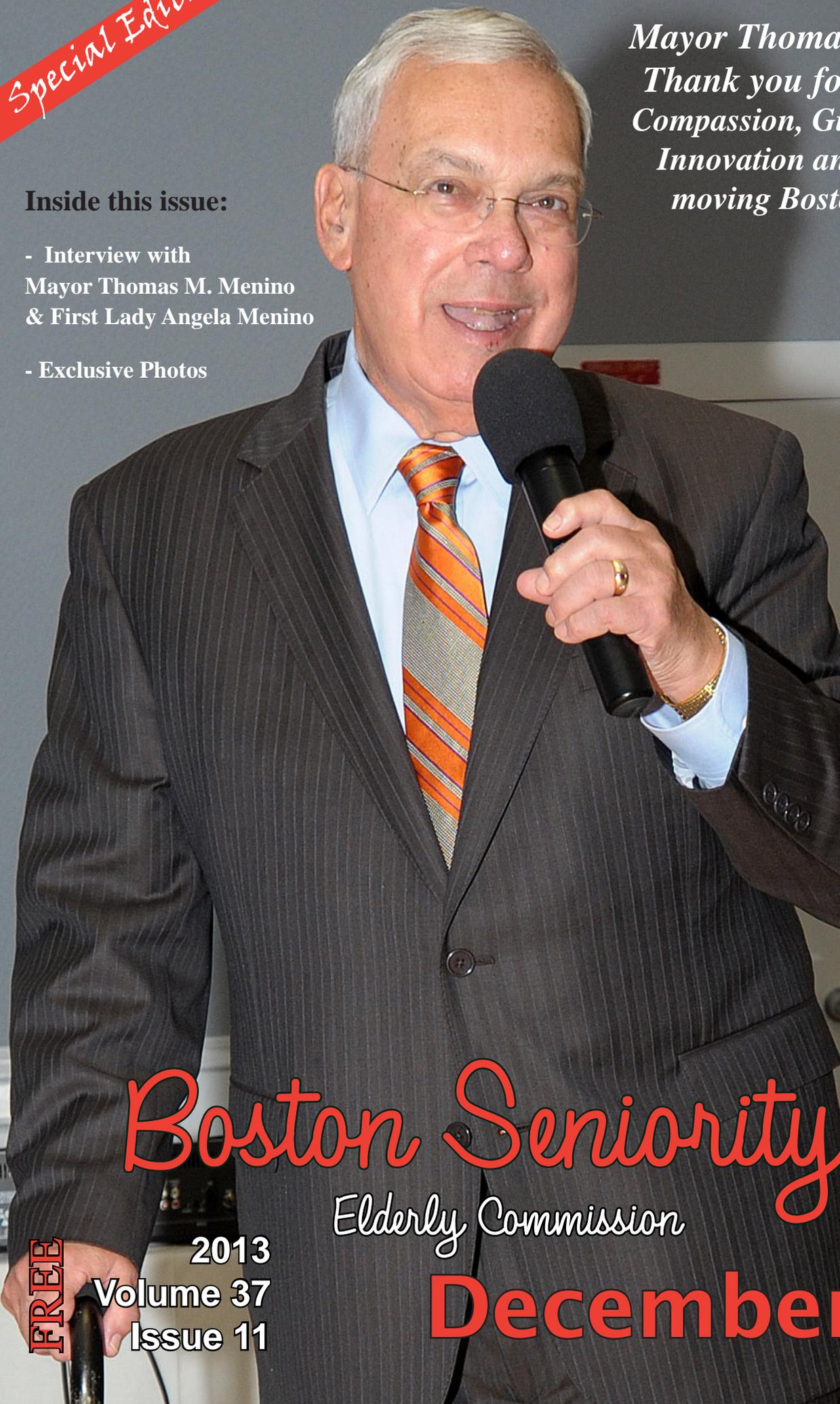


*Special Edition*

*Mayor Thomas M. Menino,  
Thank you for 20 years of  
Compassion, Guidance, Hope,  
Innovation and most of all  
moving Boston Forward*

**Inside this issue:**

- Interview with Mayor Thomas M. Menino & First Lady Angela Menino
- Exclusive Photos



# *Boston Seniority*

*Elderly Commission*

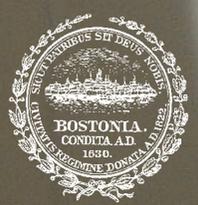
**2013**

**Volume 37**

**Issue 11**

# **December**

**FREE**



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**Commission on Affairs of the Elderly  
Main number (617) 635-4366**

**Email articles and comments to [Bostonseniority@cityofboston.gov](mailto:Bostonseniority@cityofboston.gov)**

***Although all 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.***

# *Boston Seniority*

**Volume 37 Number 11**

**Published by the City of Boston**

*Commission on Affairs of the Elderly*

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# Mayor's Spotlight

## Mayor Menino Announces 2013 Holiday Parking Incentives

Mayor Thomas M. Menino announced that the City of Boston will once again be providing parking incentives for local drivers during the holiday season. Boston drivers will be offered two hours of free parking at the City's 9,000 metered spaces and the chance to purchase a Boston Meter Card at 20% off the face value of the card.

"The City of Boston is fortunate to have an abundance of wonderful shops and restaurants and the holiday season is a terrific time of year to stroll around, enjoy the festive sights and sounds, and visit them all," Mayor Menino said. "These parking incentives are a way to accommodate those who want to take advantage of all that Boston has to offer and prefer to have their car nearby."

Incentives include:

### Two Hours of Free Metered Parking

The City of Boston will be offering two hours of free parking at the City's parking meters on the following days this holiday season.

- Saturday, December 14
- Saturday, December 21
- Saturday, December 28

While payment at meters will not be required on these days, the time limit on the meters will be in effect and enforced in order to give as many visitors as possible a chance to take advantage of this opportunity. Parking at the vast majority of Boston's parking meters is limited to two hours. However, at parking

meters where the time limit is four hours, vehicles may park for free for up to four hours on these days.



### Boston Meter Card Holiday Sale

The Boston Transportation Department is selling Boston Meter Cards at a discounted rate this holiday season. The cards are available in denominations of \$5, \$25, \$50, \$75 and \$100, and all are discounted 20 percent. From Friday, November 29, through Tuesday, December 31, 2013. Boston Meter Cards may be used to pay electronically for parking at most of the single space meters located on City of Boston public streets. The cards are available for purchase online at [www.cityofboston.gov/parking](http://www.cityofboston.gov/parking). The cards may also be purchased at the following locations.

- 1) Weekdays, between the hours of 9 AM and 4 PM, in front of the Office of the Parking Clerk, Room 224, Second Floor of Boston City Hall.
- 2) Weekdays, between the hours of 7 AM and 11 PM, and Saturdays, between the hours of 8 AM and 1 PM, at the BTM Tow Lot, 200 Frontage Road.
- 3) From Friday, November 29 through Tuesday, December 31, from the City Hall To Go Truck. Log on to [www.cityofboston.gov/cityhalltogo](http://www.cityofboston.gov/cityhalltogo) for the truck's schedule.

Cash, credit and debit cards are accepted at the Office of the Parking Clerk and the Tow Lot. Debit, MasterCard and Visa Card only are accepted at the City Hall To Go Truck.

## *Personal interview with* **Mayor Thomas M. Menino**



### **1. What are you looking forward most to in your transition?**

New opportunities for me to use the knowledge I have gained in the last 20 years as Mayor and 10 years as city councilor. I want to continue to be available to people who need help. The most important thing for me in my career has been people and how I can make a difference in people's lives.

### **2. What are you going to miss the most about being mayor of Boston?**

The people, I am so lucky to be able to meet interesting people every day. That is what makes the job so interesting and so great.

### **3. What Elderly Commission event will you be attending as a guest and why?**

I'll attend any event that I am invited to. The seniors of our city are what make

Boston great. They lead us through war, through depression, and through very difficult times. They set the foundation so we could build on that foundation.

### **4. If you could go back in time to when you first became mayor what advice would you give yourself?**

To be more patient, I like to get things done right away and sometimes the system does not allow it.

### **5. What do you think your wife Angela is going to enjoy the most about your transition?**

She is going to enjoy being at home. There were a lot of demands on her time and she has been good about managing the pressure over the years. Now she can choose what she wants to do.

### **6. You have been known for being up at the crack of dawn to drive around the neighborhoods and see what is going on. Are you still going to wake up that early? And if so what are you going to do?**

That is the big question, I told the president of Boston University that I get up at 4:30 AM but work does not start until 9:30 AM. So what am I going to do for those five hours? And he said, "you better not call me." I will probably go to the gym, read a lot, I will keep myself busy. I think mornings are the best time of the day.

*Personal interview with*  
**First Lady**  
**Angela Faletra Menino**



**1. What have you enjoyed most about being the First Lady of Boston?**

I have really enjoyed all of the people I have been able to meet, especially learning about all the different cultures and traditions of people in Boston. I have just met so many kind and generous people who I never would have been able to meet if I had not been First Lady.

**2. How do you plan on spending your first few months out of the public spotlight?**

Tom and I plan to take some vacation time together. When we return, I would like to take some classes at UMass/Boston which I have been reading about. And I'm really looking forward to being able to spend more time with my six grandchildren and attend more of the activities they are involved in.

**3. Your life has been in the spotlight for two decades, what do you think will be the hardest part of transitioning into a more private life?**

Honestly, I don't think it will be a hard transition since I plan to stay active in neighborhood events. I'm not worrying about the transition since I think I adapted well to being the wife of a mayor so I think I can adapt to being a former first lady rather easily.

**4. You have always been a strong advocate for the rights of older adults, what issue do you see as being the next generation's biggest concern?**

I think financial issues are the biggest concern for senior citizens. Rightly so, they worry about having equal access to quality health care and keeping their housing affordable. I hope government officials at all levels continue to try to help seniors in dealing with these issues.

**5. What events will you miss attending?**

I don't think I'll miss attending events since I intend to stay involved. I won't be attending as the mayor's wife but I will stay very active in city programs.

**6. What advice do you have for Martin Walsh's long-term girlfriend, Lorrie Higgins?**

I think Lorrie should just do whatever works best for her and Marty. How they will balance their time as a couple with time handling new responsibilities is just something they will have to discuss with each other. I wish her all the best and Marty all the best as they become more public figures.

# Twenty years



# of Memories!!



BOSTON CITY HALL



Senior Shuttle City of Boston MAYOR THOMAS M. MENINO



## Bone Marrow Transplantation

We often hear of bone marrow transplants today, more than ever before.

The U.S. National Library of Medicine and the National Institutes of Health have an excellent educational informational program located on the internet. There are 5 reference pages on bone marrow transplants. The topics vary from the definition of bone marrow to nutrition, clinical trials and donor information. Most articles are easy to read and understand.

[www.nlm.nih.gov/medicineplus/bonemarrowtransplantation.html](http://www.nlm.nih.gov/medicineplus/bonemarrowtransplantation.html)

Definition - **Bone marrow** is the spongy tissue inside some of your bones, such as your hip and thigh bones. Bone marrow contains immature cells, called stem cells. The stem cells can develop into

- red blood cells that carry oxygen through your body
- white blood cells that fight infection
- platelets that help with blood clotting.

If there is a problem with your bone marrow, a transplant can give you healthy new marrow. You could need a transplant because of a disease, such as bone marrow diseases or cancers like leukemia or lymphoma. You might need

a bone marrow transplant if a strong cancer treatment kills your healthy blood cells.

Your doctor may suggest that you donate bone marrow before treatment to be transplanted after your cancer treatment. Yet, often times the new bone marrow comes from a donor (often a close family member) or someone unrelated. Should you need a bone marrow transplant, your doctor will refer you to a team of medical experts who specialize in cancer and bone marrow transplants.

For more information, speak to your doctor.

### The Elderly Commission Seniors are you eligible?

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance no longer counts -

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

For more information or to complete an application contact:

Lorna Pleas-Heron at  
617-635-4335

or email [lorna.pleas@cityofboston.gov](mailto:lorna.pleas@cityofboston.gov)



**BEST WISHES  
FOR A HAPPY  
HOLIDAY SEASON  
AND VERY HAPPY  
NEW YEAR!**

*From Your Neighborhood  
Information and  
Referral Specialists*

*Call Us For Assistance*  
**BOSTON ELDERINFO**  
617-292-6211  
800-AGE-INFO



## **Time to get your flu shot!**

Ask your doctor or call the  
**Mayor's Health Line** at  
617-534-5050 to find a  
flu clinic near you.

The **Mayor's Health Line** is  
a free, confidential, multilingual  
information and referral service open  
Monday through Friday from 9am to 5pm.

Call or come visit!  
617-534-5050 / Toll-Free: 1-800-847-0710  
1010 Mass Ave Boston, MA 02118 2nd Floor

## **Don't Retire, Inspire!**

**Hosted by Augusta Alban**

Tune in to find out how Boston seniors  
are **INSPIRED** everyday

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

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

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

## **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  
617-343-3472 or contact  
Ernie Deeb directly at 617-635-2359.

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

# Elderly Commission Profiles

## Constance "Connie" Mohammed, Community Service Advocate



### 1. What is your job?

My job is to enhance the quality of life of our Seniors living here in Boston.

### 2. What do you love about your job?

I love informing them of current events, government benefits, or anything that may be of interest to them. Or, I'll bring up information they don't know they're qualified for.

### 3. What surprised you about your job?

Meeting a lot of people who have worked all their lives — now they've retired and they're inquisitive as to what we do. They didn't even know about our Boston Neighborhood Network T.V. program, or Boston Seniority, with all the information in there about our events — and that surprised me a lot.

### 4. Describe an older adult who made a direct impact on your life.

There are so many. Each and every one have different issues. And what they've done through their life — their life stories have surprised me. There was a couple who were homebound. And they were into their computers, ordering things. They couldn't leave home and were well adjusted in what's going on with all the modern technology.

**To view a short video clip of this profile go to:  
[www.facebook.com/BostonElderlyCommission](http://www.facebook.com/BostonElderlyCommission)**



## PACE Participants Raise Money for Great Cause

Cooking wisdom and easy-to-make recipes adorned each page of each month, as well as photos and helpful culinary reminders. The Cooking Group is a program at the Upham's Elder Service Plan that allows for renewed interest and ability for dining creations. At the beginning of the year, they began to sell their calendar.



When all the printed calendars were sold, the Upham's Elder Service Plan/PACE decided to donate the proceeds to an organization making a difference in the greater Boston community.

There was no shortage of wonderful programs in the city. Ultimately, the group chose the Haley House because of the many ways they are using food to empower participants.

Haley House offers programs such as a soup kitchen, food pantry, the Bakery and Cafe (where the check presentation and accompanying photos were taken), Community Tables, and affordable housing - all programs that demonstrate the love Haley House and staff have for their community.

The donation made sense. The Upham's Elder Service Plan/PACE is able to provide for their participants in many ways, including nutrition and social supports. PACE was excited to present a \$200 check to the Haley House, to help them continue "using food as a vehicle to ensure financial independence and nourishment for all". Ms. Johnnie, a cooking group member, is pictured along with Fleeka, a PACE Occupational Therapist and Cooking Group supervisor, presenting Bing



Broderick, Haley House Business Director, with the check.

For more information about the cooking group or enrollment for the PACE program, contact the Enrollment Coordinator at 617-288-0970, extension 33.

For information about the Haley House, call Bing or Jerry at 617-445-0900, or stop by 12 Dade Street in Roxbury, to see their work in action.



Farm Animals Cross Country Skiing Snowshoeing

## Adult mid-week Vacations



Your year round vacation resort

January 12-17, 2014  
April 27-May 2, 2014  
Oct. 26-31, 2014

5 nights lodging,  
3 meals daily, all  
activities and use of  
facilities

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- Buy 2 books each month -

Call 617-635-4366 to find a  
location near you.



## HORIZONS FOR HOMELESS CHILDREN

### VOLUNTEERS NEEDED TO PLAY WITH CHILDREN!

Horizons for Homeless Children seeks volunteers to play with children living in family, teen parent, and domestic violence shelters in Greater Boston. We offer daytime and evening shifts, so there is likely one that fits your schedule. A commitment of 2 hours a week, the same day and time each week, for 6 months is required.

**Volunteers are encouraged to apply for our trainings.**  
*Training dates and locations are available – please check our  
website for more information.*

To fill out an application: [www.horizonsforhomelesschildren.org](http://www.horizonsforhomelesschildren.org)  
E-mail: [boston@horizonsforhomelesschildren.org](mailto:boston@horizonsforhomelesschildren.org) | Phone: (617) 553-5488

# Safe & Easy Snow Removal Tips

(StatePoint) Keeping your property maintained during and after a snowfall is crucial. But handle snow and ice safely, as some of the risk involved comes from the removal process itself -- manually shoveling after a heavy snowfall can be dangerously strenuous.

Opting for a snowblower can help you avoid risk, as well as get the job done faster. If you have a larger area to clear, you'll especially want to consider motorizing your snow removal efforts.

To help ensure a safe winter for you, your family and your guests, here are some considerations to make when dealing with snow:

- **Prevent:** An ounce of prevention goes a long way. So if you're expecting a major snowfall, consider salting before the first flake falls.
- **Don't wait:** Keep up with the snowfall. Most of the time, it's easier and faster to clear six inches of snow twice than 12 inches of snow once.
- **Use the Right Gear:** Not all snowblowers are the same, so purchase a machine that's ideal for your property. Factors such as the type of surface and size of the space you're clearing, as well as how much and what type of snow you're expecting all should be considered. For a free online tool that can help you identify the right snowblower for



you, visit [www.Toro.com](http://www.Toro.com).

- **Make it Painless:** Don't fight the wind. Whenever possible, point a snow blower's chute downwind so that the wind helps you blow the snow. It's usually easier to move up and down the length of a driveway, not perpendicular. In strong crosswinds, start on the upwind side and then work downwind.
- **Think ahead:** Throw snow as far into your yard as possible. Throwing snow only to the edge of a driveway or walkway will lead to high snow banks and make it more difficult to remove snow during the next snowstorm.
- **Be safe:** Read and understand your operator's manual before getting started. As you would with a lawn mower, inspect the area first and remove objects which might be picked up and thrown by the snowblower. Keep children and pets far away.
- **Be Body Smart:** Toiling away outdoors can be hard on your body, especially for older people. So give your heart and back regular breaks so you don't overdo it. Stay hydrated and don't overdress or you'll quickly be soaked from sweat.

This winter, be ready to keep your home maintained, no matter what the weather blows your way.

# I'm 55 +. What do I do next?

## *ReServe May Be the Answer*

By: Barbara Wells,  
*ReServe Outreach  
Coordinator*

Consider this: A 69 year old female social worker with experience in multicultural organizations, a 66 year old MIT trained engineer and entrepreneur and a 63 year old systems analyst who has worked his entire career at large multinational financial services firms – What do they all have in common? The answer: They are all in their sixties, highly educated and professionals but what you may not know is that all three have raised their hand to become ReServists. They now are working an average of 15 hours per week at local nonprofit organizations that need their skills to accomplish their goals that otherwise would have gone unmet.



Why have these individuals become ReServists? They tell us that they want to use their skills to help organizations that are doing good work. They want flexibility to work part time and they want to get paid, even a stipend, for their commitment to the work they are doing.. In short - they want to Re- Serve.

ReServe Greater Boston is an innovative program that matches professionals (ReServists) aged 55+ with organizations that need their expertise. Nonprofits and public agencies can access skilled, experienced professionals

**Continued from page 14**

who are ready to step in to fill crucial staffing gaps in marketing, fundraising, accounting, IT, finance, counseling, social work, writing and editing, to name just some of the areas of expertise. ReServists are prepared to work up to 20 hours per week, and commit to at least 10-12 months for any given opportunity. Partner organizations pay a modest stipend of \$15 per hour. “Not to forget,” says Wendy Landman of Walk Boston, “We are getting truly professional and expert help for a fraction of the cost that would usually be required.”

ReServe was founded in 2005 in New York by three social entrepreneurs who saw that there were few opportunities for older adults, who wanted to put their professional skills to work for the greater good once their primary careers came to an end. After a solidly successful start in New York, the organization expanded, developing affiliates in Baltimore, Newark, Milwaukee, Miami, and Westchester. In January 2013, ReServe

Greater Boston launched as an affiliate of JVS Boston. After just one year, the Boston affiliate has grown to over 200 ReServists with 51 active partner organizations.

Non-profit organizations in greater Boston have responded enthusiastically to this new opportunity to find highly experienced, flexible and affordable help for short and long term projects. “We are getting very senior level and very smart people to work on explicit challenges that we’re facing,” says Mark Hinderlie, President and CEO of Hearth, a non-profit dedicated to the elimination of homelessness among the elderly. “With ReServe, I feel like we’ve made a lot of progress in a very short time.”

To learn more about becoming a ReServist, or if you know of an organization that needs a ReServist, you can send an email to Barbara Wells, ReServe Outreach Coordinator at [bwells@jvs-boston.org](mailto:bwells@jvs-boston.org)

## **Need a Ride?**

### **Senior Shuttle**

**617-635-3000**

Scheduling Available:

Monday - Friday

8:00 a.m. - 4:00 p.m.

The Senior Shuttle offers free door-to-door transportation service to Boston Senior residents age 60 or over. Rides are offered to non-emergency medical appointments. We kindly request that you notify us as soon as possible to schedule an appointment since rides are scheduled on a first come first serve basis.

Occasionally, due to cancellations, we can accommodate same day requests.



# The uncharted waters of HIV and Aging

According to the Centers for Disease Control and Prevention, by 2015, nearly 50 percent of the people living with HIV in the US - many of them gay and bisexual men - will be 50 years old or older.

In a way, that's great news. Prior to the introduction of anti-retroviral medications in 1996 many of these men would not have lived to see age 30. Thanks to the drugs, they have been able to manage their disease and live long, productive lives.

But there are physical and emotional costs to long-term survival the implications of which public health experts, scientists, scholars, and HIV advocates are just beginning to examine.

Perry N. Halkitis, the director of New York University's Center for Health, Identity Behavior and Prevention Studies, summed up the challenges confronting what he calls "the AIDS Generation" - defined as gay men diagnosed with HIV as young adults in the '80s and '90s - in a recent Huffington Post column. For this group of men, Halkitis writes, "there is no life without HIV - and that life is marked by loss, combating the physical ravages of the illness, and the emotional [and] social burdens engendered by the

stigma and discrimination directed at HIV-positive persons in our society." AIDS Action is working to ensure that LGBT people living with HIV can survive and thrive well into old age - and engage with each other in supportive conversations and activities through its PALS program (Positive Living/Lasting Strength). Activities include: 1) Weekly group exercise 2) Exercise consultations 3) Nutrition workshops 4) Nutrition consultations 5) Monthly Health Forums on topics related to health and aging 6) Health Library consultations 7) Cooking classes and community resources and 8) Ongoing social and support opportunities, including holiday gatherings and access to our drop-in center.

"One of the strengths of the PALS program is that we connect older people living with HIV, particularly older gay men, with each other," said Elizabeth Johnson, AIDS Action Director of Program Operations. "We also encourage ongoing participation and have found that the longer term participants play a critical role in welcoming and encouraging new participants."

A landmark 2006 study of HIV-positive people over 50 conducted by the AIDS Community Research Initiative of America (ACRIA) found that older people living with HIV suffer higher rates of heart attacks, cancer, kidney failure, high blood pressure, memory loss, and depression. The study noted that, "Little

is known about how these age-related diseases and conditions will manifest in the HIV-positive population.”

Some of the recommendations the study’s authors made included:

- Increased funding for basic research on the interaction between HIV and the common diseases of older adults.
- Ensure that older people are included as an identifiable group at every stage of the HIV research process.
- Public education campaigns to reduce HIV stigma, homophobia and ageism in the healthcare setting and in elder service agencies.
- Increased funding for public health and mental health research into the particular needs and experiences of older adults with HIV.
- Research how stigma continues to prevent people from disclosing their HIV status to others, thus limiting the amount

of social support they receive in coping with their condition.

“Some of the most pressing questions our PALS participants have related to HIV and aging include, ‘What are the consequences of long-term exposure to HIV and the medications to treat it?’; ‘How do these things interact with the normal effects of aging like heart disease, osteoporosis, dementia and adult onset diabetes?’; ‘What is the effect of HIV stigma or the trauma of living through the early days of the epidemic, when gay survivors buried romantic partners and entire social circles?’; and ‘What are the implications for the healthcare system of this confluence of HIV and aging-related conditions?’” said Johnson. “We encourage robust discussion around these and other issues because it makes a difference.”

For more information about PALS, visit [AAC.org](http://AAC.org) or call 617-437-6200.

*(25 School Street, Inc.)*

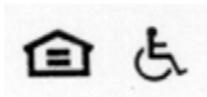
**SPENCER HOUSE 2053R Columbus Ave.**

**Roxbury, MA 02119, Tel. (617) 427-5500, Fax (617) 427-5558**

**PUBLIC NOTICE**

25 School Street, Inc. Spencer House will be closing its Section 8 waiting list effective November 1, 2013. Spencer House will no longer be accepting applications because the waiting list is in excess of five years. Once the waiting list is down to approximately one year long a public notice ad will be run for the reopening of the waiting list.

(25 School Street, Inc.) Spencer House estará cerrando la lista de espera de Sección 8 efectivo el 1, de Noviembre de 2013. Spencer House ya no estará aceptando solicitudes para sus unidades. Actualmente Spencer House tiene una lista de espera de más de cinco años. Una vez que la lista de espera se ha reducido a aproximadamente un año una notificación pública se llevará a cabo a la reapertura de la lista de espera.



Equal Housing Opportunity

**BNN Senior Count** 

**BNN-TV Channel 9**

**Boston Seniors Count  
Cable Television Show**

**Thursday at 3:30 p.m.**

**Repeated Sundays at  
11:30 a.m. & Tuesdays at 8:30 p.m.**

**For more information call**

**Greg Josselyn**

**617-635-4250**

# Healthy Recipes

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

## Cranberry-Orange Fruit Bar

### Ingredients:

#### Crust

- 1 cup chopped nuts (walnuts, pecans, almonds or hazelnuts) or old-fashioned rolled oats, divided
- 3/4 cup whole-wheat pastry flour (see Tip)
- 3/4 cup all-purpose flour
- 1/2 cup sugar
- 1/2 teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 1 large egg
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract

#### Fruit Filling

- 5 cups cranberries, fresh or frozen, divided
- 1/2 cup orange juice
- 3/4 cup sugar
- 1/4 cup cornstarch
- 1 1/2 teaspoons freshly grated orange zest
- 1 cup orange segments
- 1 teaspoon vanilla extract

### Preparation:

1. To prepare crust: Combine 3/4 cup nuts (or oats), whole-wheat flour, all-purpose flour, sugar and salt in a food processor; pulse until the nuts are finely ground. Add butter; pulse until well incorporated.

2. Whisk egg, oil, 1 teaspoon vanilla and almond extract in a small bowl. With the motor running, add the mixture to the food processor.

Process, then pulse, scraping down the sides, if necessary, until the mixture begins to clump, 30 to 45 seconds (it will look crumbly). Measure out 1/2 cup of the mixture and combine in a bowl with the remaining 1/4 cup chopped nuts (or oats). Set aside for the topping.

3. Preheat oven to 400°F. Generously coat a 9-by-13-inch baking dish with cooking spray.

4. To prepare fruit filling & assemble bars: Combine 3 cups cranberries, orange juice, sugar and cornstarch in a large saucepan. Bring to a simmer over medium heat, stirring constantly, until the mixture is very thick, 4 to 5 minutes. (It may take up to 10 minutes to get a thick result if you start with frozen fruit.) Stir in the remaining 2 cups cranberries, orange zest, orange segments and 1 teaspoon vanilla.

5. Transfer the dough to the prepared baking dish. Spread evenly and press firmly into the bottom to form a crust. Spread the fruit filling over the crust. Sprinkle the reserved topping over the filling.

6. Bake the bars for 15 minutes. Reduce



oven temperature to 350° and bake until the crust and topping are lightly brown, 25 to 30 minutes more. Let cool completely before cutting into bars, at least 1 1/2 hours.

**Servings:** 18 bars    **Calories:** 205

### Tips & Notes:

- **Make Ahead Tip:** Cover and refrigerate the crust and topping (Steps 1-2) for up to 1 day. Cover or individually wrap and refrigerate the cooled bars for up to 5 days.

- **Tip:** Lower in protein than regular whole-wheat flour, whole-wheat pastry

flour is milled from soft wheat and has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large supermarkets and natural-foods stores. Store in the freezer.

- To segment citrus, with a sharp knife remove the skin and white pith from the fruit. Working over a bowl, cut the segments from their surrounding membranes.

**Source:** [http://www.eatingwell.com/recipes/cranberry\\_orange\\_bars.html](http://www.eatingwell.com/recipes/cranberry_orange_bars.html)

## Honey Roasted Root Vegetables

### Ingredients:

- 2 cups coarsely chopped peeled sweet potato (about 1 large)
- 1 1/2 cups coarsely chopped peeled turnip (about 2 medium)
- 1 1/2 cups coarsely chopped parsnip (about 2 medium)
- 1 1/2 cups coarsely chopped carrot (about 2 medium)
- 1/4 cup tupelo honey (or any honey)
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 3 shallots, halved
- Cooking spray

### Preparation:

1. Preheat oven to 450°.
2. Combine all ingredients except the cooking spray in a large bowl; toss to coat. Place vegetable mixture on a jelly-roll pan coated with cooking spray. Bake at 450° for 35 minutes or until vegetables are tender and begin to brown, stirring every 15 minutes.

**Serves:** 8, about 1/2 cup each    **Calories:** 118 per serving

**Source:** <http://www.myrecipes.com/recipe/honey-roasted-root-vegetables-10000001108240/>



# LOVE & PEACE

## “Don’t Retire, Inspire”

By: Augusta Alban



It’s beginning to look a lot like that “SEASON OF STRESS!” Whatever your holiday, I truly wish you love and peace. I wish you a cup of strong hot tea or coffee with a dear old friend, and the reading of your favorite family story to that special grandchild. It all comes from my heart and the DRI show, not from QVC with free shipping.

Those shopping networks have been building up to credit card frenzy for weeks now. “It’s so easy call us! We would love to hear from you, BUT have your credit card handy. You may want to place an order while you are on hold. Pull up your favorite easy chair, right in front of your oversized TV so you can take advantage of Today’s Special Offer! It slices, it dices, it does things with vegetables no one should do with vegetables, and for your convenience, it can be stored in its own container. Did I forget to mention it comes in 22 colors, some made especially for our show! We only have several million left, so call now or get on-line. FREE SHIPPING if that call is made before the end of today’s show.”

Now why would I want to call and talk with someone I have never met about slicing vegetables? Isn’t that a private thing?

Do we really think about the right gift for our loved ones, or are we just reacting to what we are being told or sold? If we don’t order now, someone else will get it -- and we don’t want that to happen, do we?

I love the cooking demos with all those glistening pots and pans in a variety of colors just waiting to be shipped to Aunt Jane who has been in the nursing home for three years now. Maybe we could just call Aunt Jane and ask how she has been.

Can you remember when free shipping was not your focus? Buy, buy, buy and sign up for auto delivery which means you will have some frozen eatable, perhaps tofu rolls or pot stickers, and some sugar-filled mystery coming well into the summer months when one should be eating fresh fruits and veggies. Then you won’t even remember why you ordered them in the first place. “It’s so easy!”, you say -- and, I may add, so thoughtless.

Trees: take them out of the box and plug into any outlet! They do not even have to be completely assembled. Add parts B and C and Christmas is done! I miss walking up and down the Christmas tree

Continued from page 20

lot in the snow to find just the right one, inhaling the fresh cold air filled with the scent of pine, and later sipping hot cocoa as I remember the uniqueness of trees in years past. Some were truly memorable, weren't they?

Just stop, slow down. If that gift does not arrive in time, what will really happen? Is arriving on time how we wish to be remembered? Is that check-off on your list more important than sending love and caring for someone? Send your holiday cards in the New Year, when no one is getting any mail except bills. Just say "Thinking of you." When I call someone and get a voice message recording, I simply say "No need to return my call. Just wishing you joy and happiness."

*Don't Retire, Inspire wishes you and your family much joy, love and peace in 2014*



**Boston RSVP is currently seeking volunteers interested in:**

- o Connecting veterans to resources
- o Assisting in ESL classes
- o Offering transportation to older adults

No experience necessary!

Training provided.

Take the Time, Make the Call  
Help Out in Your Community!

For more information please call  
617-635-1794



**Thank You!**

Senior Companion Volunteers are providing friendship and support to Boston Seniors every day!



**HAPPY HOLIDAYS**

**\$100 off Denture** Reg \$995 / **NOW \$895!**

with Ad - before 12/31/13

**AFFORDABLE custom dentures** **MassHealth** accepted

**On-Site Lab** for custom fit and adjustments

**Same Day Repairs** and relines (appointment)

Call **NOW** **617.738.1232**

[www.BrooklineDentureCenter.com](http://www.BrooklineDentureCenter.com)

## The Face of HIV/AIDS is Aging

By: Christine Higgins

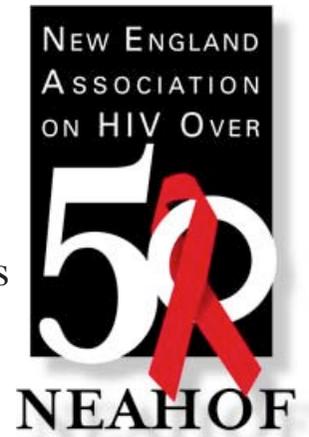
*New England Association on HIV Over Fifty (NEAHOF)*

Does it surprise you to learn that over 25% of all people living with HIV/AIDS in the United States are over the age of fifty? HIV, short for human immunodeficiency virus, weakens the immune system and leaves the body vulnerable to other conditions. The virus can be transmitted through sexual intercourse, I.V. drug use, or from mother to child. AIDS, or acquired immunodeficiency syndrome, is the final stage of HIV in which the one's defenses are severely strained by the virus. Without treatment, infection is 100% fatal. While there is no cure for HIV/AIDS at present, treatment for this chronic condition has come a long way since the 1980s, when the AIDS epidemic reached its height and an AIDS diagnosis was considered a death sentence. Through the use of modern antiretroviral medication and alternative therapies, people infected with HIV/AIDS are now living longer and suffering less. However, the rate of new infection in older populations is on the rise, and it is projected that by 2015, more than half of all people living with HIV/AIDS in the U.S. will be over the age of fifty.

There are many reasons why the face of AIDS is aging. A lot of older people begin dating new partners after divorce or the

death of a spouse, and due to inadequate sexual education and alleviated pregnancy concerns for postmenopausal women, barriers such as condoms are often underutilized. Skin changes in older individuals combined with altered immune function and underlying health conditions make those over fifty particularly susceptible to contracting the virus through sexual intercourse. Although I.V. drug abuse is more common in younger populations, addiction knows no age, and contaminated needles also contribute to new HIV infection in aging adults. Diabetics with limited income may also use dirty needles for insulin injection, putting themselves at risk for infection. Seniors are less likely to be tested for HIV/AIDS as physicians often overlook symptoms such as HIV-related dementia and weight loss, attributing them to other conditions associated with aging. Older people may be reluctant to admit behaviors which put them at risk for contracting the virus due to stigma and embarrassment. Because of these factors, HIV infection in the older adult is often identified after the disease has progressed to AIDS, making treatment significantly more difficult and increasing fatality.

Aging with HIV/AIDS can be physically, emotionally, and financially difficult. Typically, those living with HIV



present as 15 years older than their chronological age. HIV/AIDS infection is associated with many other conditions, such as diabetes, cancers, and dementia. Common problems for older adults, such as declining cardiovascular, liver, or kidney function, are seen much earlier in people living with HIV/AIDS. Seniors living with HIV must face normal social changes associated with aging, such as the loss of a spouse or family members who may have acted as caretakers. Older individuals, especially those disabled by poor health, are much more likely to live on a fixed income. While services are available to assist with the cost of medications, management of HIV/AIDS is costly. Issues such as a lack of transportation to doctor's appointments, trouble with meal preparation, and difficulty following a complex medication schedule also complicate HIV/AIDS treatment for older adults.

Finally, and perhaps most importantly, many older individuals- whether battling the virus for decades or recently diagnosed- are ashamed of their HIV status because of the stigma associated with the condition. They may fear or experience judgment from sexual partners, family, friends, and society regarding how they contracted the virus due to the behaviors and stereotypes associated with HIV/AIDS. People may not disclose their HIV status upon moving into senior nursing facilities, fearing discrimination will impact their

care. In the mission to eradicate HIV/AIDS and improve the lives of those infected, eliminating stigma is vital in ensuring that all who are living with the virus receive adequate treatment.

### **What can you do to combat HIV/AIDS?**

**- Get tested:** If you have engaged in any behaviors described above which put you at risk for contracting HIV, request a test from your doctor or investigate clinics near you. Free HIV and STD testing is offered many places, some accepting walk-in appointments.

**- Manage your risk:** Educate yourself about safe sex practices, and talk to your partner about his or her HIV and STD status. Always use clean needles, and ensure that you dispose of used needles properly. Seek rehabilitation for drug abuse.

**- Get involved:** World AIDS Day was December 1st, a great time to advocate for people living with HIV in your community. Reach out to organizations like ours, the New England Association on HIV Over Fifty, to learn how you can make a difference. Investigate how your government is assisting those battling chronic disease. Start a conversation about HIV/AIDS and aging with your family and friends, and work to combat stigma and discrimination in your community.



# CITY HALL TO GO menu

MAYOR THOMAS M. MENINO

**This Vehicle Does Not Take Cash Payments.**

## car

- Pay a Parking Ticket
- Dispute a Parking Ticket
- Request a Residential Parking Permit
- Renew a Residential Parking Permit
- Request a Handicap Parking Space
- Sign up for Street Cleaning Alerts
- Sign up for Snow Alerts
- Order a Meter Card
- Pay Excise Taxes

## home

- Pay Property Taxes
-  Get Recycling Bin Stickers
-  Sign up for Renew Boston

## pets

- Get a Dog License

## family

- Get an e-Library Card
- Request a Birth Certificate
- Request a Death Certificate
- Request a Marriage Certificate
- Register to Vote

## City Clerk

- Claims
- Domestic Partnerships
- Raffle Applications
- Marijuana Citations
- Physician Registration

## plus

- Ask a Question
- Submit a Service Request
- Seasonal Services
- If you don't see a service you need, just ask us!



All requests for official documents will be processed promptly. Birth, marriage, death, and residency certificates, parking permits and meter cards will be mailed.

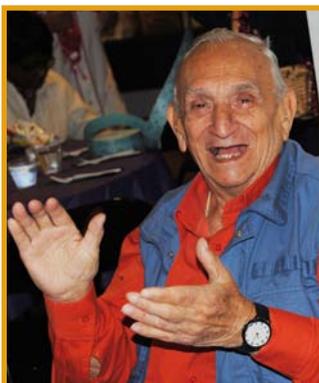


## Monthly Schedule \*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>TUES-THURS TRUCK HOURS 12:30PM - 2:30PM</b>	<b>PLEASE NOTE: TIMES &amp; LOCATION VARY BASED ON EVENT SCHEDULES</b>	<b>TUES-THURS TRUCK HOURS 4PM - 7PM</b>		
Sunday	Monday	First Tuesday  12:30pm – Allston 4pm - Brighton	First Wednesday  12:30pm – Roxbury 4pm – South Boston Waterfront	First Thursday  12:30pm – Mission Hill 4pm – Jamaica Plain	Friday  TBD	Saturday  TBD
Sunday	Monday	Second Tuesday  12:30pm – Mid Dorchester 4pm – South End	Second Wednesday  12:30pm – Fenway 4pm – Mattapan	Second Thursday  12:30pm – Egleston Sq 4pm – West Roxbury	Friday  TBD	Saturday  TBD
Sunday	Monday	Third Tuesday  12:30pm – Back Bay 4pm – South Boston	Third Wednesday  12:30pm – Bay Village 4pm – Charlestown	Third Thursday  12:30pm – Chinatown 4pm – Hyde Park	Friday  TBD	Saturday  TBD
Sunday	Monday	Fourth Tuesday  12:30pm – Twitter Day 4pm – Roslindale	Fourth Wednesday  12:30pm – Beacon Hill 4pm – Dorchester	Fourth Thursday  12:30pm – North End 4pm – East Boston	Friday  TBD	Saturday  TBD
Sunday	Monday	Tuesday  TBD	Wednesday  TBD	Thursday  TBD	Friday  TBD	

\*Schedule subject to change Follow us on Twitter @CityHallToGo or call #617-635-4500 for updates

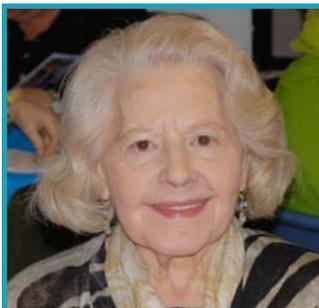
# Halloween Party in Charlestown



# Halloween Party in Charlestown



# Nazzaro Center's Thanksgiving Day Luncheon





got hands?

wash them.

Wash your hands often with soap and water or an alcohol-based hand cleaner, especially after coughing or sneezing. For more information, go to [www.bphc.org/flu](http://www.bphc.org/flu).

Building a Healthy Boston

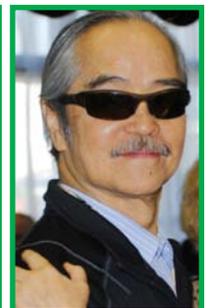
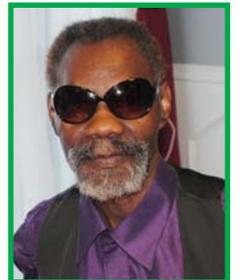


Mayor Thomas M. Menino

# Information & Referral Day



# Italian Heritage Luncheon



# 50th Wedding Anniversary



**Happy Holidays & Have  
a Spectacular New Year!**

*- Mayor Thomas M. Menino &  
First Lady Angela Menino*

