zhi Teng
70-74	Zhao Lan Tang	
75-79	Francis Stetts	

Swimming Freestyle 50 M - Men U-Mass Finalé, May 23, 2009

Age	Gold	Silver	Bronze
55-59	Mingjie Song		
65-69	Shi Lun Lai	Chek Maw Lam	
70-74	Xi Qing Liu	Liam Shun Zhang	Nathanael Pegues
75-79	Ziyun Wang	Yun Zhaong Xie	
80-84	Hai Rong Liu		



Swimming Freestyle 50 M -Women U-Mass Finalé, May 23, 2009

Age	Gold	Silver	Bronze
55-59	Liu Gang		
60-64	Lin Wang		
65-69	Judith Hurley	Shighi Teng	Kwone Fong
70-74	Zhao Lan Tang		
75-79	Francis Stetts	Lillie Yee	
80-84	Xiu Yun Liu		
85-89	Hsia Fei Chang		

Tennis Doubles – Men At Sportsmen’s Tennis Club, May 17, 2009

Mixed Ages	Gold	Silver (Tie)	Bronze
Player 1	James Kilgore	Andre Augustin	Joe Taylor
Player 2	Tim Wright	James Burns	Jimmy Hite
			Conway Hayes
			Armando Dockery

Tennis Singles – Men At Sportsmen’s Tennis Club, May 17, 2009

Mixed Age	Gold	Silver	Bronze
Player 1	Armando Dockery		
Player 2	Joe Taylor	Andre Augustin	Conway Hayes

Tennis Doubles – Women At Sportsmen’s Tennis Club, May 17, 2009

Mixed Ages	Gold	Silver	Bronze
Player 1	Christine Carlsen	Charlene Reese	Willie Pleasants
Player 2	Cecilia Joseph	Linda Burks Adam	Kathleen King

Tennis Singles – Women At Sportsmen’s Tennis Club, May 17, 2009

Mixed Ages	Gold	Silver	Bronze
Player	Charlene Reese	Willie Pleasants	Vickie Wideman

Track 1500 Meters - Men U-Mass Finalé, May 23, 2009

Age	Gold
60-64	Jim Hanlon

Track 800 Meters - Men U-Mass Finalé, May 23, 2009

Age	Gold
50-54	Arnie Pollinger

Track 400 Meters - Women U-Mass Finalé, May 23, 2009

Age	Gold	Silver
65-69	Karen Wepsic	Joan Porter



Track 400 Meters - Men U-Mass Finalé, May 23, 2009

Age	Gold	Silver
50-54	Arnie Pollinger	
60-64	Xiecheng Yang	
70-74	Youmxin Zhao	Wenbiao Yu
80-84	Horse Langer	



Track 100 Meters - Men U-Mass Finalé, May 23, 2009

Age	Gold	Bronze
50-54	Arnie Pollinger	
80-84	Lester Smith	Horse Langer



Track 100 Meters - Women U-Mass Finalé, May 23, 2009

Age	Gold	Silver	Bronze
60-64	Charlene Reese		
70-74	Karen Wepsic	Dolores Hufnagel	Joan Porter

3on 3 Half Court Basketball - Men U-Mass Finalé, May 23, 2009

Age	Gold	Silver	Bronze
60-64	Berkshire Legends Darryl Clark Ed Cole Bob O'Neil Ron Shewcraft O'Neil Bob	Over the Hill 60 Jim Hanlon John Howard Hank Philbrick Dave Santagato	
65-69	Finn's Law Raymond Carroll Jr Gordon Gibson Bob Sansone	Berkshire 65 Bob Barton John Clapp Alton King, Jr	Over the Hill 66 Ed Conway Tippy Johnson Steve McCracken Bob Malley
70-74	Tories Thomas Killilea Richard Lawless Eli Margolin Alan Sneider	Young Associates Jim Driscoll Dick Graves John Kjellman Paul Paulsen	
75-79	Boston Generals Tom McElroy Phil Powell Otto Finkeldey Tom Murphy	Earl Rinker Conrad Young	



Why I Volunteer For Medical Studies

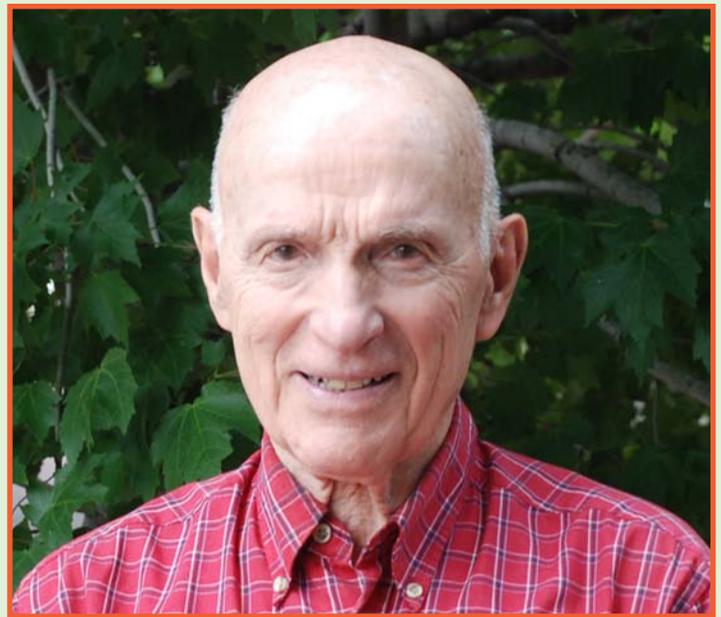
By Dr. Christopher G. Gussis

It seemed natural for someone who spent an enjoyable 43 years helping others in the field of health education that I would seek something similar in retirement to occupy myself helping others. Fortunately, retiring in one of the most active areas of medical research on aging provided me with the answer.

Many Boston area hospitals and universities are conducting research seeking answers to help make the “golden years” more mentally and physically productive. Among them are Massachusetts General, Brigham and Women’s, Beth Israel Deaconess, the New England Medical Center, Harvard, Boston, and Tufts Universities and many more.

Upon retiring I came across publications seeking volunteers for medical research. Included are the Harvard Cooperative Program on Aging, the Fifty Plus Advocate, the Metro and others. Included were a variety of studies offering opportunities to select studies according to your interest, comfort level, location and time.

I have participated in medical studies focused on physical topics such as Cardio Vascular Fitness, Blood Pressure, Gum Disease, Glaucoma, Dry Eyes, Diabetes,



Body Composition, Bone Density, Nutrition, Sleep Apnea, Genetic Testing for Alzheimer’s Disease, Prostate Health and more. I have been in studies of Cognitive (brain) Health where researchers were evaluating my memory, attention, thinking, emotion, decision making, comprehension, forgetfulness, reaction time and many others.

I have participated in medical studies for the past 13 years and am currently participating in my 211th study of “The Effects of Whey Protein in Exercise Resistance in Older Adults.” So why do I participate? First, I feel I’m assisting future generations in living a longer and more fulfilling life, I’m learning more about my physical and mental health, I’ve gained new experiences and friendships. It gives me an opportunity to “give back”. Finally, I find the studies both interesting and more fun than sitting around playing bingo. Thus, I wholeheartedly encourage others to get involved.

Don't Retire, Inspire "STONE SOUP"

By Augusta Alban



Plaque is building in my arteries, compelling my HDL & LDL to struggle with each other. The world's climate is changing creating a reduction of the sea ice, consequently the Polar Bears are forced farther out to sea to keep from starving. Things couldn't get much worse; then I discover a plantar wart on the bottom of my foot.

Will it ever stop? Restore and repair, repair, repair is now taking up most of my time. I am convinced flossing four or five times a day will keep my arteries flowing. Listening to my voice of "truth" almost certainly guarantees extended life by eating less meat and more vegetable. As a defender of wildlife and the environment, I know somehow helping those "lovely white bears" will most definitely help the air I breathe and the water I drink. Regarding the bottom of my foot, the local druggist suggests a Dr. Scholl's "foot care" product. With a smiling face, he swears it's a "one time" only application, that will remove all evidence of my wart without removing my foot.

If only we could get to the bottom (pun intended) of today's uncertainties with a "one time" application! I would start with

the media, and ask them to lighten up on the constant drumming of negativity. We get it, we know we need to be informed. But, we do not need to be inundated. The media is frightening us, fear is taking over. We understand sponsors pay big bucks to the TV stations. They want results and "Pollyanna" shows don't sell products. It's the same way with the newspapers. Printing a front page picture of a "white haired" grandma holding her rescued cat they know is no competition for a platinum blond starlet's mug shot. Julia Child's knew it. She taught us how to savor life, and moderation was her answer.

My work as I see it, is to put an enriching spin on my thinking and to help my world be the very best it can be. Each morning when I arise I start with my "WHAT'S GOOD" game; for one minute I say out loud things I am grateful for, always starting with "just getting up". I am grateful for whatever weather is happening that day – sun, snow or rain, I just reminded myself to dress appropriately. I happily think about that freshly brewed cup of coffee I'm about to enjoy; I smile when I think of my friends - my ability to love them, as well as my ability to love myself. If being grateful for one's life sounds too casual, talk with any cancer patient who is about to lose theirs.



On my “Don’t Retire, Inspire” TV show I have rewarding conversations with those wonderful people who bring joy and help to others. Recently I had the pleasure to ask Father Dan O’Connell of St. Joseph’s parish in Boston what question is most often asked of him. He offers, “How do we get out of our own way?” It’s asked in many ways, but it’s the same question. “Do you ever have this problem?” I ask him. Surprisingly his answer was, “many times.” “You are a priest,” I said. “I am human,” he replied, just like the rest of us. I seek answers for myself and I pray for guidance for others.” One of the fastest and best ways to stop thinking about your problem is to help someone with theirs. Take flowers to bed-ridden people in the hospital - many of those same patients would give anything to be up taking flowers to someone else.

Reach out to others. This is not the time in our history to pull back; it is the time for us to work together. Try it; it’s easier than you think and it’s fun!

I am reminded of the children’s book, “Stone Soup” by Jon J Muth. Three monks are traveling along a mountain road discussing “what makes one happy?” The sound of a bell brings their gaze to the rooftops of a village below. They could see the village had been through many hard times. The villagers had become weary and untrusting of strangers; they were

even suspicious of their neighbors. As the monks enter the village no one comes to greet them. “These people do not know happiness,” the monks agreed. “Today,” said one monk, his face beaming, “we will shown them how to make “stone soup.” Gathering twigs and branches, they build a fire and place a small tin pot on top, filled with water from the village well.

A brave little girl (why is it always a child who can see clearly?) had been watching the monks. “What are you doing,” she asks? “We are making ‘stone soup’ for the village,” they answer. “Your pot won’t make much soup,” she responded, adding, “My mother has a larger one.”

The child runs home to get the larger pot. Her mother asked what she was doing. “Making stone soup,” is the child’s answer. The mother is curious, “stones are easy to come by. I would like to learn how to do that.” Now you can clearly see where this fable is taking us. One by one, the villagers come out of their homes to see just what is happening, bringing with them the vegetables they had squirrel away. Now you tell me, what is different about today? We must be as the child and overcome our fears. None of us has it all, but each of us has some. I ask you, could it be more straightforward?

HEALTHY

Baked Apples

Ingredients

2 cups dried cranberries
1 1/4 cups coarsely chopped walnuts
1 cup packed brown sugar
1 cup water
2 teaspoons ground cinnamon
6 Gala Apples, cored and chopped (about 3 pounds)*

Instructions

Combine all ingredients in a large microwave-safe dish. Microwave at high 20 minutes or until apples are soft, stirring occasionally.

* Ida Red and McIntosh apples also work well.

Serves: 24 (serving size: 1/4 cup)

Celebrating Poets over 70: Call for Poems

Tower Poetry Society and the McMaster Centre for Gerontological Studies are soliciting poems written after the age of 70. Selected poems will be published in a jointly sponsored anthology. "Celebrating Poets over 70" will be the tenth volume in the Writing Down Our Years series published by MCGS. A maximum of four typed poems may be submitted. Individuals with poems selected will receive a free copy of the anthology. Send poems and a 50-word biography by email to Ellen Ryan (ryaneb@mcmaster.ca) or by mail to:

"Celebrating Poets over 70", Tower Poetry Society, c/o McMaster University,
1280 Main St. W., Box 1021, Hamilton, Ontario L8S 1C0.

Deadline: November 15, 2009

RECIPES

Chicken and Couscous Salad

Salad Ingredients:

- 1 1/4 cups fat-free, less-sodium chicken broth
- 1 (5.7-ounce) box uncooked couscous
- 1 1/2 cups cubed cooked chicken (about 6 ounces)
- 1/2 cup thinly sliced green onions
- 1/2 cup diced radishes (about 3 large)
- 1/2 cup chopped seeded peeled cucumber
- 1/4 cup chopped fresh flat-leaf parsley
- 2 tablespoons pine nuts, toasted

Dressing Ingredients:

- 1/4 cup white wine vinegar
- 1 1/2 tablespoons extra virgin olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 garlic clove, minced

Instructions:

To prepare salad, bring broth to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Spoon couscous into a large bowl; cool slightly. Add chicken, onions, radishes, cucumber, parsley, and pine nuts; toss gently to combine.

To prepare dressing, combine vinegar and remaining ingredients, stirring with a whisk. Drizzle dressing over salad; toss to combine.

Note: You can toast nuts quickly in a dry skillet over medium-high heat. Stir frequently, and as soon as they become fragrant, remove the nuts from the pan.

Serves: 4 (serving size: 1 1/2 cups)

Bussing



Barbara

By author Patricia Beckles

My cousin Barbara is a remarkable person. She will be 82 this October but you would not know it. She is the most independent woman I know. She lives alone, but is up by 6 or 7 a.m. to start the coffee for her sister who lives downstairs and brings the papers up every morning. They enjoy breakfast together and read both papers from cover to cover. She also does the crossword puzzle and the Jumble Crossword.

Then Barbara's day starts with errands, doctors' appointments, or going to City Hall to volunteer for the RSVP program Mayor Menino runs for the seniors. She also helps in the library of Michael Haynes Early Learning Center in Roxbury, where her daughter is the Head Mistress. Barbara has never had a license or driven a car. She goes everywhere by city transportation or walks. She was walking long before these people who now advocate walking because of the high price of gasoline.

She has worn out numerous pairs of sneakers, and shoes. She is not an imposing figure. She has short, gray hair, and a pleasant face. She usually has her ear plugs in listening to R&B on her CD player, and does not command a lot of attention, but once she starts on her journey, there is no stopping her. She has had knee surgery on her

left knee, but was up and walking within a week. She has a back problem, and has two surgeries on it, but she says walking takes her mind off of her problems.

With her senior pass in hand she crisscrosses the city like an adventurer on a mission. She gets on the Silver Line bus on Washington St. to go to Tufts where she not only gets her health care but participates in their research program. She also uses that line to go to Dudley St. where she gets her fish for Friday night dinner or down to Borders book store in Downtown Crossing.

She gets on the #8 bus right in front of her door on East Newtown St. at the Franklin Sq. House and goes to the South Bay Shopping Mall, does her shopping, then takes the #10 to the corner of Harrison Ave. and East Newton St. and walks home. Some days she walks to Boylston St. to Trader Joes which incidentally, has some groceries cheaper than the chain super markets, and when she is finished she walks to Mass Ave where she takes the C-13 or C-1 to Washington St. and gets the Silver Line to the Corner of E Newton St.

She then reemerges from her house to walk to the South End branch library to pick up some books. She is there so frequently the

librarian knows her well, and calls her when her books are in, and is always telling her about new books. She is a prodigious reader, preferring romance novels. I bet she has read more romance novels in her 81 years than most people. Her eye sight had deteriorated so she had to go to the large print books, but recently she had cataract surgery, and now she can read the print without even opening the book. (smile)

You never know where you might see her. Sitting on the wall on Washington St. across from the Tufts Hospital where she goes a lot, most times walking there. You might see her sitting on the steps of the Copley Library watching the people. She also enjoys shopping at Quincy Hall Market Place.

Sometimes, she walks to Huntington Ave and takes the #39 bus to Forest Hills. She changes to the #38 bus to get to the Hebrew Rehabilitation Center in Roslindale where she also participates in their research. She frequently comes out to my house in Malden on the bus and never asks anyone to drive her anywhere. Thus, she does not use her relatives' precious gas.

She goes out no matter what the weather; she loves to walk in the rain. She can tell you what number bus goes where, and what time it will come. When we have to go somewhere by public transportation, she tells us what train to take, what station to get off and what # bus to take to get to our des-

tinuation. She knows which stations have elevators and if they are working! She knows how to avoid stations that have only stairs. She has said that Boylston St. station is the worst, but is glad to see that they are installing elevators on that line.

She has told me that the hardest place to get to is the Mass Eye and Ear, as she has to ride to Andrew Station to change to the red line because the trains run more frequently, as both the Braintree and Alewife lines come thru there. It takes about 3/4 hour to get there. It would be easier to walk down Shawmut Ave to Charles St., except there are no benches on Shawmut Ave.

After traveling all over the city doing whatever, she comes home to fix supper for her sister. They eat together and then relax in the front of the T.V. to watch Wheel of Fortune and Jeopardy at which she is very good. As if that is not enough every Sunday she fixes a gourmet meal, with appetizers and has her daughters, brother and cousin over to her house to play cards all afternoon. Don't you think she is a remarkable woman?





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

The Commission's BNN-TV Hosts

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



**Carolyn
Barnes**



**Marie
Barry**



**Lorraine
Capozzi**



**Marybeth
Kelly**



**Mike
McColgan**



**Connie
Mohammed**



**Annette
Richardson**



**Luis
Tavarez**

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

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

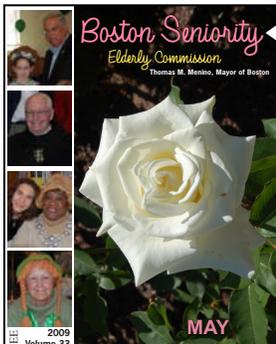
Lorna Pleas
617-635-4335

Discounted TAXI COUPONS

at 1/2 Price

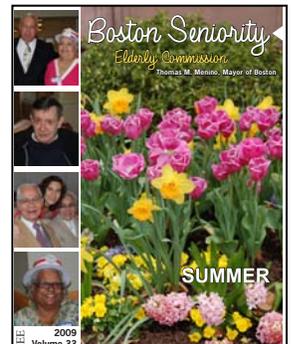
- Buy 2 books each month -

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

62 YEARS OR OLDER? PAYING TOO MUCH FOR RENT? JOIN US FOR AN OPEN HOUSE!

- Learn how YOU can get 100 points on your housing application
- Tour a Boston Housing Authority apartment building
- Receive information on BHA housing
- Fill out an application!

WHERE: Washington Manor Apartments
1701 Washington Street, Roxbury

WHEN: Wednesday, September 16th
2 p.m. – 4 p.m.



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American Cancer Society
Making Strides Against Breast Cancer®

A walk to...

MAKE A DIFFERENCE. MAKE HISTORY.
MAKE STRIDES.™

Join Us!
Sunday, October 4, 2009
Charles River Esplanade,
Boston



1.800.227.2345 cancer.org/stridesonline

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

RSVP



Make a difference & VOLUNTEER

If you're 55 or older, donate your experience by volunteering at one of our 50 stations throughout Boston.

For more information on how you can get involved contact Kelley Wedge at 617-635-1794.

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

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

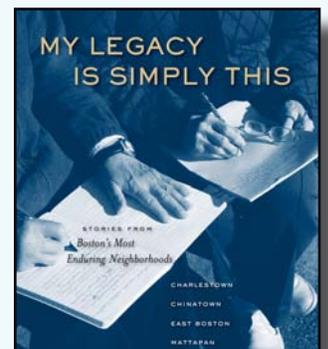
For more information or to purchase *My Legacy Is Simply This* please contact Tula Mahl at 617-635-1922.

Special offer:

Buy both books as a set for only

\$25.00

Don't miss out on this amazing offer!



Volume I

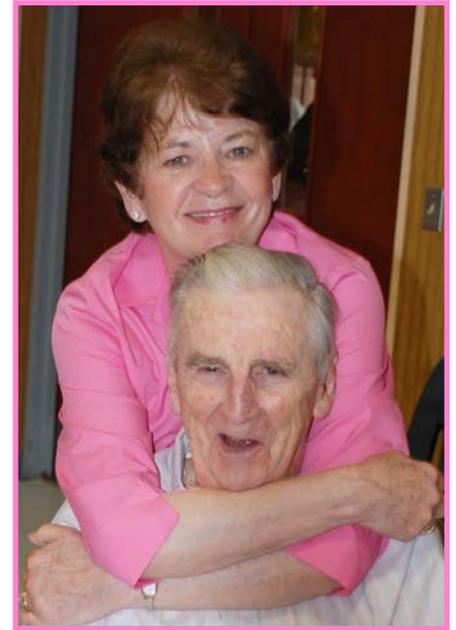
Volume II



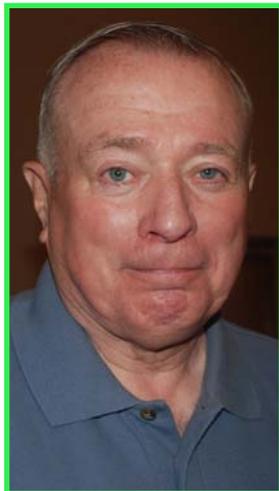
Mayor Menino and friends at the Ethos Senior Prom held at Lady of Lourdes in Jamaica Plain.



Having fun at the Senior Prom.



Beverly Gibbons practices her bear hug at the Xerox Luncheon.



Guests at the Pride Week Luncheon in Charlestown.



At the Holy Name Allyson helps screen Cecilia Best with an eye exam courtesy of Dedham Ophthalmic Consultants and Surgeons (DOCS).



Enjoying the Tall Ships.



Mayor Menino making friends at the Xerox Party.



Having a blast at the Boston Senior Games Bocce Tournament in the North End.



Charlene Reese at the Boston Senior Games.



Reverend Gareth Evans of St. John's Episcopal Church poses with seniors at the Charlestown Pride Senior Event.



Mayor Menino crowns Joe Habib as King and Mary Moore as Queen at the Ethos Senior Prom.



Singing "God Bless America" during Charlestown Pride Week.



Franklin Ollivierre and Anna Bissonnette get ready to tee off at the Boston Senior Games Golf Tournament.

(Back row)
Larry Borbee, Sis Remes, Josephine Cogan, Mary Conelly,
(front row) Sal and Ann Natalie next to Rosemarie Waters
at the Holy Name in West Roxbury.





Commissioner Greenberg with Edna of South Boston.



Mayor Menino with friends at the Xerox Party.



Ladies of the Holy Name in West Roxbury.



Having fun checking out the Tall Ships.



St. Brendan's Seniors at the Tall Ships.

Thomas M. Menino
Mayor



Eliza F. Greenberg
Commissioner

Registration Form

Commission on Affairs of the Elderly

Presents

Mayor Thomas M. Menino's Health & Fitness Walk

Tuesday, October 13, 2009, 11:00 a.m. – 2:00 p.m.

on the Boston Common at the Visitor's Center at Park Street Station

Wear Comfortable Walking Shoes

If transportation is needed, please check (✓) your preferred pick-up site*:

Brighton	<input type="checkbox"/> Veronica B. Smith Senior Center, 20 Chestnut Hill Ave. <input type="checkbox"/> Chinese Golden Age Center, 677 Cambridge Street	Jamaica Plain	<input type="checkbox"/> Curtis Hall, 20 South Street <input type="checkbox"/> Nate Smith, 155 Lamartine Street <input type="checkbox"/> Julia Martin House, 90 Bickford Street
Dorchester	<input type="checkbox"/> Saint Brendan Church, 589 Gallivan Blvd. <input type="checkbox"/> Keystone Apartments, 151 Hallet Street <input type="checkbox"/> Savin Hill Apartments, 130 Auckland Street <input type="checkbox"/> 37 Lindsey Street	Roxbury	<input type="checkbox"/> Council of Towers, 2875 Washington Street <input type="checkbox"/> Freedom House, 14 Crawford Street <input type="checkbox"/> Reggie Lewis Center, 1350 Tremont Street <input type="checkbox"/> Saint Joseph's Community, 86 Cripus Attucks Place
East Boston	<input type="checkbox"/> East Boston Social Center, 68 Central Street	South Boston	<input type="checkbox"/> West Broadway Task Force, 81 Orton Marotta Way <input type="checkbox"/> Agnes V. Shea Senior Center, 7 Burke Street <input type="checkbox"/> Waterview Apartments, 1350 Columbia Rd.
Hyde Park	<input type="checkbox"/> Blake Estates, 1344 Hyde Park Avenue <input type="checkbox"/> Cleary Square Parking Lot, Across from Police Station <input type="checkbox"/> Readville Seniors, St Ann's Parking Lot, 82 West Milton	West Roxbury	<input type="checkbox"/> VFW Pkwy, Center Street between CVS & Walgreens <input type="checkbox"/> Holy Name Church, 1689 Centre Street
Mattapan	<input type="checkbox"/> Church of the Holy Spirit, 535 River Street, Mattapan <input type="checkbox"/> Foley Apartments, 249 River Street	Note: The Boston Common is on the Red and Green Lines at Park Street Station	

All pick-ups will be between 9:45 a.m. and 10:30 a.m.

*Sites may be deleted based on the number of people registered at each site. For more information, please call 617-635-4168

Entertainment Lunch 2/3 Mile Walk Warm-Up Rain or Shine Mini Health Fair
Stretches

If you are interested in participating, please complete this form and return by Thursday, September 25 to:

Free

Commission on Affairs of the Elderly
One City Hall Plaza Room 271 – Boston, MA 02201
Attention: Michael McColgan
Or Fax: 617-635-3213

FREE

Please Print Clearly

Name	Street Address	
Neighborhood and Zip	Telephone	Email

Waiver of Liability

I hereby agree to hold harmless the organizers and sponsors of Mayor Menino's Health and Fitness Walk from any and all claims of whatsoever kind and nature which I have or at any time in the future may have or any injury arising out of my participation in Mayor Menino's Health and Fitness Walk. I am in good physical condition, and have no medical restrictions which would prohibit my participation in Mayor Menino's Health and Fitness Walk.

Signature _____ Date _____