

Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

**2012
Volume 36
Issue 7**

Summer

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Mayor's Spotlight

Hearth Celebrate Grand Opening at Olmstead Green

Gives Formerly Homeless Elders a New Lease on Life

Mayor Thomas M. Menino, DND Director Evelyn Friedman, Elderly Commissioner Emily Shea, Hearth President and CEO Mark Hinderlie and residents celebrated the continued revitalization of the former Boston State Hospital Campus at a ribbon cutting ceremony and open house for a new mixed-use development for formerly homeless elders in Dorchester. The new \$16 million development features 59,580 square feet of affordable apartments, a laundry room on each floor, and common areas, including a dining room with a gas fireplace, a computer room, an activities room, a fitness room, and two outdoor patios.

“Hearth at Olmstead Green adds much-needed housing for seniors, but even more – this building replaces a void in the community that we’ve been working to fill for many years. It signifies the latest success in our ongoing revitalization of the former Boston State Hospital land,” Mayor Menino said. “I want to thank Hearth for their commitment to the community and our seniors.”

The development was made possible, in part, by a contribution of more than \$2 million from the City’s Department of Neighborhood Development and the Boston Redevelopment Authority, as well as \$3.5 million in affordable housing program subsidies from the state.

“This is an important project for the

community,” Mayor Menino said. “We should be proud that by working together we brought a formerly vacant property back into use and created a vibrant new community where low-income seniors can find a stable, caring community.”



Elder homelessness involves a unique set of issues very different from those surrounding family homelessness or homelessness in younger individuals. For the elderly, homelessness accelerates aging, increases frailty, chronic diseases, impaired mental function, and isolation. Hearth at Olmstead Green will provide housing and improve the health and wellbeing of Boston’s elder population. The 32,504 square-foot, 5-story development adds a total of 59 one-bedroom units of affordable senior housing for formerly homeless elders and provides service enriched living with 24 hour staffing. By providing wrap-around services for its residents, that integrate housing, mental health and medical care with social services very frail elders are now able to live with considerable independence in their own apartments. The integrated care management model that Hearth at Olmstead Green uses is designed to improve care and health and lead to financial savings to Medicare and Medicaid.

Hearth at Olmstead Green incorporated environmentally friendly design features throughout the building. The project meets DND’s LEED Silver “Certifiable” requirement, Enterprise Green Communities Criteria, and the EPA’s Energy Star building standards.

Free Summer

Tito Puente Latin Music Series / Thursdays 7:00 p.m. - 9:00 p.m.

July 26 - Mango Blue, The Greenway, 74 Marginal St., East Boston

August 2 - Combo Sabroso, Sheehy Park, 1545 Tremont St., Mission Hill

August 9 - Cuba-Brazil Connection, O'Day Park, 85 W. Newton St., South End

BPL Concerts in the Courtyard - Central Library in Copley Square / Fridays 12:30 p.m.

July 27 - Driftwood

August 3 - Solar Winds

August 10 - Atlas Soul

August 17 - Ali Amr

August 24 - Akiko Kabayashi

August 31 - Tom Hall's Jazz Time Machine

Mayor Menino's Wednesday Night Concerts on City Hall Plaza / 7:00 p.m. - 9:00 p.m.

August 1 - Disco Night featuring Stardust

August 8 - United States Air Force Band of Liberty

Highland Street Foundation Free Fun Fridays

August 3 - Museum of Fine Arts, 465 Huntington Ave, Boston

August 17 - Institute of Contemporary Art, 101 Northern Ave, Boston

August 24 - USS Constitution Museum, Charlestown Navy Yard, Bldg 22, Charlestown

August 31 - JFK Library & Museum, Columbia Point, Boston

Boston Greenfest 2012 on City Hall Plaza /

August 19 - Thursday 5:00 p.m. - 9:30 p.m.

August 20 - Friday 12:00 p.m. - 9:30 p.m.

August 21 - Saturday 11:00 a.m. - 8:00 p.m.

Caliente! Concert on City Hall Plaza / Thursday 6:00 p.m. - 9:00 p.m.

August 30 - Featuring Willie Colón

Please Note: * Events are subject to change

Have A Fun

me Events

**The Boston Harbor Hotel
Beach Party
Mondays 6:00 p.m. - 10:00 p.m.**

July 30 - Tequila Tim & Matt Browne
August 6 - Island Breeze
August 13 - BaHa Brothers
August 20 - Tequila Tim & Matt Browne
August 27 - Tropical Gems

**The Boston Harbor Hotel
Summer Soul
Tuesdays 6:00 p.m. - 10:00 p.m.**

July 31 - World Premier Band
August 7 - Soul Sound Revue
August 14 - Soul City
August 21 - Sweet Tooth & The Sugarbabies
August 28 - World Premier Band

**The Boston Harbor Hotel
Timeless Tunes
Wednesdays 6:00 p.m. - 10:00 p.m.**

July 25 - Pulse of Boston
August 1 - Mystique
August 8 - Kahootz
August 15 - Stardust
August 22 - Manhattan Touch
August 29 - Pulse of Boston

**The Boston Harbor Hotel
Blues Barge
Thursdays 6:00 p.m. - 10:00 p.m.**

July 26 - Jeff Pitchell
August 2 - James Montgomery Band
August 9 - Bruce Marshall Group
August 16 - Racky Thomas Band
August 23 - Toni Lynn Washington
August 30 - Jeff Pitchell

**The Boston Harbor Hotel
Music & Movie
Fridays 4:30 p.m. - 10:00 p.m.**

July 27 - Jaws
August 3 - Princess Bride
August 10 - Moonstruck
August 17 - Planes, Trains & Automobiles
August 24 - Dirty Dancing
August 31 - Roxanne

*For more information or to view
more events please visit the
Boston City Calendar at
www.cityofboston.gov/calendar*

in Summer!

Change a Child's Life: Volunteer with Jumpstart Community Corps!



- ◆ Volunteer in a preschool classroom two afternoons a week with a team of your peers. Classrooms located in Roxbury, Jamaica Plain, Mattapan and South Boston.
- ◆ Help preschool children develop their language and literacy skills to prepare them for school success.

- ◆ Receive free training and professional development.
- ◆ Volunteers receive a small bi-weekly stipend.
- ◆ Program runs October, 2012—May, 2013.

Leadership opportunities available!



For more information, call Annie at 857.413.4548

To apply online please visit <http://www.jstart.org/apply>



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Reflections By: John H. O'Neill III

The more things change, the more they remain the same. When my parents owned a house on the Arborway in Jamaica Plain, we had a big side lawn. It was huge. The outfield at Fenway Park may, in fact, be larger but I did not have to mow that lawn week after week regardless of whether the Red Sox were at home or on the road.

In September, we would pick sides and play football. When my cousins Bill, Tom, and Danny visited, they would join us. I don't know who threw the long spiral for that squad. I am guessing it was Danny, because later, while serving in the navy, Danny became a chopper pilot, and flew numerous helicopters.

In the winter, on the nearby driveway, we would play street hockey. I started at right wing, but switched to goalie. I had my hockey stick, my baseball glove, and my fishing cap,

ready for the big game.

In the Spring, it was baseball, baseball, and more baseball. What position did I play? Well, third base is known as the "Hot Corner." Second base; I'll admit I was no Jerry Remy. The first baseman must be solid, ready to take throws from all across the diamond. Let's just say I did not meet that description.

Left field will forever belong to a man named "Yaz." Center was as far from home as one could be. In Right field, I was directly behind the first baseman. If a batter hit a fly ball to right field, I could get in position, and make a nice catch. I could scoop up a ground ball and throw it to first, often getting the runner. Right field was for me.

Years later, at Fenway, I feel more comfortable sitting in Section 9, rather than in Section 33. The more things change, the more they remain the same.

Seniors Stay Safe This Summer

The health care team at Upham's Elder Service Plan in Dorchester and Roxbury comprises of a unit of primary care doctors, nurse practitioners, nurses, physical and occupational therapists, and nutritionists, all specializing in geriatric care. In this article, the team offers several tips for keeping seniors safe during the summer months:

Summer in Boston: It's time to get into the summer swing of things, leave the jackets at home at long last, and check out all that a Boston summer has to offer while still being safe: musical performances at the Esplanade, swimming at the many natural beaches, and walking through our beautiful parks.

Keeping seniors safe during the summer is easy when you remember a few simple rules.



1. Hydration: It's important to

maintain proper hydration in the summer to regulate core body temperature. Try centering activities around water breaks; during a lull, take a few gulps of water. If all else fails, try a timing system.



2. Direct sun avoidance:

The summer sun is stronger than the rest of the year. Take precautions by staying out of the direct sunlight during the middle of the day, and using sunblock with SPF 15 or higher.

Accessorize with wide hats, especially when going outside for activities, such as gardening or jogging.

3. Medication Awareness: Certain prescriptions that seniors take can have a side effect that really comes out during the summer. Particular medications, including some antibiotics and diuretics, can cause fluids to leave the body at an accelerated rate. If you're not sure about

your medications, ask your doctor or pharmacist.

4. Know the Signs of Heat-Related Illnesses: Be aware of the symptoms of heat exposure, which include: weakness, nausea, rapid pulse, heavy or no sweating, or fainting. Offer ways to cool down the person and alert emergency personnel.

5. Food Safety: The warmer temperatures increase the rate at which bacteria grows on food, so the chance of contracting a food-borne illness is greater when food is improperly stored. Keep cold food cold (below 40 degrees). Do not leave food out. Keep food that is to be served warm, warm (above 140 degrees). Always remember the 1-2 Hour Rule: Discard food after 1 hour, when temperatures are above 90 degrees, and when food is kept at room temperature longer than 2 hours. Don't forget to check expiration dates and label leftovers, which keep for 3 days.

For more information about summer safety contact your local doctor or pharmacist. For more information about the PACE/UESP program, contact the Enrollment Coordinator at 617-288-0970, extension 33.



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HOSPITAL

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7
**WHEN IT'S BONES
AND JOINTS, START
WITH THE BRAINS.**

describe hydroxyapatite
psychometric formula of the

When you're always looking, there's no telling what you can find. New England Baptist Hospital is relentlessly pushing to stay at the forefront of orthopedic care—with advanced procedures and models of care that get patients up and walking in just hours, instead of days. See us for the latest innovations for treating spine problems, joint pain and sports-related injuries. After all, you deserve the best. To reach one of our surgical or medical experts, call **(800) 370-6325**.

Thalidomide and the FDA

Do you remember thalidomide?

In the early 1960's, reports came in from around the world. Countless women were giving birth to children with extremely deformed limbs and other severe birth defects. These women had taken thalidomide.

Why didn't women in the United States have babies with these defects?

Dr. Frances Kelsey was a diligent FDA (Food and Drug Administration) medical officer who prevented this medication from being approved. She did not think that the sedative thalidomide should be given to anyone in the U.S. without extensive animal testing first. She prevented a public health tragedy from happening here.

According to Margaret Hamburg, MD, Commissioner of the US Food and Drug Administration, Dr. Kelsey's reaction to thalidomide exemplifies the FDA's mission: protect and promote the health of the American people, using science for regulatory decision-making.

What does this mean to us? No drug is put on the U.S. market unless it has been tested to prove it is effective and safe for

all. Therefore, the best drugs are put on the market and not those with the most marketing.

Interestingly, thalidomide in 1998 came back on the U.S. market. After much FDA testing, data showed it was effective in the treating a complication of leprosy.

We often hear about drugs that may be a cure for a specific disease or ailment. They still have a few years of testing before being approved. Again, it is for our protection that all this testing is being done and the final approval of the FDA.

Shingles Vaccine

In 2006, the shingles vaccine (also known as the herpes zoster vaccine) was licensed.

The CDC recommends the vaccine for healthy people aged 60 and older.

The shingles vaccine is generally safe and well tolerated by patients according to a recent study.

Facts:

1. Shingles affects more than 1 million people in the U.S. each year.
2. It is a painful, contagious rash caused

by the dormant chickenpox virus.

3. The chicken pox virus can reactivate and replicate-damaging the nervous system.

4. Elderly are more at risk because immunity against the virus that causes shingles declines with age.

5. Shingles vaccine does not increase the risk for cerebrovascular diseases

(strokes), cardiovascular diseases (heart and vessels), meningitis, encephalitis and encephalopathy, Ramsay-Hunt syndrome or Bell's Palsy.

6. You may have a slightly uncomfortable and reddened area for 1-7 days.

Ask your doctor if you are a candidate for a shingles vaccine and if the shingles vaccine is covered by your health insurance.

SCP Making a Difference



Happy Nguyen

I enjoy taking them to their doctors' appointments, translating the newspaper and just giving companionship by sitting and talking to them



Betty Green

We enjoy each other by going on walks. I like to tell people that are interested in becoming a Senior Companion to come and check it out. It is not work, it's volunteering.



Become a Senior Companion and become a friend

For information on how you can get involved please call 617-635-3987

The Next Phase: SENIOR TRANSITION



Senior transition is a natural progression of life. Whether elderly parents or seniors left to fend for themselves, changes often need to be made in their living arrangements. Some seniors require simple changes in the home in order to live safely. Others may face moving to a senior living facility, assisted living facility, or nursing home. A successful transition ensures that the senior feels instantly at home in the new environment. A professional home stager can be invaluable during such a transition.

Eleanor and Ed had reached the time in their lives when they no longer wanted to worry about mowing the lawn, shoveling the snow, and the other responsibilities of caring for their two-bedroom house. The couple decided to move into senior housing. If they wanted to get a good price for their house, however, they needed to spruce it up. That's when they turned to Mary O'Grady of Stage to Sell by Mary.

In a meeting with the couple, Mary explained how their home needed to be de-cluttered, cleaned, and organized. Because most of the furnishings were too large for the couple's new home, she helped them decide what to keep, give away, or sell. Then she staged their house. The goal of staging is to let buyers see the space, not the stuff, so they can better visualize living in the home themselves.

Eleanor and Ed received several offers at the first open house, but Mary's work was not done. She made floor plans for the couple's new home, a one-bedroom apartment, which allowed them to keep their most beloved belongings and furnishings from their old house.

Because Eleanor and Ed kept kosher, Mary faced the additional challenge of designing the unit's kitchenette to accommodate kosher laws. Her design featured wire shelving racks, which allowed double stacking space inside the cabinets, and stackable bins, which provided separate storage areas for meat and dairy items. Mary's arrangement enabled the couple to maintain a fully kosher kitchen in a small kitchenette space.

George, a hospital patient, wanted to spend his remaining time in his beloved home surrounded by a lifetime of memories. Health care providers had concerns about George returning home, though, because his self-sufficiency was limited. George needed to persuade hospital staff that he should be discharged, but to make this happen, changes needed to be made in his house to ensure his safety and comfort.

Knowing Stage to Sell by Mary specialized in senior transitions, George asked for Mary's help. Fortunate to still be able to walk, George was slow, sometimes unsteady on his feet.

Mary's goal was to minimize any obstacles that might impede George's safe mobility throughout his home. To accomplish this goal, Mary cleared pathways of furnishings

or decorative objects. All carpets were securely taped down so George would not trip over them. Everyday items were moved within easy reach so George would not lose his balance by stretching to reach them, and the bathroom was fitted with safety bars. George got his wish: He spent his last remaining days at home.

Mary O'Grady holds a degree in interior design. Her interest in the benefits of home staging led her to earn staging accreditation from Staged Homes of California. Stage to Sell by Mary has been in business since 2006. For more information, call Mary at 617-407-3961 or visit www.stagetosellbymary.com.



Before →



After →



This property got a Full price offer after the first open house

Before →



After →



Clutter eats equity

Stage to Sell by Mary Five Tips for Staging a Home

DE-CLUTTER - Helps buyers visualize living in a home themselves by maximizing the home's space.

CLEAN - Leaves buyers with a positive impression of a home's condition; hire professional cleaners to clean the house from top to bottom.

NEUTRALIZE PAINT COLORS - Allows buyers to picture their own belongings in a home.

REMOVE 99% of FAMILY PHOTOS - Enables buyers to feel 'at home' and that they are not intruding.

UPGRADE CURB APPEAL - Buyers will be encouraged to see the inside of a home when the outside is warm, welcoming, and free of litter.

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Senior Whole Health (SWH) HMO-SNP is a **Medicare Advantage health plan** for seniors 65 years and older that combines your MassHealth Standard and Medicare benefits.

Who can join?

It's simple to join.

You can become a SWH member if you:

- Are 65 years old and older
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- Have both Medicare Part A and B, and MassHealth Standard
- Eligible beneficiaries may enroll at any time of year

If you have MassHealth Standard, but do not have Medicare Part A and/or Part B coverage, you may be eligible to enroll in our MassHealth Senior Care Options (SCO) program.

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The Elderly Commission

Seniors are you eligible?

Food Stamp requirements have changed for most senior applications. The Department of Transitional Assistance no longer counts -

- * savings or retirement accounts
- * your car
- * your home
- * or other assets

For more information or to complete an application contact:

Lorna Pleas at 617-635-4335

Need a Ride?

Senior Shuttle
617-635-3000

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

Please give at least 2 business days advanced notice. Priority is given to seniors scheduling rides for medical appointments.

(Some restrictions may apply)

This Summer check out LUSH's first color collection, *Emotional Brilliance!*

Emotional Brilliance is about wearing colors to fulfill an emotional need at any given moment.

13 liquid lip colors, 11 liquid eyeliners & 6 cream eyeshadows to choose from.

Available at your nearest LUSH store:
166 Newbury St.
Boston, MA 02116



Don't Miss

The Elderly Commission
On Radio



Tune into:

Zumix Radio

on Wednesdays at 2:00 p.m.
and Mondays at 9:00 a.m.
Streaming on the internet at
www.zumix.org

WJIB 740 AM on Sundays
at 8:30 a.m.

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

Installation of New Offices for the Hi Parkers

A special thank you to outgoing officers Rita Fitzsimons,
Blanche Guzowski, Jerry and Ann Fields



Zelma Lacey Ice Cream Social



La Alianza Hispana 7th Annual BBQ at Northeastern

A very big thank you to Rosa Williams, Rebecca Veira, Sara Rivera and Rosa Torres



Tangierino in Charlestown

Thank you to Samad Naamad and his wonderful staff for their excellent service



Healthy Recipes

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

Pirate Marinade

Ingredients:

- 1/4 cup canola oil
- 1 medium onion, chopped
- 2 tablespoons chopped garlic
- 1/2 cup reduced-sodium soy sauce
- 1/4 cup red-wine vinegar
- 1/2 teaspoon freshly grated orange zest
- 1/4 cup orange juice
- 3 tablespoons packed brown sugar
- 2 teaspoons ground allspice
- 3/4 teaspoon freshly ground pepper
- 1/2 teaspoon dried thyme
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 5 dashes hot sauce

Preparation:

1. Heat oil in a large saucepan over medium-high heat. Add onion and garlic and cook, stirring, until translucent, about 2 minutes. Transfer to a medium bowl.
2. Stir in soy sauce, vinegar, orange zest, orange juice, brown sugar, allspice, pepper, thyme, cloves, cinnamon and hot sauce. Let cool to room temperature.

3. Pour cooled marinade into a shallow dish or 1-gallon sealable plastic bag for marinating 1 to 2 pounds (4 to 8 servings) of your chosen protein.

Makes: 2 cups

Source: http://www.eatingwell.com/recipes/pirate_marinade.html

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Basketball



Seniors over age 60 who are interested in playing Basketball are welcome to join us every Thursday from 10:30 a.m. to 12:30 p.m. at the Roslindale Community Ctr, 6 Cummings Hwy

You can just shoot around or you can participate in 3 on 3 Half Court games.

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

Watermelon Agua Fresca

Ingredients:

- 8 cups cubed seeded watermelon, (about 6 pounds with the rind), divided
- 1 cup water, divided
- 1/3 cup sugar, divided
- 1/4 cup fresh lime juice
- 1 liter (4 cups) club soda, or seltzer water, well chilled
- Lime slices, for garnish

Preparation:

1. Combine half the watermelon, half the water and half the sugar in a blender; puree. Pour through a coarse strainer into a large container. Repeat with the remaining watermelon, water and sugar. Stir in lime juice. Refrigerate until well chilled, about 4 hours.

2. To serve, stir in club soda (or seltzer) and garnish with lime.

Serves: About 10 cups



Cucumber and Radish Salad

Ingredients:

- 1 1/2 cups unseasoned rice vinegar
- 1/2 cup distilled white vinegar
- 1 teaspoon coriander seeds
- 1 teaspoon fennel seeds
- 1/8 teaspoon ground turmeric
- 2 whole allspice
- 1 bay leaf
- 1 bunch radishes, stemmed and quartered
- 6 cups 1/2-inch pieces peeled cucumber
- 1 small Vidalia onion, thinly sliced
- 2 tablespoons olive oil
- Salt and pepper

Preparation:

1. Bring first seven ingredients to a simmer in a small saucepan. Place radishes in a heatproof container; pour vinegar mixture over. Chill for at least 5 hours and up to 1 week.

2. Before serving, add cucumber; let sit for 25–30 minutes. Transfer to a large bowl; stir in onion and olive oil. Season with salt and pepper.

Serves: 9

Calories - 60 per serving

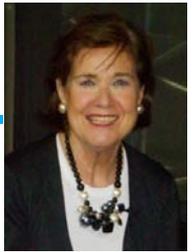
Source: <http://www.bonappetit.com/recipes/2012/06/cucumber-and-radish-salad>



Risk Taking!!

“Don’t Retire, Inspire”

By: Augusta Alban



New studies are always out on everything, from dark chocolate, light beer and cold cereal to too much sleep or not enough sleep. Another study out on change and our inability to make change due to fear of the unknown is not new. But a greater fear for those over 50, we are now told, is REGRET. Not taking a chance or making even a small change can cause us much sorrow later on. Now let it be stated clearly: What we regret is not what we have done, but what we have NOT done.

So what is the answer? It is up to the individual! That means you! It’s YOUR life.

Personally, I am sick of hearing and being pounded by television commercials aimed at my age group and our inability to function. I am getting older, it is true and so are you and the rest of the planet. But I deserve better treatment than those overloaded, fear-laden mature, adult commercials aimed at trying to get what money I have left. They strongly suggest all of us should ride in an electric cart: “It’s free,” they say. “Just call.” I use my stairs for exercise. Forget that: get a chairlift and what can I say about the add showing a woman who we are told has been on the floor for days, talk about FEAR. Hurry, they say, you have just enough

time to order your discount casket. Remember, this is all about sales, it’s business and the bottom line is about profits. We are not dying we are living and living longer: well over 100 is commonplace. We are starting new businesses, going back to school to take classes that educate us for new future careers. Happily, the dreams we once had are becoming our real lives, and we are helping others with their dreams. We are writing books, plays and movies, climbing mountains and dancing on TV. We recognize age as a number. The truth is, these years have proven to be some of the most productive and happiest times in our lives. Wake up, you out there in TV Land! The Fat Lady has NOT sung yet!

GET OUT OF YOUR RUT! You have much living to do!

On a national TV show from Baltimore, a lady was standing in front of her row home, holding one of those beautiful painted window screens. I don’t know what she was saying: I couldn’t get past those huge pink foam rollers in her hair. Is this lady living in a cave? This is National TV, a chance to say hi to her children and grandchildren, and she is unable to let go of those ugly pink rollers. What is she holding on to them for?



SUMMER SWING

Central Boston Elder Services Presents the United for Elders Summer Swing
August 10, 2012 at 12:00 pm
John A. Shelburne Community Center
2730 Washington Street
Roxbury, MA 02119

RSVP required and space is limited.
Invitation only event. No walk-ins.

RSVP by calling 617-277-7416 ext. 334

Continued from page 20

But more to the point, what are you hanging on to? What regrets will you have? We shop at the same stores, eat the same food, walk the same paths and see the same people. What would it hurt if we ordered a different number on the Chinese menu, turned left instead of right, and talk to someone nice we have never met?

No regrets! Live a little, change a little each day, let go of your pink rollers! There is a world out there just waiting for you!!

Don't Retire, Inspire!

Hosted by Augusta Alban

Tune in to find out how Boston seniors are INSPIRED everyday

On BNN channel 9 on Fridays at 2:30 p.m. and repeated on Saturdays at 11:00 a.m.

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

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

The Elderly Commission

2012 Greater Boston Senior Games Medals

Basketball Three on Three Half Court – Men - BCYF Center at Madison Park, May 19, 2012

Age	Gold	Silver	Bronze
50+	E&I	Brian Meehan	Rusty
	George Dern	Chris Beauchaud	Mike Norklum
	Jimmie Davis	Brian Meehan	Stan Obenhaus
	Richard Lunn	Tom Poulin	Dolphus L. Thomason, Jr.
	Ed Reid		Ralph Wade
	Gold	Silver	Bronze
60+	Black Bears	Over the Hill #2	Over the Hill #1
	Daryl Clark	John Howard	Gene Arthur
	Peter Haviland	Dick Lawless	Ed Conway
	Tom Wade	Rich Manzwall	Nick Filzow
		Tom McElroy	Jim McKenna
	Gold	Silver	
70+	Olympians (NH)	Olympians 2	
	Michael Akstin	Richard Jarzobski	
	John Hunt	Richard Johnson	
	Alfred Killilea	Allen Sneider	
	Frank Monette	Kenneth Tripp	



Billiards – Men- Boston Bowl, Dorchester, May 11, 2012

Age	Gold	Silver	Bronze
50-69	Claude Despres	John Harney	Miguel Torres
70-79	Mike Bick	Joe Cincotta	Richard Carey

Billiards – Women- Boston Bowl, Dorchester, May 11, 2012

Age	Gold
70-79	Hui Yue



Bocce – Men and Women, Argeo Cellucci Jr. Bocce Courts, May 10, 2012

Inter Age Team	Gold	Silver	Bronze
	North End II	North End I	Watertown I
Member #1	Pasquale Barone	Natale DeMarco	Luciano Diangelis
Member #2	Guy Federico	Matteo Norcia	John Mucci
Member #3	Michele Guarino	Armando Silano	Mario Rossi
Member #4	Tony Penta	Gerry Soricelli	Marcello Stisi

Bowling – Men 8:00 a.m. - Boston Bowl, Dorchester, May 11, 2012

Age	Gold	Score	Silver	Score	Bronze	Score
60-69	Francis Adamczyk	293	David Haughey, Jr.	292	David Tierney	275
70-79	Antonio Gentle	285	John Dennis	280	Paul Dunphy	271
80-89	Frank Murphy	288	Hal Jacobs	272	Joe Monterisi	250

Bowling – Women 8:00 a.m. - Boston Bowl, Dorchester, May 11, 2012

Age	Gold	Score	Silver	Score	Bronze	Score
60-69	Margaret Dornogoffer	266	Sue Donovan	201		
70-79	Robertta McLaughlin	268	Faith Fiore	264	Diane Palidino	248
80-89	Helen Mulligan/ Majorie Murphy (Tie)	237	Margaret Donaghue	225	Mary Esposito	224

Bowling – Men 10:30 a.m. - Boston Bowl, Dorchester, May 11, 2012

Age	Gold	Score	Silver	Score	Bronze	Score
60-69	Anthony Bongiovanni	242	Chet Lander	256	Deloris Pina	250
70-79	Anthony Marino	273	Robert Heine	259	Cisco Orisini	201
90+	Salui Cifra	224				

Bowling – Women 10:30 a.m. - Boston Bowl, Dorchester, May 11, 2012

Age	Gold	Score	Silver	Score	Bronze	Score
50-59	Marsha Durant	191				
60-69	Charlene Reese	277	Clara Lander	256	Deloris Pina	250
70-79	Agnes Burke	247	Millie Davis	243	Lillie Tabb	242
80-89	Priscilla Paquette	255	Eugenia Zullo	242	Rita Fitzsimmons	236
90+	Margaret Gurli	180				

Golf – Men - Members - William J. Devine Golf Course, May 21, 2012

Age	Gold	Score	Silver	Score	Bronze	Score
50-59	Eric Watson	85	Sam Smith	90		
60-69	Romeo Galiguis	80	Erle Garrett/Willie Martinez	82	Patrick Gall	96
70-79	Jerry Helvitz	87	Robert Jones	88	Jerry Haynes	91
80-89	George Jones	86	Frank Murphy	107		

Golf – Women - Members - William J. Devine Golf Course, May 21, 2012

Age	Gold	Score	Silver	Score	Bronze	Score
60-69	Bonnie Rafuse	96	Marilyn Miller	104	Pam Brothers	91
70-79	Rhoda Christmas	102	Shirley Johnson	104	D. C. Taylor	108
80-89	Vera Butler	103	Anna Bissonette			

Golf – Men - Non Members - William J. Devine Golf Course, May 21, 2012

Age	Gold	Score	Silver	Score	Bronze	Score
50-59	Vencent Easterling	95	Michael Dean/Joe Townes	107		
60-69	Barry Ware	88	Errol Brown	89	Cleo Paris	90
70-79	Jack Adamcheck	84	Richard Ghelfi	89	Tom Murphy	92
80-89	Anthony Cibbotti	97				
90+	James Guilford, Jr.	5				

Golf – Women - Non Members - William J. Devine Golf Course, May 21, 2012

Age	Gold	Score
60-69	Linda Wynn	107
70-79	Sally Johnson	50

Horseshoes – Men - U-Mass Field Day, May 12, 2012

Age	Gold	Silver	Bronze
60-69	Shi Lin Wang/Honglin Lin (Tie)		
70-79	Zi Yun Wang	Bo Ping Luo	Zhi LannGuo/Zhenkul Li/Dian Ghuan Lin /Geoge Mallett (Four Way Tie)

Horseshoes – Women - U-Mass Field Day, May 12, 2012

Age	Gold	Silver
60-69	Charlene Reese	Xxiu Xia Huang



Soccer Kick – Men - U-Mass Field Day, May 12, 2012

Age	Gold	Silver
60-69	Hua Quan Liu	Yu Tian Gan/Ming You Wang/ Huaixin Li (Three Way Tie)
70-79	Xuru Li	Qinghua Hu/BoPing Luo/Ming Yaw Yang (Three Way Tie)
80-89	Dingquo Wang/Chang Qing	
90+	Quignan Wang	



Soccer Kick – Women - U-Mass Field Day, May 12, 2012

Age	Gold
60-69	Cuo Lan Chen/Hui Min Zhu/Yan Yu li (Three Way Tie)
70-79	Guilan Dang/ Aimin Guo/Lan Xiang Li/Feng Yin Liu (Four Way Tie)

Softball Throw – Men - U-Mass Field Day, May 12, 2012

Age	Gold	Silver	Bronze
60-69	Shuhai Feng	Ming Wang	Giyoa Jiyun
70-79	George Mallett	Hong Bin Li	Ji Guang Long
80-89	Li Yao Yao Hui	Ding Wang	Quinghan Wang



Softball Throw– Women - U-Mass Field Day, May 12, 2012

Age	Gold	Silver	Bronze
50-59	Lizhu Li	Yao Yan	
60-69	Charlene Reese	Xin Xia Huang	Dong Zu Ying
70-79	Zheng Kuan Li	An Fang Zhao	Hu Yi
80-89	Yang Chang Qing	Peng Yusan	Wen Lidong

Swimming Breast Stroke 50M – Men - U-Mass Field Day, May 12, 2012

Age	Gold	Time	Silver	Time	Bronze	Time
60-69	Ming Jie Song	46.81	Xi Qing Liu	51.63	Liang Yu MA	51.72
70-79	Xi Qing Liu	51.63	Bing Yee Xue	56.37	Baolin Zhang	101.72

Swimming Breast Stroke 50M – Women - U-Mass Field Day, May 12, 2012

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	Mary Devlin	51.88				
60-69	Zerui Yang	1:05:86	Wan Ling Huang	1:21	Quin Fen Yin	1:32:81
70-79	Xiu Juan Bai	1:04	Pam McCarron	1:11:97	Zhaolan Tang	1:23:84
80-89	Yeyrtly Chen	1:58:94	Hsai Fei Chang	2:46:69	Yucan Peng	3:19

Swimming Breast Stroke 100M – Men - U-Mass Field Day, May 12, 2012

Age	Gold	Time	Silver	Time	Bronze	Time
60-69	Ming Jie Song	1:34:66	Xi Quing Liu	1:54	Liangyu MA	2:02:96
70-79	Bing Yee Xue	2:19:12	Baolin Zhang	1:33:56	Jieliang Liu	2:47:97

Swimming Breast Stroke 100M – Women -U-Mass Field Day, May 12, 2012

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	Mary Devlin	1:55.72				
60-69	Zerui Yang	2:31:82	Wen Jing	3:02:62	Quin Fen Yin	3:48:15
70-79	Xiu Juan Bai	2:18:82	Zhaolan Tang	3:04:43	Judith Hurley	3:23:25
80-89	Yucan Peng	7:22:47			Jian Hua Lin	

Swimming Freestyle 50 M– Men - U-Mass Field Day, May 12, 2012

Age	Gold	Time	Silver	Time	Bronze	Time
60-69	Ming Jie Song	37:07	Xi Qing Liu	46:41	Liang Yu MA	48:25
70-79	Richard Pettengill	44:78	Lian Shun Zhank	48:84		

Swimming Freestyle 50 M – Women - U-Mass Field Day, May 12, 2012

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	Mary Devlin	44.06				
60-69	Wan Ling Huang	1.15:29				
70-79	Xiu Juan Bai	1:02:47	Judith Hurley	1:02:63	Zhaolan Tang	1:22:50
80-89	Hsai Fei Chang	1:48:85				

Swimming Freestyle 100 M – Men - U-Mass Field Day, May 12, 2012

Age	Gold	Time	Silver	Time	Bronze	Time
60-69	Ming Jie Song	1:20:72				
70-79	Xi Qing Liu	1:57:46	Lian Shun Zhang	1:57:46	Yong Xin ZHao	2:02:06

Swimming Freestyle 100 M – Women - U-Mass Field Day, May 12, 2012

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	Mary Devlin	1:41.75				
70-79	Pam McCarron	2:11:72	Xiu Juan Bai	2:27:62	Judith Hurley	2:38:16

Tennis Open Singles – Men - Sportsmen’s Tennis and Enrichment Center, May 19, 2012

Open	Gold	Silver
Singles Men	ArmandoDockery Kevin Richardson	Bill Willis

Tennis Open Doubles – Men - Sportsmen’s Tennis and Enrichment Center, May 19, 2012

Open	Gold	Silver	Bronze
Doubles Men	Jim Kilgore Bill Willis	ArmandoDockery Joe Taylor	Gus Ogunbamera Francis Thomas

Tennis Open Singles – Women - Sportsmen’s Tennis and Enrichment Center, May 19, 2012

Open	Gold	Silver	Bronze
Singles Women	Carmel Mullee	Helene Martel	Charlene Reese

Tennis – Mixed Doubles - Sportsmen’s Tennis and Enrichment Center, May 19, 2012

Open	Gold	Silver
Mixed Doubles	Sam Hudson Helene Martel	Charlene Reese Daniel Simpson

Track 100 Meters – Men - U-Mass Field Day, May 12, 2012

Age	Gold	Silver	Bronze
50-59	Bill Pullman	Bill McDonough	Richard Galgano
60-69	Stephen Viegas		
70-79	Zhi Cheng Wu	Zi Yun Wang	Yong-Yin Zhao
80-89	Chang Yun Wu		

Track 100 Meters – Women - U-Mass Field Day, May 12, 2012

Age	Gold	Silver
60-69	Charlene Reese	
70-79	Karen Wespice	Joan Porter
80-89	Yu Sam Peng	



Track 400 Meters – Men - U-Mass Field Day, May 12, 2012

Age	Gold	Silver	Bronze
50-59	Bill Pullman	Bill McDonough	Richard Galgano
60-69	Stephen Viegas		
70-79	Zi Yun Wang	Qian Xi Zhang	

Track 400 Meters – Women - U-Mass Field Day, May 12, 2012

Age	Gold	Silver
70-79	Joan Porter	Jean Conway Sutherby

Track 800 Meters – Men - U-Mass Field Day, May 12, 2012

Age	Gold	Silver
50-59	Bill Pullman	Richard Galgano
60-69	Stephen Viegas	



Track 800 Meters – Women - U-Mass Field Day, May 12, 2012

Age	Gold
60-69	Pam Jones

Track 1500 Meters – Men - U-Mass Field Day, May 12, 2012

Age	Gold	Silver
50-59	Bill Pullman	Richard Galgano
60-69	Stephen	Viegas



Track 1500 Meters – Women - U-Mass Field Day, May 12, 2012

Age	Gold	Silver
60-69	Sharyn Imonti	Pam Jones

Roslindale Basketball Awards 2012



2012 Awards

Most Outstanding Senior Basketball Player
 Outstanding Service for Promoting Senior Basketball
 Senior Basketball Offensive Player
 Senior Basketball Defensive Player
 Senior Basketball Offensive Scorer
 Senior Basketball Three Point Shooter
 Senior Basketball Offensive Rebounder
 Senior Basketball Defensive Rebounder
 Senior Basketball Playmaker
 Senior Basketball Coach
 Most Improved Senior Basketball Player
 Senior Basketball Comeback Player
 Senior Basketball Rookie
 Senior Basketball First Team All-Star

Recipients

Rich Manewal & Jim McKenna
 Ed Conway
 Steve Boudreau & Ron Francesone
 John Howard
 Nick Filzow
 Ed Conway & Rich Cummings
 Craig Lankhorst
 Paul Ghostlaw
 Phil Bonasia & John O'Shea
 Dick Lawless & Hank "Cowboy" Prilbrick
 Richard Kee & Jerry Bergevin
 Tom Killilea
 Frankie Ma & Dave Thorburn
 Ron Bevilacqua, Jim Viola, Tom Tower &
 Ron Washington

2012 Senior Games at UMASS Boston



Photo by:
Michael Cowin



Photo by:
Michael Cowin

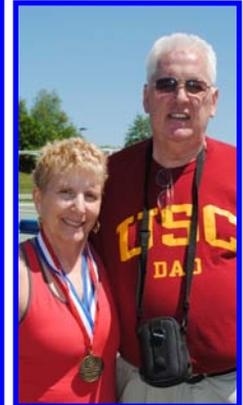
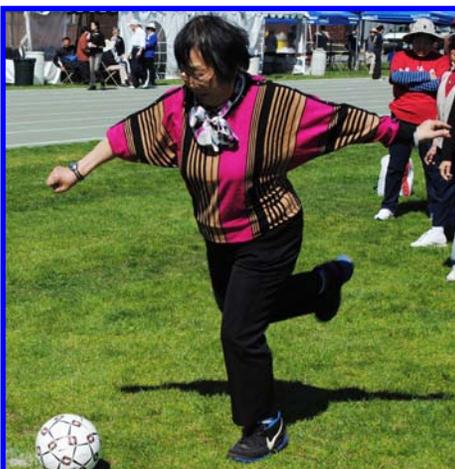


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Michael Cowin



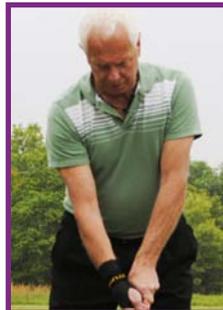
Bocce



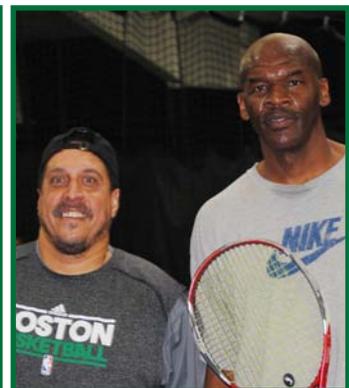
Bowling & Billiards



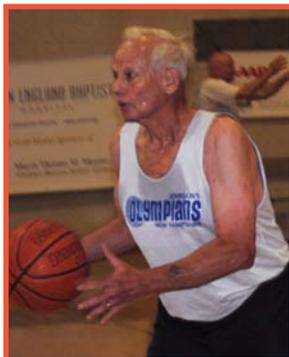
Golf



Tennis



Basketball



Planting With Honor

In memory of our lost service
men and women

BOSTON RSVP & SCP

