



Making A Difference, Friendships,  
**Boston Seniority**  
Kindness, Helping Others, Caring,

**Elderly Commission**

Having Fun, New Experiences,

Thomas M. Menino, Mayor of Boston

Laughter, Giving, Assist, Guidance,



Support, Compassion,

Encouragement, Attentive,

Giving, Companion,



Respectful, Priceless,

Making A Difference, Friendships,

Kindness, Helping Others, Caring,

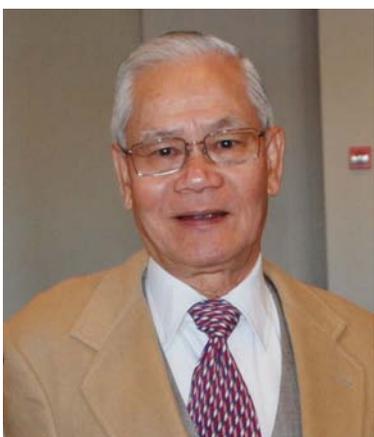
Having Fun, New Experiences,

Laughter, Giving, Assist, Guidance,

Support, Learn

**September**

Encourage, Courteous, Attentive,



**FREE** 2010  
Volume 34  
Issue 6

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# *Boston Seniority*

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# Mayor's Spotlight



## 21 Boston farmers' markets now participate in the Bounty Bucks Program

Mayor Thomas M. Menino announced a new farmers' market location that now uses an Electronic Benefit Transfer (EBT) machine and is a participant in the Boston Bounty Bucks Program. Following the presentation of a \$2,500 check to the Boston Public Market Association, Scott Soares, Commissioner of the state's Department of Agricultural Resources, and Julia Kehoe, Commissioner of the state's Department of Transitional Assistance, joined Mayor Menino for a healthy cooking demonstration performed by the University of Massachusetts Extension Nutrition Education Program.

The Boston Bounty Bucks Program is an innovative "farm-to-community" partnership between the City of Boston, The Food Project and neighborhood farmers' markets. This program offers low-income Boston residents enrolled in the Supplemental Nutrition Assistance Program (SNAP) better access to local farm produce available at city farmers' markets. There are now more than 82,000 Boston residents who can use their benefits from the Bounty Bucks Program at 21 participating farmers' markets, which is eight more participating markets than last year. Purchases made using EBT cards are matched up to \$10, so SNAP beneficiaries can get farm-fresh food at 50% off up to \$20.

"I am delighted by the growing success of the Boston Bounty Bucks Program and the important partnership between the City of Boston, The Food Project and neighborhood farmers' markets," said Mayor Menino. "By working closely with the Wholesome Wave Foundation and the Departments of Agriculture and Transitional Assistance, we are promoting healthier communities and strengthening markets for local farmers."

In addition to strengthening the local farmers' market, the mayor's Bounty Bucks Program is also impacting local organizations.

"Mayor Menino's Boston Bounty Bucks healthy fruit and vegetable initiative at local farmers markets is the perfect vehicle for Harvard Pilgrim's investment," said Karen Voci, Executive Director of the Harvard Pilgrim Health Care Foundation. "A key goal of the Pilgrim Health Foundation is to support the Mayor's initiative by providing the freshest and healthiest local food for Boston children and their families. We couldn't be happier to be joining forces with the Mayor, Wholesome Wave, The Food Project and the Mass. Farmers Markets."

For more information about market locations, dates and times, please visit The Food Project website at <http://thefoodproject.org/boston-bounty-bucks>.



# Volunteer Highlight

## Mildred Wright

By: Eileen O'Connor



Mildred Wright was born and raised in Opelika, Alabama, and came to Boston in 1966. Mildred first heard about the Senior Companion Program from Senior Companion Sarah Friendly, and has been a senior companion since September of 2008.

On one occasion, a client of Mildred's had fallen while washing her hands at the sink. She turned to use her walker and it was further away and out of reach, she had to be hospitalized. On the day she was being released to go home, her son had gone to see the eye doctor and his eyes were dilated. Her son was unable to drive his mother home from the hospital, and he didn't have anyone else who could get her. The hospital wouldn't allow her to take a cab, so the son called Mildred, and Mildred modestly states "I just couldn't say no". Since her hospitalization the son is now living with her and Mildred visits her for respite and gives the caregiver a break by letting the son go out to do his own personal errands.

"Only your hairdresser knows for sure" or "I love Lucy".

Mildred's client's hair was completely gray, and the hairdresser had come to dye her hair. Mildred's client asked her to look on the dresser for the dye to give to the hairdresser. She had put a box of

red hair-dye on the dresser, and the box of dark golden blond was on the chest. Mildred gave the box of red color to the hairdresser, and after dying, shampooing, and setting her hair in rollers, her client was shocked that her hair came out red just like her natural color! Mildred says "I got what she told me to get! I didn't know she had two different boxes of dye, and she thought she had thrown out the box of red!" Her client was thrilled that she looked like a new person. Mildred says, "She's still thrilled that she looks like Lucy, and by the way, she is 92 years young."

Mildred began her volunteer work at Ethos in Jamaica Plain. Ethos is a "private, non-profit organization dedicated to promoting independence, dignity and well-being among the elderly and disabled through quality, affordable and culturally-appropriate home and community-based care". Ethos has been an agency since 1972. As a Senior Companion, Mildred provides a variety of services to senior citizens in the neighborhoods of Dorchester, Hyde Park, Mattapan, and Jamaica Plain. For some seniors, Mildred sits and chats with them, does a little housekeeping and shops for them.

## List of Senior Companion Volunteers:

Jose Alvarez	Betty Green	Felipe Nogueira
Maria Araujo	Freda Hardy	Daysi Vionela Nunez
Joyce Bailey	Helen Harris	Maklin Polanco
Theresa Barros	Admira Isidor	Genovena Ramos
Mario Belen	Doris Jones	Dorothy Robinson
Eddie Blakeley	John J. King	Marta Rodriguez
Sarah Blakeney	Willie King	Daniel Roman
Domingas Cabral	Sou Kuen Lee	Dorothy Scott
Marsha Colbert	Kun Ying Liang	Juanita Siggers
Camille D'Argenio	Yu Mei Liang	Myrtle Smith
Nelson DaSilva	Fu Kang Lin	Robert Smith
Jasmine Deo	Maximine Lopes	Masha Tsenter
Maria Diaz	Irina Magid	Shirley Turner
Clara Exum	Bernice McNamee	Elba Vazquez
Catherine Flemming	Dorothy Merchant	Anh Vuong
Henry Francois	Phillip Mitchell	Mildred Wright
Sarah Friendly	Arcangela Maria Monterio	
Robert Gattereau	Thu Hong Nguyen	

## List of Senior Companion Volunteer Stations/Agencies:

**ABCD Parker Hill Fenway**

**Bethel Baptist Church**

**Boston Senior Home Care**

**Caribbean Foundation of Boston**

**Central Boston Elder Services**

**East Boston Health Center**

**Ethos**

**Hearth**

**Hong Lok House**

**Kit Clark Senior Center**

**La Alianza Hispana**

**Laboure Center**

**Project Care and Concern**

**Spencer House**

**Veronica Smith Senior Center**

**West End Community Center**



*In loving memory  
thank you for your many years of  
service as a Senior Companion volunteer.*

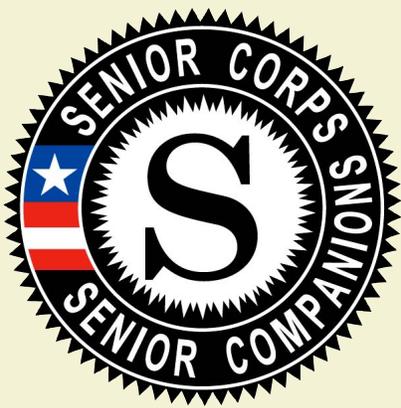
*Eleanor Armstrong*

# Senior Companion Program

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Joanne Prince, *Senior Advocate, Boston Elders*  
Lemuel Mills, *Dir. of ABCD Family Services*  
Heg Robinson, *Master Tai Chi, Freedom House*

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# Fenway Park 2010

By: John H. O'Neill III

So many people marvel at Fenway Park. The size, the history, the wall in left field are amazing. Fenway has been the home of the Boston Red Sox since 1912. Johnny Pesky, Carl Yastrzemski, and Luis Tiant all played there. It is located just outside Downtown Boston near several colleges, including Emmanuel College and New England Conservatory of Music.

The park was arranged at the start of 2010 so that NHL hockey teams could play a game there. The Boston Bruins, in mid-winter, played a game against the Philadelphia Flyers at Fenway. Jack Edwards, the Bruins television play-by-play announcer was on hand to call the game, on January 1, 2010.

Neil Diamond, famous for his: "Sweet Caroline" song was present on opening day at Fenway, April 5, 2010. He

sang the song late in the game. Fenway Park was the site of some soccer (football) games years ago. Recently two fine teams came. The grounds crew transformed the park into a soccer field for an exciting contest held on July 21, 2010. Jack Edwards also called that game, offering a familiar voice.

The Red Sox were on the road at the time the soccer game was played. NESN announcers Don Orsillo and Jerry Remy were at Safeco Field covering a game against the Seattle Mariners when the whole NESN crew honored Jerry Remy for being the color commentator in his three thousandth game. Suffice to say that is more than fifteen years. For some, it is a career.

Visiting athletes described Fenway as "a fantastic arena." That is a tribute to the grounds crew, a well deserved tribute.

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## BHV hosts Gail Sheehy at the BPL - 200 people attended



World-renowned author, Gail Sheehy discussed her new book, *Passages in Caregiving: Turning Chaos into Confidence*. This rare opportunity to meet Sheehy and hear her speak was co-hosted by Beacon Hill Village, a

group she features in the book and calls the future of caregiving. Beacon Hill Village ([www.beaconhillvillage.org](http://www.beaconhillvillage.org)) is a non-profit membership organization that helps people stay living healthy, active and connected in the central Boston neighborhoods of Back Bay, Beacon Hill, West End and surrounding areas. It has also inspired the development of more than 50 villages around the country and what many call a “village movement”.

“As the bestselling author of 15 books, including *Passages*, Gail Sheehy has rocked the culture and changed the way millions of women and men around the world look at the stages of their lives. Ms. Sheehy’s revolutionary *Passages* (1976) remained on The New York Times bestseller list for more than three years and has been reprinted in 28 languages. A Library of Congress survey named *Passages* one of the 10 most-influential books of our time” (from [www.gailsheehy.com](http://www.gailsheehy.com))

Sheehy discovered the passage of caregiving suddenly when her husband, Clay Felker, perhaps best known as the founder of *New*

*York Magazine*, became ill. Today, with many living into their eighties and nineties, vast numbers will need care— parents, spouses, relatives and friends— and like Sheehy in her own passage, most caregivers will be unprepared.

In almost one-third of American households somebody is serving as an unpaid family caregiver and more than half of all caregivers work at full-time jobs. Caregivers spend an average of \$5,500 a year of their own money, and long-distance caregivers average nearly \$10,000 for those in their care. In 2009, AARP named her Ambassador of Caregiving. “No one can do it alone,” Sheehy says.

With this newest book, Sheehy offers invaluable insight into how each stage of caregiving might be navigated, providing strategies, tips and resources that can “empower yourself and turn chaos into confidence.” “This is one of those rare books that can drastically lighten even the heaviest of loads” said Rosalyn Carter.

The event took place in the Rabb Lecture Hall of the Boston Public Library in Copley Square on May 26th and is one of many programs offered by Beacon Hill Village. For more information about the Village, please call 617-723-9713 or email [info@beaconhillvillage.org](mailto:info@beaconhillvillage.org). Many attendees went home that evening with a signed copy of her book.





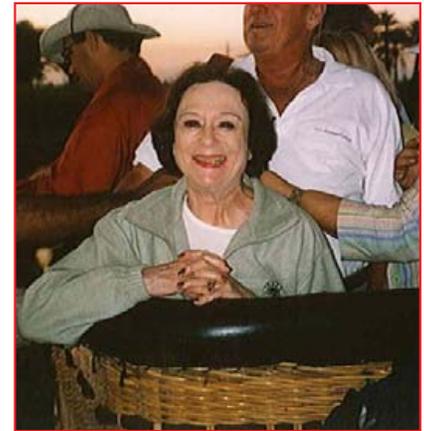
## Volunteer Highlight: Cynthia Adams

Cynthia Adams looked out over the city of Karnak, surveying the ancient Egyptian temple, surprised (having admitted to a degree of acrophobia) that the height did not bother her at all.

As the hot air balloon ascended and the sun emerged from behind the mountains, she took advantage of her forward position to photograph the other balloons that had taken off earlier. After a thrilling tour and while the balloon was drifting downward, she could see all the people sleeping on their rooftops to avoid the sweltering heat inside their homes. Suddenly, there were explicit instructions for all passengers to brace themselves for a rough landing. And rough it was! The basket abruptly landed on its side in someone's back yard, far from the balloon station. Apparently accustomed to having a basketful of people descending on their homes, the residents greeted the passengers (all of whom landed safely) with an impromptu neighborhood band.

Cynthia is an avid traveler and has been all over the world. She spent three months in Indonesia, and lived in Rio de Janeiro for six years. Arriving in Brazil not speaking a word of Portuguese, she had to communicate in her long-unused French which, at that time, was still the

international language of diplomacy. But she soon learned Portuguese, which she tries to maintain by conversing with a Brazilian



woman who works at Hebrew Senior Life, where she volunteers in the RSVP program.

Her first international trip was in 1970 when, with her two young children in tow, Cynthia circled the globe (leaving from Boston, then flying to England, Israel, Hong Kong, Indonesia, Singapore, Japan, San Francisco, and returning to Boston several months later). She goes on one or two trips each year, and this fall will be going to the Amalfi coast and Tuscany. A partial list of her travels includes Australia, Provence, the French and Spanish Pyrenees, Ireland, Switzerland, Mexico, the Galapagos Islands, Russia (when it was still the USSR), Turkey, Greece, Costa Rica, Cambodia, Thailand, Eastern Europe, Egypt, South Africa, Machu Picchu, on safari in Tanzania and a walking tour of Tuscany. In 1987 Cynthia was also part of one of the very

first American tour groups to visit China!

Cynthia is currently an integral part of the Occupational Health Services team at Hebrew Senior Life in Roslindale. She has been volunteering with the RSVP program for three and a half years, and has contributed over 1,320 hours of service! Her work at Hebrew Senior Life is extremely important; for example, each year she organizes their annual Employee Flu Clinic. When first asked to handle this responsibility, she was a bit apprehensive because she had never done anything like it before, but she did very well and has been coordinating the clinic ever since.

Prior to being an RSVP volunteer, Cynthia worked for GTE (formerly General Telephone and Electronics, now Verizon) as a technical proposal writer and editor in their Government Systems Division. In this position she would manage a proposal from the very beginning (analyzing the U.S. Government's Requests for Proposal) through writing, countless rewrites and edits, and printing (often working two or three days without sleep in order to meet stringent deadlines), and then hopping a plane to deliver it to another part of the country! She couldn't afford to make mistakes for risk of having the Government reject the finished product for "non-compliance." It is no wonder that Cynthia is so well spoken, and very precise in everything that she does!

We are very grateful that a woman who

has traveled and lived around the world has chosen to devote so much of her time as an RSVP volunteer! When asked about her experience at Hebrew Senior Life, she replied, "I love them there, they're wonderful. They are so appreciative of every little thing I do, and they ask me not to go anywhere else." She concludes, "As if I would!"



*Balloon ride over Karmak, Egypt;  
Photos courtesy of Cynthia Adams*

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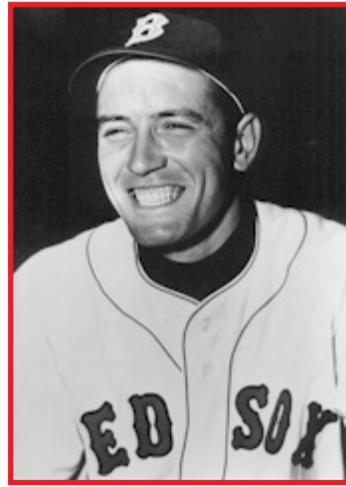
You can also view our website online at  
[www.cityofboston.gov/fire](http://www.cityofboston.gov/fire) or visit the  
Boston Fire Department on Facebook

# THE WATERBURY WIZARD

By: Mike Flynn

Variations of energy levels and moods have long been associated with mental illness. People who could not control these impulses from melancholia to giddiness were often kept in institutions with people who had extreme cases of psychoses and were a danger to themselves and others. By the 1850s, science was beginning to separate different types of mental illnesses and decided these people would now be classified as manic depressives. In periods between these highs and lows, these people seemed to be normal and they began treating the disease with an array of drugs. Today we deal quite effectively with what is now known as Bipolar disorder, with drugs such as lithium, and unless people go off their meds you would not know they were afflicted at all. But even as late as the 1950s-60s this treatment was still in its infancy and millions remained institutionalized.

No aspect of life is immune to Bipolar and the world of sport is no different and none was more public than the story of Boston Red Sox center fielder Jimmy Piersall. Born to John and Mary Piersall in Waterbury, Connecticut in 1929, he became an only child when his older brother died suddenly. He excelled



*Jimmy Piersall*

at sports at Waterbury High School and especially fell in love with baseball. His father, a real baseball nut, pushed young Jim to be the best he could be. John Piersall actually

fit the dictionary definition of a domineering father who demanded perfection as he pushed Jim to his limit. He pushed and pushed until in 1952 Jim finally broke. Even when young Jim was in the hospital undergoing the most drastic treatment used for mental illness, electro shock, he still berated him as weak.

Drafted by the Boston Red Sox in 1948 at age 18 as a shortstop and outfielder, he was called up to the bigs in 1950 and got in 6 games before being sent back down. Vern Stephens at short had 40 home runs and the outfield was Ted Williams, Dom DiMaggio and Al Zarillo, great players all, so there was not much room.

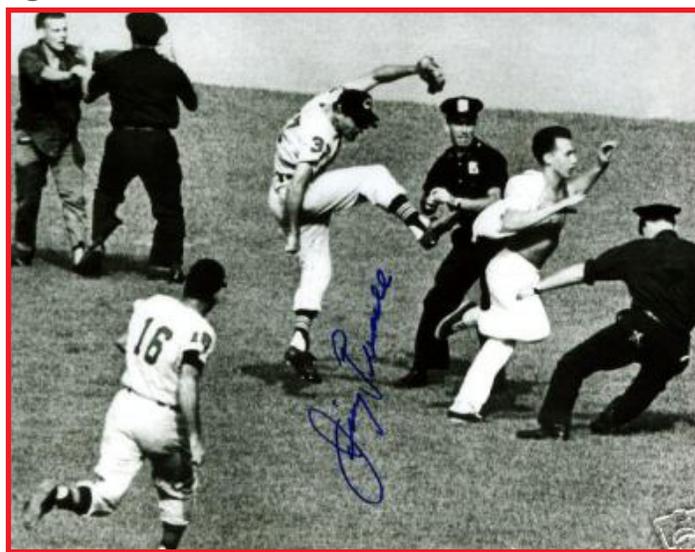
1952 saw him again with the Sox because Williams was now in Korea fighting the war. In just the second month of the season he got into a fight with New York Yankee second baseman Billy Martin. Ejected from the game he kept

at it by battling with teammate Mickey McDermott in the dugout. But the dam burst when he spanked the 4 year old son of Vern Stephens in the Sox clubhouse. He was sent down to the Birmingham Barons where in just 3 months he was ejected 4 times. He used a water pistol to clean home plate, claiming the umpire couldn't see it. When he was ejected he moved to the stands where he continued to heckle the umpire. Three days later he was in Westfield State Sanitarium undergoing electro shock which ended his season and almost his career.

Somehow he battled back from the treatments and his father's cruel abuse and was with the Sox on the opening day of the 1953 season. With Williams still in Korea and DiMaggio and Zarillo aging, the multi-talented Piersall became the Red Sox center fielder and what a center fielder he was. He covered more ground than anyone had ever seen and drew comparisons to the great Joe DiMaggio. In later years Williams would be quoted as saying that Piersall was the greatest he had ever seen and his coach in New York, Casey Stengel rated him better than DiMaggio in the field. He was certainly entertaining as all who have seen him play can attest (myself included). He was voted to the All-Star Team in 1954 and 1956, a year in which saw him lead the league in doubles. He was the Gold Glove Center Fielder in 1958. At the end of that year he was traded to the Cleveland Indians and

subsequently played in Washington, with the New York Mets and ended his career with the California Angels in 1967.

Even though at times he became erratic, he realized people still wanted to be entertained. He said, "Good thing I went nuts. Who ever heard of Jimmy Piersall before that happened?" On the milestone of his 100<sup>th</sup> home run he ran around the bases backwards. Whenever he played at Yankee Stadium he would have a "conversation" with Babe Ruth at the Babe's Memorial Plaque in center field. In the midst of the epic duel between New York team mates Mickey Mantle and Roger Maris in 1961 for the home run title, a couple of fans ran onto the field at Yankee Stadium and accosted Piersall. He laid one out cold with a right and kicked the other in the butt as he ran away. Later he was asked if he wanted to press charges. "Hell, no. I've had 117 fights and that's the first I've ever won."



*Jimmy Piersall kicking a fan that ran onto the baseball field.*

When Tito Francona, father of the present Red Sox Manager replaced Piersall in center field, Piersall would stand in the bullpen and tell him how to play each hitter. The first time he did not listen to Piersall, the batter, Elston Howard, got a base hit out of Francona's reach." It was the last time I didn't listen to Piersall", said Tito. He would sometimes spread his arms imitating an airplane when running to first. He once ran back and forth in center field waving his arms trying to distract Ted Williams. He was again ejected. Stories abound.

Piersall wrote a bestselling autobiography detailing his bout with mental illness, the troubles with his father and his many clashes in and out of baseball. Hollywood came calling. Except for troubled movie star Frances Farmer, who tragically fared much worse than Piersall, no one as recognizable had ever been through as many public mental meltdowns as Jimmy. "Fear Strikes Out" was made into a movie with Karl Malden as his father John and Anthony Perkins as Jimmy. Many, including Malden himself, have called it his greatest role but totally miscast was Perkins, who in 60's Hollywood had no choice as a gay man but to stay in the closet if he wanted to work. Jimmy wrote the movie off. "The book is the truth. The movie is not my story. Perkins throws like a girl and dances around the outfield like a ballerina." Even the macho Malden looks ridiculous

trying to even play catch. The baseball scenes are unintentionally comical, but these were two of the greatest actors of their generation and the emotional scenes between the two are riveting. The movie remains one of the great depictions of mental illness ever put on the screen.

Piersall began broadcasting games in Texas in 1974 and from 1977-1981 he was the partner of the legendary Harry Carry in Chicago as color man for the Cubs. He appeared as himself with Lucille Ball on her T.V. show and on "What's My Line". (You can see the latter on YouTube.) He has been fired from most of his broadcasting jobs by biting the hands that fed him. But today, now in his 80s, people still love to listen to the ramblings of the outspoken Piersall as he hosts a sports radio show in Chicago where the station allows almost anything.

As a player, there may not have been a more entertaining athlete who ever lived, but as a man who very publicly battled his demons daily and succeeded, the world may never see the likes of Jimmy Piersall again.



VFW Parkway Seniors Themed 4th of July Table

## A Tribute to Rafaela Nieves

More than 50 seniors gathered to celebrate the accomplishments and to say so long to their good friend and great leader Mrs. Rafaela Nieves before she moves to Florida. Mrs. Graciela Nunez and Mrs. Maria Villanueva coordinated the wonderful affair with the support of organizations in the community and the city. Rafaela's accomplishments were acknowledged and many seniors presented anecdotes of the time spent with her. She was presented with an Award of Recognition by Mayor Thomas M. Menino, Commissioner Eliza F. Greenberg, and Boston City Council President, Mr. Michael Ross.

## Reconocimiento a Rafaela Nieves

Más de 50 personas de la tercera edad se reunieron para celebrar los logros y despedirse de nuestra gran Doña Rafaela Nieves que se muda para Florida. Las Sras. Graciela Núñez y María Villanueva organizaron esta celebración con el apoyo de organizaciones de la comunidad y de la ciudad de Boston. Se habló de los logros de Doña Rafaela tal como, la ayuda y soporte a muchas de las personas de la tercera edad y anécdotas que convivieron con ella. Doña Rafaela recibió una placa de reconocimiento de parte del Alcalde Thomas M. Menino, la Comisionada de las personas de la tercera edad, Eliza F. Greenberg y el Presidente del Concejo Municipal Michael Ross.



# SURVIVING SINGLE SENIORHOOD ©

By: Liz Linderman



The senior population is exploding. The baby boomers are reaching their mid-life. Not to be outpaced is the phenomenal growth of being Senior and being Single. Why? We're living longer and healthier. One out of every two marriages is ending in divorce, and succeeding in our careers is creating the "never-marrieds".

Financial security doesn't always follow, when the retired Senior becomes or remains a Single. Exploring a few lifestyle changes can mean the difference between living on the bare edge or living well and creatively.

## **FOOD - You can't survive without it.**

This is one of my favorite dinners. (I call it the expandable meal). Cook up a box of noodles or rice. One package easily makes more than double what you'll need for one meal. Freeze at least half of it. Cut up whatever raw veggies you have on hand—carrots, onions, zucchini, peppers, mushrooms, peas, cabbage or any combination of these. In a large

skillet, sauté veggies in a small amount of oil until soft. Stir in noodles or rice. Add any cooked meat or seafood cut into small pieces—chicken, pork, beef, shrimp, ham or crisp bacon. Season to taste with salt, pepper and garlic powder. Sprinkle toasted almonds on top. Big taste, little cost.

Visit food warehouses often. Everything there is packaged to provide three times the amount needed for one person. Grab a friend or three and agree to share that 10 pound bag of potatoes. You'll make lots of friends that way and save big money.

Buy day-old rolls. When ready to use, stick them in a paper bag, sprinkle with a few drops of water and heat them in your microwave for a minute or two. They'll taste bakery fresh.

**CLOTHES - They really do make the man or the woman.**

Consignment shops have a wealth of treasures. Be choosy. Look for gently worn clothes in the right size for you (having to alter something can overwhelm your clothes budget. Pass on faded materials, worn collars and cuffs. You'll pay a fraction of the cost and you'll look like a million. Wash or dry clean before wearing these treasures. Consignment shoes are a no-no. The former owners' feet probably aren't shaped like yours. Or perspiration and toe fungus never really go away. Yuck!

**CLOTHES - Women only.**

**Men: Skip this one...or maybe not!**

So you don't have a body to warm your cold feet in bed anymore? Give those sexy nightgowns to some young thing. If you're still wearing them and chattering with cold, opt for warm, snuggly stuff. Leave those gorgeous lovelies to those still in the game. You still have the memories, right?

**AUTOMOTIVE - The road almost well traveled.**

The Car. The absolute symbol of

independence. What Single Seniors are now facing, the car as their independence. Gas prices up. 20/20 vision, not so good, especially at night. Driving anytime, anywhere, anyplace is real independence. Look into bus schedules, taxis, or maybe a kindly neighbor to provide transportation? Accept this as one of the lifestyles we have to give up. But no more costly repairs or rising insurance premiums. Walking to nearby destinations has real benefits. Just ask the health experts. They recommend it.

**MONEY - Who said it's the root of all evil?**

Keep a stash of emergency funds in a place where you can get quick and secure access to it for unplanned crises - like a sudden broken tooth, a flat tire, or an emergency visit for a family illness. Or for a well deserved indulgence. Too many of those indulgences, however can wreck havoc on your stash. Make sure they are temporary.

**MEDICAL - Prescription for good health for a lifetime.**

Remember the pills you used for something or other awhile back? There

are some leftover? You think you might have to use them again. Write what they were used for on the bottle label. Check with your doctor first before you use them again.

### **SAFETY - Protecting your life and limb.**

Keep flashlights in every room. You never know when you'll have a power outage and crawling from room to room when it's pitch dark and you're alone isn't a lot of fun. Buy candles—the big kind that come in glass cylinders, and a box of wooden matches.

### **MISCELLANEOUS - Odds and ends of stuff.**

Even if you know exactly what to do with a hammer, a wrench, or whatever, it's a good idea to call a local high school or college job advisor to recommend a reasonably skilled student to help with tasks you can't do, shouldn't do or don't want to do. Such as cleaning out a garage, lifting heavy boxes, painting a room or fixing a stuck window, etc. They're usually happy with minimum wages—a fraction of what it would cost to hire a professional.

### **SOCIAL - Get out there!**

Don't be afraid of going places alone. A movie you wanted to see? Travel to the place you've always fantasized? Not to worry. In this day and age, it's OK to go solo. If the idea is just too scary, ask someone you hardly know. They might need some urging, too. You never know. He or she might just become a great companion.

Being a Senior, being Single really does have its advantages. You don't have to answer to anyone but yourself. You're free to come and go, or not. And you can dance and sing to whatever music makes you happy. So, be happy!

## *Healthy Fun Fitness*

Come and reap the physical and mental benefits of **Massage** or try **Reflexology** where pressure is applied to reflex points of the feet or hands.

Benefits include increase in joint flexibility, help with insomnia, headaches, vertigo and much more.

**Group discounts available for private parties**

**For more information contact:**

Anita Hudson at 866-565-1449  
or email [healthyfunfitness@msn.com](mailto:healthyfunfitness@msn.com)

## 5th Annual BBQ celebrating the collaboration between La Alianza Hispana Adult Day Health & Drop-in Center and Latino/a Student Cultural Center at Northeastern University

The event was well attended by 30 seniors from La Alianza Hispana and many students and volunteers from Northeastern University. The food was prepared by the students at Northeastern University. They prepared three types of pasta salad, two types of rice (one being a Spanish specialty – rice with peas), hamburgers, hotdogs, sausage, and grilled corn. And to finish off the meal a special Spanish dessert “tres leches”. The seniors and students enjoyed mingling, playing dominos, playing cards and dancing to Spanish music. It was a most beautiful day out on the lawn of Northeastern University.



### Do you want to be on TV?

The *DON'T RETIRE, INSPIRE* show invites you to share your life's story with us and inspire others.

How have you changed the course of your life?

Survived in spite of yourself or your situation?

Come Share Your Story on TV...

If you are interested contact: Tula Mahl at 617-635-1922 or email [tula.mahl@cityofboston.gov](mailto:tula.mahl@cityofboston.gov)

## ALL WE NEED TO KNOW, WE ALREADY KNOW.

### “Don’t Retire, Inspire”

By Augusta Alban



I was filming a TV show on location at a “Conference on Aging”; much to my delight I was given the honor of having a conversation with the guest speaker, a one-time Olympic silver medal winner in ice-skating. How does one train for such an event that could in less than 3 minutes change the rest of your life, I asked?

Most everyone in LIFE trains for something, he said. Doctors train for years and in an instant they can and do change peoples life’s forever. He continued, just as I have studied, trained and prepared, so it is with most professions, vocations and occupations. Teachers, lawyers, technicians, artists, designers, carpenters, dancers, policemen all of whom achieve their goals invest hours of training and preparation. The only difference for the athlete is the “window of time” in which they are young and in peak form; training is intensified at warp speed, you might say. If a lawyer studies, but fails the bar the first time, he or she does not have to wait another 4 years to try again (as in the Olympics), the only competition for that person is against one’s self. This however may be the hardest test to overcome.

Sports figures aren’t the only group that must stay at peak condition as long as possible. Studies are proving if the rest of us keep active, mentally productive and in good health we could live well

into our late 90’s. The number of centenarians is a rapidly growing number in this country. Training never stops, exercising, eating smaller amounts of good food, staying away from naive thinking, getting plenty of rest and having fun is all part of training. The same rule is good for everyone - no matter the age he went on. The more training and focus you put into anything, the better you become at it and the closer you move to your new goals.

Physical training is just the beginning he smiled, I believe physical training is the easiest part, retraining the condition of our minds is little harder. We all see what can happen when we let fear and self-doubt overtake us, we stop trying anything new, we are afraid to fail. Why does that skater after years of completing a jump, fall? The mind starts to wander and fear and doubt take over. Loosing your focus for even a split second could spell disaster. After years of training and working out, I must never forget my rule: ALL I NEED TO DO, I HAVE DONE, and ALL I NEED TO KNOW, I ALREADY KNOW. Than just do it! Skaters call this “skating stupid.” You are physically and mentally prepared so don’t let the thinking mind second guess itself.

Feeling better prepared for life’s experiences I wrapped up the interview,

I generously thanked my guest. This disaster (the thinking mind) happens to all of us. We want to try something new, something that may be fun or a learning experience. Then, your thinking voice takes over and says: you are too old, you will make a fool of yourself, and your friends will say you have gone mad. So much in this society reinforces that kind of negative thinking. While I was working on some research regarding positive thinking, an old book in my library fell off the top shelf, landing face down on the floor. I turned the book over and a small piece of stationary fell out with this quote:

Don't think. Thinking is the enemy of creativity. It's self-conscious and anything self-conscious is lousy. You cannot try to do things. You simply must do things.

- Ray Bradbury.

Believe in yourself, and act upon your ideas. If you are waiting for friends or family to give you what you think you want, you are turning your power over to them. Take the initiative to change yourself, give yourself permission to be all you can be. Set goals; accept that the past is just that, the past let it go! Think of NOW AND NEXT. If you must think in the past, try remembering your many successes, feeding your family, helping your parents and loving your children. What could be of greater success, than loving and helping those around us?

Not long ago, President Bush the elder

jumped out of an airplane for his 85th birthday, just to prove it's never too late to live life to the fullest. He maintains he will go skydiving again on his 90th birthday. Now that is a goal! Most of our goals do not have to be covered by the news media. My neighbor Paul retired at age 75 years of age, after which he wrote his 300-page biography. Next, he wanted to write poetry. After studying with poet friends, he began to write what he calls his "thoughts." Now at age 90, his "thoughts" have been beautifully fashioned into a charming book he has dedicated to his granddaughter. Yesterday he told me, "I am so excited!" "I have started writing about my travels in Africa." Maybe another best seller, I said.

John Vaccaro celebrated his 86th birthday during the filming of the "Don't Retire, Inspire" show. The crew and I enjoyed surprising John by singing happy birthday and presenting this joyful man with a special little cake. What inspires you I ask? I always wanted to own my own business, what the business was didn't concern me, I just wanted to own it! This business found me, John said! (For the last 55 years John had owned Marascio's a sausage shop in Readville.) Don't retire whatever you do; my friends who have retired, they are no longer with us. I have cut way back on my working hours he said, now I only work 8 hours 5 day a week, I used to work 15 hours a day 7 day a week.

John, that is a lot of hours, I said. Do what you love he said and it's not like work, its fun! Don't fret about money, the money will come. Now days John's daughter works in the shop with him, he has lovingly taught her the exact recipes his mother taught him. These are the priceless moments in our lives, these are successes to be relished and remembered.

As my Olympic friend wisely said we have trained all our lives!

ALL WE NEED TO DO, WE HAVE DONE and ALL WE NEED TO KNOW, WE ALREADY KNOW. You simply must do things!!!!

What will you be doing on your 90th birthday?

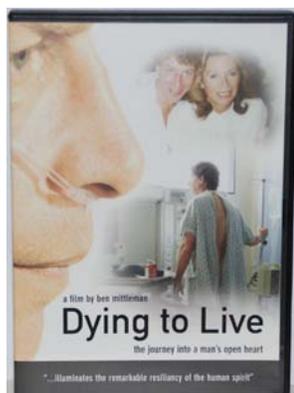
## - Movie Review - **DYING TO LIVE**

By: Jecara Hood

A personal documentary by Ben Mittleman

Dying to live is an eye opening and inspirational documentary. Ben Littleman is extremely real and shockingly graphic in this movie. He goes on a touching and empowering journey as he fights to stay alive and remain sane throughout the harsh obstacles that life has thrown at him. The rawness and passion of Ben's story is only deepened by his own thought and narrations.

This DVD is now available at Netflix, B&N, Amazon, Target, E-Bay etc.



### *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:

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



# NEW BOSTONIANS COMMUNITY DAY

Thomas M. Menino  
*Mayor of Boston*

## Save the Date

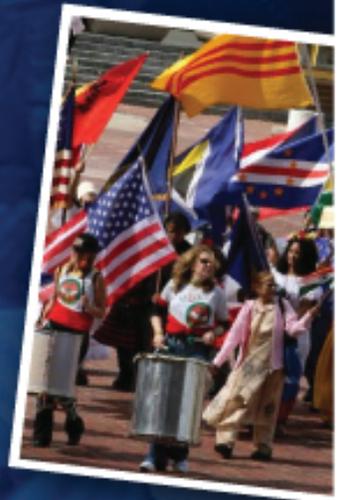
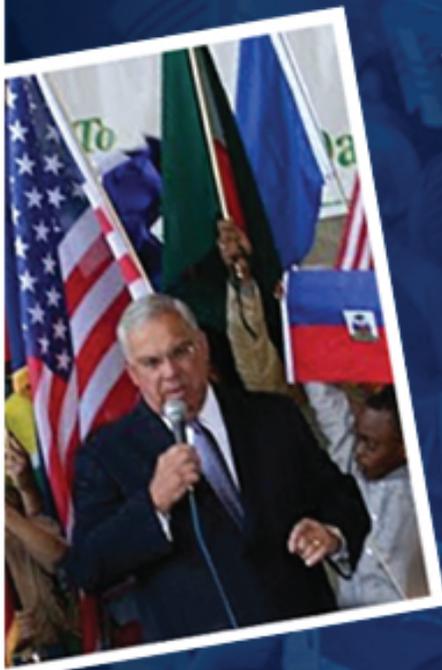
September 23, 2010 - 11:30 am to 2:30 pm

### Welcome by Mayor Menino

- Flags of the World Parade
- Culinary and other specialized training schools
- Art Tables
- Tours of City Hall
- City and CBOs information Tables
- Free Immigration Advice

### Boston City Hall Plaza

*Come and enjoy with us! We are waiting for you!*



Mayor's Office of  
**NEW BOSTONIANS**

Follow us on **facebook**.  
and receive updates on our event!

[www.cityofboston.gov/newbostonians](http://www.cityofboston.gov/newbostonians)

## **Important Information on Public Benefits: Paid Stipends and Social Security’s Denial of Benefits to Persons with Outstanding Warrants**

Submitted by: Greater Boston Legal Services  
Elder Law Unit

This article is meant to educate readers about two different issues they may have encountered in trying to access and maintain Supplemental Security Income (S.S.I.) and other public benefits. The first part of this article will discuss stipend programs for elders. The second section will discuss a new legal settlement that provides relief for certain individuals who were denied or terminated from S.S.I. benefits due to an outstanding warrant.

### **I. How Stipends May Affect Public Benefits**

The first issue that elders should be aware of is that stipends through The Senior Community Service Employment Program, or S.C.S.E.P., will affect S.S.I. and certain other benefits that elders may receive. S.C.S.E.P. is a program funded through the Department of Labor that provides grants to local and national organizations so that the organizations can offer stipends to low-income elders over the age of 55. These stipends are intended to assist seniors in re-entering the workforce and to provide opportunities for seniors to engage in career-enhancing activities. The objectives of the program include building new skills for enrollees, increasing participants’ ability to obtain jobs, changing stereotypes about

elders, and referring elders to other needed support services. In addition, seniors participating in these opportunities may benefit from increased social connections, an opportunity to make extra money to pay bills, and the ability to earn extra quarters for social security for seniors who are short the needed quarters to retire. However, prior to committing to participate with any of these programs, seniors should fully investigate the potential effects their participation may have on any public benefits they receive.

Certain benefits may be affected by a stipend because the stipend may increase an elder’s income and may indicate that the elder is able to work. For example, S.S.I. and Masshealth eligibility could be affected. And, not only could a stipend result in a termination or a reduction of S.S.I. benefits, but it could result in an overpayment as well. Also, elders should note that Social Security Disability Benefits could potentially be questioned due to an elder’s participation in this type of program—especially if the program lasts more than nine months, therefore exceeding the trial work period. On the other hand, some benefits would not be immediately jeopardized by receiving a stipend. For example, food stamps and rent in some public-housing programs would not be influenced. Also, Social Security retirement benefits would not immediately change although early retirement benefits may be affected. Therefore, because important benefits could be lost or reduced, elders should assess the impact the stipend will have on their benefits before committing to participate.

## II. Martinez Settlement

The second issue that elders may encounter is relevant to seniors who found themselves caught up in Social Security's policy automatically suspending benefits to anyone who had an outstanding warrant. This policy caused significant hardship to elders who lost their income. Many elders may have lost benefits even if they did not know that a charge had been filed against them, if the charge was for a minor offense like a bounced check, or even if they simply shared a name with someone who had an outstanding warrant. Now, a new court settlement, Martinez, has been approved that may provide significant financial relief to some of the elders affected by Social Security's policy.

An elder may have had an outstanding warrant for more than one reason. First, the warrant could be for the initial charge itself--in other words, an arrest warrant. Alternatively, the warrant could be for a violation of probation or parole stemming from the original charge. This court settlement only helps those individuals whose warrants are in the first group. The settlement is not helpful to those persons whose warrant is related to a probation or parole violation.

If your benefits were terminated or denied because you had the first type of warrant described, you may be a member of the Martinez settlement class and therefore possibly entitled to significant financial relief. How would you be notified if you were a member of the class? Social Security is in the

process of sending out letters to individuals who are part of the settlement at their last-known address. Last-known address means the last address that Social Security has on file. However, many elders may no longer reside at that address and therefore may not receive the letters. Because of this problem, if you think you could be part of the Martinez class, you should contact Social Security right away and provide them with a correct address.

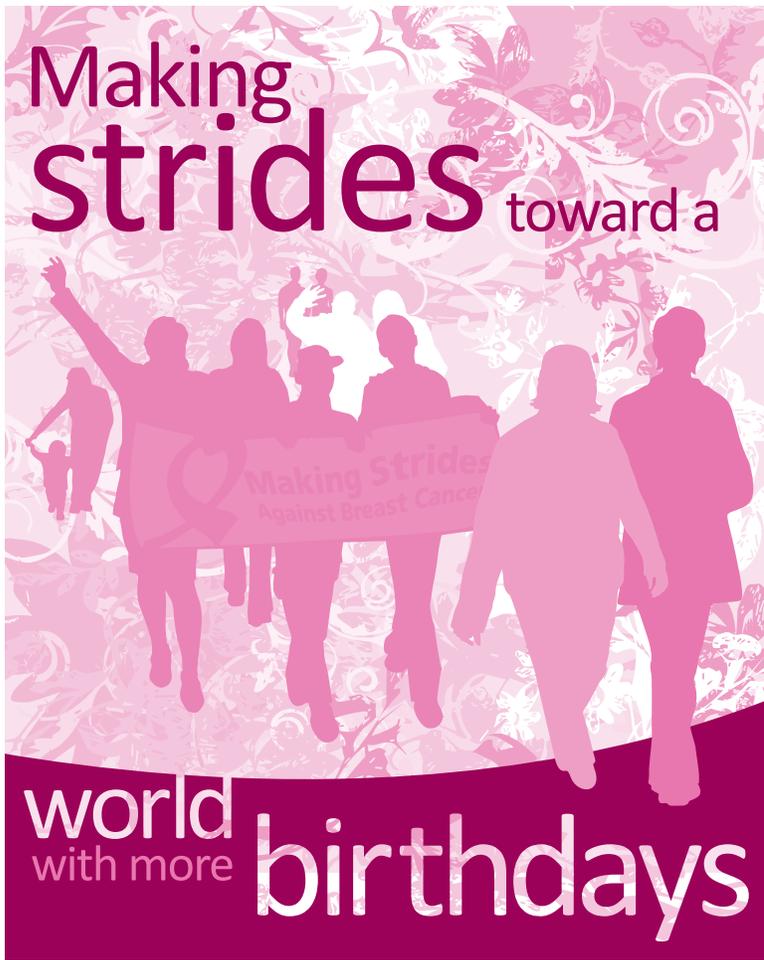
There are time limits in contacting Social Security so it is important to act quickly. You may only have six months from the time when you received (or should have received) the letter to respond. If you have trouble obtaining relief from Social Security, and are over 60 and live in the Boston region, you may call the Elder Law Unit at Greater Boston Legal Services. The telephone number is 617-603-1776.

1 See Website of the Executive Office of Elder Affairs, Senior Community Service Employment Program, <http://www.mass.gov/?pageID=eldershomepage&L=1&L0=Home&sid=Eelders>; then follow "Help Getting a Job"; then follow "Vocational Training and Education Programs"; then follow "Senior Community Service Employment Program."

2 Id.

3 National Senior Citizen's Law Center, NSCLC Advocate Guide: Understanding the Martinez Settlement, available at [http://www.nslc.org/areas/social-security-ssi/Martinez-Settlement/nslc-advocate-guide-understanding-the-martinez-settlement/at\\_download/attachment](http://www.nslc.org/areas/social-security-ssi/Martinez-Settlement/nslc-advocate-guide-understanding-the-martinez-settlement/at_download/attachment).

4 Please note that, although this settlement does not change Social Security's ability to share information with law enforcement, practically speaking, they have already done so because their previous policy was to deny or suspend benefits only after law enforcement declined to act. Id. at 21.



**Save the date and invite your friends!**

**Sunday, October 3, 2010**

- Boston - Charles River Esplanade

**Sunday, October 17, 2010**

- The Berkshires - Adams • Barnstable
- Nantucket

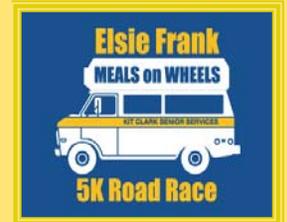
Visit [cancer.org/stridesonline](http://cancer.org/stridesonline) today to sign up and create your personal Web page.



[cancer.org/stridesonline](http://cancer.org/stridesonline)

## **Elsie Frank Meals on Wheels - 5K Road Race and 2K Walk**

Please join us for a 5K Road Race and 2K Walk to benefit Kit Clark Senior Services' programs for elders in Greater Boston. Run or walk through the natural splendor of a delicate estuary along the banks of the Neponset River. Free activities for kids including face painting, games and Mike the Hat Man with balloon hats and singing!



**Date:** Saturday, September 25, 2010

**Time:** 9:00 a.m. Registration and number pick up / 10:00 a.m. Race and walk starting time

**Place:** Pope John Paul II Park / Gallivan Boulevard, Dorchester, MA

**Entry Fees:** \$15 Mail-in registration / \$17 Online or race day

**Course:** Flat paved course with some hills

**Amenities:** T-shirts and goodie bags to all registrants. Pick up on the day of the race.

Quantities limited on race day; first come, first served.

**Registration:** Mail-in registration form and online registration available at [www.baycove.org](http://www.baycove.org)

**Contact:** David Thai, 617-825-5000, [dthai@baycove.org](mailto:dthai@baycove.org)

**Parking:** Free public parking is available

**Hosted by:** Kit Clark Senior Services, a division of Bay Cove Human Services

# Healthy Recipes

## Tomato Toast with Sardines & Mint

### Ingredients:

- 1 4-ounce can boneless, skinless sardines packed in olive oil, preferably smoked
- 2 tablespoons finely chopped fresh mint
- 2 teaspoons extra-virgin olive oil
- 1/8 teaspoon salt
- 3 slices multigrain bread or 12 slices baguette, preferably whole-grain
- 1/2 medium ripe tomato
- 1 tablespoon very thinly sliced yellow onion

### Preparation:

1. Preheat oven to 350°F.
2. Flake sardines with a fork into a mixing bowl. (The pieces should not be mashed, but should be no bigger than a dime.) Add mint, oil and salt; toss gently to combine.
3. If using whole slices of bread, cut off the crusts and cut each into four triangles. Place the triangles or baguette slices on a baking sheet and bake until crispy and golden brown, 12 to 14 minutes. As soon as you remove them from the oven, rub each slice with the cut side of the tomato. As you progress, the tomato will break down until only the skin remains; discard any remaining tomato.
4. Top each toast with about 1 1/2 teaspoons of the sardine mixture. Top the sardine mixture with a couple of onion slices and serve immediately.

## Roasted Zucchini with Fresh Thyme

### Ingredients:

- Cooking spray
- 2 medium to large zucchini, halved lengthwise
- 1 tablespoon garlic-flavored olive oil or regular olive oil
- Salt and ground black pepper
- 1 teaspoon garlic powder
- 2 teaspoons chopped fresh thyme

### Preparation:

1. Preheat oven to 450 degrees F.
2. Coat a large baking sheet with cooking spray.
3. Arrange zucchini halves, flesh side up, on prepared baking sheet. Drizzle olive oil over zucchini. Season the flesh with salt and black pepper. Season with garlic powder. Sprinkle thyme over top.
4. Roast 8 to 10 minutes, until tender and golden brown.



**FREE**



**FREE**

**Introductory computer classes at Suffolk University.**  
**For more information call Kate at 617-573-8251**

## **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)

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

**BNN-TV Channel 9**

Boston Seniors Count  
Live Call-in Cable Television Show  
Thursday at 3:30 p.m.  
Repeated Sunday at 11:30 a.m.  
and Tuesday at 8:30 p.m.

For more information call  
Deputy Commissioner  
Tula Mahl, Producer  
at 617-635-4362



## **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](mailto:edconway14@yahoo.com)**

## **DON'T MISS**

*The Elderly Commission*

**On Radio**



**Tune into:**

**Zumix Radio**

on Wednesday at 2:00 p.m. streaming on the internet at [www.zumix.org](http://www.zumix.org)  
**WJIB 740 AM** on Sundays at 7:30 a.m.

For more information please contact:  
Deputy Commissioner Tula Mahl  
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.

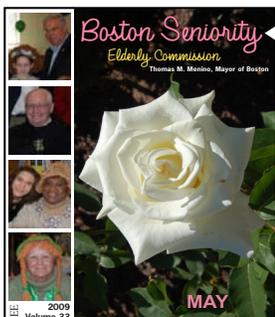


## IMPORTANT - NEW GUIDELINES

Due to higher demand for Taxi Coupons seniors are only allowed two books per month, and must purchase them in person.

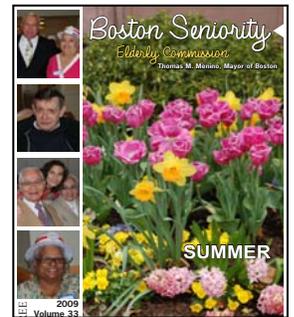
You can no longer purchase Taxi Coupons for others. If someone is unable to purchase Taxi Coupons in person, they must call 617-635-4366 to explain their situation and discuss possible arrangements with an advocate.

**Note:** You must be disabled in order to receive a visit from an advocate.



Interested in placing an  
ad in *Boston Seniority*?

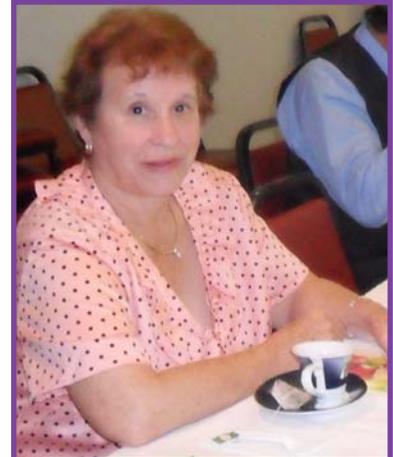
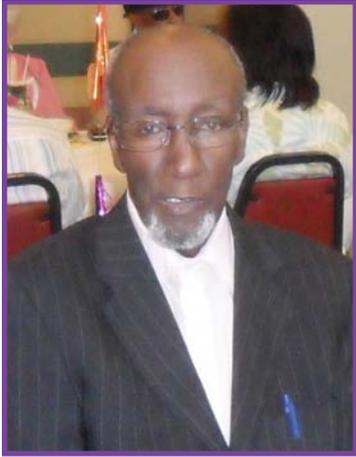
Email us at:  
[BostonSeniority@cityofboston.gov](mailto:BostonSeniority@cityofboston.gov)  
or call Martha Rios at (617) 635-2360.



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*

# Enjoying High Tea at the Nate Smith House



# Spring Street Crime Watch in West Roxbury



# Health Presentation at Savin Hill



# Puerto Rican Flag Raising



# Universoul Circus



# Bocce



# Yoga at the Copley Library



Every first Tuesday of the month at 2:00 p.m. you can enjoy a free yoga class at the Boston Copley Library in the Mezzanine Room.



Yoga instructor Solange Voss.

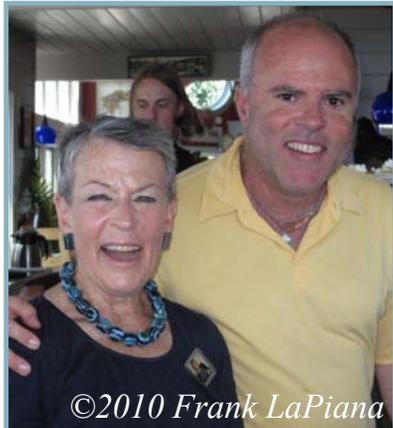
# Lake Winnepesauke



## MISSION HILL MEMOIR READING



# LGBT Boat Cruise



©2010 Frank LaPiana



©2010 Steve Lord



©2010 Steve Lord

# Senior Companion Program Volunteers





**Registration Form**  
for  
**Mayor Thomas M. Menino's  
Health & Fitness Walk**

Tuesday, October 5, 2010, 11:00 a.m. – 2:00 p.m.  
on the Boston Common at the Visitor's  
Center at Park Street Station

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

<b>Boston</b> <input type="checkbox"/> Blackstone Apts, 33 Blossom St <input type="checkbox"/> Harriet Tubman Hse, 566 Columbus Ave	<b>J P</b> <input type="checkbox"/> Flynn House –805 Huntington Ave <input type="checkbox"/> Julia Martin House, 90 Bickford St <input type="checkbox"/> Nate Smith, 155 Lamartine St <input type="checkbox"/> Woodbourne Apts, 6 Southbourne Rd
<b>Brighton</b> <input type="checkbox"/> Chinese Golden Age Ctr, 677 Cambridge St <input type="checkbox"/> JCHE, 30 Wallingford Rd <input type="checkbox"/> V. B. Smith Sr Ctr, 20 Chestnut Hill Ave	<b>Rox</b> <input type="checkbox"/> Council of Towers, 2875 Washington St <input type="checkbox"/> Freedom House, 14 Crawford St <input type="checkbox"/> Reggie Lewis Ctr, 1350 Tremont St <input type="checkbox"/> St Joseph Commun, 86 Cripus Attucks Pl
<b>Dor</b> <input type="checkbox"/> St Brendan Church, 589 Gallivan Blvd <input type="checkbox"/> Keystone Apartments, 151 Hallet St <input type="checkbox"/> Kit Clark Senior Ctr, 1500 Dor Ave	<b>South</b> <input type="checkbox"/> Agnes V. Shea Senior Ctr, 7 Burke St <b>Boston</b> <input type="checkbox"/> Foley Apts, 199 H St <input type="checkbox"/> W Broadway TF, 81 Orton Marotta Way
<b>E. Bos</b> <input type="checkbox"/> East Boston Social Center, 68 Central St	<b>West</b> <input type="checkbox"/> Spring Street Apts., 24 Spring St <b>Rox</b> <input type="checkbox"/> VFW Pkwy, Ctr St betw CVS & Walgreens
<b>Hyde</b> <input type="checkbox"/> Cleary Sq Pking Lot, Across from Police Sta <b>Park</b> <input type="checkbox"/> Georgetown Apts, 400A Georgetown Dr <input type="checkbox"/> Readville Srs, St Ann Pkg Lt, 82 W Milton	
<b>Matt</b> <input type="checkbox"/> Church of the Holy Spirit, 535 River St <input type="checkbox"/> Foley Apartments, 249 River St	

***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

<b>Entertainment</b>	<b>Lunch</b>	<b>2/3 Mile Walk</b>	<b>Warm-Up Stretches</b>	<b>Rain or Shine</b>	<b>Mini Health Fair</b>
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If you are interested in participating, please complete this form and return by **Tuesday, September 28th** to:

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

***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