

Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



FREE

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Table of Contents:

Page Number

3 Mayor's Spotlight
6 Elderly Commission Profile
8 Healthy, Wealthy & Wyse
14 Healthy Recipes
20 Don't Retire, Inspire



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Mayor's Spotlight

Mayor Walsh points the way to Boston's future

State of the City Address lays out plan for a thriving, healthy and innovative city

On Tuesday, January 13, 2015, Mayor Martin J. Walsh delivered his first State of the City Address, laying out his vision to build on the work of the past year to create a thriving, healthy, and innovative city for all residents and neighborhoods in Boston.

"I'm pleased to report that the state of our city is strong, and getting stronger," said Mayor Walsh. "Our economy is flourishing, and many more people are working. We are protecting the taxpayers' hard-earned dollars, while delivering the best results ever in city services. We are getting guns off the streets and investing in our neighborhoods. City Hall is more representative of the people it serves than ever before. As Boston approaches its 400th birthday, our goal is a thriving, healthy, and innovative city for all - one community that is a global leader for the 21st century."

Improving Education for Today and the Future

The Mayor called for a school system that better serves all of Boston's children, emphasizing his commitment to finding a Superintendent of Boston Public Schools

who will strengthen Boston's schools today, and for the next generation.



Spurring Innovation, Supporting Creativity

The Mayor knows that Boston will thrive when the City invests in innovation, and makes city government accessible to every resident.

Stronger Neighborhoods, Making Housing More Accessible, Affordable

Mayor Walsh knows that Boston will only thrive when housing is affordable and accessible. As a result of investments in the City's urban park structure result, 97% of Bostonians live within a 10-minute walk of a park - making Boston first in the nation in access to parks. Last year, the Mayor laid out his Boston 2030 plan, calling for the creation of 53,000 new housing units to accommodate the expected 91,000 new Bostonians by 2030.

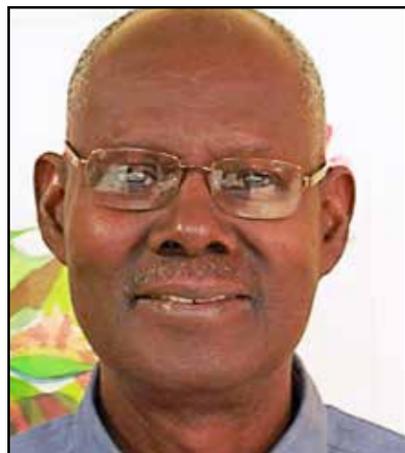
Helping Our Most Vulnerable Residents

The Mayor recognizes the urgent need to relieve the pressures associated with cost of living and reiterated his commitment to ending homelessness in Boston. Boston Water & Sewer Commission will boost the water discount for all senior and disabled homeowners to 30 percent. The Mayor has called on other utilities - National Grid, NStar and Comcast - to follow suit.

SCP Highlight: Fritho Celestin



An Interview with
Senior Companion Volunteer
Mr. Fritho Celestin
By Annette Richardson



Mr. Fritho Celestin, originally from Haiti, has lived in the United States for 22 years. His purpose in moving here was to give his children Gina and Jean a good education. He speaks very proudly of his two children. Gina and Jean both studied computer science. Gina now works for Homeland Security and Jean works for Harvard Pilgrim Insurance.

Mr. Celestin has been a Senior Companion for three years. But before he joined the Senior Companion

Program Fritho worked at Market Basket, Whole Foods, and in hospitality in various hotels in the City of Boston.

Part of what Fritho does as a Senior Companion is to provide translation services for other Haitian volunteers as well as the Haitian clients. Mr. Celestin works with five to six clients per week. All of his clients speak Haitian. He enjoys helping people and feels that it is his vocation to assist people with disabilities.

“One of best things people can do is to help others be independent,” stated Mr. Celestin.

Mr. Celestin told me two of his most memorable moments assisting his clients. One client has severe vision problems and wanted to go to the barbershop to get his hair cut. But it was difficult for him because of his vision. So Mr. Celestine asked him if he could cut his hair for him. Now, Fritho gives this client a haircut regularly.

Another client needed housing, but was unable to go to the appointments and interviews by herself. Mr. Celestin helped her get downtown to the BHA for interviews when she had appointments. Whenever Mr. Celestin couldn't make it, he connected her with someone else to assure that she would get to her appointment. Due to his help she did

Continued from page 4

not missed any of her appointments or interviews and she is now closer than ever to get housing.

The Senior Companion Program is very

proud of Mr. Fritho Celestin. He is a great father and an even greater advocate for his clients which he considers friends.

Colbert wins Volunteer of Year Award



Marsha Colbert

For the second year in a row, the Chester A. Sherman Volunteer of the Year Award was awarded to Senior Companion Marsha Colbert. Rarely is the award presented to the same volunteer in back-to-back years, but

Mrs. Colbert received the award again in recognition of exceptional service and commitment to her clients at Central Boston Elder Services.

Mrs. Colbert serves as a medical escort, taking seniors to doctors' appointments, writing checks for the visually impaired and helping clients rid their homes of clutter, among other services. "I enjoy giving back to my community and it keeps me active," said Mrs. Colbert. The award was presented on December 5, 2014.

If you would like to volunteer for Central Boston Elder Services, contact Michael Kincade at 617-277-7416.

Where to find Heat Holders Socks

In the Winter Issue we published reviews of the Heat Holders Socks and many of you have been calling us asking where you can get them. You can order them at www.usa.heatholders.com. You can also find them at Ace Hardware, True Value, Kmart and Olympia Sports. Please call ahead to confirm that they have them in stock.





Gloria Rice-Stuart
Senior Companion
Director

*Meet our Senior Companion Director
Gloria Rice-Stuart*

Q: What do you enjoy most about your work?

A: What I enjoy most about being the Senior Companion director is working with my volunteers. They are just the greatest and caring group of people that help others out.

Q: Describe an older adult from your personal life that has made a difference.

A: That would be my mother. And that's because she gave me the life I have today by adopting me when I was four years old. All along the way, she showed me love, support, and taught me an awful lot in life.

Q: What is your favorite black and white movie?

A: It's a Wonderful Life with Jim Stewart. It's on almost every channel during the holidays, and every time I watch it, whether it's one time or five times, I cry.



Annette Richardson
Administrative
Assistant

*Meet our Senior Companion
Administrative Assistant
Annette Richardson*

Q: What do you enjoy most about your work?

A: I enjoy working with the seniors because there's so much history. You learn a lot from seniors and I really appreciate the knowledge I gain from them.

Q: Describe an older adult from your personal life that has made a difference.

A: My mother, grandmother and aunt. They were very caring people. My mother was very caring, she was very loving — she was the kind of person that would drag you off the sidewalk and feed you. If you needed help she'd find a way to help you. She just loved people. That's where I get it from.

Q: Do you have a favorite singer?

A: My favorite singer currently is Shirley Caesar. I love the way she sings. She's a storyteller, she puts it in song. She makes you really feel what she's singing about and she really believes what she's singing.

An Afternoon of Memoirs

Free event!



*True Stories Read-Aloud
by Back Bay Seniors*

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1pm - 3pm

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FOR ADULT EDUCATION**
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Boston, MA 02116

To RESERVE a seat, CALL:
617-635-4250

Deadline:
March 20



Are you taking your GERD* Medicine correctly?



Do you have heartburn and or GERD? Gastro esophageal reflux disease is a condition when the food and acid from the stomach backs up, or refluxes, into the esophagus. Reflux can damage the esophagus and cause serious damage over time.

medications, seven out of ten people take the medication correctly.

- If you don't take the medication correctly, you don't do as well. You are also wasting money.

Are you taking your heartburn medicine correctly?

Many people are not taking their acid-reducing medicine at the right time. This makes the drugs less effective and also wastes money.

According to research,

- Only about one-third of those who buy these medications (example: Nexium, Prevacid and Prilosec), over the counter use them correctly.
- When the primary care physician prescribes these medications, just under one-half of patients use them correctly.
- When the gastroenterologist prescribes (prescription) these

Important to remember

There is a difference between Tums and Rolaids and the group of medications called proton pump inhibitors (PPI). Antacids work quickly and PPI take about a week to get good results. After seven days of continuous use of the drug, the medicine will reach its maximum acid-suppressing potential.

- In order to activate these medications, you must eat.
- You should take the medication before breakfast.
- Proton pump inhibitors work by reducing the amount of stomach acid produced.

Directions

- Take medicine 30 minutes before breakfast.
- Eat something that causes your stomach to make acid, example protein like an egg, cheese or yogurt.
- Take the medicine the same time each day. Follow your physician's directions. You may be told to take it twice a day.

According to research, 44 percent of adult Americans experience heartburn at least once a month. About 7 percent

experience heartburn once a day. This frequent heartburn may be a sign of GERD. GERD needs to be evaluated and treated by a physician.

Do not delay seeing your doctor. Heartburn is not only painful. It is potentially serious.

Your physician may recommend that you see a nutritionist. You may need to change your diet and avoid the foods that are causing heartburn and reflux.

Do you know these people?

Please help us identify the following couples. They attended the 50th Wedding Anniversary Celebration in November 2014 and we have their portraits. If you can identify them please call Eileen O'Connor at 617-635-2844.



*Gastro Esophageal Reflux Disease



Medicaid and MassHealth

Medicaid was created in 1965 by Congress to provide healthcare coverage to individuals with few financial resources.

It is administered by state Medicaid agencies within broad parameters established by federal regulations, and is overseen by the Centers for Medicare & Medicaid Services (CMS). In Massachusetts, the Medicaid program is called MassHealth.

MassHealth provides comprehensive healthcare coverage to its members, and is especially beneficial to people who also have Medicare. Medicare beneficiaries who are enrolled in MassHealth are referred to as “dual-eligible.”

These individuals can receive assistance paying for their Medicare premiums, deductibles, co-insurance, and co-pays as well as receiving the many MassHealth covered services that Medicare beneficiaries typically do not receive.

In order to qualify for MassHealth Standard, someone age 65 or older must have countable income at or below 100%

of the Federal Poverty Level (FPL). These figures are adjusted annually but in 2014, the monthly gross countable income amount is \$993 for an individual and \$1,331 for a couple. Applicants must also meet Massachusetts residency requirements. Individuals under 65 can also apply for MassHealth, but different income and asset guidelines apply.

For those age 65 and over who do not qualify for MassHealth Standard, there are other programs for which they might be eligible.

Senior Buy-In: Pays Medicare Part B premium and for lower income seniors, pays for Medicare A and B deductibles and co-insurance also.

Health Safety Net: Pays for services provided by an acute hospital or community health center in the state of Massachusetts.

CommonHealth: For individuals who were disabled before turning 65. After turning 65, they must meet a work requirement of 40 hours per month to be eligible for CommonHealth. There are no income or asset limits for this program.

Continued from page 10

To apply for MassHealth, as well as the other programs mentioned, an application must be completed. Applications can be obtained by going online or calling MassHealth: <http://www.mass.gov/eohhs/docs/masshealth/membappforms/saca-2-english.pdf>

MassHealth Customer Service 1-800-841-2900.

For assistance in filling out a MassHealth application, call a MassHealth Enrollment Center at 1-888-665-9993.

MassHealth applications are processed at the Central Processing Unit or MassHealth Enrollment Centers. If an application is received and requires further verification, the applicant will receive a Request for Information with a deadline by which to return the needed documentation.

Applicants age 65 and older who return all necessary verifications by the deadline and are approved for MassHealth benefits can receive retroactive coverage up to three full calendar months prior to the date of application.

Medicare beneficiaries can learn about programs to provide health insurance and drug coverage benefits by calling SHINE at 1-800-243-4636.

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 Heron at 617-635-4335
or email lorna.heron@boston.gov

Boston Fire Department

Free Elderly Fire Safety Program

Photo Electric Smoke Alarm and Carbon Monoxide Detector available for owner occupied single family homes/condos

Restrictions Apply

Please call the Fire Safety Program at 617-343-2022 or contact Ernie Deeb at 617-635-2359.

You can also view our website online at www.cityofboston.gov/fire or visit the Boston Fire Department on Facebook.

The quiet danger of... Hypothermia

What is hypothermia?

Hypothermia is a condition where the body gets too cold. A body temperature below 96°F may seem like just a couple of degrees below a normal temperature of 98.6°, but it can be dangerous.

What are the symptoms?

- Watch out for the “umbles”: Stumbles, Mumbles, Fumbles and Grumbles; these show how the cold is affecting a person’s muscles and nerves.
- Other changes you might notice are:
 - Confusion or sleepiness
 - Slowed, slurred speech or shallow breathing
 - Weak pulse or low blood pressure
 - A lot of shivering, or no shivering because of stiffness in the arms and legs
 - Slow reactions.

What things put you at risk?

- Water on your skin - you can lose body heat as much as 25 times faster.

Stay Dry = Stay Alive!

- Being in a cold room or outside- your body heat will blow away more quickly
- Clothes- tight clothes may not let your blood flow freely; Several layers of loose clothes will trap warm air between them and help keep you warm
- Low weight- Fat can protect your body

by keeping the heat inside. Make sure you are eating enough of the right food to keep you at a healthy weight

- Illnesses- diabetes, hyperthyroidism, and some skin problems. Arthritis, Parkinson’s, memory problems, strokes and paralysis can make it difficult to move around and stay warm
- Medication- for high blood pressure, nervousness, depression or sleeping disorders
- Drinks with alcohol or caffeine can make you lose body heat faster
- Smoking

What to do in case of an emergency?

- Call 911, get medical attention as soon as possible
- Handle the person very gently
- Protect the person from the cold with dry blankets, quilts, towels or extra clothes
- Make sure that you cover the person’s head and neck
- If medical care is not available, warm beverages can help increase the body temperature
- Heat packs, hot water bottles, or warm compresses should be applied to the neck, armpits, and groin.
- Do not place the person in a hot shower or bath.
- Do not give any alcohol or drugs.



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

Tomato and Sausage Risotto

Ingredients

1 can (28 ounces) diced tomatoes in juice
1 tablespoon olive oil
3/4 pound sweet or hot Italian sausage, casings removed
1 small onion, finely chopped
Coarse salt and ground pepper
1 cup Arborio rice
1/2 cup dry white wine
1 bunch flat-leaf spinach (10 to 14 ounces), washed well, tough stems removed, chopped (about 7 cups)
1/2 cup grated Parmesan cheese, plus more for serving (optional)
2 tablespoons butter

Preparation

In a small saucepan, combine tomatoes (with their juice) and 3 cups water. Bring just to a simmer; keep warm over low heat.

In a medium saucepan, heat oil over medium. Add sausage and onion; season with salt and pepper. Cook, breaking up sausage with a spoon, until sausage is opaque and onion has softened, 3 to 5 minutes.



Add rice; cook, stirring until well coated, 1 to 2 minutes. Add wine; cook, stirring until absorbed, about 1 minute.

Add about 2 cups hot tomato mixture to rice; simmer over medium-low heat, stirring occasionally, until absorbed, 4 to 5 minutes. Continue adding tomato mixture, 1 cup at a time, waiting for one cup to be absorbed before adding the next, stirring occasionally, until rice is creamy and just tender, about 25 minutes total (you may not have to use all the liquid).

Remove pan from heat. Stir in spinach, Parmesan, and butter; season with salt and pepper. Serve immediately (risotto will thicken as it cools), and sprinkle with additional Parmesan, if desired.

Serves 4

Risotto Cakes

Ingredients

1 large egg
2 cups cold leftover risotto
1 cup coarse dry whole-wheat breadcrumbs, divided
2 teaspoons extra-virgin olive oil, divided

Preparation

Beat egg in a large bowl; stir in risotto and 1/2 cup breadcrumbs. Place the remaining 1/2 cup breadcrumbs in a shallow dish. Form the risotto mixture into eight 2 1/2-inch cakes (using about 1/4 cup for each cake) and dredge in the breadcrumbs.

Coat a large nonstick skillet with cooking spray, add 1 teaspoon oil and heat over medium heat. Add the cakes and cook until browned on the first side, 2 to 4 minutes. Turn the cakes over, add the remaining 1 teaspoon oil to the pan and swirl the pan to coat the undersides of the cakes. Cook, reducing the heat if necessary, until browned on the second side, 2 to 4 minutes more.

Serving 4, 2 cakes each

Source: http://www.eatingwell.com/recipes/risotto_cakes.html Accessed 1/14/15

Don't Miss

The Elderly Commission

On the Radio

**ZUMIX Radio -
Boston Seniors Count**

Wednesdays at 2:00 PM and
Mondays at 9:00 AM streaming on
zumix.org

WJIB 740 AM on
Sundays at 7:30 AM

For more information, contact:
Greg Josselyn
at 617-635-4250.

SEEKING VOLUNTEER DRIVERS



Age 55+ to provide dignified transportation to Boston seniors

For more information, contact Tyisha Jones-Horner at 617-635-3988 or email tyisha.jones-horner@boston.gov

epSos.de via Wikimedia Commons

LAB PARTNERS

NU researchers and older adults team up to study emotions and aging

The Lifespan Emotional Development Lab (LEDlab) in the Psychology Department at Northeastern University is interested in how different aspects of emotions change as we age.

Supported by the National Institute on Aging, we pursue questions such as: Do the ways in which people experience



and control their emotions change throughout their adulthood? Why are

older adults different from younger adults in perceiving emotions in others? Would these differences change the way older and younger adults interact with their social partners?

To answer such questions, our studies utilize cutting-edge techniques, such as eye-tracking and physiology recordings. Tracking where participants look on a screen or in a room while monitoring their mood allows us to unlock connections between how people feel and what people see.

We also utilize non-invasive recordings of heart rate, skin conductance, and facial muscle movements in order to gather insight into an individual's emotional state beyond what they report on written surveys.

We are always conducting studies, and have established a relationship with

Continued from page 16

many older adults in the Greater Boston community. Our participants enjoy learning more about basic research in the lab.

A trip to the lab is more than just participating in a study. We have couples and friends who participate in studies at the same time as an activity to do together. We often hear from our participants that they truly enjoy making a trip out of it!

We also utilize non-invasive recordings of heart rate, skin conductance, and facial muscle movements...

We are conveniently located in the heart of Boston right between the Ruggles stop on the Orange Line and the Northeastern stop on the Green Line, near the Museum of Fine Arts and the Isabelle Gardner Museum, among many attractions of Boston. We also have a dedicated, free parking spot available, in order to accommodate our participants who choose to drive. Every participant in our studies earns \$10 per hour of participation.

Interested in learning more? Please contact us at phone (617) 373-7243, or by email at ledlab@neu.edu, for



further information about the lab, and to participate in current and upcoming studies.

Northeastern University

Paid study for adults aged 60+

The Lifespan Emotional Development Lab at Northeastern University is seeking healthy adults to participate in research studies examining emotion and attention. Participants will be paid \$10 per hour and provided with a free parking space. We are just steps from the **Ruggles** stop on the Orange Line and Commuter Rail, and the **Northeastern University** stop on the Green Line. If you are interested, please call **617-373-7243** or email ledlab@neu.edu.

Aging In Places: Legacy

By: Marian Leah Knapp



Photo by unknown [Public domain], via Wikimedia Commons

about my mom.

My grandparents were immigrants and most died quite young. My parents were very poor growing up and during their marriage my father did physical labor to support the family. But, at one point, my mother wanted to go back to work. My gentle dad objected. His reputation as a provider was at stake. "I want my own money," she said. "If I want to give some gifts I don't want to ask your permission!"

When she died at 95 their small estate was divided among us siblings. The money was lovely, but the memory of my mother confronting my dad about her sense of worth and independence at a time when this was uncommon for women was profound.

My mother's strength keeps popping

Recently, I bumped into a friend at the supermarket who said, "You should write an article about legacy." I jotted the idea on my shopping list and said it was complicated. Hmm," he said, "I was thinking about finances."

He's right. It's essential to document assets and make it clear what should happen at the end of our lives. If we don't do this while our minds are competent we risk confusion among beneficiaries. By dealing with these issues now, means that we have some control over this piece of legacy. There's finances, what else?

I thought about what I wanted to leave my children and grandchildren. To help, I reflected on what was passed on to me. Certainly there were physical items like my mother's little gold earrings. But I kept coming back to more subtle things

Continued from page 18

up. Recently, I was cleaning out stuff and found her letter saying, "Any of my money must be used for me and not for the benefit of my children until I am dead." Throughout her life she was generous – financially, when possible, and emotionally, always. But, she recognized that she must set her own priorities and make them clear to everyone. She personified someone who knew what was right for her and who made decisions on which she had the courage to act. The messages she conveyed through words and actions formed the foundation of her legacy to me.

I would be arrogant to think that I can dictate what my children should value about me and I am certain my mother had no conscious intent to shape my memories of her. I know that my kids will define my legacy according to their own remembrances and unique

personalities, which is as it should be.

For my grandchildren, I feel a bit more prescriptive. I want to leave memories of a grandmother who cherished them. I never had grandparents. When people say how lucky I am to have grandchildren, I respond by saying it is far more important that they have grandparents. I hope my grandchildren will remember our special times together and hold an image of me as someone who not only loved them, but was also strong, resourceful, and excited about life. That's my legacy.

Marian Leah Knapp is a resident of Newton, MA, serves on Newton's Council on Aging, and writes about her own experience on what it is like to get older. At age 70 she received her Ph.D. which was focused on the total environment in which people age.



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ASK FOR IT!

“Don’t Retire, Inspire”

By: Augusta Alban



I have found we are more likely to talk about what we don’t want than what we do want. Why is that?

Leaving a meeting on aging, my friend turned to me with determination and said “I DON’T want to grow old. I think about it all the time.”

“What DO you want to do?” I asked.

“Well, not that! Do you know what you want?”

If you could have anything you wanted, Aladdin’s lamp so to speak, what would it be?

“Yes, I want to be happy, to enjoy my life, to have fun, to be a really good writer, and most importantly, I want to truly be able to help others.”

“You know,” I said, “it’s really up to you.” If indeed what we dwell on is what materializes, dwelling upon getting older may very well just get us older faster. Words have great power: We should choose our words very carefully.

Just think about certain words and how they make you feel. Words can make you feel happy, they can make you laugh or they can make you very sad. We are

not always going to be happy, but choosing to think happy thoughts as opposed to negative ones can make a difference in how we live our lives and what happens to us.

Clean your tools - as I call them - YOUR HEAD and YOUR THOUGHTS. What do you have, and what do you want? You are the only person standing in your way when you focus on “what you can’t do or what you can’t have.” If you could have anything you wanted, Aladdin’s lamp so to speak, what would it be?

My friend and I parted. It was around 5:00 in the evening and I was on my way to get something for dinner. As I turned the corner towards the store, I could see that someone had fallen and was lying down on the steps of St. Joseph’s Church. He appeared to have passed out.

People were hurrying by, trying not to notice. I had left my cell at home, so I started asking people if they had a cell phone and if they could call for help. One young man came right up and asked what I needed. He called 911, gave the name and location of the church, and then referred to the fallen man by a code. I asked him what the code was. He told me that he was a doctor, and the code numbers told the rescue people the condition of the man we were calling

Continued from page 20

about. I had asked for help, and I got a doctor! Who better to help? I had asked the universe for the right person to help me, and that’s what I got.

An interesting thought crossed my mind: My friend and I had just talked about helping others and giving back. I walked on, reviewing the events that had just passed. I truly believe whatever we are supposed to do is always right in front of us, and no farther away than our own back yard. If we truly want to help others, we don’t need to go very far. We just need to respond to life around us and learn to hear that small voice inside of us.

To know what you want to do, take time to give your life some serious thought. I truly believe if you send out a clear message, you will get a clear answer. How else do you think you can ever find what you what if you don’t know what your are looking for?

I had asked the universe for someone to help. I got a doctor with a cell phone, the correct information and fast service.

Seniors Count BNN-TV Channel 9



Boston Seniors Count
Cable Television Show



Thursday at 3:30 p.m. Repeated Sundays at
11:30 a.m. & Wednesdays at 2:00 p.m.

For more information call Greg Josselyn
at 617-635-4250

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
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Tuesdays and Saturdays at 5:00 p.m.

Collaboration between
Mayor Martin J. Walsh, the Elderly
Commission & Suffolk University

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location near you.



The Power of Empathy

By **Michelle Seaton**

Instructor at Grub Street and lead instructor for the Memoir Project, a program that offers free memoir classes to senior citizens in Boston neighborhoods.

We've completed week three of the Dorchester class of the Memoir Project.

Like Dorchester itself, the class is mixed racially and in many other ways.

Some of the 15 students have advanced

degrees and others don't. Some grew up in the south and moved to Boston, while others were born and raised here. Some are very outgoing and love to share their work, and others are more reticent. Each week I hand out three or four writing prompts at the beginning of class and, and later some of the students read aloud a few paragraphs of what they've written in their notebook.

Last week, one of the quieter members of our group, Dan, read about coming home from Vietnam and then spending a year in Ireland, attending college and joining the track team, for which he ran races barefoot on the grass, just like the locals. In Ireland, he built himself up physically and emotionally after his military service, then returned to Dorchester, where he



worked a series of jobs before running for Congress. Everyone in class gasped when he said that last part. Someone asked if he won. "I came in second," Dan said.

They groaned in sympathy. "I wonder if I voted for you," said one woman. "I'm sure that I must have." Everyone laughed, except for one student, who stared at Dan with a look of awe. "I could pass you on the street and never know any of that about you," she said to him. She turned to her classmates and asked the room, "Isn't it amazing what we've learned about each other? So many stories."

There have been so many stories, even in three short sessions. One woman wrote about how she was nearly kidnapped as a child. Another wrote about caring for her mother in those final months, although they had a difficult relationship. A man wrote about trying out for the NFL and making a team, only to be ordered home by a stern grandfather who told him, "I didn't raise you to be a gladiator." Another wrote about an early church trip in which he stayed at the home of Martin Luther King and was a little annoyed by how King's son Scott followed him around all the time.

One student was rushed to a Boston city hospital one morning with acute appendicitis, but was left in a corridor with no care, nothing for the pain, until nearly midnight when she was finally operated on after her appendix had burst. "That's what happened to you back then if you were poor, as I was at that time," she said.

Another wrote about how it felt to be one of the few African American students on her first day at Radcliffe. Yet another wrote about being pulled out of school each fall because she had to work the fields. "I dragged those sacks of cotton, a hundred and fifty pounds, on my knees. On my knees," she said. Her voice shook with emotion. Several students have cried as they read aloud their stories about long-dead relatives. They have shared

their grief, their gratitude, and in some cases, pain that has not diminished.

It takes courage to write about these things and even more to read what you've written aloud, to make yourself vulnerable to others with whom you may have little in common. One student asked me if it's always like this, if all the classes learn so much about each other and grow to like each other this much.

They do, although it doesn't always happen this fast. In many of our classes, I have seen students begin to hug each other hello and goodbye, or they make plans to meet after class. The class from Roslindale continued to meet on its own, because they liked writing and sharing stories so much. And at the readings and book launches, we always see participants from even the first classes, which were held almost ten years ago. They want to hear more stories; they still want that experience of learning something about someone—something that that they never would have imagined if they had just passed that person in the street.

With the Memoir Project, we've always said that we want to give the students a real writing experience, but I think we've done something more. We've invited them into a special kind of fellowship, given them a chance to experience a camaraderie that you can find only in a memoir class.

5 ways to stay active this winter

By Dr. James G. Nairus, Orthopedic Surgeon for New England Baptist Hospital

Winter in New England can be long and difficult, keeping even the most active people indoors. The cold weather and snow are particularly detrimental for seniors, as physical and social activity is important to maintain year-round.

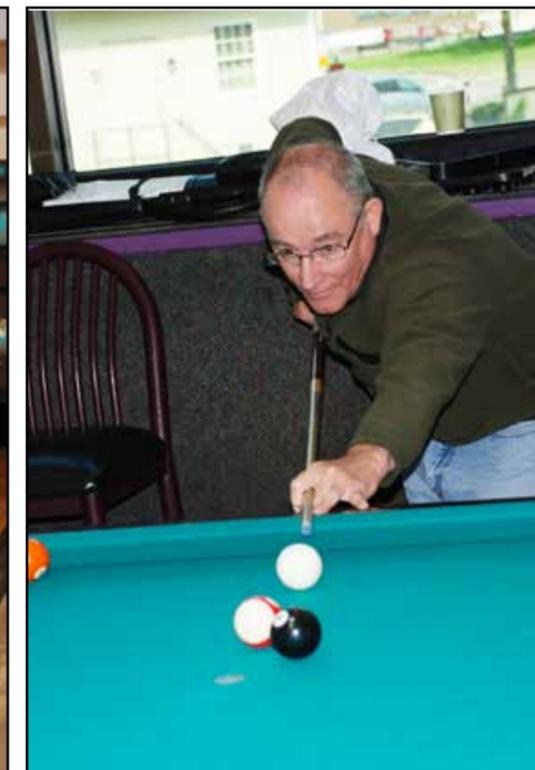
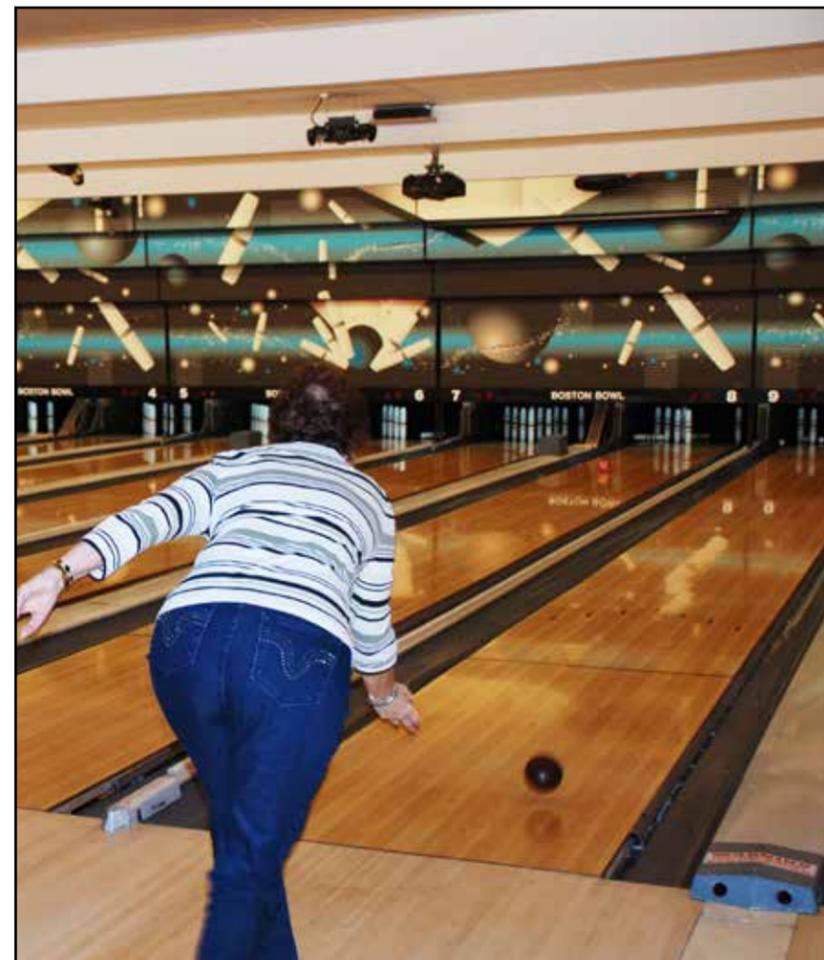
During the next several months it's important to make yourself a priority and focus on the things you love to do. Here are five tips that will help keep you active and healthy through the winter:

1 Be social. The weather may make you feel like you want to stay inside, but make the effort to go out as often as you can to prevent loneliness and depression. Here are a few ways to stay social: Say yes when you are invited out. If you can't go out, invite family

and friends over for a cozy night inside. Host a game night or watch old movies. Order take-out if you are unable to cook. Keep in touch with family and friends on the telephone, over email or on social media.

2 Exercise. Perform light exercise such as walking as often as possible, ideally for at least 30 minutes, five days a week, or by running or bicycling for at least 30 minutes three days a week. When the weather is bad, find an indoor venue where you can walk, such as a mall or community center. Make sure you wear supportive and comfortable shoes with laces that are well-tied to avoid falling.

If you do go outside, be extra cautious about ice and slippery streets and sidewalks. Also try out yoga classes designed for seniors, or use light weights when you're at home. If you don't



Activities such as bowling (left) and billiards (above) can be part of ideal winter exercise plans.

have any weights, you can lift a can of vegetables or soup.

3 Learn something new. Pick up a new hobby or project, such as art or a pottery class. This enables you to stay physically and mentally active, but also meet other people with similar interests. Many local senior centers have classes at low or no cost, so explore these options first.

4 Eat healthy. To keep your bones strong, make sure you maintain adequate calcium and vitamin D intake from foods like low fat dairy (milk and yogurt), salmon, leafy greens,

broccoli, beans, nuts and tofu. For a heart healthy diet, eat foods that are low in saturated fats and cholesterol, and increase your fruit and vegetable intake. Protein sources should include white meat poultry without skin, fish, legumes, nut butters, soy products, and whole grains.

5 Take care of yourself. Don't let the winter weather stop you from going to your doctor's appointments or filling your prescriptions. If you are having any sort of pain or injure yourself, be sure to seek medical attention immediately.



Photo: Tage Olsin via Wikimedia Commons

Starting Nine

By John H O'Neill III

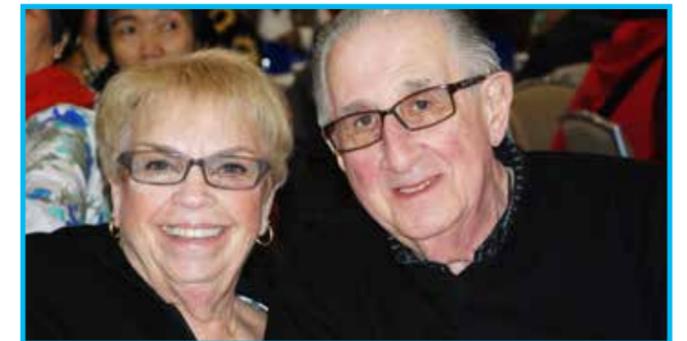
In days of yore, baseball had its starting nine, the trainer, and, of course, the team manager. The manager would post the lineup, and then the players would begin their: "at bats." If a player was injured, the manager and the trainer rushed to assist the injured player. The trainer

would offer Band-Aids, an ice pack, and words of support.

Now, there is the trainer, the physical therapist, the neurologist, the sports psychologist; in short, the starting nine does not necessarily include the players. They still have an important role.

Today, an injured player is quickly driven to a nearby medical facility. After receiving care, the injured player begins his rehab by participating in games at the Triple-A level. That would be the Pawtucket squad for the Red Sox. The transition to the Boston squad may take a while, but, being healthy is so important.

First Night



The Memoir Project
 2015 Neighborhood Readings
True Stories Read-Aloud
by Boston Seniors!

Back Bay	Mar. 2015
Beacon Hill	Jun. 2015
Dorchester I	Sept. 2015
Dorchester II	Nov. 2015

For more information,
 sign up for our Memoir mailing list!
617-635-4250
gregory.josselyn@boston.gov




50th Wedding Anniversary



AT&T Event



Twelve Baptist Veterans Lunch



Landmark at Longwood Holiday Party

Boston Seniority visited Landmark at Longwood Senior Living Community for their holiday party.



Annual Franklin House Art Show

Boston Seniority visited the Annual Franklin House Art Show. Painting with watercolor and Chinese calligraphy are taught year round by residents for residents.



Celebrating the 40th year anniversary of the Senior Companion Program



Celebrate African American History Month

Across America, February is recognized as African American History Month - an annual celebration of achievements and advancements by African Americans, and a time for recognizing the central role of African Americans in U.S. history.

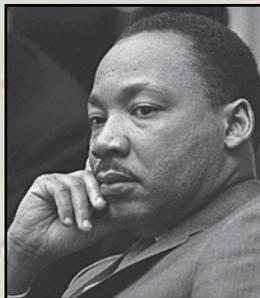
Origin

African American History Month was initiated by historian and author Dr. Carter G. Woodson, founder of The Association for the Study of Negro Life and History in February 1926. He selected the week in February that included the birthdays of Abraham Lincoln and Frederick Douglass, two key figures in the history of African Americans.

In 1975, President Gerald Ford issued a Message on the Observance of Black History Week urging all Americans to "recognize the important contribution made to our nation's life and culture by black citizens." In 1976 this commemoration of black history in the U.S. was expanded to Black History Month, also known as African American History Month.

Credits: MLK Photo: Yoichi R. Okamoto, White House Press Office (WHPO) via Wikimedia Commons; Toni Morrison photos: MDCarchives via Wikimedia Commons; MLK, Morrison bios: Nobelprize.org. Nobel Media AB 2014. Origin info: Law Library of Congress.

Notable Figures in African American History



Martin Luther King, Jr.

(Jan. 15, 1929-April 4, 1968) was a Baptist minister and civil-rights activist who had a major impact on the civil rights movement in the United States. His activism led to the creation of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. In 1963 he led the historic March on Washington, D.C. and delivered his now-famous "I Have a Dream" speech. King received the Nobel Peace Prize in 1964. He was assassinated in April 1968.

American author, editor and professor **Toni Morrison** (born Feb. 18, 1931) was the first black woman to win the Nobel Prize for Literature (1993) According to the Nobel Prize organization, Morrison's writing "provides penetrating depictions of the world of the black people in America. Many of her novels deal with black women defining their roles and striving to survive in a male-dominated society. Morrison made her debut as a novelist in 1970 with 'The Bluest Eye' and soon gained the world's attention for her unique narrative technique and humanity.



For information on African American History Month events in the Boston area visit:
<http://www.cityofboston.gov/visitors/bhm.asp>