

Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



SUMMER

FREE

2010
Volume 34
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Table of Contents:

Page Number

3	Mayor's Spotlight
4	RSVP Boston
6	Attention Medicare Beneficiaries
7	Beat the Heat
8	The Black Pearl
12	Healthy, Wealthy & Wyse
14	Healthy Recipes
16	Senior Games Medals
24	Don't Retire, Inspire
26	Free Summer Events



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Commission on Affairs of the Elderly

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Mayor's Spotlight

Victory's "Urban Farm Stand" to Bring Healthy, Affordable Food Options to Dorchester & Mattapan Communities this Summer

Mayor Thomas M. Menino joined Victory Programs in celebrating their first Urban Agriculture Project farm stand that will provide the Dorchester and Mattapan communities with locally grown, healthy and affordable produce this summer. Proceeds from the stand will help support Victory Programs' *Revision Home*, a shelter for homeless women and their children located in Dorchester's Franklin Field neighborhood. The farm stand, located on a City-owned parcel at 1062 Blue Hill Avenue in Dorchester, will open for business in July.

"By offering fresh produce grown right in the neighborhood, this new farm stand will make healthy food options available to everyone in the community," said Mayor Menino. "Victory's programs have helped hundreds of homeless women and their children make healthy choices while moving to housing stability and independence. Now, this organization is helping to close the gap on health disparities while increasing access to affordable, nutritious, locally grown produce for families living in our neighborhoods."

The farm stand will offer a variety of vegetables, herbs and fruit at affordable prices throughout the growing season, and will be open Thursdays, Fridays, and Saturdays from 12:00 to 4:00 p.m. Victory will offer a 50% discount to residents using EBT cards to make SNAP Purchases, made possible by Boston's Bounty Bucks, a program that is co-sponsored by the Food Project and the City of Boston's Emergency Shelter Commission.

Mayor Menino said the farm stand is the latest effort by the City and its community partners to encourage the availability of locally grown fresh produce in communities that may traditionally have limited access to healthy food options. The 4,500 squarefoot site from which the farm stand will operate is owned by the City of Boston and has been temporarily licensed to Victory Programs after having been vacant since 1998 when it came into the Department of Neighborhood Development property inventory through tax-title foreclosure.

Victory opened their ReVision Urban Farm at 38 Fabyan Street in Dorchester in 1993 as an innovative agriculture and aquaculture project aiming to increase access to affordable, nutritious, culturally appropriate food for shelter residents and community members. During the growing season, the farm distributes enough food to provide more than 1,200 people with their recommended five servings of fresh vegetables and fruit daily.



RSVP Boston

Volunteer Highlight

By: Ginny Iannarone
and Anique Langlois

Maryann Surman is a delightful lady who comes across with high intelligence and integrity. She is self confident, and has quite an amount of experience in the Women's Army Corps. For the past two years, Maryann has volunteered with the RSVP program and gives four hours each week to the V.A. Boston Health Care System in Jamaica Plain. She is also the Deputy Representative of the Women's Army Corps Veteran's Association, which serves in all of the V.A. hospitals throughout New England.

Maryann's experience started early in life when she followed a calling to work as a nurse's assistant. She began in the midst of the depression, during World War II, when men were coming home from the war on both sides of the continent. The army didn't have enough nurses in the hospitals, so Maryann served as part of the Women's Army as a nurse's assistant. After her time with the Army, Maryann went on to pursue her career in nursing.

In the early 70's when Maryann was almost 60, she decided to take a break from nursing, and went on an amazing journey overseas. It was a 70-day camping expedition across two continents, from London to Nepal. Her group ventured into many of the countries and was able to really experience the cultures of each

place they went to. Maryann says it was "as they say" a real, life changing experience.

After many life changes, Maryann has reclaimed Boston as her home (although she has always considered Boston her true home). She has been working as a volunteer at the V.A. center in Jamaica Plain and provides a wonderful service that greatly impacts the veteran's experience there.

Within the V.A. system, (which encompasses Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont) different V.A. health centers send groups of patients who need special consults to the Jamaica Plain location where Maryann volunteers. She sets up a coffee hour for the patients while they are waiting, and it provides them with a comfortable social setting. The coffee hour that Maryann puts on is of great benefit to the patients who she has gotten to know. She says that they expect to see her there each week, and they appreciate the chat. The coffee hour gives them a chance to loosen up and pass the time while waiting for the rest of their group to be seen before they all take the shuttle bus back.



Maryann loves being an RSVP volunteer and will continue as long as she can. She honestly feels that with all the great opportunities, and great people, if a senior is looking for a volunteer opportunity, RSVP is the place to be!

For information on RSVP or to become a volunteer please contact:

Anique Langlois, RSVP Administrative Assistant, 617-635-3988 or
Kelley Wedge, RSVP Director, 617-635-1794

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Attention Medicare Beneficiaries:

If you have Medicare prescription drug coverage, and aren't already getting Medicare Extra Help, Medicare will automatically send you a tax free, onetime \$250 rebate check after you reach the coverage gap (also called the "donut hole") in 2010.

What is the coverage gap and how will I know if I've reached it?

Most Medicare drug plans have a coverage gap. This means that after you and your plan have spent a certain amount of money for covered drugs, you have to pay all costs out-of-pocket for your drugs (up to a limit).

The Explanation of Benefits notice, which your drug plan mails you each month when you fill a prescription, will tell you how much you've spent on covered drugs and whether you've entered the coverage gap.

Will I need to do anything to get this rebate check?

No. There are no forms to fill out. Medicare will automatically send a check that's made out to you. You don't need to provide any personal information like your Medicare, Social Security, or bank account number to get the rebate check. Don't give your personal information to anyone who calls you about the \$250 rebate check. Call 1-800-MEDICARE (1-800-633-4227) to report anyone who does this. TTY users should call 1-877-486-2048.

When will I get the rebate check?

If you reach the coverage gap this year and enter the Part D "donut hole", you will receive a one-time \$250 rebate check if you are not already receiving Medicare Extra Help. These checks will begin to get mailed to beneficiaries starting in mid-June.

Checks will be mailed monthly throughout the year as beneficiaries enter the coverage gap. However, this is a one-time benefit and if you qualify, you will only receive one check after you reach the coverage gap.

Will I have to pay taxes on this rebate check?

No. You don't have to pay taxes on your \$250 rebate check. It is tax free.

What if I don't get the rebate check when I should?

If you hit the donut hole after the program has begun, you should expect to receive your check within 45 days. Your rebate may be delayed if Medicare doesn't have information from your Medicare drug plan showing that you reached the coverage gap in time to include you in the next mailing. You should call your Medicare drug plan to make sure all of your information has been sent to Medicare.

If you don't get your rebate check, contact Medicare at 1-800-MEDICARE. Individuals receiving Medicare Extra Help will not receive a rebate check.

You can also check to make sure Social Security has your correct home address. Call 1-800-772-1213 or your local Social Security office. TTY users should call 1-800-325-0778.

REMEMBER:

There are no forms to fill out to receive this benefit. Medicare will automatically send a check that's made out to you. Watch out for scams - Don't give your personal information to anyone who calls you about the \$250 rebate check.

Beat the Heat



Tips for Preventing Heat-Related Illness. The best defense is prevention. Here are some prevention tips:

Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.

Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.

Stay indoors and if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or

public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

Call your local health department to see if there are any heat-relief shelters in your area.

Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.

Wear lightweight, light-colored, loose-fitting clothing.

Signs and Symptoms of Heat Stroke
Warning signs vary but may include the following:

An extremely high body temperature (above 103°F)

Red, hot and dry skin (no sweating)

Rapid, strong pulse

Throbbing headache

Dizziness

Nausea

Tidbit:

Massage and acupuncture can relieve pain and depression after cancer surgery

A study of 138 patients recuperating after surgery for intestinal and other cancers - recently published in the Journal of Pain and Symptom Management - found that those who received bedside acupuncture or a combination of Swedish massage and acupressure foot massage reported significantly less pain than those who received the standard postoperative care. Massage and acupuncture had a similar effect in improving the moods of patients recovering from cancer surgery.

THE BLACK PEARL

By: Mike Flynn

At the turn of the century the world saw an outbreak of infantile paralysis otherwise known as polio, which had become the most dreaded childhood disease of the time. Commonly caused by poor sanitation, the virus, which has no cure, attacks the central nervous system destroying the motor neurons causing muscle weakness and paralysis. Although 90% of those infected show no symptoms at all, for the rest the effects can be devastating. Paralysis of the respiratory system can result in an agonizing death. In the United States, the year 1952 saw the worst outbreak in our nation's history. Apart from the atomic bomb, America's greatest fear was polio. Iron lungs, which aided in breathing, were common in hospitals. Respiratory centers sprung up everywhere and became the forerunner of our current intensive care units. 58,000 cases were reported, of which 3,100 proved to be fatal and 21,000 were left with some form of paralysis. In 1955 researcher and virologist Jonah Salk developed the first effective preventive vaccine and since then the disease has been all but eradicated in the United States.

On June 23, 1940 Wilma Rudolph was born to Ed and Blanche Rudolph in Clarksville, Tennessee. She came into the world prematurely and weighed only

four and a half pounds. Being poor and living in a rural area, no medical help was available so Wilma had to fight for her life right out of the gate. A sickly child she contracted one childhood disease after another until at 5 years old Blanche noticed that Wilma's left leg seemed crooked. She rushed the child to the closest hospital that would treat minorities, Fisk University Medical School in Nashville, 50 miles away and was devastated at the diagnosis. Polio. Doctors said she may never walk again. Wilma was fitted with metal braces and the doctors taught Blanche how to massage and exercise the leg with the hope that maybe the paralysis wasn't permanent. Twice weekly Blanche would make the 100 mile roundtrip to the hospital for Wilma's therapy sessions. Ed Rudolph had been previously married and Blanche became stepmother to his 13 children until Wilma became the 20th of a brood of 22. The siblings adored little Wilma and they all helped with the home therapy sessions. But they also had to make sure she behaved. Wilma has said "I spent most of my time trying to figure out how to get those braces off." Finally at age twelve after years of torturous exercise, the braces were finally gone for good. She had not only learned to walk again, she wanted to run.

In junior high school after years of lying in bed she decided she wanted to be an athlete. Her older sister Yolanda played on the Burt High School basketball

team and she talked coach Clinton Grey into giving her little sister a uniform and letting her sit on the bench. Both knew nothing would come of it. But after two years of riding the pine and nagging the coach she finally got the chance to play. And play she did!

That year Wilma scored more points than any high school player in Tennessee and led her team to the State Championship. As luck would have it, in the stands at the Championship game was Ed Temple. Temple was a sociology professor at Tennessee State University and the unpaid coach of the women's track team, the legendary Tigerbelles, a team which would eventually send 40 of their members to represent America at a number of Olympic Games. Temple recognized Wilma's natural ability and even though she was only a high school sophomore, he invited her to train with the Tigerbelles. She was now a runner and hooked on track. She has said "I don't know how I run so fast, I just do."

She was invited to try out for the 1956 Olympic team and at 16 years old found herself traveling half way around the world to Australia as a member of the 4x100 relay. She returned home with a bronze medal. By now she had grown into a beautiful young woman and was offered a scholarship to attend TSU. Four years later she was once again selected for the Olympic team, this time to be held in Rome.



Wilma made the 1960 Olympic Games her own by becoming the first woman to ever win three gold medals in one Olympic game. She set an Olympic record in the 200 meter, won the 100 in 11 seconds flat and with Tennessee team mates Martha Hudson, Lucinda Williams and Barbara Jones, Tigerbelles all, set a world record in the 4x100 relay. Almost the entire team that year was from TSU and was coached by Ed Temple.

She had become a sensation. The world got to know her through the relatively new medium known as television. Not only was she now known as the World's Fastest Woman, her beauty and charming, humble personality shone through and the world fell in love. In Italy she was "La Gazella Nera" the Black Gazelle and "Le Perle Noire" the Black Pearl in France. When the team went to compete in Germany after the Olympics, Police had to hold the crowds back where ever she went.

On her arrival home, Tennessee's governor, a noted segregationist planned a celebration, but Wilma said she would not attend if race determined who could come. It became her hometown's first non segregated event. She became an inspiration to all young African-American athletes like 3-time Olympic Gold medalist Jackie Joyner Kersee who said "If I had a problem I could call her at home. It was like talking to someone you had known for a lifetime."

Wilma retired from track at 22 to raise her family. She went on to teach at her alma mater Burt High School and was track coach at DePauw University and later appointed Goodwill Ambassador to French West Africa.

Among her recognitions were Associated Press Athlete of the Year for 1960 and 1961, enshrinement into the U.S. Olympic Hall of Fame, the National Woman's Hall of Fame, the National Black Entertainment and Sport Hall of Fame. US Route 79 in Clarksville is now known as Wilma Rudolph Blvd. The Wilma Rudolph Courage award is

bestowed annually by the Woman's Sport Foundation. The American High School in Berlin, Germany is renamed for her and a life size statue stands along the river in Clarksville. In 2000 Sports Illustrated crowned her the greatest athlete to ever come from Tennessee and in 2004 the United States Postal Service issued a stamp in her image.

But of all her accomplishments Wilma said she is most proud of the Wilma Rudolph Foundation, an amateur program she set up "I remind them the most important aspect is to be yourself and have confidence... that triumph cannot be had without struggle."

As happens far too often with extraordinary people, Wilma passed away at a young age of 54 from brain cancer. Surely she is remembered for her athletic accomplishments but many who knew her remember the wonderful person who was Wilma Rudolph. As her 1960 Olympic team mate Bill Milikin said, "She was beautiful, she was nice and she was the best."

Healthy adults, ages 59-85, needed for noninvasive study examining

How Emotion Affects Memory for Details. Research conducted at Boston College

(average time commitment is 2 hours). Complete pen-and-paper tasks, perform computerized tasks, and receive \$10/hour for participation. For more information

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Nursing Workforce is More Diverse

According to the federal Health Resources and Service Administration (HRSA), between 2004 and 2008, the number of registered nurses in the United States grew to a new high: 3.1 million.

The HRSA Bureau of Health Professionals, the national Survey of Registered Nurses is the most reputable source of statistics on trends in the nursing workforce.

The nursing workforce is also becoming more ethnically diverse. In 2008, nearly 17% of nurses were non-white, an increase from 12% in 2004.

Interesting notes:

50% of RNs have a baccalaureate or higher degree in nursing or a nursing-related field, compared with 28% in 1980.

The average age for RNs stabilized at 47 after many years of increasing age.

RN salaries have risen almost 16% since 2004, which slightly outpaced inflation. Average yearly earnings for RNs in 2008 were \$66,973.

Nursing has changed since I graduated in 1968. Many nurses went to a three year school, graduating with a diploma and

then having to go to college to complete an associates or bachelor in nursing.

Most nursing students in the Boston area were caucasian. Seldom were there minorities in our classes. Now it is wonderful to have colleagues who speak a second or third language, to accommodate our patients.

Most of us stayed at the bedside or branched into home care, visiting nurses or nursing home. Today, there are well qualified experts in psychiatric nursing, forensic nursing, wound care, domestic abuse, x-ray, legal expert, military nursing, homelessness, the list is long.

The average age is 47!! That means there are nurses working into their 60s and 70s. Nurses will tell you that we never leave nursing—we just don't get paid for what we do. We are always accessible to relatives, friends and neighbors.

We get calls at home for advice, a trip to the super market means you bump into neighbors who need advice about a rash, we stop for car crashes, we baby sit newborns because our younger relatives "trust us" with their newborns, doctors put patients on new meds and often the patient doesn't understand why or what the med does to help them.. If you are an expert in your field, you get more specific calls.

The salary for nurses has improved greatly since I started working. I started at \$128.50 which was very good money in 1968!! Today, I am sure many nurses make more than \$66000/year. What the numbers don't say is that nurses work many holidays, missing opening Christmas morning presents, New Year's Eve parties, Thanksgiving lunch, July 4th fireworks, family gatherings, etc., even if a nurse is lucky enough to swap off a schedule with a co-worker, the nurse will miss many yearly events.

Nursing has opened up to men in the last few years. It is a wonderful opportunity for men to explore their talents in the nursing field.

Nursing is an interesting, challenging and rewarding specialty. Nurses have been encouraged to educate others, young and old, about the benefits of going into nursing.

Ask your young grandchildren if they have any interest in looking into nursing. If you are a nurse, perhaps you could speak at a class career day and tell the students about your experiences as a nurse.

Interested in nursing? Nursing schools in the area encourage older students to apply. If you are interested, give them a call and ask for some literature or plan a meeting with one of their nursing advisors.



Senior Companion Program



Special thanks to Camille D'Argenio for her 6 years of service as a Senior Companion.

Become a Senior Companion and become a friend.
Senior Companions bring a *friendly face* into the homes of homebound elderly.

For more information on how you can *brighten a senior's day* call (617)635-3987.

HEALTHY

Cucumber & Black-Eyed Pea Salad

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 teaspoons chopped fresh oregano, or 1 teaspoon dried
- Freshly ground pepper to taste
- 4 cups peeled and diced cucumbers
- 14-ounce can black-eyed peas, rinsed
- 2/3 cup diced red bell pepper
- 1/2 cup crumbled feta cheese
- 1/4 cup slivered red onion
- 2 tablespoons chopped black olives

Preparation:

1. Whisk oil, lemon juice, oregano and pepper in a large bowl until combined. Add cucumber, black-eyed peas, bell pepper, feta, onion and olives; toss to coat. Serve at room temperature or chilled.

Serves: 6 (1 cup each)

Broccoli-Bacon Salad

Ingredients:

- 1 clove garlic, minced
- 1/4 cup low-fat mayonnaise
- 1/4 cup reduced-fat sour cream
- 2 teaspoons cider vinegar
- 1 teaspoon sugar
- 4 cups finely chopped broccoli crowns
- 1 8-ounce can sliced water chestnuts, rinsed and chopped
- 3 slices cooked bacon, crumbled
- 3 tablespoons dried cranberries
- Freshly ground pepper, to taste

Preparation:

1. Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl. Add broccoli, water chestnuts, bacon, cranberries and pepper; stir to coat with the dressing.

Serves: 6 (1 cup each)

RECIPES

Macque Choux Pronounced “mock shoe”

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 small onion, diced
- 1/2 medium red bell pepper, diced
- 2 cloves garlic, minced
- 4 ears corn, kernels cut from cob
- 1/4 cup water
- 1 medium tomato, chopped
- 3 scallions, sliced
- 1/2 teaspoon finely chopped fresh thyme, or 1/4 teaspoon dried
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper, or to taste

Preparation:

1. Heat oil in a large nonstick skillet over medium heat. Add onion and cook, stirring, until starting to soften, about 2 minutes. Add bell pepper and garlic and cook, stirring, for 2 minutes more. Add corn kernels and water and cook, stirring, until tender-crisp, about 5 minutes more. Remove from heat and stir in tomato, scallions, thyme, paprika, salt and cayenne.

Serves: 6 (2/3 cup each)





The Elderly Commission

2010 Greater Boston Senior Games Medals



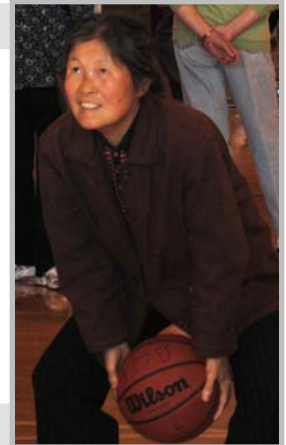
Become a Senior Games sponsor contact Michael McColgan at 617-635-4168

Basketball Free Throw - Men – U-Mass Games, May 15, 2010

Age	Gold	Silver	Bronze
50-54	Eddie Hom		
60-64	Huai Xin Li	Zhenhua Dai	
65-69	Bo Ping Lou	Wen Xiang Wang	Xura Li
70-74	Fugen Dong	Baolin Zhang & Youg Xia Zhao	
75-79	Zhen Kui Li & Shenshong Wu	Rongzeng Lin	
80-84	Haoshun Jin	Chuan Shou Lin	
85-89	Chang Qing Yang		

Basketball Free Throw - Women – U-Mass Games, May 15, 2010

Age	Gold	Silver	Bronze
60-64	Charlene Reese	Qingten Yin	
65-69	Xn Yan Yu	Tao Gao	Hu Peper
70-74	Xue Lan Ying	Cui Lian Zhen	Karen Wepsic
75-79	Guo Shuying	Yang Cuia Zhang	Chao Qui Dai
80-84	Brigitte Langer		
85-89	Wenzhang Xui		



Billiards - Men – Boston Bowl, Dorchester, May 14, 2010

Age	Gold	Silver	Bronze
50-69	Ed Di Lorenzo	Robert Stern	Willie Brown
70 +	George Simmons	Vern MacEachern	James O'Donnell

Bocce - Men and Women – Langone Park, North End, May 13, 2010

Inter Age	Gold	Silver	Bronze
Team	<u>North End 4</u>	<u>North End 1</u>	<u>North End 3</u>
Member #1	Jack Kelly	Angelo Di Girolamo	Frank Ania
Member #2	Guy Meitho	Ralph Masciari	Gaetano "Guy" Federico
Member #3	Nick Savino	Matthew Norcia	Michele Guarino
Member #4	Frank Scala (captain)	Fred White	Tony Penta

Bowling – Men 8:00 A.M. – Boston Bowl, Dorchester, May 14, 2010

Age	Gold	Silver	Bronze
65-69	Salvatore Ferlito	Paul Tenney	Vincenzo D'Amato
70-74	Donald Holmes	John Dennis	Domenico Federico
75-79	Harold Jacobs	Edward Byrnes	Jack Luisi
80-84	Frank Esposito & Joseph Monterisi	Walter Mulloney	Frank Murphy
85-89	Louis Foley		

Bowling – Women 8:00 A.M. – Boston Bowl, Dorchester, May 14, 2010

Age	Gold	Silver	Bronze
60-64	Ellen Jordan	Deloris Pina	
65-69	Rosa Eley & Diane Pallidino		
70-74	Joan Cardoza	Helen Morganelli	Pauline White
75-79	Mary Alice Bellew	Faith Fiore	Eleanor Desmond
80-84	Mary Mulvey	Alice Horan	Frances Conlon
85-89	Helen Mulligan	Arline Atwood	

Bowling – Men 10:30 A.M. – Boston Bowl, Dorchester, May 14, 2010

Age	Gold	Silver	Bronze
65-69	Francis Adamczyk	Randell Chilton	
70-74	Paul Dunphy	Earl Boyd	James Munfo
75-79	Leo Page & Stanley Rudzik	Ed Ruka	William Dornhoffer
80-84	Robert Heine & Joseph McLaughlin	Sam Polcari	Edmund Sablock
85-89	Tony Marino		
90+	Salvi Cifri	Roger Gentilhomme	

Bowling - Women 10:30 A.M. – Boston Bowl, Dorchester, May 14, 2010

Age	Gold	Silver	Bronze
50-54	Jane Carley		
55-59	Marsha Durant	Nancy LaValley	
60-64	Charlene Reese	Sadie Hodges	
65-69	Barbara Melvin	Margaret Dornhoffer	Diana McKeon
70-74	Olga King	Rebecca Henry	Anne Morad
75-79	Joan Sablock	Maria Dilalla	Joan Nee
80-84	Mary Atkins	Loretta Marino	Margaret Damartin
85-89	Mabel Folino	Mary McCarthy	Ducky Antonelli
90-94	Lillian Sullivan	Grace Giordano	Margaret Guili

**Golf - Men – Members – Devine Golf Course, May 19, 2010 (Inclement Weather)**

Age	Gold	Silver
55-59	Earl Garrett	
60-64	Patrick Gall	Robert Redd
65-69	Robert Bell	Rudolph Cabral, Jr.
70-74	William Cosgrove & Samuel Mills	
75-79	Charles Keith	

Golf - Men – Non Members– Devine Golf Course, May 19, 2010 (Inclement Weather)

Age	Gold
65-69	Ronald Robertson

Horseshoes - Men U-Mass Games, May 15, 2010

Age	Gold	Silver	Bronze
60-64	Quochun Wang	Lu Jiang	
65-69	Hu Liu & Bopin Lou & Xie Cheng Yang	Junan Chen	
70-74	Guo Gang Wen & Lian Xian Li	Yongxin Zhao	Baolin Zhan & Pei Shan Chen
75-79	Zhang Zan Zhang	Zi Yun Wang	Chi Wang Kwok & Feilin Chen & Xuanzhi Li
80-84	Gareth Kinkead	Horst Langer	

Horseshoes - Women U-Mass Games, May 15, 2010

Age	Gold	Silver	Bronze
60-64	Quiuping Lui	Tsang Pui Lan	
65-69	Jing Shian Liang	Xiufang Wang	Shujun Ding/Zheng Kuan Li
70-74	Xian Zhen Meng	Zhong Jie Duan/Hui Qing Shi/ Yan Shu Li	Hui Fang/Shugui Du/Lan Chen
75-79	Shulan Sun/Lijun Zhang	Jing Ji Che/Zhi Zhao Huang/ Anne Kinkead/ Banghua Ji	

Softball Throw - Men - U-Mass Games, May 15, 2010

Age	Gold	Silver	Bronze
50-54	Eddie Horn 110'		
60-64	Guo Chun Wang 73'		
65-69	Shuhai Feng 106'	Yuru Li 76.8'	BoPing Luo 70'2"
70-74	Gnozi Luan 85'	Zhi Ching Wu 77'	Gui Tian 71'
75-79	Zi Yun Wang 73'4"	Tianguang Zhang/ Shen Shang 63'	Xongxin Zhao 60'
80-84	Hao Shun Jin 46'	Chang Qing Yang 40'3"	Chuanshou Lin 33'
85-89	Chang Qinez Yang 43'		

Softball Throw - Women U-Mass Games, May 15, 2010

Age	Gold	Silver	Bronze
50-54	Dong Qing Liu 46'		
55-59	Mei Yin Yeung 58'	Ya Ling Tan 33'	
60-64	Charlene Reese 70'4"	Jia Tong Jaing 44'.4"	Fengyun He 40'4"
65-69	Zhen Kuan Li 59'3"	Shu Lan Sun 59'	Cui Tian Liu 52'
70-74	Yiping Li 47'	Zhao Anfang 41'	Yan Shu 40'9"
75-79	Yang Gui Zhong 46'7"	Zong Mei Jiang 35'	Shuying Guo 32'11"
80-84	Brigitte Langer 35'4"	Lidong Wen/Qin Li 13'	
85-89	Rui Yun Xu 16'7"	Wen Zhang 15'5"	Xiao zhong Zhang 8'

Swimming Breast Stroke 100M - Men U-Mass Games, May 15, 2010

Age	Gold	Silver	Bronze
50-59	Douglas Lomar		
60-69	Ming Jie Song	Quan Tang	
70-74	Xi qing Liu	Nathaniel Pegues	Yung Lau
75-79	Shuhan Li	Yunxie Zhong	Zi Yun Wang
80-89	Cheuk Yee	Hairong Lui	

**Swimming Breast Stroke 100 M - Women U-Mass Games, May 15, 2010**

Age	Gold	Silver	Bronze
55-59	Dung Tran		
60-69	Lui Gong	Lin Wang	Sukuen Chen
70-79	Xiu Gum Bai	Zhao Lan Tang	Joy Di

Swimming Breast Stroke 50 M - Men U-Mass Games, May 15, 2010

Age	Gold	Silver	Bronze
55-59	Douglas Lomar		
60-64	Ming Jie Song	Huai Xin Li	
65-69	Quan Tang		
70-74	Xiqing Liu	Chengyn Liang	Lianshun Zhang
75-79	Shuhan Li		
80-84	Cheuk Yee	Zhi Cheng Wu	Ziyun Wang

**Swimming Breast Stroke 50 M - Women U-Mass Games, May 15, 2010**

Age	Gold	Silver	Bronze
55-59	Dung Tran		
60-64	Liu Gang	Lin Wang	
65-69	Sukuen Chen	Shuzhi Teng	Kim Wong
70-74	Zhao Lan Tang	Shaoun Chen	Ling Qiu
75-79	Joy Di	Jean McGuire	Chen Ye Yin
80-84	Xiu Yun Liu		

Swimming Freestyle 100 M - Men U-Mass Games, May 15, 2010

Age	Gold	Silver	Bronze
55-59	Douglas Lomar		
60-69	Ming Jie Song		
70-74	Xiqing Liu	Chengyn Liang	Nathaniel Pegues
75-79	Ziyun Wang		

**Swimming Freestyle 100 M - Women U-Mass Games, May 15, 2010**

Age	Gold	Silver	Bronze
55-59	Dung Tran		
60-69	Elynor Walcott	Lin Wang	Shuzhi Teng
70-79	Zhao Lan Tang	Jean McGuire	Joy Di

Swimming Freestyle 50 M - Men U-Mass Games, May 15, 2010

Age	Gold	Silver	Bronze
55-59	Douglas Lomar		
60-64	Mingjie Song		
70-74	Xi Qing Liu	Nathanael Pegues	Chengyn Liang
80-84	Cheuk Yee		

Swimming Freestyle 50 M - Women U-Mass Games, May 15, 2010

Age	Gold	Silver	Bronze
55-59	Dung Tran		
60-69	Liu Gang	Elynor Walcott	Shuzhi Teng
70-74	Xiu Gum Bai	Zhao Lan Tang	Hoehn Ng
75-79	Jean McGuire	Joy Di	
80-89	Xiu Yun Liu	Juan Xiao	



Tennis Doubles – Men at Sportsmen’s Tennis Club, May 22, 2010

Mixed	Gold	Silver
Ages		
Player 1	Conway Hayes	Sam Hudson
Player 2	Francis Thomas	Kevin Richardson

Tennis Doubles – Women at Sportsmen’s Tennis Club, May 22, 2010

Mixed	Gold	Silver
Ages		
Player 1	Cassandra Cato Louis	Kate King
Player 2	Helene Martel	Jeanne Satterfield

3on 3 Half Court Basketball - Men U-Mass Games, May 15, 2010

Ages	Gold	Silver	Bronze
50-60	<u>Cape Codders</u>	<u>Rhode Kill</u>	
(Two	Steve Grant	Tom Arcangeli	
teams	Scott Jordan	Joe Britto	
tied for	Arnie Lett	Dennis Neville	
Gold)	Tom Morrissey	Mike Norklon	
		Stan Obenhaus	
	<u>Brian Meehan</u>		
	Chris B		
	Dave C		
	Brian Meehan		
	Tom P		



3on 3 Half Court Basketball - Men U-Mass Games, May 15, 2010 (continued)

Ages	Gold	Silver	Bronze
60-70 (Three teams tied for Silver)	<u>Berkshire Legends</u>	<u>Bennett & Walsh</u>	
	Bob Barton	William Barblary	
	Bob Bence	Edward Cole	
	Jay Clapp	Doug Fisher	
	Al King	Jack Walsh	
		Jim Walsh	
		<u>Over the Hill 1</u>	
		Ed Conway	
		Robert Malley	
		Stephen McCracken	
		<u>Western Mass</u>	
		Daryl Clark	
		Peter Haviland	
		Tom Lonabocker	
		Bob O'Neil	
Over 70	<u>Young Associates</u>	<u>Tories</u>	<u>Johnson Olympians</u>
	Mike Akstin	Tom Killilea	Jim Driscoll
	Al James Rollins	Richard Lawless	Earl Rinker
	Conrad Young	Eli Margolin	Allen Sneider
			Ken Tripp



Track 1500 Meters - Men U-Mass Games, May 15, 2010

Age	Gold
60-64	Stephen Viegas
65-69	Billy McLeod
75-79	Wencan Tao

Track 800 Meters - Men U-Mass Games, May 15, 2010

Age	Gold
60-64	Stephen Viegas

Track 800 Meters - Women U-Mass Games, May 15, 2010

Age	Gold
70-74	Joan Porter



Track 400 Meters - Men U-Mass Games, May 15, 2010

Age	Gold	Silver
60-64	Stephen Viegas	Jian Lu
70-74	Gao De Fu	
75-79	Zi Yun Wang	Xi Ao Bai Xiao

Track 400 Meters - Women U-Mass Games, May 15, 2010

Age	Gold	Silver	Bronze
55-59	Guan Ronh Peng		
60-64	Charlene Reese	Jian Hua Zheng	Chun Rong Zhao
65-69	Charlene Francis		
70-74	Karen Wepsic		

Track 100 Meters - Men U-Mass Games, May 15, 2010

Age	Gold	Silver	Bronze
60-64	Stephen Viegas	Zhen Hua Dai	Jian Lu
70-74	Kai Cheng Wang	Xi Ao Bai Xiao	
75-79	Mollen Alleyne	Zhen Kui Li	
80-84	Chang Yux Wu		

Track 100 Meters - Women U-Mass Games, May 15, 2010

Age	Gold	Silver
55-59	Peng Gui Rong	
60-64	Charlene Reese	Jian Hua Zheng
70-74	Karen Wepsic	Joan Porter
75-79	Feng Lian Li	Puiyu Xu



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New England’s weather is particularly harsh in the winter. However if you are brave, your reward is SPRING beyond magnificence. This winter has been harsh for me, due to the loss of two of my closest friendships. Shortly after Christmas a dear friend I worked closely with in Bourne slipped on the ice, hit his head and was operated on to release the pressure on his brain, but it also released his memory. Simultaneously, my very best friend in Boston was stricken with a virus causing memory loss; she was in and out of the hospital all winter. I am grateful my friends made it through the winter and are still among us, but they are not the people I used to know. Spring will be a new beginning for us all.

I have never found the loss of material objects difficult. Most things can be replaced or most likely I did not need them anyway. My treasures have always been my friends and the uniqueness and individuality of what they add to my life. As they stand before me now, I find it difficult not to feel the loss of what they were and what we shared together. I also feel guilty about not being able to see the true miracle of what has unfolded before me, that my friends are still alive.

My sense of humor, like spring, has started its comeback (it’s been in hibernation most of the winter) and I am grateful for its return. It’s Easter Sunday and I am sitting on the floor in one corner of a 5 X 5 dimly

lit stuffy elevator, trying to get help as uncontrollable fear has taken control of my sick friend. I call the 24-hour security hotline and there is no answer; my friend is yelling, screaming and beating on the elevator door pleading for anyone to help us.

I think to myself, we must be in a movie. I look for cameras that may be recording this action and sending it to the main security office but there are NO CAMERAS! I am reminded of the elevator scene in “You’ve Got Mail” with Tom Hanks. The operator suggests on the count of three, the passengers jump in the air, fooling the elevator into thinking it is empty. The difference is, that was a “four shot” in a movie and unlike my elevator door on Easter Sunday, the front of Tom’s elevator was open.

By now I am calling every number listed on the information sheet inside this hot tin box we are stuck in. My friend continues her rampage. I try to console her yet in her state of panic, she is unable to hear me. “Let me out, let me out!” she screams, “so I can get the key to the elevator!” (If we could get out to get the key, we would not be stuck in the elevator in the first place). A doctor might call this a problem with sequencing, I think to myself. We will get out; my concern is for the health of my friend.

I try to think about funny things. I am reminded of a movie with Jack Nicholson who plays an obsessive-compulsive novelist. Storming out of his shrink's overflowing waiting room he announces to all "WHAT IF THIS IS AS GOOD AS IT GETS?" And what if it is, I ask myself? This is life, the good, the bad, the ups and the downs. No one was promised a rose garden. We are born creatures of hope (a good thing). I won't ever let go of that, but at the same time I must face the truth of this matter, the friend I once knew is no longer.

Having tried all else, I dial 911 and the operator asks, "Is this an emergency?" Not wishing to create more panic, I answer that it's not but we are stuck in an elevator. I am then transferred to the fire department and they, too, ask if this is an emergency. No is my answer, but we are in need of help. I would hate to misuse or mislead the wonderful men and women of the police and fire departments. I would feel guilt-ridden, so I ask them to please not bring the big red truck. Minutes later they were knocking on the front door of the apartment building, also locked from the inside. Hearing someone was trying to rescue us, my sweet friend threw herself against the door crying, "Please help us, please help us." They have come for us," I said, "we are all right!" "We cannot open the door. It is locked!" she shouted. Something inside of me snapped. I yelled at my friend "STOP!!" She looked up

and stopped. At that very moment, the elevator started moving upward. The door opened and standing in front of me were three handsome fireman. They looked at my friend, "We need to take her to the hospital." I thanked them but assured them I was going to put her to bed straight away. I thanked them profusely. I hugged her, held her and assured her, she was safe. I tucked her in her bed and gave her juice.

The fireman said, "Lady, we are leaving the back door open." "GREAT IDEA! Thank you for your kindness," I said. "You have missed lunch. Would you like something to eat? By the way how did you get in?" They replied, "Lady, we are firemen. We climbed in the third story windows." I looked outside and the big red fire truck was parked right in front of the house totally blocking the one way street.

The next day I put together a 5 lbs assortment of cookies in clear canisters and tied them with the biggest red bow I could find and attached a note simply saying, "THANK YOU." I delivered the cookies to one of the kind gentlemen at the fire department. They had remembered me. And I shall not forget them!

"Remember if an elevator door is locked, a third story window is always open."

FREE SUMMER

Boston Landmarks Orchestra / Sunday 6:00 p.m.

July 25 - Jamaica Pond - Pinebank, Jamaica Plain

Please Note:

* Events are subject to change

Tito Puente Latin Music Series / Thursday 7:00 p.m.

July 29 - William Cepeda

Caliente: Latin Music Concert / Saturday 7:00 p.m.

July 31 - City Hall Plaza



Citywide Neighborhood Concerts /

July 29 - Dorchester Park, Dorchester - Thursday 7:00 p.m.

August 1 - Highland Park, Roxbury - Sunday 5:00 p.m.

August 12 - Ramsay Park, South End - Thursday 7:00 p.m.



Mayor Menino's Wednesday Night Concerts / Wednesday 7:00 p.m.

August 4 - Disco Night featuring Boston favorites Stardust

August 25 - Country Night sponsored by Country 102.5 WKLB

Boston Urban Music Project / Saturday 4:00 p.m.

August 7 - City Hall Plaza



Titus Sparrow Park Summer Concert Series / Wednesday 6:30 p.m.

July 28 - Homegrown String Band

August 4 - Katrin Roush

August 11 - Revolutionary Snake Ensemble

August 18 - Boston City Lights Dance Troupe & DJ



*For more information or a viewing of more events please visit the
Boston City Calendar at www.cityofboston.gov/calendar*

GO OUT AND

AMER EVENTS

The Boston Harbor Hotel

Summer Soul

Tuesday Nights 6:00 p.m. - 10:00 p.m.

July 27 - Soul Sound Revue

August 3 - Felix Brown Band

August 10 - World Premier Band

August 17 - Ray Greene & Innervations

August 24 - Soul Sound Revue

August 31 - World Premier Band

The Boston Harbor Hotel

Timeless Tunes

Wednesday Nights 6:00 p.m. - 10:00 p.m.

July 28 - Joey Scott and the Connection

August 4 - Mystique

August 11 - Stardust

August 18 - Rare Form

August 25 - Decades by Dezyne

September 1 - Joey Scott and the Connection

The Boston Harbor Hotel

Blues Barge

Thursday Nights 6:00 p.m. - 10:00 p.m.

July 29 - Jeff Pitchell

August 5 - Racky Thomas Band

August 12 - Bruce Marshall Group

August 19 - James Montgomery Band

August 26 - Toni Lynn Washington

September 2 - Jeff Pitchell

The Boston Harbor Hotel

Movies by Moonlight

Friday Nights 6:00 p.m. - 10:00 p.m.

July 30 - Some Like It Hot

August 6 - All About Eve

August 13 - Tootsie

August 20 - All the President's Men

August 27 - The Adventures of Robin Hood

September 3 - Raiders of the Lost Ark

ND ENJOY!!!

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



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.

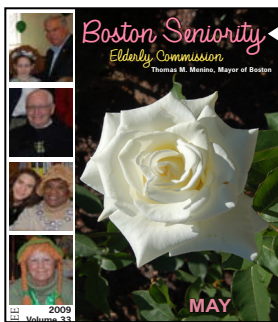
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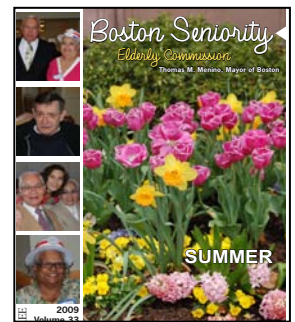
Boston Seniors Count
Live Call-in Cable Television Show
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Repeated Sunday at 11:30 a.m.
and Tuesday at 8:30 p.m.

For more information call
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Tula Mahl, Producer
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ABC News: Diane Sawyer

Photo Source: abcnews.go.com

By: John H. O'Neill III

Diane Sawyer is the “anchor” of “World News” for ABC News. Sawyer succeeded Charles Gibson, the anchor for many years. They had worked together as co-anchors of Good Morning America, a popular morning program.

Sawyer graduated from Wellesley College, here in Massachusetts. She earned a degree in English. Her work in journalism brought her to interview several notable people, including: Robert McNamara, Secretary of Defense, Nancy Reagan, First Lady, and Antonin Scalia, Supreme Court Justice.

The news producer is in charge of which news stories are reported, and by whom. A team of journalists will discuss the stories and prepare the reporting. At a certain time, such as 6:30 p.m., the local news reporting will switch to the network stations, and anchors like Diane Sawyer will begin informing the viewers of events which occurred during the day.



Diane Sawyer holds an important position. Her job is to bring the news to the viewers. She works well with others and viewers are pleased to see her in the anchor position.

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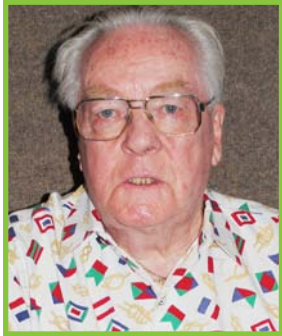
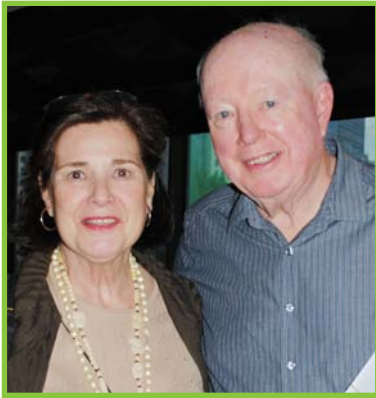
Check out **BNN** channel 9 on **Fridays at 2:30 p.m.** and on **Sundays at 11:00 a.m.**

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Charlestown Pride Day Luncheon



Museum of Science - Omni Theater



Arts & Crafts at the East Boston Social Center



2010 Senior Games @ UMASS Boston



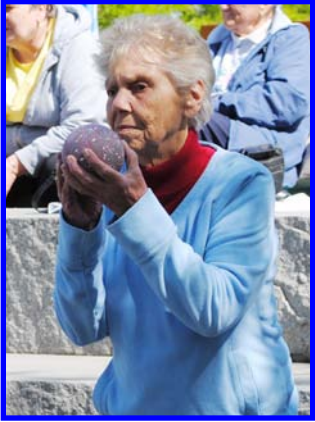
Golf



Bowling & Billiards



Bocce



Tennis



**Have a Safe
&
Fantastic Summer**

from

Mayor Thomas M. Menino

&

The Elderly Commission

