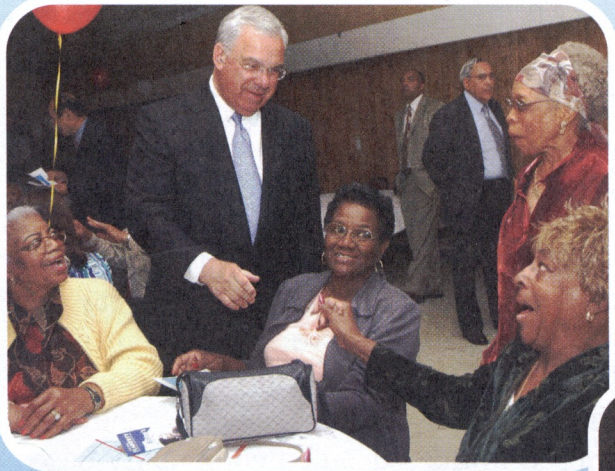
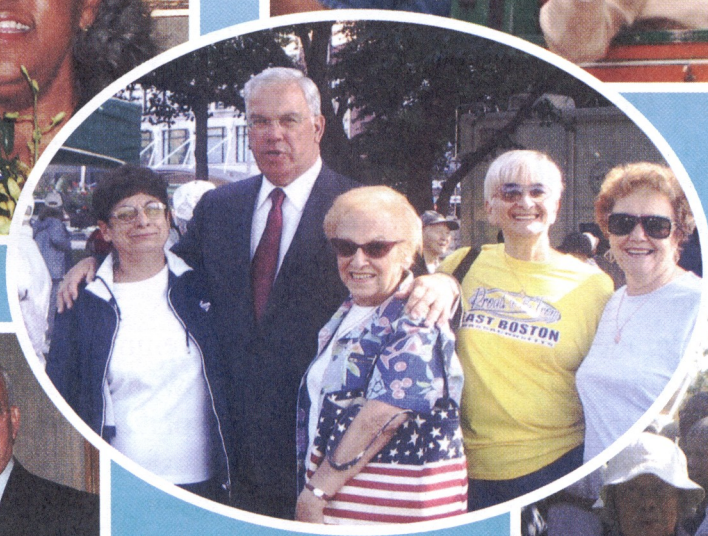
BOSTON SENIORITY

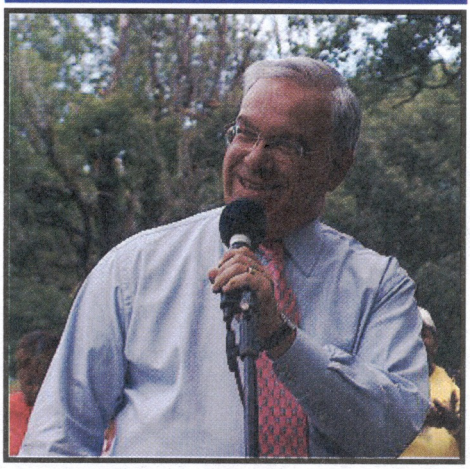
THOMAS M. MENINO, MAYOR OF BOSTON

VOLUME 29 LATE FALL EDITION 2005 NUMBER 5





Mayor's Column



With our rich history and multitude of cultures, the City of Boston has much to celebrate and throughout the spring and summer months we have done just that. In celebration of Boston's 375th birthday, there were neighborhood birthday parties featuring what was special in each community, concerts along the Waterfront and City Hall Plaza, local authors reading from their works, local teen performances, the Hip Hop Festival, the Beantown Jazz Festival, and more. This past weekend the city's 375th birthday celebration was culminated with Sunday's grand finale.

The day started with a parade from Copley Square heading down Boylston and Tremont streets toward City Hall Plaza, with residents and tourists of all ages enjoying music from the marching bands, children's groups performing karate moves, traditional dancers from Chinatown performing the dragon ceremony and much, much more.

The parade featured neighborhood parade participants that reflect the diversity of the city's celebrations with the most spectacular parade in living history. The parade had 20 marching bands, more than a dozen floats, marchers from over 70 community groups, honor guards, veterans, fire engines, Paul Revere on horseback announcing the parade was coming, a brigade of clowns, musicians, swan boats and more. The parade ended at City Hall Plaza.

Following the parade, a concert by local performers was held at City Hall Plaza featuring Vinny Calderone and Angelo Boncore, born and raised in the North End, playing traditional Italian music; Solas, a New England favorite, who has been called "the best band in Celtic music...certainly the most adventurous," by The Boston Globe; Tracy Silva, vocalist and winner of the 2004 Boston Pops Talent Search; and Jazz saxophonist Donald Harrison and the New Orleans Resurrection Brass Band and Kendrick Oliver with the New Life Jazz Orchestra, joined by trumpeter Christian Scott Courtesy of Berklee School of Music

Then later on Sunday evening the largest fireworks show the city has ever seen was displayed above Boston harbor. The show was a production of Boston 4 Celebrations, the same company that produces the 4th of July fireworks show. The day was truly one for the history books.

Last week was also special since the city celebrated the sixth annual New Bostonians Community Day at City Hall. New members of Boston's immigrant community were welcomed to Boston with multicultural entertainment and food, multilingual tours of City Hall and free immigration clinics.

Diversity is the strength of our city and all of our New Bostonians add to the vitality of Boston. New Bostonians Community Day is a great way for our newest residents to become acquainted with everything that our city has to offer.

Staff from my Office of New Bostonians introduced new immigrants to the city and detailed community-based services that are available to them, including: free immigration clinics, multilingual tours of City Hall, and job and career development information sessions. The Elections Department also registered new voters and recruited for bilingual poll workers for the upcoming elections. New Bostonians also had the opportunity to enjoy ethnic food and performances by multicultural groups in celebration of Boston's diversity.

I created the Office of New Bostonians in 1998 to affirm the diversity of Boston, celebrate the contributions of immigrants, and to assist the diverse linguistic and cultural communities in fully participating in the economic, social, cultural and civic life of the City of Boston. For more information on the Office of New Bostonians, call 617-635-2980.

continued on page 5

Dorchester gang liven up the party! K Club Super Bingo at Florian Hall

On September 20th, Commissioner Greenberg, and Susan Menino joined the fun at Super Bingo, hosted by the K Club in Dorchester.

Approximately 350 seniors gathered at Florian Hall for an exciting event. They sipped wine, ate lunch, socialized, and of course had their turn at winning the pot. Many great raffle prizes were donated from local businesses including lunch for four at Donovan's restaurant, which was donated by Mayor Menino.

November is National Caregiver's Month

November is National Caregiver Month. If you know someone who is caring for someone over the age of 60 and/or if you know a grandparent who is raising grandchildren, say **THANK YOU**! Taking on the role of caregiver is not an easy job. If you think your caregiver would benefit from additional caregiver support services, please call Boston Elder Info at 617-292-6211 or the Boston Elderly Commission at 617-635-4366.

Boston Seniority

Volume 29
Number 5

Published by the
Mayor's Commission on Affairs of the Elderly
City of Boston

Thomas M. Menino
Mayor

Eliza F. Greenberg
Elderly Commissioner

Tomas Gonzalez
Chief of Staff

Kathleen Giordano
Deputy Commissioner Community Relations

Joanne Lee
Deputy Commissioner Advocacy and Planning

Greg Rooney
Deputy Commissioner Transportation

Francis Thomas
Deputy Commissioner
Administration & Finance

Kaysea Cole
Teresa O'Connor
Interim Editors

Eileen O'Connor
Photographer

Kali Borrowman
Interim Content Editor

City Hall Plaza-Room 271
Boston, MA 02201
617-635-2712

Printed by the City of Boston
Graphic Arts Department
Paul Dennehy, Superintendent

31

Boston Seniority may be obtained at libraries, nutrition sites, senior housing sites, Social Security Offices, senior clubs, health centers & Boston City Hall

Boston Seniority is supported in part by
The Executive Office of Elder Affairs

Although all advertising material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the
City of Boston Commission on Affairs of the Elderly

Mayor Menino Meets with his Senior Advisory Council

by Teresa O'Connor

Mayor Menino addresses his council

Mayor Thomas Menino met with his Senior Advisory Council on October 7, 2005 in Room 801 City Hall. The Mayor opened his discussion by thanking the Advisory Council for all of their hard work in providing senior input on policy. The Mayor continued on by thanking Commissioner Eliza Greenberg and the Elderly Commission for all of their hard work in providing the most optimal services to the seniors of Boston.

The Mayor began his discussion by talking about the prescription drug plan, Medicare D and its importance to seniors. The Mayor told members that it is extremely important for seniors to hold onto all mail they receive over the next few months from Medicare, Social Security and their HMO's. The information that is provided in these mailing will be important in determining whether or not the senior needs to join Medicare D. The Mayor informed Advisory Council members about the collaborative efforts of the Boston Public Health Commission and Elderly Commission in providing educational sessions on Medicare D throughout the city. In addition to being attentive to mailings, the Mayor warned seniors not to give personal information out over the phone or through the mail to unknown persons. Medicare D scams are already underway. The Mayor advised council members to call the Elderly Commission to talk with a SHINE counselor if they have any questions about the Medicare D program. Summing up his Medicare D talk, the Mayor advised members that they should not buy a plan that does not fit their needs.

In concluding the meeting with his Senior Advisory Council, the Mayor encouraged members to become more active in writing to legislators and educating themselves on current legislation affecting seniors. The Mayor highlighted the importance of real advocates' (council members and seniors) work versus the work of professional advocates. True, personal stories and experiences go a long way with lawmakers.

Help Wanted!

We need your help with Seniority Magazine. Looking for articles, recipes, letters to the editor, and ideas. Please call 617-635-4366 for information on how to get involved.

We wanted to say thank you to Steve Barbour at the City of Boston Graphic Arts Department for his time and patience in guiding us through the design and print process of Seniority Magazine! Thank you Steve!

Recognition Luncheon a Success!

By Kali Borrowman

AmeriCorps*VISTA

Mayor serves his guests and friends

On September 29, 2005 the 33rd Annual Retired and Senior Volunteer Program (RSVP) Recognition Luncheon was held at Florian Hall. Each year this special event is held to honor and acknowledge the hard work, dedication, and time each volunteer gives to the City of Boston. To bring so many people together for recognition, fellowship, entertainment, and a hot, delicious meal takes a great deal of planning and time. Fran Johnnene, RSVP director carefully arranges each detail of the Recognition months beforehand to ensure that each senior gets the thanks that they deserve.

This year, a special thank you was given in form of a letter to each individual volunteer from Mayor Thomas M. Menino himself. Volunteers were pleasantly surprised when they entered the hall only to be greeted with a personalized letter from the mayor and the smiling faces of the Elderly Commission staff. Staff members were at Florian Hall not only to assist Fran in execution of this event, but also to assist the volunteers with anything they needed. The staff of the Elderly Commission demonstrated their gratitude to the volunteers by extending a warm welcome as seniors entered the hall, helping people find their seats and passing out the beautiful flowers to seniors as they departed.

After being seated and welcomed by the RSVP Director, Fran Johnnene, volunteers enjoyed entertainment from Riverside Theater Works; members included Michael O'Brien, Amanda Arruda, Christine Buckland, Vicki Hanes, Marietta Phinney- Founding Director, and Corinne Duggan-Choreographer. They performed songs from the World War eras like "Boogie Woogie Bugle Boy", "Don't Sit Under the Apple Tree", "This Joint is Jumpin'", "Route 66", and many more. Seniors clapped their hands and tapped their feet to the talented youth singing for their enjoyment. "It was so nice to see young people learning the songs and culture of the seniors and putting it together for this event," Carolyn Barnes pointed out.

A break in the entertainment came so that Commissioner Eliza F. Greenberg could welcome and thank the RSVP volunteers. After a quick speech, the Commissioner then introduced Mayor Thomas M. Menino, as he was there to acknowledge the volunteers for all of the service that they donate to the City of Boston.

This year, RSVP, was so fortunate to receive a donation from the Red Sox Foundation. The Boston Red Sox donated a signed baseball from Boston Red Sox player #49, Tim Wakefield. Mayor Menino was given the honor of drawing the lucky winner. After sharing stories with the seniors, and drawing the prize, Mayor Menino was presented with a surprise gift from RSVP. Fran Johnnene presented the mayor with James Curley memorabilia (records of Curley's speeches). James Curley is a past mayor of Boston. He was known for his unique political style. Along with the mayor, City Councilors attended to meet and greet the seniors. After Mayor Menino received his gift, Joe Terrell, RSVP Advisory Board chair was presented with a gratitude plaque for his service on the board.

Shortly after Riverside Theater Works performed a few more songs, the meal was served. Italian wedding soup started off the meal

continued on page 13

Just Browsing

By Mel Goldstein

It is autumn. The vibrant colors of the leaves brighten the trees and as they fall, color the sidewalk and roadway. Do you recall what changes occurred on the street and parks of the city when the fall season started out? Out came the hot chestnut and peanut vendors with their portable hot nut steamers, the tomato man and his push cart, the hot baked beans and brown bread in the neighborhood bakeries, the air was redolent with the mouth watering aromas of hot baked goodies.

One could identify with those heavy and tasty airs walking along the street and avenues of these heavily thick ethnic areas. Do you remember walking from the streets of the North End on those months? Boy, the aromas walking down Hanover, Salem, Endicott Streets, the air was alive with the mouth watering smells of salamis, cheeses and hams. Remember the different nuts and spices displayed and hanging in the windows of the markets and delis? Hey, how about the South End? Walking along Shawmut and Columbus Avenue, Tremont Street and the side streets where the Middle Eastern aromas of Lebanon and Syria permeated the neighborhood. The hookahs smoke hung in the air along with the smell of hummus, Baba Ganoosh, and Tabooli.

Paul Revere Park in the North End

From the South End to Roxbury and from the markets along the streets came the odors of delicious foods. These neighborhoods were rich with the smells of fried catfish, clams, chicken, and the best-barbecued ribs around. Moving on in the city to Mattapan and Dorchester, or the reverse. The tomato man and herring man whose stores were on the street. The delis!!! What aromas! The corned beef, sour pickles, salamis and bolognas.

My mouth is watering just writing about these wonderful thoughts, which bring back such great memories. Hold on, how could I not mention the old West End? The West End was home to the greatest example of ethnic togetherness where you had Irish, Italian, Jewish, Lebanese, you name it. The aromas that hung in the air in this neighborhood were fantastic. From half sour pickles to spare ribs, (boiled) cabbage, salamis, antipasto and pastas, to Baba Ganoosh and barbecue.

How could I forget Chinatown? Talk about aromas! From Beach Street, Essex, Oxford, Tyler, Harrison Avenue and all points in between. Remember Saturday afternoons dancing and lunch at Gamsun's on 9 Tyler Street? The whole deal was less than a buck. Ruby Foo's Den and the Cathay House where the waiters taught me to play Fan Tan. The Kosther restaurants, the Prime on Harrison Avenue, Holoff's on Beach Street and the renowned Premier on the corner of Washington and Dover (now East Berkeley Street). Hey now, remember the chicken slaughter houses on Harrison Avenue and Albany Street? What about Green and Freedman's Bakery on Harrison and Dover with great bagels and dark rye bread all night and day?

continued on page 8

The 3rd Annual Hispanic Heritage Luncheon

Just Browsing
continued from page 6

Photo of Mel's spectacular Multi Cultural Intergenerational Event

What a city! Boston is starting over with new neighborhoods hosting new ethnicities and new immigrants. Come to Boston and have an experience you will not forget. Just live here and find a warm, caring environment that only existed in your dreams. What is so important is that these ethnic and demographic shifts in the city's population are embraced and supported by the Mayor of Boston, Thomas M. Menino. Boston, once again, is a wonderful blend of people. I love it and so should you!!

Remembering...those dens of inequity, the Kiddie Kar Lounge on Albany, Izzy Orts and Hamilburgs on Essex, the Silver Dollar Bar on Washington Street. Remember all the golden memories by Don Humbert and his silver strings? We cannot forget the Don Alessie Trio and the hum and strum. Some gone and some still around. Memories, all those memories!!

commonwealth care alliance

Senior Care Options (SCO) Program

Commonwealth Care Alliance
30 Winter Street, 9th Floor
Boston, MA 02108
Telephone: (617)-426-0600
Toll Free: 1-(866)-322-7357
TTY: 1-(866)-322-7357
Fax: 617-426-1311
Hours of Operation:
Monday-Friday
8:30am – 4:30pm

AFFORDABLE RENTAL OPPORTUNITY FOR SENIORS AGE 62 OR OLDER

THE JULIA MARTIN HOUSE
90 Bickford Street, Jamaica Plain, Massachusetts
- 55 Affordable One Bedroom Apartments -

Income Guideline for Affordable Units:

Persons in Household	Equal or less than 30% area median income	Equal or less than 50% area median income
1	17,350	28,950
2	19,850	33,100

Applications may be picked up in person at: Bromley Hall - 15 Lamartine Street Extension
Jamaica Plain, Massachusetts

On the following dates: Monday, November 14th 12:00 pm- 8:00 pm
Tuesday, November 15th through Saturday, November 19th 12:00 pm - 6:00 pm
Monday, November 21st 12:00 pm - 6:00 pm
or call (781) 794-1000 to request an application be mailed.

In person deadline for completed applications at THE APPLICATION SITE at the above dates and times, or mail completed applications, postmark by November 28, 2005, to: Peabody Properties, Inc.536 Granite Street, Braintree, MA 02184. Phone: 781-794-1000

Selection by lottery. Use and Occupancy Restrictions Apply. Applicants must be at least 62 or older. Households requiring wheelchair-accessible units have preference for 5 accessible units. Boston Resident preference for up to 70% of the units. 6 units will have a preference for homeless households referred by HomeStart or other agencies which serve the homeless. Please provide advance notice for reasonable accommodation.

For more information call Peabody Properties, Inc. 781-794-1000

SABIA USTED?
DID YOU KNOW?
By Carmen Pola

SABIA USTED???? En Espanol

- Que la cuidad de Boston tiene un departamento dedicado ha servir a nosotros los envejecí entes.
- Que tenemos una Comisión bajo el alcalde de la cuidad en este momento el Sr. Thomas Menino.
- Que este departamento tiene una Comisionada y empleados para ayudarnos con nuestros problemas.
- Que nuestra Comisionada es la Señora Eliza Greenberg y que tenemos empleados bilingües en la Comisión.
- Que la Comisione Envejecí entes tiene una Junta Directiva compuesta de individuos electos por distrito en la cuidad de Boston.
- Que la cuidad de Boston también tiene embajadores seleccionados por el Alcalde el Sr. Thomas Menino.
- Que esta Comisión aconseja y estudia todos los problemas que confrontan los envejecí entes en Boston y trabaja con los empleados para encontrar soluciones.
- Que por primera vez en la historia de la Comisión tenemos 5 representantes hispanos 3 electos y 2 seleccionados como embajadores.
- Que la Comisión provee recursos a grupos de ancianos comunitarios. El alcalde Menino y la Comisionada Greenberg y la Junta Directiva de la Comisión trabajan Juntos para decidir cuales son los programas mas efectivos para nuestros Envejecí entes.
- Que las oficinas de la comisión están localizadas en la alcaldía de Boston , vengan y visítenlos.
- Que usted puede comunicarse con Vilma Valentín al 617-635-4363 con sus problemas y también ideas para programas que se implementen en nuestras comunidades?
- Que la Comisión del Alcalde para Asuntos de los Evejecientes se reúne el primer Viernes de cada mes en la alcaldía en el piso 8 cuarto 801 de 9:00am a 11:am. Estan todos Bienvenidos.
- Que sus 5 representantes son Sr. Jorge Rivera, Sr. Domingo Ortiz, Sr. José Rivera, Sra. Olga Dumott, Sra. Carmen A. Pola.
- Que estos representantes esperan que ustedes los contacten en su vecindarios y les dejen saber cuales son los problemas confrontados por ustedes y también sus ideas para nueva programación.
- Que los miembros de la Comisión de Envejecí entes también participan y velan por una mejor calidad de vida para todos los envejecí entes en nuestra cuidad.
- Que continuaremos con esta columna en todos nuestro periódicos que haremos mensual. Si tiene algún tema de interés favor de comunicarse con Vilma Valentín al 617-635-4363 o con Tomas González jefe de empleados al 617-635-1922.
- Que espero oír de ustedes pronto.

Did you Know Continued from page 9

Did you know? In English

Did you know?

- The City of Boston has an Elderly Commission, under Mayor Menino, to serve all seniors in Boston?
- Within this Commission, there are many services available to you, including bi- lingual staff?
- The Commissioner of the Elderly Commission is Eliza Greenberg?
- Each neighborhood has a Community Advocate who you can call to help you with housing, benefits and general senior service information?
- Mayor Menino has a Senior Advisory Council which meets once a month to discuss policy, legislation and services for seniors in Boston?
- The City of Boston gets federal money from the Older Americans Act and uses it to give over 40 Boston non-profits grant money to provide seniors with services?
- Advisory Council Members help the Mayor decide how to best spend this money?
- The Elderly Commission relies on you, the seniors of Boston, to provide input on the services it funds?
- Many of the nutrition sites in Boston and Meals on Wheels is funded with this money?
- The city sells taxicab vouchers at 1/2 price to seniors?
- In the Elderly Commission there are two volunteer programs and a job-training program for seniors?
- Throughout the year, the city hosts many events for seniors free of charge?
- The City has a Senior Shuttle, which provides free transportation to and from doctor appointments, food shopping and senior events?
- In addition to the Mayor's Advisory Council, the Elderly Commission has three task force advocacy groups? Housing, Legislative and Health and Long Term Care.
- The Commission has legislative priorities and needs your help to call the State House and educate the community about them? 1. Property Tax, 2. Home Care and 3. Prescription Drug Affordability.
- The Commission has staff and volunteers on hand to help you with the new Medicare changes?
- The Elderly Commission is housed in Room 271 of City Hall and the phone number is 617-635-4366?
- Your 5 Hispanic representatives are: Jorge Rivera, Mr. Domingo Ortiz, Mr. Jose Rivera, Ms. Olga Dummott and Carmen Pola?

Submitted by: Kate Howard

A Thanksgiving Day Prayer

We humbly ask thy blessing-On the turkey and the dressing-
On the yams and cranberry jelly- And the pickles from the deli.

Bless the apple pie and tea -Bless each and every calorie.
Let us enjoy Thanksgiving dinner-Tomorrow we can all get thinner.

For all thy help along the way-We're thankful this Thanksgiving Day.
We're thankful too for all our dear ones-For all the far away and near ones.

Although we may be far apart-We're together in my heart.
Keep us in thy loving care-This is my Thanksgiving prayer.

P.S. Anyone who wishes may help with the dishes!

Helping Someone Helps You! Volunteering with Boston Senior Home Care

By Pam Comer

"I'm retired, but I stay healthy by volunteering." "You have to have compassion in your heart to understand what they are going through and you must have an ear to listen with."

Boston Senior Home Care (BSHC) is a non-profit organization that provides frail, low-income elders and the disabled in Boston with homecare services. BSHC also identifies and advocates for underserved individuals and groups from all backgrounds who can benefit from special services and programs. These services, which uphold the dignity and autonomy of every individual, are provided through partnerships, alliances and our ever-growing volunteer program.

Eddie Brown, quoted above and a long-term BSHC volunteer, is a medical escort and senior companion. However, he provides so much more to the seniors living in Boston. He brightens a day by visiting a lonely elder (did you know that 55% of older adults in Boston live alone, 36% of older adults in Boston leave their homes less than 4 times a week and 10% don't leave, ever?). He reads to an elder (did you know that 27% of vulnerable older adults in Boston were unable to fulfill an important need within 12 months (medical, script, glasses, rent payment, heat payment...?). He gets elders their prescriptions (did you know that 15% of older adults in Boston do not have someone to contact in an emergency, 10-30% of older adults in Boston cannot afford prescriptions and at least 5% of older adults in Boston have no insurance?). Or, he just takes a moment to telephone and say "hello."

Eddie operated paper machines for 17 years. He has been giving to others for a very, very long time. In the 1970s he taught adult education on a volunteer basis, among other volunteer activities. In the summer of 2003, he joined the Volunteer Program at BSHC. While visiting a senior building (did you know that 3,400 of older adults in Boston live in public housing but because of limited space, there are thousands waiting?), he overheard the Volunteer Manager speaking about the need for medical escorts and companions and soon, Eddie was hooked. The rewards that Eddie receives are not monetary, he said, "I know a lot of people need help and it just makes me feel good to help… there's not enough people that do, so I will go anywhere."

Eddie shares in BSHC's mission. While the agency provides assistance with daily tasks such as cooking and cleaning, Eddie and the others in the Volunteer Program provide essential socialization for seniors who would otherwise be isolated.

Eddie is well known in his housing development and many depend on him. In July, BSHC had their Volunteer Recognition Banquet, honoring those who give of their time to others. Eddie did not attend. The day before the event he was asked by a senior to accompany her to a medical appointment, scheduled for the same time. Eddie's response was, "Sorry, I won't be there. I'm doing an escort and that's more important, after all isn't this what it's all about?" Yes, Eddie, it is. Eddie is a modest man who brings a warm heart, infectious laughter, and personal strengths, which make it possible for Boston seniors to live independently.

BSHC wishes to take this opportunity to thank Eddie and all of our volunteers for their generosity and kindness. Many, many, more volunteers are needed as our elders increase in numbers and need. If you are interested in joining our wonderful cadre of volunteers, people like Eddie, please call Pam Comer, Manager of Volunteer Services at 617-451-6400. Eddie says to "try it; you're going to enjoy the experience!"

KINnectionsGrandparents Raising Grandchildren

by: Charity Bell

Grandparents enjoying the afternoon

The KINnections program of MSPCC supports some of the most amazing families in the city: Grandparents Raising Grandchildren! These seniors, who are grandparents and other relatives, have custody of one, two or more children due to death, illness, addictions, or other problems that keep parents from raising their children. The program provides support groups in two areas, 157 Green St. in Jamaica Plain and the Bromley-Heath Housing. Support groups are a great opportunity for people to come together with others in the same circumstances to share their feelings and get help with individual situations. Many of our members have had kids in their homes for a number of years, and the knowledge they bring to the table is invaluable to our newer members!

We provide support in the form of respite, including outings for the grandparents to places like the John F. Kennedy Museum and the Outlets at Kittery Maine. We also provide trainings on topics of interest to these special families, such as Managing Difficult Behaviors, Children and Loss, End-of-Life Concerns for Elders Raising Children, and Prescription Drug Benefits.

The respite support we provide also includes camp scholarships for the grandchildren. Camp is a great opportunity for kids to learn new skills and spend time in a new environment. Having the kids in camp also gives the grandparents a break, so they can spend some time caring for themselves and enjoy some adult time!

KINnections works hard to ensure that grandparents get all the information they need about the resources available to them. One grandfather commented, "I had no idea where to begin when we got custody of our 10 year old grandson. I needed to find a school, recreation, and everything from food to shoes. I had no idea what to do. The program helped me map out the next steps."

None of these services could be provided without the collaboration of our amazing support group leaders, Harriet Jackson Lyons and Julia Martin. Harriet Jackson Lyons is the founder of Raising Our Children's Children (ROCC), one of the first of its kind groups for Grandparents Raising Grandchildren. Her knowledge of Boston area resources is limitless and she is always willing to help someone talk through a situation, sometimes offering solutions and sometimes simply listening and supporting. She was recently honored with a Legacy Award from Central Boston Elder Services for her long-standing commitment to community service. Julia Martin is the guiding force of the Bromley Heath Nannies, the membership of which forms the base of our group at Bromley. Her dedication to the group is incredible and she goes above and beyond on a regular basis to help any grandparent in need. She was also recently honored, as the new senior Center at Bromley Heath will be named the Julia Martin House. We are deeply indebted to these amazing women for their support of KINnections and its members.

KINnections is always open to new members. If you are a senior raising children, or you know someone who is, please let us know. We look forward to hearing from you!

Contact Information:
MSPCC/KINnections
157 Green St.
Jamaica Plain, MA 02130
617-983-5850

RSVP Luncheon Continued from page 5

RSVP volunteer and Veteran Dorothy M. Phillips-Boyd honored at luncheon

followed by a salad, rolls, mashed potatoes and gravy, green beans and carrots, stuffed chicken, and ice cream for dessert. After dessert, entertainer Ray Pierce led the room in singing "God Bless America" and other patriotic songs, as well as songs from the theme era. At the closing Fran Johnnene presented lucky seniors who were drawn to receive the door prizes. The grand prize was an over-night stay at Foxwoods Casino. Foxwoods continued their long-standing tradition of generosity towards RSVP by donating again this year. Also, flowerpots donated by the Boston Parks and Recreation Department were given to each senior as they left the hall.

After talking with many seniors, I knew the luncheon was a hit. They told me that the food was tasty, entertainment was nice, and they had a wonderful time. Next year we hope to have another wonderful event.

RSVP Luncheon Photos!

Healthy Wealthy & Wyse

By Geraldine C. Wyse, RN

Feet

Everyone should think about his/her feet.

Most of us don't really think about our feet unless they are causing us pain.

"People watchers" can spot a person with painful feet a mile away!! Sore feet make you walk with a different gait. Often times, you gingerly walk on the sore foot so you look like you are bobbing/waddling along. You also walk a few steps behind the people walking with you. You can't keep up. Or worse, you avoid situations in which you have to walk more then a few blocks.

Everyone thinks that diabetics are the only ones who really need to see a podiatrist. In reality, every senior should have a podiatrist on board. You should ask your primary care doctor if you should have at least one visit to a podiatrist. This initial podiatry visit may help prevent you from having problems later.

Do you have in-grown toenails, corns, calluses, flat feet, mild tendonitis or bunions? Often times, seniors "live" with these conditions. Seniors tolerate the pain. One or two visits to a podiatrist can remedy these minor problems. You have a little abrasion or cut on your foot that won't go away? Feet are a good breeding area for bacteria to enter your body.

Gerry Wyse (left) and friend at the RSVP luncheon

A few feet tips to keep in mind

All seniors should inspect their feet each day. Look for any swelling, enlarged joints, reddened area, discoloration (bruising/ purple spots) especially after exercising or walking. You may offer to check the feet of a friend who has arthritis, diabetes or sight impaired. This person may not be able to see or feel if there is an irregularity on their feet. Your feet are at their best when they are clean and dry.

Remember, any minor laceration or abrasion on a diabetic or one who has venous/arterial circulation can be a potentially serious problem.

Buy and wear good fitting shoes. At your age, you should think twice about high heels, flip flops and even boat shoes. You need good ankle support! Your feet may have changed in length and width!!! At least once a year, you should have your feet measured by an experienced shoe salesman. The shoes you are buying on sale or "off the rack" may not be the correct size. "I was always a size 71/2"…. Not any more. Now, you may be a size 81/2!!! Remember, when you see racks and racks of shoes, these are the ill-fitting shoes they probably couldn't sell in a regular shoe store.

·When you get home from your walk or exercise, take off those socks and shoes. The moisture inside your socks is not good for your feet. Put on new socks and shoes.

Change your shoes frequently. Try not to wear the same shoes every day. If you find a style of shoe or sneaker that you like, buy two or three pairs and rotate them.

When you go to the gym, wear flip flops in the shower or walking through any wet areas. These floors can harbor bacteria and fungus (athlete's foot).

Walking is one of the best and easiest exercises. Make it even more enjoyable by keeping your feet in their best condition.

Grandparents Luncheon

by Teresa O'Connor

Mayor has fun with fellow grandparents

Over 250 grandparents braved the fierce New England rain and enjoyed lunch at the Seaport Hotel on Saturday, October 8, 2005. Upon arriving at the Seaport Hotel, grandparents were welcomed and led to the dining room by Elderly Commission staff. Once arriving in the dining room, the grandparents sat down to a beautifully arranged table. Soon after being seated, the grandparents were visited by some of Boston's City Councilors and the first lady of Boston, Angela Menino. Mayor Thomas Menino and Commissioner Eliza Greenberg then opened the luncheon by welcoming and thanking all of the grandparents for attending the luncheon.

Mayor Menino reminded grandparents about the importance of their role in the lives of their grandchildren. The Mayor encouraged grandparents to teach grandchildren about their culture and about family values. After closing his welcoming, the Mayor began serving the grandparents a fine plated luncheon.

What a day had by all. During and after lunch, the grandparents enjoyed dancing and entertainment by Charles Clemons and CC Sounds. From the party train to swing dancing to napkin wielding to the Electric Slide, the grandparents celebrated their grandparenthood in style and grooved to the entertainment.

Grandparents smile for the camera!

Medicare D Hotline

617-635-MED D or 617-635-6333

The Boston Elderly Commission wants to ensure all Boston seniors and Boston senior agencies are educated on the new Medicare Prescription Drug Plan. The Elderly Commission has certified SHINE counselors available to assist people with questions concerning Medicare benefits. If you would like to find out more about the Medicare Prescription Drug Plan or if you would like a SHINE counselor to present an informational presentation, please call the Elderly Commission at the number above.

Autumn Moon Festival IN CHINATOWN

Commissioner Greenberg with Elderly Commission staff and many entertainers and staff of Chinese Golden Age.

Greater Boston Chinese Golden Age Center hosted an August Moon Festival at Quincy Towers. The festival is held at a time when the moon is at its fullest and brightest, marking an ideal time to celebrate the abundance of the summer's harvest. This year the festival was held on September 15th to relate closely with the 15th day of the 8th lunar month of the Chinese calendar.

Over 75 seniors attended the celebration. They were entertained with live traditional musical arrangements, serenading of several traditional Chinese Opera songs and Chinese and American folk songs. Commissioner Eliza Greenberg from the Commission on Affairs of the Elderly attended along with Wilson Huang from the Taipei Economic and Cultural Office in Boston and Frank Chin. The celebration was enjoyed by all.

For more information on Chinese Golden Age programs and services please call 617-357-0226.

Seeking Singers and Musicians

Open Rehearsal:

Boston Minstrel Company Seeks Singers & Musicians

The non-profit Boston Minstrel Company seeks singers, musicians and songleaders to facilitate sing-a-long songfests at Boston-Cambridge homeless shelters year-round. No prior experience required. Repertoire includes MoTown, Oldies, Folk, Rock, Pop, Blues and Spirituals.

Monthly rehearsals at the United Parish of Auburndale, 64 Hancock St. in Newton; for more details,
email Bostonminstrel@aol.com or call 617-87-2122.
For schedule and more information, visit http://www.bostonminstrel.com.

About Boston Minstrel Company:

The Boston Minstrel Company is a vibrant group of singers and performers who believe in the healing power of music. Since 1991 we have joined with our audiences to create a joyful and musical experience. We perform at Greater Boston prisons and shelters. The Boston Minstrel Company is a 501(c)3 non-profit organization.

Thinking Out Loud by: Sal Giarratani

Who says you can't go home again? Well, you can go home but don't try living there because the rent is too expensive. I grew up in St. Philip's Parish in lower Roxbury down by the Green Shoe. If you know both of these places, it is proof you came from the same area. Today, St. Philip's is now the site of Rosie's Place and the Green Shoe is all but a memory.

In late summer, I always seem to think back to younger summers years ago when life seemed so much easier. Back then, some of the choices that had to be made were as simple as deciding which park to play softball in. Would it be Carter Playground on Columbus Avenue or the Praire over by Old Mr. Boston?

Neither had lights back then, so games played until we could no longer see the ball. Today there are lights everywhere. Night games happen. I am sure our parents were glad there were not any lights on the fields that meant we would get home for supper on time.

The other day while traveling on Melnea Cass Boulevard, I had my radio on. Madonna came on the radio singing a song about her old days, about her playground. As I approached Albany Street, I remember the Old Fellows Street Playground. There, the field was paved so we rarely slid into bases unless we wanted a visit to the Accident Floor at City Hospital. It was great for lefties since there were few cars on the Fellows Street over in right field. Going down the third base line could mean a foul ball into someone's kitchen window. If that happened, we saw baseball players turn into track and field stars.

However, Carter Playground was just the opposite. If I hit the ball to the right, chances were good it would land on a car traveling along Columbus Avenue. It was track and field time again. Leftfield back then had a high wall like the Green Monster, which keeps the train tracks to New York hidden. Banging the ball off the wall was great. I became a great opposite field hitter out of necessity because I wanted to try and stay away from hitting to my right.

Every time the other team played me to rightfield, I would swing for the leftfield wall. If they smartened up and moved left, I took my chances to right field.

The other day after I got off Melnea Cass Boulevard, I parked on Columbus Avenue and walked onto Carter and stood at home plate the first time since my youth. Immediately, I noticed the wall in leftfield had been replaced with the bleachers and the buildings out in deep center torn down. Home plate was moved about fifteen feet further away from the street. It was the same and it was not the same. However, for a few minutes, I could see myself standing on first base. I was a kid again even for a few moments. Growing up having played ball gave all of us some real good lessons about living with each other.

Back in 1965, I played on the St. Philip Phillies' baseball team. Our home field was the Praire. It was so big that it did not even have targets to aim our hits. It was like knitting a ball into the universe.

I was still playing ball up to 1978 when I thought I was getting old, the big "3-0". I still played first base for the Fenwood Flyers. Once I played up at the ballpark atop Mission Hill when it still had a wall. Like Carter field, the wall here is now gone. I remember once playing leftfield when I made two Willie Mays catches in one game. You needed to be very lucky doing that. I hated the outfield because I was a slow runner. Everybody always felt better with me at first but that day, they all cheered me on.

It is amazing what an old Madonna song can do to you. It got me back to Carter Playground and a trip in time to when growing up seemed so much fun.

Ombudsman Needed

The Long-term Care Ombudsman program was established in 1973 and is funded though Title III and Title IV federal dollars monitored and allocated through the Commission on Affairs of the Elderly. Ethos a non-profit located at 555 Amory Street in Jamaica Plain receives funding to manage this program.

The Ombudsman Program has four main goals;

To receive, investigate and resolve complaints.

To provide information and referral on long-term care issues.

To protect residents rights and improve their quality of life.

To advocate for positive change in the long-term care system.

Ms. Marietta McCarthy (far left), is Ombudsman Program Director. The Ombudsman: Violet McGrath, Betty Mulling, Daniel Thurman, Eileen Conroy and Eleanor Wueiner volunteer their time visiting long-term care facilities. Each ombudsman covers a specific area of the city.

The volunteers were asked to describe a typical day as an Ombudsman. They laughed, "there aren't any" they replied in unison, you never know what you will encounter. There is a great reliance on Ombudsman to act as mediator between patient and family and staff to staff .

It is difficult to imagine having to resign the care of your loved one to a long term care institution until you are faced with, often times an unavoidable decision. Fortunately volunteer angels like the Ethos Ombudsman help to ease the difficult transition.

The Ethos Ombudsman

We talked at length about the difficult parts of the job, the sad and lonely side the Ombudsman see.

Then we shared happy stories, rewarding stories. Ombudsman resolve challenging complaints but also serve as visitors and companions to many residents who look forward to their weekly visit from their friend, their Ombudsman.

There is a shortage of volunteers for this program. "People don't want to volunteer in nursing homes," it is tough work and it is something society still is afraid to discuss until they are faced with having to decide over their own or a loved one's long term care plans.

It takes a special person to do work like this.

Sophia Snow ended our interview on a "Happier note" -

"One woman," she began, "she is a darling, we were talking about my fear of flying and how much I hate to fly. She started laughing so I asked her why are you laughing? She answered me, "I was a pilot, I had my pilot's license. I loved to fly!"

There is a specific need for volunteers in the Dorchester and South Boston areas. There are many small traditional rest homes in that area and not even close to enough volunteers to visit them.

If you would like more information about the Ombudsman program and how to get involved please contact Marietta McCarthy at 617-522-6700 extension 314 or 315.

Dr. Usana Wu O.D., M.Ed., T.P.A. Board Certified

GERIATRIC EYE HEALTH DIAGNOSIS & TREATMENT

Medicare **MassHealth** *will cover your*

617.834.4810 *HouseCall* *EyeExam* & *2nd Opinion*

COME ONE COME ALL

to the

30th Annual Hoilday Craft Bazaar and Senior Health Fair

All ages welcome

Date: Friday, December 2, 2005
Location: Boston City Hall
Time: 10:00 a.m. - 3:00 p.m.

Sponsored by:
Mayor Thomas M. Menino
and
The City of Boston
Commission of Affairs of the Elderly
Eliza F. Greenberg, Commissioner

Edward L. Cooper Awards Ceremony

In the memory of Mr. Edward L. Cooper, founder and creator of the Edward L. Cooper Community Gardening and Education Center as well as former President of Boston Urban Gardens, Mr. Cooper was an inspiration to our community in creating awareness about the importance of our City's open spaces.

With a firm commitment to youth, as well as the elderly community of Boston, Mr. Cooper was a pioneer in environmental and urban issues. He was an active member of the Mayor's Advisory Council for many years as well as presiding over that body as its President.

The Edward L. Cooper Award is given in dedication to his spirit, generosity and commitment to service, not only to the Elderly Commission, but also to all the residents of the City of Boston.

This year's cermony was dedicated to Elsie Frank. Elsie dedicated her life to advocating for social justice and senior citizen rights. Elsie's son, Congressman Barney Frank, and daughter were presented with Elsie's award.

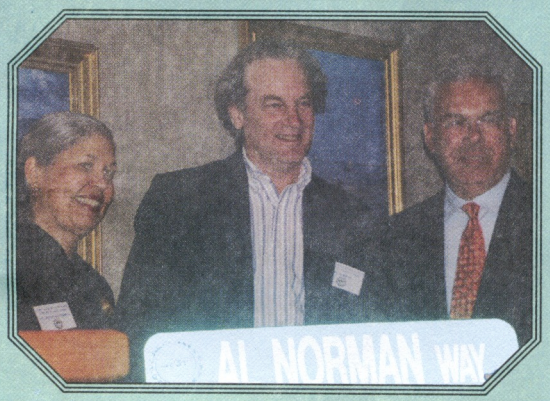
Outstanding Senior Advocate.
Elsie Frank

IN LOVING MEMORY OF ELSIE FRANK
1912 - 2005
THANK YOU ELSIE

Ed Cooper Award Recipients

Outstanding Civic Leader
Sgt. Tony Fonseca
Boston Police Department

Outstanding Business
Bay State Cruise Lines



Outstanding Advocate
Al Norman

Outstanding Senior
Advocate
Marguerite Fagan

Ed Cooper Award Recipients

Outstanding Civic Leader
Carmen A. Pola

Outstanding Organization
MATCH-UP Interfaith
Volunteers

Outstanding Volunteer
Ethel Arsenault

Outstanding Volunteer
Angela Hatch

VOLUNTEER OPPORTUNITIES COLUMN

The Retired and Senior Volunteer Program is federally funded by the Corporation for National and Community Service and is sponsored by the Commission on Affairs of the Elderly. Volunteering through the RSVP program offers seniors reimbursement for transportation costs incurred while doing volunteer work. Volunteer assignments coincide with the special interests of volunteers. Volunteers are assigned at non-profit agencies of their choice throughout the neighborhoods of Boston. If you are interested, contact Lynnette at 617-635-1794, Kali at 617-635-2360, or Fran Johnnene, RSVP Director, at 617-635-3988.

U.S.S. Constitution Museum

The U.S.S. Constitution Museum is seeking volunteers to lead school and public programs for children ages 5-11. No experience necessary, training is provided. Weekday morning availability is required. Must be able to stand for extend periods of time and have no problem with stairs. Interest in working with history and kids is a plus. Free parking in Charlestown Navy Yard for those who drive their own vehicle. For those using public transportation; it is only a 15-minute walk from the Green Line, or a 2-minute walk from the water shuttle that connects to Long Wharf/Blue Line. For more information call Andrea West, Education Coordinator, at 617-426-1812.

Boston Centers for Youth and Families-

The Boston Centers for Youth and Families located in Mission Hill is looking for volunteers to greet and direct visitors or assist with the records management project. This volunteer friendly environment can be a good place to work in pairs. Invite a friend or family member to volunteer with you at the same time. No experience necessary. Hours are flexible Monday thru Friday 9:00 a.m. – 5:00 p.m. Accessible by MBTA through Bus 66 from Dudley Square and Brigham Circle or a brief walk from the Orange line Roxbury Crossing station. For more information please call Fran Johnnene, RSVP Director or Kali Borrowman, AmeriCorps*VISTA for Boston RSVP at 617-635-2360.

VITA (Volunteer Insured Timebanking Association)

VITA's goal is to help older adults toward a better quality of life through community volunteer support. This program provides a way for seniors to give to their community now and receive from the community when they need help themselves. VITA has many opportunities for volunteers:

Friendly Visitor: Be a friend! Provide companionship a senior in his/her home.

Escort: Accompany a senior to the doctor's office, grocery store, post office, or other another daily activity.

Telephone Buddy: Provide telephone reassurance to a senior by reminding them to take medication, or simply lesson. Can be done from your own home.

For more information call RSVP staff at 617-635-2360.

Boston Medical Center

Volunteers are needed in the pediatric ward to play with or read to children in waiting areas, be companions to child patients, and do hearing and vision screenings; to help adult patients by visiting them, giving their families moral support, and bringing them books and magazines; and more. BMC gives volunteers a meal for each day they volunteer. It has free parking and is close to the T (Orange Line, Massachusetts Avenue). Volunteers also get free classes and workshops there, space permitting. To sign up, please call Dave Hinchen at 617-414-5122.

Museum of Science

The Museum of Science is seeking volunteers to participate in the Eye Openers Program. Here you will work with a group of 2-5 second graders by helping them feel at home in the Museum. Tuesdays from 9:30 a.m.- 12:30 p.m. The Museum gives free parking, free admission to exhibits and films, discounts at the café and shops, and more benefits to volunteers. No science background is necessary—the Museum will train you to join the over 650 volunteers who work beside staff to help guests learn and enjoy their museum experience. For more information, please call Lynnette at 617-635-1794 or Kali at 617-635-2360.

Unforgettable You Sells Out !

Article submitted by Self-Esteem Boston

The joint was jumpin' at the 11th Annual Unforgettable You Charity Dance honoring Senior Citizens in Greater Boston! This year's event, held at the Fairmont Copley Plaza Hotel in Boston, featured WB56 10 o'clock News Anchor Stephanie Lydon MC'd the event with Self-Esteem Boston President Marion B. Davis.

The crowd danced the afternoon away to the great sound of the Bob Bachelder Totem Pole Orchestra. There was something for everyone! The ROTC came to ballroom dance with women at the event, and everyone was on the dance floor to what is one of the largest line dance events of the year! The wait staff served coffee/ tea and delicious cake to all who attended the event in the Grand Ballroom. "We felt spoiled," said one very happy event participant.

"So many people have been calling us every day since the dance to tell us how much fun they all had at this years event", said Self Esteem Boston President Marion B. Davis, whose group put on the event, and secured free transportation for Jamaica Plain and Boston so that they could easily attend this year's event. The event was sponsored by Blue Cross Blue Shield and WB 56.

So many people attended the event that Self-Esteem Boston will be moving the event to a larger ballroom to accommodate everyone who would like to attend next year's Unforgettable You! The 2006 Unforgettable You will be held on Saturday, September 30, 2006 at the Sheraton Boston! Mark your calendars!

Frog Pond Opening

ICE SKATING

Wednesday, November 16, 7 p.m.
Frog Pond, Common

The official opening of the Boston Common Frog Pond for the 2005/2006 skating season will include a figure skating demonstration by precision teams Ice Cubes and Ice Mates and other individual skaters to be announced. Free public skating will follow the performances. The Frog Pond hours of operation are Sunday to Thursday, 10 a.m. to 9 p.m. (except Monday when the rink closes at 5 p.m.), Friday and Saturday, 10 a.m. to 10 p.m. Fees are $4 for ages 14 and over, free for ages 13 and under, skate rentals are $5 for children 13 and under, $8 for 14 and over. For further information on the Frog Pond opening, hours of operation, and holiday hours please call Duncan Finch or Jane Levin at 617-635-2120.

Seniors Training for Employment Program Celebrates National Employ the Older Worker Week

by Kenyia Elisa-McLaren, Title V Director

Seniors Training for Employment Program Director, Kenyia Elisa-McLaren (center) with participants (l-r) Gloria Bittle, Cheryl Jackson, Priscilla Rapacioli, and Patricia Catoe-Kelley.

On September 22, 2005, participants of the Seniors Training for Employment Program (STEP) attended a celebration of National Employ the Older Worker Week (NEOWW) at the Massachusetts State House. This event was sponsored by the Massachusetts Executive Office of Elder Affairs in collaboration with local Title V sponsors.

The Commission on Affairs of the Elderly Seniors Training for Employment Program nominated two former participants who successfully transitioned from our training program into unsubsidized jobs: Mr. Francois Blaise and Ms. Mary Doherty. Jewish Memorial Hospital was also recognized for being a host agency that also hired Ms. Benvinda Lobo, a former STEP participant

In 1965, The Senior Community Service Employment Program (SCSEP) was authorized under Title V of the Older Americans Act (OAA). Initially, the goal was to promote useful part-time community service activities for persons 55 years of age and older. Amendments to the OAA expanded the program's purpose to include increasing economic self-sufficiency for low-income participants through unsubsidized employment.

Participants receive paid on-the-job training at non-profit and government agencies. The practical experience gained is applied to a job in the mainstream workforce.

For more information on the SCSEP program sponsored by the Boston Elderly Commission, please contact:

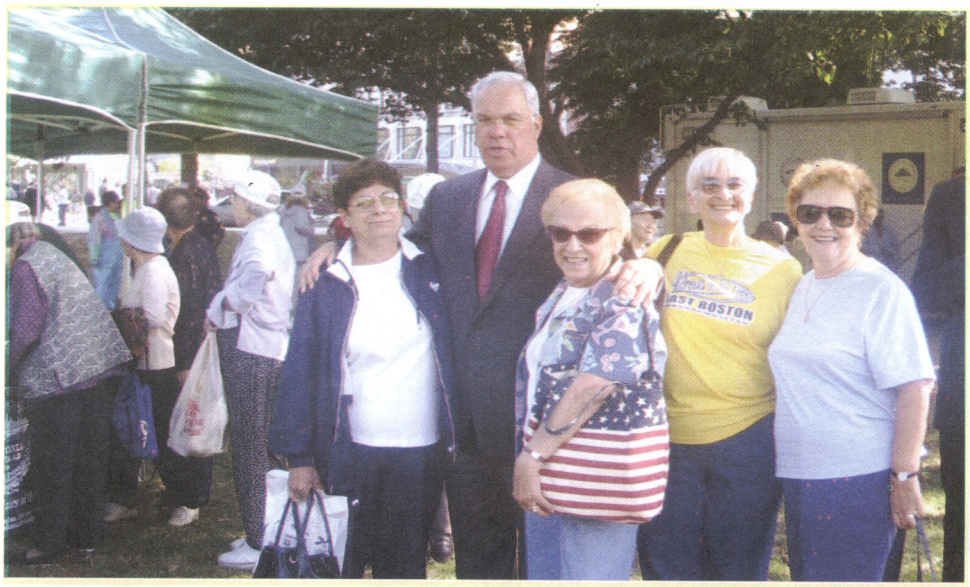
Seniors Training for Employment Program
Boston City Hall, Room 271
Boston, MA 02201
617-635-4858

Mr. Steven Elkin of Jewish Memorial (rear left) award recipient stands with STEP participants and staff.

S.T.E.P. (Senior A.I.D.E.S.) is a Title V program federally funded by the U.S. Department of Labor and administered by Senior Service America, Incorporated.

Mayor Menino Leads Health and Fitness Walk

by Michael McColgan



Mayor Menino with his friends from East Boston

The Mayor Thomas M. Menino 11th Annual Health and Fitness Walk was held on Wednesday, October 5, 2005 on Boston Common. Over 500 seniors turned out with seniors from most Boston neighborhoods including Brighton, Charlestown, Chinatown, Dorchester, Downtown, East Boston, Hyde Park, Jamaica Plain, Mattapan, Roslindale, Roxbury, South Boston, South End, West End and West Roxbury. Everyone enjoyed the mild sunny day at this historic park.

Commissioner Eliza F. Greenberg welcomed all the walkers and introduced Mayor Thomas M. Menino. The Mayor congratulated the participants on their efforts to maintain their health and fitness through walking and exercise. Christine Chan of the Castle Square Apartments graciously translated for the many Chinese participants.

At the end of Mayor Menino's presentation, Vanessa Wilson-Howard of Mattapan led the warm-up stretch. The Mayor then commenced the 2/3-mile walk.

Invigorated by the exercise of the walk and the comfortable air, the walkers returned to the tent where Ms. Wilson-Howard lead the participants in cool down chair exercises while staff and volunteers served lunch. Our vendor, Kit Clark Food Services, supplied an assortment of delicious sandwiches complemented by apples, oranges and bananas kindly donated by Roche Brothers of West Roxbury.

The Mayor's Walk event also featured a health fair that included free flu shots administered by the staff of Carney Hospital. What better way to complement a Health and Fitness Walk than to protect older Bostonians from getting the flu over the winter months?

Cholesterol, diabetes, body mass and blood pressure screenings were offered by the Boston Public Health Commission's Health Connection Van team. This team included Altagracia Lorenzo, Maria Galvao, Melinda Sullivan and Sanon Etrange. Podiatry screenings were offered by Dr. Jordana L. Szpiro of Boston Common Podiatry.

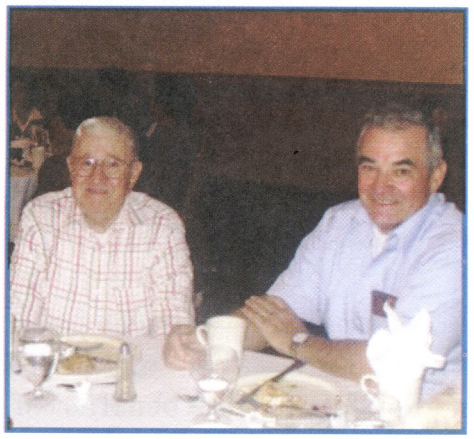
Additional Diabetes screenings were offered by Lou Belmonte of the Neighborhood Diabetes Shop.

Throughout all the activities of the Mayor's Walk, everyone loved the ballads and up beat music of yesterday and today provided by Jim Hislop.

This year's walk was hugely successful because we had the cooperation of several other city agencies. We are grateful to Paul McCaffrey and John Bailey and their coworkers at Parks and Recreation. The Parks and

continued on page 28

HOSPITAL HELPERS By Sarah Vollmann
Last in a Series on Men Volunteers in Boston RSVP



At Spaulding Rehabilitation Hospital in downtown Boston, volunteers are as old as 94 and as young as 16. There is "no one story" of how people come to give their time to the Hospital, said Jane Burke, Office Coordinator in the Volunteer Services Department; some volunteers are former patients, for instance.

I met with two of the volunteers, who are men in Boston RSVP. Mario Russo, a longtime resident of the North End, came in his green uniform.

"I like everything about it," he said of volunteering. "I'm helping people out." He sometimes does clerical work such as folding envelopes, other times multitasks by helping in Materials Management. He enjoys being with the people he has met getting coffee in the cafeteria. Volunteering has kept him from feeling lonely after his 43-year career as a building custodian in the Printing Department of the City of Boston.

Albert Staples has logged over 8,000 hours at the hospital since he started, in 1997. He had to close his jewelry shop because of the bad economy, but became bored after one month off work. His wife used to be a patient at Spaulding. He had to drive her in regularly from their home in North Reading, so she suggested that he volunteer.

At first, he came in two days a week—he also went to school for basic computer skills. After two years, he began to come everyday.

"It keeps me busy," he explained.

He likes that his work is so varied. For five hours each day, he makes copies, shreds, puts packages together, picks up and distributes the mail, and does anything else that needs to be done.

Volunteering is "very important. It adds that little bit of enrichment to our patients," said Burke.

Albert G. "Al" Prosser, Richard "Dick" Sassone, and Benjamin "Ben" Brecker are three RSVP volunteers at the VA Hospital, West Roxbury. Each one has his own reason for starting to volunteer.

For Al: "I've been involved in veterans' affairs most of my adult life, and when I retired I knew I was going to volunteer here. It was planned way ahead."

For Dick: "I was here visiting a friend of mine once, and I just happened to see a notice on the board that they were looking for volunteers, and so I decided to sign up…. It was a great day for humanity," he joked.

"I went through open-heart surgery back in 1978…everybody was so nice to me that I decided to volunteer in appreciation," Ben explained. When the VA Hospital gave him a choice of volunteer positions, he decided to become the first ever "goodwill man." He gave bananas to patients, for potassium. Finagle a Bagel currently donates the fruit. Now "87 years young," he had another open-heart surgery six years ago and recovered wonderfully.

Al has volunteered at the hospital since he retired, in 1993. He makes coffee and mostly does printing on the computer. A veteran himself, he was a crew chief in the Air Force from 1946-1949 during the Japan occupation. Currently a Dedham resident, he raised six children in South Boston and has spent most of his life in the area.

"I like the connection with patients, with people," Al said of his volunteer service at the Hospital.

Dick retired from the military in 1975, then went back to work at GTE. After he finished pay-

continued on page 32

Mayors Health and Fitness Walk continued from page 26

Joanne Price and friends stretch for the walk

Recreation staff worked tirelessly to make sure the Common was groomed and had extra barrels in place for the walk. Also, Boston Centers for Youth and Families came through with sponsor canopies, tables and a generator. Special thanks go out to Robert Lewis Jr., Garin Veris, Sean Prosser, Robert Devenaeu, and Mike Devlin of BCYF.

Senior Response Officers (SRO) were present to watch out for our walkers. Under the leadership of Sergeant Antone Fonseca, two other SRO's were present: Sergeant Tony Fonseca, BFS, Officer Mike Charbonnier, Area A-1 and Officer Dave Sadler, Area A-1.

Boston's Emergency Medical Technicians were available around the Common in case of injury. Fortunately, the EMT's were not called in for our event.

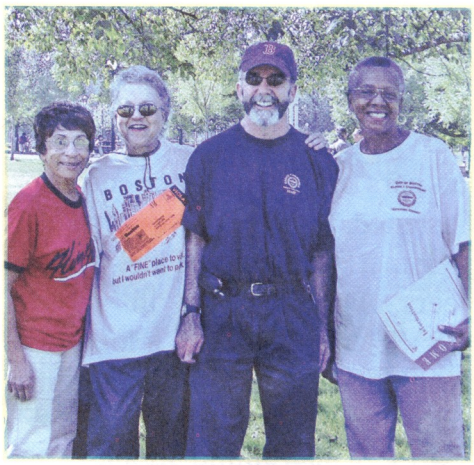
Our thanks go out to Lieutenant Reginald Sampson of the Boston Park Rangers who assisted with the logistics of the Walk. We are thankful as well to Park Rangers Susan Kiley, Sam Gross, Patrick Leighton and Sgt. Greg Repuzynsky who provided security for the walkers.

We were fortunate to have fifteen sponsors all told for this year's Walk. Bill Rogers Running Center in Quincy Market was the major in-kind sponsor, donating enough t-shirts for all of the walkers The major financial sponsor was A.P Levin Properties who supported the Walk for the third year, contributing $1,000.00 to offset the cost of the Mayor's Walk.

We also had seven Bronze Sneaker Sponsors who each donated $500.00 each. Boston Athletic Club has been supporting the walk in this fashion since 1999 and NSTAR Electric who have been supporting the walk since 2001. The other generous Bronze Sneaker Sponsors included Faulkner Hospital, (since 2002). S.R. Weiner & Associates (since 2003), Partners Healthcare (since 2001). First Realty Management and Commonwealth Care Alliance are new this year.

Our five Blue Sneaker Sponsors ($250.00) included Citizens Bank (since 2003), Suffolk University (new), XV Beacon Hotel (since 2004), Dunn Associates (new) and Caregiver Alliance of Suffolk County (new).

Walking is an easy and fun way to exercise. For more information about the benefits of walking or to join or start a walking club in your area, please call Michael McColgan, Health and Fitness Advocate at 617- 635-4168.



A big thank you to Michael McColgan for all of his hard work coordinating the walk. Thanks Mike!

Walkers turned dancers, strut their stuff to the Electric Slide, the Macarena and more....

Volunteer Impact: The Career Volunteer, 20 Plus Years

by Kali Borrowman AmeriCorps*VISTA

Ann Schneider and Dorothy Richmond

Each year a Recognition Luncheon is held for the RSVP volunteers. Most importantly, the luncheon is to thank and recognize the volunteers for their hard work and dedication. This could be done in several different ways: written thank you card, or a simple phone call to the volunteers. While these are nice thoughts, RSVP Director Fran Johnnene wanted the volunteers to get something else out of the luncheons. "My goal was to give the volunteers a feeling of how far their reach extends throughout the City of Boston, and how many accomplishments that our volunteers have achieved."

It is often hard to envision the impact of an entire program. Let me paint a picture for you. Imagine the lives that one volunteer has impacted while volunteering merely in this year alone. Just for fun, let's say that one volunteer has directly helped 30 people (I'm sure most have affected many more). Now, let's consider every other volunteer. Imagine that they too, have made a change in the lives of 30 people. If we have 462 members of RSVP that would mean that our volunteers have directly influenced 13,860 people in the City of Boston. Wow, very impressive. Now think about this: those 13,860 people, because of the help they received from the RSVP volunteers, were able to help at least two (2) other people in the last year. That would mean that 41,580 people in the City of Boston benefit from RSVP each year.

These numbers are arbitrary yet astounding. I propose that RSVP volunteers are creating a ripple effect across the City of Boston. Many of our volunteers have been creating waves for over 20 years. Here's how:

I recently took a trip to Hebrew Senior Life, an RSVP active station. There are many people who volunteer here. Here, I witnessed first hand the reach of two volunteers: Ann Schneider and Dorothy Richmond who have both been a part of RSVP for over 20 years. These ladies are involved in a singing group that visits Hebrew Senior Life weekly. As I came off the elevator I could here the group from down the hall. The pianist was lively and the women and men in the singing group were full of smiles. The volunteers sang as they moved a round a circle of residents to hold hands. The volunteers even danced with those residents with mobility. As the volunteers moved around the room, they created a flow of positive energy, by lighting up each resident as they passed. As I interviewed Ms. Schneider it was hard for me not to feel her passion for her work. "You hold their hands, it makes me feel good. This keeps me young." Instantaneously, I could see the joy she receives from her work. Dorothy Rosenberg also volunteers with Hebrew Senior Life singing group. She describes her fellow volunteers, " I love them as dearly as I love a relative."

Rose Finkelstein (27 years with RSVP) is another volunteer that couldn't keep a smile from her face as she talked about her volunteering. As she goes about her daily activities at Beth Israel Deacones Medical Center, she participates in lively banter with whomever she runs into. Staff and patrons alike are enriched by Rose on a daily basis.

Gertrude Agress has also been with Beth Israel Deaconess Medical Center for over 20 years. Starting in 1979, Trudy has been a part of a volunteering group that on the surface does mostly paper work, but digging deeper I found does much more. This group provides each other with a support system that has kept Trudy going back for all these years. In fact, they even

continued on page 30

RSVP 20 years continued from page 29

celebrate most holidays together.

Not forgetting our male volunteers Wilfred Crozier has worked with RSVP for 20 years as well. At the New England Genealogical Society Wilfred helps individuals research their families. Wilfred jokes his favorite part of volunteering is going home, but admits that helping people trace their family backgrounds and helping the librarians is very fulfilling.

These volunteers are just a handful of RSVP members that have been serving for over 20 years. All of our RSVP volunteers play a vital role in the City of Boston. These volunteers are upholding the true standard of being a Bostonian. In fact, Susan J. Ellis equates the very heart of volunteering to Boston stating, "Paul Revere earned his living as a silversmith. But what do we remember him for? His volunteer work. All activism is volunteering in that it's done above and beyond earning a living and deals with what people really care passionately about." Along with expressing our gratitude to all volunteers at the Recognition Luncheon on September 29, 2005, we would like to acknowledge those volunteers with 20 or more years of service through the Retired and Senior Volunteer Program. Following is a list of names that have served over 20 years with RSVP:

Alfred Agress
Gertrude Agress
Dorris Babin
Shirley Bailin
Maurice Cohen
Ruth Corbertt
Victor Cornella
Wilfred T. Crozier
Rose Finkelstein
Mollie Finkelstein
Eva Finn
Estelle Garr
Thelma Goldkrand
Alexander Gricus
Henrietta Kalnoska
Arthur Katz
Laura Kennedy
Rose Levy
Fannie Needell
Dorothy Richmond
Dorothy Rosenburg
Irene Rugina
Ann Schneider
Ethel Simnaksy
Anne Weinburg
Esther Wilson
Sylvia Zitser

November
National Alzheimer's Awareness Month

Caring for a Loved One with Alzheimer's disease?

Alzheimer's Disease is a progressive disease that steadily devastates a individual's ability to learn, make sound decisions, communicate or sequence events successfully. Personality and mood changes often occur as the disease progresses as well. The role as caregiver of a loved one carries tremendous responsibilities. The role as caregiver to a loved one with Alzheimer's disease is twofold. Dealing with personality changes, forgetfulness, wandering and the increase in providing physical care makes care giving challenging. Since November is National Alzheimer's Awareness month and National Caregiver Month, check out the following agencies that can help alleviate the stress associated with providing care. These agencies can provide you with information and referral, support groups and respite. After all, if you do not reach out to get the help YOU need, how can you provide the help your loved one needs?

Alzheimer's Association	www.alzmass.org	800-548-2111
Caregiver Alliance	www.caregiveralliance.org	617-292-2111
Rogerson Adult Day Center	www.rogerson.org/dayhealth	617- 363-2329
Kit Clark Adult Day Center	www.fdnh.org	617-825-5000
Boston Elderly Commission	www.cityofboston.gov/elderly	617-635-4366
Executive Office of Elder Affairs	www.state.ma.us	800-243-4636

MAYOR THOMAS M. MENINO
THE OFFICE OF NEIGHBORHOOD SERVICES
IN COLLABORATION WITH
BOSTON COMMUNITY CENTERS,
THE MAYOR'S OFFICE OF SPECIAL EVENTS AND
THE COMMISSION ON AFFAIRS OF THE ELDERLY

PRESENT: The 8th Holiday Musical Extravaganza

BUFFET LUNCHEON
SPONSORED BY: THE DEDHAM SAVINGS BANK
&
STOP & SHOP SUPERMARKETS
WHERE: HYDE PARK COMMUNITY CENTER
1179 RIVER STREET
HYDE PARK
WHEN: Wednesday , DECEMBER 21, 2005
11:00 A.M - 2:30 P.M.
CONTACT: MEL GOLDSTEIN, PRODUCER AND DIRECTOR AT
(617) 635-3485 OR (617) 635-4834
FREE FREE FREE FREE FREE FREE FREE FREE

Do You Wake Up Too Early?

If yes, help us to help others!
Brigham & Women's Hospital seeks healthy men and women, 55 and older, to participate in a research study testing whether different colors of light can improve sleep.

Participants will spend 13 consecutive days and nights living in our facility at Brigham & Women's Hospital.

Receive up to
$2,408

Call Aaron at (617) 732-7294
sleep@rics.bwh.harvard.edu

Hospital Helpers continued from page 27

ing his children's college expenses, he retired again. Now he delivers the newspaper to every patient in the morning and asks if they need anything. The volunteers' supervisor, Joanne Assad, has "rooms full" of clothing and toiletries for patients, Dick said, many of which the Air Force Aid Association provides. Before moving to his current home in Medfield, he was in the United States Naval Academy for four years and the Air Force for 20 years.

"I miss it very much," he said.

His two children live in Easton and Clinton.

Ben enlisted in the Air Force in 1942 for World War II, and was discharged in 1946. He graduated from two schools: one for Aircraft Mechanics and the other for Flag Status. The day he graduated from radio school, the atom bomb was dropped, he said; he ended up in France and Germany. After his discharge, he enlisted in the Air Force Reserves, and was discharged five years later.

He said of the VA Hospital, "It's my second home here.... I really enjoyed listening to every man's story of while he was in the service. It's amazing how every man had his own story to tell."

Ben has lived in Boston for 80 years, having moved from New York City with his family at age five. His son and daughter both live in Georgia.

For many people, John Matson epitomizes Boston's elderly community. Born and raised in Dorchester, a resident of Roslindale since he married at age 19, he is now a volunteer receptionist at Faulkner Hospital. It seems everyone with whom he has come into contact has noticed how great with people he is.

"He always has a pleasant conversation with people coming in," said Susan Frost, his Volunteer Coordinator.

He comes in Mondays, Wednesdays, and Fridays with an "imposing presence," said Joan O'Connor, Coordinator of the Information Desk. She has known John the entire time he has volunteered there.

"Of course, it's a neighborhood hospital. He knows a lot of people, a lot of people know him," she continued.

John has dealt with the public since he was 13 years old, when he started in movie theaters (he is now 78, he said). Then he worked with the public for the Firestone tire company. At Faulkner, he sometimes helps blind people up stairs; they have been known to ask for him the next time they come to the hospital. He calls Security if people fall out of wheelchairs or are too large to fit into one.

He has volunteered at Faulkner for eight years, but his first four were in the Accounting Department. There, he had no contact with the public except on Thursdays, payday, when he gave out Oreo cookies.

"This is a very personal job," he said. Patients come in sick. "Most of [them] don't want a lot of unnecessary talk." That is why he greets them not with "How are you?" but with "May I help you?"

From 1956-1984, John was a subway motorman in the MBTA. For two years afterward, he was a guard in the Children's Museum. He has been used for hospital publicity; his photograph is on Faulkner's website.

"The older workers have a work ethic that can't be beat," said Frost. "He really enjoys giving to others. It's obvious."

Do you have missing ingredients?

This list might help you.

* 1 teaspoon baking powder equals 1/4 teaspoon baking soda plus 5/8 teaspoon of cream of tartar.

* 1 cup sifted cake flour equals 7/8 cup sifted all purpose flour minus 1 to 2 table spoon.

*1 cup of honey equals 1 to 1 and 1/4 cups sugar plus 1/4 cup liquid.

* 1 ounce of unsweetened chocolate equals 1 square or 3 table spoons unsweetened cocoa powder plus 1 table spoon butter or margarine.

Boston's 64th Official Holiday Tree Lighting

Thursday, December 1, 6:30 p.m. to 8:00 p.m.

Boston Common, Boston

Hosted by Mayor Thomas M. Menino and Boston Parks and Recreation Department, Boston's 64th Official Holiday Tree Lighting is sponsored by Keyspan, Macy's, WCVB TV-5 and Magic 106.7 FM with additional support provided by The Province of Nova Scotia. In addition to the lighting of Boston Common, The Public Garden and Commonwealth Avenue Mall, entertainers including Jordan Knight and Joan Secada will join the City of Boston in this celebration with live coverage starting at 7 p.m. provided by WCVB TV-5. For further information on Boston's Official Holiday Tree Lighting, please call the Boston Parks and Recreation Department at (617) 635-4505.

RECIPE CORNER

Please submit your favorite recipes to
Teresa O'Connor
By mail:
Room 271 Boston City Hall
Boston MA, 02201
By Phone: (617)-635-2713
By email: Teresa O'connor@cityofboston.gov

Microwave Acorn Squash

2 servings

Ingredients
1 medium-sized acorn squash, cut in halves
Seasoning to taste: salt, onion or garlic, pepper, brown or white sugar or 1 pkg. Equal, cinnamon
Pam

Directions
1 medium-sized acorn squash (other kinds can be used) cut in halves (do not peel) remove seeds, use a sharp fork and stab (so seasonings will penetrate well).
Use preferred seasonings, last spray with Pam until satiny-looking (or use butter).

Put in deep microwavable dish, add 2-3 tsp. Water (just enough to make steam).
Cover well with plastic wrap. Cook on high for 4 1/2 minutes, rotate dish and cook 4 1/2 minutes more. Ready to serve.

Baked Acorn Squash with Brown Sugar
Serves 4; Prep time: 5 minutes; Total time: 1 hour

Ingredients
2 tablespoons butter, plus more for baking sheet
2 medium acorn squash
2 tablespoons light-brown sugar
Course salt and ground pepper

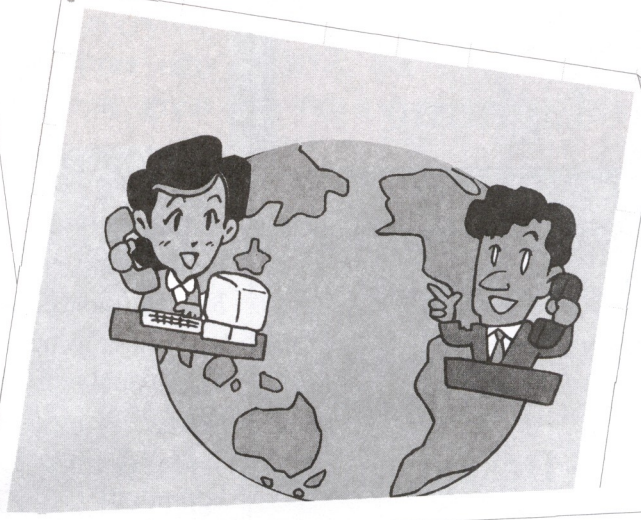
Directions
1. Preheat oven to 425°. Generously butter a rimmed baking sheet.
2. Halve 2 medium acorn squash (about 1 1/2 pounds each) crosswise. Scoop out seeds; discard. Slice a small piece off bottom of each squash half just enough to level.
3. Set squash halves, scooped dies down, on prepared sheet. Bake until golden, 20 to 25 minutes. Turn squash; prick insides all over with a fork. Divide 2 tablespoons butter and 2 tablespoons light-brown sugar amount halves; season with coarse salt and ground pepper. Continue to bake until flesh is easily pierced with the tip of a paring knife, 25 to 30 minutes. Serve warm.

Senior Citizens!

Reserve Now

For This Year's

Holiday Phone-A-Thon



Mayor Thomas M. Menino and the Boston Commission on Affairs of the Elderly, along with Merrill Lynch, are happy to announce the annual Holiday Phone-A Thon.

If you are a Boston resident, age 60 or older, you may be able to call a relative or friend anywhere in the world **FREE OF CHARGE.** Each person will be allowed to make telephone calls for one half (1/2) hour and place as many calls as they wish. Calls will be made on Saturday, December 10th 8:30 a.m. to 1:00 p.m.

To register, please complete the application form below and return by November 25, 2005 to: Commission on Affairs of the Elderly, Attention: Mary Beth Murray, Boston City Hall, One City Hall Plaza, Room 271, Boston, MA 02201 or fax to 617-635-3213.

SIGN UP NOW!! FIRST COME - FIRST SERVE! There is a limit as to how many people will be allowed to make calls. All seniors will receive a letter of acceptance. No admittance without letter.

PLEASE NOTE: For your safety **ALL** bags and packages will be security checked at the entrance to the building.

Commission on Affairs of the Elderly

Please Fill In ALL Boxes. Print Clearly

First Name:	**Last Name:**	
Address:		**Apt.#**
Neighborhood:	**Zip Code:**	**Telephone #:**
Countries I wish to call:	**Time I would like to call:**	
	☐ **Transportation Needed**	☐ **Transportation Not Needed**

In Memory of Civil Rights Pioneer, Rosa Parks

Rosa Parks pioneered the Civil Rights Movement when she refused to give up her seat to a white man in Montgomery, Alabama fifty years ago.

Rosa was arrested, jailed and fined for her defiance. As a result of her arrest and jailing, a boycott lasting 381 days took place where individuals who believed in equality, refused to use the public transit system. This boycott is often referred to as the beginning of the Civil Rights Movement. This act also inspired civil rights leaders including the Reverend Martin Luther King Jr. to lead this county in achieving equality for all.

After taking her public stand against discrimination, Rosa had difficulty securing a job, never mind a future, in Alabama. Therefore, Rosa and her husband relocated to Chicago in 1957. Upon arriving, Rosa was successful in getting a job with U.S. Representative John Conyers' office where she stayed until 1988. In the meantime, in 1964 the Civil Rights Act was passed banning all racial discrimination in public accommodations. Some often refer to Rosa Parks as the "Mother of the Civil Rights Movement"

Rosa lived a long and active life with many achievements. Among many of her achievements were publications which included, "Rosa Parks: My Story", "Quiet Strength: The Faith, the Hope and the Heart of a Woman who Changed a Nation", and a letter set. Additionally, the Rosa and Raymond Parks Institute for Self Development was created to get youth involved in civil rights works. Finally, in 1999, Rosa was awarded the Congressional Gold Medal, the highest medal a civilian can be awarded.

Got Snow Problems?

You may qualify for snow removal assistance.

Are you a senior?

Are you Physically unable to remove your snow?

Are friends and family unavailable to help you with snow removal?

Are you financially unable to afford snow removal?

If you answered yes to all of the questions above we can help you get out this winter.

Call us at the Elderly Commission

617-635-4366

MAYOR THOMAS M. MENINO PRESENTS

16th Annual First Night Celebration

First Come First Serve!!

Admission by ticket only!!

Sponsored by the Commission on Affairs of the Elderly

at the WORLD TRADE CENTER, Northern Avenue

Wednesday, December 28, 2005 -- 11:00 a.m. – 2:00 p.m.

TRANSPORTATION SIGN UP SHEET

INDIVIDUAL APPLICATION ONLY - NO GROUP REGISTRATION ALLOWED

REGISTRATION BY FAX OR MAIL ONLY - NO PHONE REGISTRATIONS ACCEPTED

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

ADMISSION BY TICKET ONLY - TICKETS ARE LIMITED

Please complete and return registration form by **Friday, December 2, 2005** to: Fax 617-635-3213 or mail to **1st Night, Elderly Commission, One City Hall Plaza, Room 271, Boston, MA 02201**

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

CENTRALIZED PICK UP LOCATIONS

	Allston/Brighton – Covenant House, 30 Washington St.		**Mattapan** – Church of the Holy Spirit, River St.
	Allston/Brighton – JCHE Housing, 20 Wallingford Rd.		**Mission Hill** – Flynn House, 835 Huntington Ave.
	Allston/Brighton – Veronica Smith, 20 Chestnut Hill Ave.		**North End** – Nazzaro Center, 30 North Bennet St.
	Boston – Park Street Station – MBTA (Tremont and Park)		**Readville** – St. Ann's Church, West Milton St.
	Charlestown – Golden Age Center, 382 Main St.		**Roslindale** – Roslindale Municipal Bldg, Roslindale Sq.
	Charlestown – 100 Ferrin Street		**Roxbury** – Freedom House, 14 Crawford St.
	East Boston – E.B. Social Center, 68 Central Sq.		**Roxbury –** Council of Towers, 2875 Washington St.
	East Boston – Brandy Wine, 88 Brandy Wine Drive		**South Boston** – Condon Comm. Center, 200 D St.
	Dorchester – Keystone Apts., 151 Hallet St.		**South Boston** – St. Monica's Church, Old Colony Ave.
	Dorchester – Kit Clark Services, 1500 Dorchester Ave.		**South Boston** – S.B. Neighborhood House, 136 H St.
	Dorchester – St. Brendan's Church, 589 Gallivan Blvd.		**South End** – Castle Square Apts., 484 Tremont St.
	Fenway/Kenmore – Kenmore Abbey, Kenmore Sq.		**South End** – Harriet Tubman, 566 Columbus Ave.
	Hyde Park – Blake Estates, 1344 Hyde Park Ave.		**South End/Chinatown** – 5 Oak St.
	Hyde Park – Georgetown Apts., 400A Georgetown Dr.		**West End** – Blackstone Apts., 33 Blossom St.
	Hyde Park – H.P. Municipal Parking Lot, Cleary Sq.		**West Roxbury –** Cheriton Grove, 20 Cheriton Road
	Jamaica Plain – Curtis Hall, 20 South St.		**West Roxbury** – Corey Street Parking Lot
	Jamaica Plain – Back of the Hill Apartments		**I DO NOT NEED TRANSPORTATION**

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

SEAPORT HOTEL
AT THE WORLD TRADE CENTER BOSTON

SIT DEUS NOBIS QUI PATRIBUS CUI VITAE REGIMINE DONATA A.D. 1822
BOSTONIA.
CONDITA A.D.
1630.

WORLD TRADE CENTER BOSTON