

City of Boston



Boston Seniority

Commission on Affairs of the Elderly



BOSTON
CONDITA A
1630.

JULY 2006

Volume 30 Number 5

FREE

Thomas M. Menino, Mayor of Boston



Mayor Menino and Grub Streets Memoir Writing Project kicks off in the North End.

On June 6th, 17 seniors who are life time residents of the North End gathered at the Old North Church for the first memoir writing class. Under the direction of the Mayor, Commissioner Eliza Greenberg of the City's Elderly Commission partnered with the local nonprofit Grub Street in a landmark project of memoir writing. Michelle a Grub Street Teacher guided participants in sharing their stories and writing their memoirs in bound journals. Memoirs consisted of the "Old North End" where they grew up their parents, and their customs. Other memiors included siblings being born in the living rooms of their cold water flats; traditional parlor wakes, the old ferry from the North End and the falling of the Old North Church steeple. Many seniors in the class are first generation to America and enthusiastically write their memoirs for their families and generations to come. The first class was amazing, especially for me-a thirty something to listen to a generation full of pride, rich culture, patriotism, hard work and of course, the reason why they were there- HISTORY. We want to give special thanks to the Old North Church and Ed Pignone who donated a perfect space to capture these stories. The project will last for four to six weeks in the North End and then move to other Boston neighborhoods. For more information please call Eliza Greenberg or Kaysea Cole at 617-635-4366.

Boston Seniority

Volume 30 Number 6

Published by the City of Boston
Commission on Affairs of the Elderly

Thomas M. Menino, Mayor
Eliza F. Greenberg, 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
Kali Borrowman
Editors

Eileen O'Connor & Kaysea Cole
Photographers

City Hall Plaza-Room 271 Boston, MA 02201
(617) 635-4366

www.cityofboston.gov/elderly

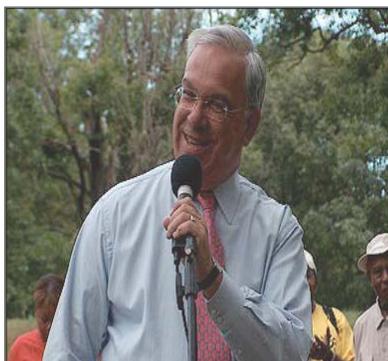
Printed by the City of Boston
Graphic Arts Department
Paul Dennehy, Superintendent



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

Mayor's Column



Recently my administration launched two initiatives in the fight against gun violence. On May 30th, I announced a new program to get guns off the street. Two days later, I unveiled a new information-sharing program to help the Boston Police work more closely with community members.

The Gun Buy-Back and the Citizen Observer network are the latest programs to emanate out of my 6-pronged crime strategy, which includes a legislative agenda with regional and national outreach, a public health and healthcare agencies platform, targeted law enforcement strategies, education and awareness efforts, a wide variety of community outreach, and judicial system changes. In April, I co-hosted the first National Gun Summit with Mayor Bloomberg of New York.

Through the 2006 Boston Gun Buyback, we are asking residents to "Aim For Peace" and trade in a gun for a \$200 Target store gift card. This program will take place

from June 12th - July 14th and firearms will be accepted at various designated drop-off sites citywide, Monday through Friday, from 12:00 p.m. to 7:00 p.m. Drop-off locations include every district police station and eight additional community sites, which can be found by visiting <http://www.cityofboston.gov/aimforpeace/>.

The gun buyback program is a proactive approach to reduce gun violence and signifies a movement to inspire a change in attitude and behavior. This "no questions asked" initiative seeks to take guns off the streets and send a clear message that encourages young people to reject a life of crime and violence and embrace a life of personal responsibility, hope, and peace.

Although all weapons will be accepted, the gift card will only be issued for working firearms. In order to receive amnesty for illegal possession at the time you turn in the weapon, protocol MUST be precisely followed.

- Guns MUST be delivered unloaded;
- Guns MUST be put in a clear plastic bag and put into another container (gym bag, backpack, etc.);

- If depositing ammunition in addition to a gun, ammunition must be delivered in a separate bag;

- If transporting the gun by car, gun must be transported in the trunk of the car;

- After the gun is screened by officers, and determined to be a working firearm, a gift card will be given; and

- Rifles and shotguns will be accepted, however no incentive will be issued.

The city has also established a hotline, 1-888-GUNTIPS, for individuals who do not wish to deliver a firearm to a designated location and would like to arrange for a private exchange. The hotline is also available for neighbors who wish to provide information related to criminal activity or can provide information leading to the whereabouts of a "community" firearm.

The Mayor's Constituent Hot-line is a 24 hour service to handle general citizen concerns.

Please call (617)-635-4500 for non-emergency city related issues. As always call 911 in the event of an emergency

City of Boston Elderly Commission Services

Do you know what services the Elderly Commission offers?

Below is a listing of free services and programs that are available to all seniors living in Boston-

Community Service Advocates/Direct Services Unit

Through this unit, a myriad of services is available to Boston's senior community, among them emergency home health and well-being visits, government benefits and form preparation assistance, and tenant/homeowner issue support, as well as general information and referral assistance. Community Service Advocates manage specific resources, and are available to meet seniors' needs during weather and other emergencies. Advocates act as an information resource as well as proponent for seniors' rights.

Serving the Health Information Needs of Elders (SHINE)

The SHINE Program offers seniors free health insurance counseling benefits, oral and dental screening and referrals, fitness programs, health information and access to the Mayor's Neighborhood Pharmacy Plan. This program gives seniors access to information essential in maintaining and improving health for a better quality of life.

Nutrition

The Elderly Nutrition Program ensures nutritional meals for income eligible seniors, who may dine at any of 40 area congregate lunch sites or receive home meal delivery anywhere in Boston. Considering special dietary requirements for seniors is a top priority, this ensures that everyone has access to the essential nutrients specific to their needs.

Caregiver Support Service

The Commission on Affairs of the Elderly provides Caregiver Support Services including information and referral, assistance in gaining access to support services, support groups, educational trainings, respite scholarship and information to caregivers who need a helping hand.

Notary Public

Free notary service is provided to eligible residents through The Elderly Commission. Please call in advance to schedule an appointment.

Employment and Volunteer Programs

Senior Companion Program

This program allows seniors to help other seniors by serving as one-on-one companions, helping with everyday life. Both companion and senior benefit from this program, making meaningful relationships along with impacts on one another's lives.

Seniors Training for Employment Program (STEP)

This federally funded employment training program empowers low-income seniors to rejoin the work force: giving them the extra edge needed in today's work force. Participants perform 20 hours of community service weekly in non-profit, business and government agencies while seeking employment.

Retired and Senior Volunteer Program (RSVP)

Knowing the rewards of volunteering, the Elderly Commission provides seniors the chance to make an impact with their skills and experience through one of the many meaningful opportunities available through the City of Boston and the RSVP Program. Along with helping local non-profits, RSVP participants benefit from the unique fulfillment that comes with volunteering.

Senior Shuttle

Free curb-to-curb rides are provided to non-emergency medical appointments, grocery shopping and other activities within the City of Boston. Please call (617) 635-3000 at least three days in advance to schedule an appointment. Rides are scheduled on a first-come, first-served basis and are available to anyone over age 60.

Taxi Discount Coupon Program

The Elderly Commission partners with the Boston Police Department Hackney Division to provide an affordable transportation option. Coupon books are worth \$10 at a cost of \$5 per book for all taxis licensed by the City of Boston. Coupon books are available at Boston City Hall and at various sites throughout the city.

Community Relations Department

Communications

It's important to the Elderly Commission that Boston's seniors are up to date with services, issues, and all things relevant to senior living. *Boston Seniority* magazine is published 10 times per year and is available free at senior centers, libraries, elder housing complexes and other locations throughout Boston. "Boston Seniors Count" is an informational TV program for area seniors broadcast live on Tuesdays at 3:30 p.m. on Boston Neighborhood Network TV Channel 9.

Events

Over 100 education, recreational, and social events for seniors are offered each year by the Commission and other organizations. Held throughout the City's neighborhoods, these gatherings offer Boston seniors opportunities to learn and socialize with new and old friends, thus decreasing isolation and loneliness.

Remembering Special Events

Seniors celebrating special events in their lives, such as retirements, notable achievements, anniversaries or birthdays, can receive special recognition from the Mayor and the Elderly Commission.

Advocacy

The Mayor's Advisory Council - a group of over 100 Boston seniors and senior service agency representatives who represent and advocate for Boston seniors. This group advises the Commission on policy, legislation and service areas for future funding.

Health and Long Term Care Task Force - a large group of both seniors and agency representatives who work to better the quality of life for Boston seniors by advocating for better health and long term care options and coordination of services.

Housing Task Force Group- a small group who are very active in planning and coordinating more options for senior housing in boston.

Advocacy Task Force Group- a medium sized group made of both seniors and agency representatives who work to support legislation that will benefit Boston seniors and advocate for positive changes to the senior service network.

The Elderly Commission is also home to two other organizations serving seniors:

Boston Area Agency on Aging

The AAA plans, coordinates and advocates services on behalf of the City of Boston's older population, as well as monitors and evaluates other local senior service non-profits which are supported by funds provided through the Older Americans Act.

Council on Aging

This group promotes the active involvement of seniors in the life and health of their neighborhoods essential in preventing isolation and providing information and referral services .

For information on all programs and services, please call (617) 635-4366
or visit us on the world wide web at : www.cityofboston.gov/elderly

BOSTON FIRSTS

- 1704 The first regularly issued American newspaper, The Boston News-Letter, was published in Boston.
- 1716 The first American lighthouse was built in Boston Harbor.
- 1634 Boston Common became the first public park in America.
- 1635 The first American public secondary school, Boston Latin Grammar School, was founded in Boston.
- 1653 The first American public library was founded in Boston.
- 1639 The first free American public school, the Mather School, was founded in Dorchester, a neighborhood of Boston. Also, the first post office in America was Richard Fairbanks' tavern in Boston.
- 1806 The first church built by free blacks in America, the African Meeting House, opened on Joy Street in Boston.
- 1831 The first abolitionist newspaper, The Liberator, was published in Boston by William Lloyd Garrison.
- 1845 The first sewing machine was made by Elias Howe in Boston.
- 1875 The first American Christmas card was printed by Louis Prang in Boston.
- 1876 The first telephone was demonstrated by Alexander Graham Bell in Boston.
- 1877 Helen Magill White becomes the first woman to earn a PhD in the U.S. at Boston University.
- 1897 April 19, 1897 was the first Boston Marathon. The race was run from Boston to Ashland and the starting field was 15 runners. John J. McDermott was the winner.
- 1898 The first American subway system was opened in Boston.

*Are you over the age
of 65 and in need of a
smoke detector?*



Let **Ernie Deeb** and the Boston Fire Department help. To find out what Ernie can do for you, call **(617) 635-2359.**

BOSTON MEDICARE PART D ENROLLMENT PROGRAM:

A Success Story



From left to right: Tomas Gonzalez, Chief of Staff, Veronica Miletsky, Vivian Phillips, Commissioner Eliza Greenberg, Matt Sullivan (program coordinator) and Christine Cooper. Shelia Lehan - Elderly Commission SHINE Director is not pictured.

was approximately \$1000, with a significant number of seniors seeing savings of \$4000 to \$5000 annually. The enrollment program had a working staff of four and serviced all of Boston's neighborhoods.

It is important for seniors to know that there are several circumstances under which a senior can join a Medicare Part D plan or change plans now, during this closed enrollment period. Special consideration is given to MassHealth and Medicare recipients, low-income seniors not in MassHealth, new Medicare members, nursing home residents, and some new residents to Massachusetts. For more information, please call the Boston Medicare Part D hotline at (617) 635-MEDD (6333). The Boston Elderly Commission still has a full time Medicare Part D staff available for Boston Seniors. Any questions, comments, or concerns can be address by calling (617) 635 - MEDD (6333).

May 15, 2006 marked the final day for most seniors to enroll into a Medicare Part D prescription drug plan during the initial open enrollment period. Mayor Menino is proud to boast that Boston was way ahead of the curve with respect to enrollment assistance and guidance. Said Mayor Menino, "Seniors faced a very important medical decision with Medicare Part D, one that could significantly affect their quality of life. In the three months of its existence, the Boston Medicare Part D Enrollment Program played an important role in assisting Boston's seniors with their Medicare Part D questions and concerns". To be exact, the Mayor's Medicare Part D Enrollment Program helped over 750 seniors make Medicare decisions, while placing nearly 350 into approved Medicare Part D plans. The average annual savings per individual

Programs and Services Available

- S.S. Questions
- Medicare
- Medicaid
- Medicare Supplemental Insurance
- Fuel Assistance
- Food Stamps
- Veterans' Benefits
- Oral/Dental Health Screening Program
- Health and Fitness Program
- SHINE (Serving the Health Information Needs of Elders)
- Taxi Coupons
- Housing Assistance
- **And much more!**

Direct Services Unit



Do you need help with government benefits, tenant/homeowner issues or health issues?

The Elderly Commission's **Community Service Advocates** can help you with those needs!

For more information call (617) 635-4366.



Summer in the City

free events in boston this summer!

Dates and times are subject to change. Please call the phone number listed with each program for confirmation. Youth programs are open to Boston residents. For general information and accessibility requests, please call (617) 635-4505. For 24-hour recorded information and program cancellation information, call (617) 635-3445. Boston celebrates the 10th anniversary of ParkARTS with a special offering of concerts, programs, and public events across the city.

ParkARTS Performing Arts

July - August Various Days & Times

For the 10th year, Boston will come alive with performances sponsored by Bank of America featuring cultural groups from throughout the city. From downtown Boston to neighborhood parks, audiences can enjoy everything from jazz to classical music and children's theater to big screen movies. For more information, call the ParkARTS events line (617) 635-3445 or (617) 635-4505 or visit ParkARTS online at www.cityofboston.gov/parks

Dorothy Curran Wednesday Evening Concert Series, City Hall Plaza, Boston

July 12 - August 16 Wednesday 7:00 - 9:00 p.m.

July 12 Magic Night featuring the US Air Force Band of Liberty and a special surprise guest artist

July 19 Disco Night with The Village People

July 26 Michael Amante in Concert

August 2 Big Band Night with The Glenn Miller Orchestra

August 9 The Lettermen in Concert

August 16 Free to Dream featuring the US Air Force Liberty Big Band with special guest artist Darlene Love

Now in its 33rd year, this is the longest-running concert series in Boston. For more information, call (617) 635-4505.

Swingin' in Mothers Rest, Back Bay Fens, Boston, Wednesdays 6:30-8:00 pm

July 12 Robin McKelle & Friends

July 19 Igmarr Thomas Band

July 26 Berklee Summer Jazz Workshop

Adults may want to bring their folding chairs and blankets and pack a picnic dinner. For more information, call (617) 747-2447.

Commonwealth Shakespeare Company's Free Shakespeare on the Common

Boston Common Parade Ground, Boston

July 22 - August 13, Tuesday - Saturday at 8 PM, Sunday at 7 PM

Landscape Watercolor Painting Workshops

June 25 Sunday Paul Revere Mall - Hanover Street, North End
 September 9 & 16 Saturday Franklin Park - Schoolmaster Hill, Dorchester
 September 23 & 30 Saturday Jamaica Pond - Boathouse, Jamaica Plain
 September 10, 17 & 24 Sunday The Public Garden, Boston

These hands-on watercolor painting workshops enable artists of all skill levels to create their own green-space inspired masterpieces. Learn how to capture Boston in bloom from local artists. Materials provided. Sponsored in partnership with the Mayor's Office of Arts, Tourism & Special Events. For more information, call (617) 635-4505 (ext. 3021).

Gospel Fest, City Hall Plaza, Boston July 16 Sunday 5:00 - 8:00 p.m.

Enjoy an afternoon filled with gospel music featuring choirs and soloists no one should miss sponsored by the Mayor's Office of Arts, Tourism, & Special Events. For more information, call (617) 635-3911.

(ähts): The Boston Arts Festival Christopher Columbus Park, Boston

September 9 - 10 Saturday - Sunday 12:00 noon - 6:00 p.m.

Mayor Thomas M. Menino presents this fourth annual festival to showcase Boston's performing and visual arts scene. The event is sponsored by Target, co-sponsored by JP Morgan Chase and Boston Magazine, and produced by the Mayor's Office of Arts, Tourism & Special Events in partnership with the Boston Parks and Recreation Department. For more information, call (617) 635-3911 or visit www.cityofboston.gov/arts

The Beantown Jazz Festival-Carter Playground, South End

September 30 Saturday 12:00 noon - 7:00 p.m. For additional information, call (617) 827-6640.

THE ELDERLY COMMISSION

BOSTON SENIORS COUNT PROGRAM

LIVE call in show every Tuesday at 3:30 p.m. on channel 9

- | | | |
|--------|----|--|
| July | 4 | No Show |
| | 11 | Fran Johnnene |
| | 18 | MaryBeth Murray with Home works program |
| | 25 | Connie Mohammed on Dental Care with Dr. Tillman |
| August | 1 | No Show |
| | 8 | Marie Barry with Mothers of Boston City Councilors |
| | 15 | Fran Johnnene on City Departments |
| | 22 | Fran Johnnene on Senior Issues |
| | 29 | MaryBeth Murray - Senior Interview |

Tune in and be entertained, informed and involved.



Friendly Club

Pays tribute to Troops

by *Eileen O'Connor*

Recently I attended the Friendly Club in Dorchester where approximately 20 members meet each Wednesday afternoon at 1:00 p.m. It's no wonder this club has a form of the word "friend" in their name; throughout the year, members have been bringing in donations to be sent to the soldiers in Iraq. This past January, the Friendly Club received a Certificate of Appreciation from Commander Ed Boyle of the James Rice Post in Dorchester on Romsey Street. Boyle wanted to present the certificate to show his gratitude to the club in their efforts to help send over 85 packages to Iraq in the past year. The care packages included paperback books, toiletries, toothpaste, cosmetics, postage and much more.

The Friendly Club was founded in the late 60's with well over 120 members. Meeting on a weather permitting, weekly basis they play bingo, celebrate birthdays with cake, and enjoy each other's company. The Friendly Club and James Rice Post are both grateful for the partnership that has provided great benefits to both organizations. If you are interested in joining the club or donating items to troops in Iraq, stop by the James Rice Post on Wednesday afternoons or call Eileen O'Connor at (617) 635-2844.



Senior Companion Program

Become a Senior Companion and become a friend.

Senior Companions bring a *friendly face* into the homes of homebound elderly.

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



Area Agency on Aging

"Encouraging the senior voice to be heard."

Along with providing senior services throughout the city, the AAA encourages senior involvement through the *Mayor's Advisory Council*.

To find out how you can get involved call (617) 635-3979.



Assistance. Advocacy. Answers on Aging.

Retired and Senior Volunteer Program (RSVP)

Are you 55 or older and looking to use your life experience to make a difference?

VOLUNTEER!

Boston RSVP has many different volunteer opportunities. You can help children, work in a museum, and even help other seniors! For information on how you can get involved call

(617) 635-3988



RSVP provides limited reimbursement for travel and meal costs as well as supplemental insurance.



*Fanny,
the Fenway Park Cow*

Utter Art

By Kali Borrowman

A work of art in its own right, Boston is reverting to its roots this summer. Once again cows were set loose in our city. The CowParade hit the streets of Boston on the morning of June 6, 2006. It sounds as though Bostonians were at high risk for stampede, but this procession is not your conventional parade.

The CowParade is a 3-D, traveling, changing art display throughout different cities around the world. This year, Boston was given the opportunity to host these whimsical animals. Artists from around the city threw out their canvas and resorted to painting on cows. Throughout Boston, from June until September, over 100 life-size fiberglass cows will be on display for all to enjoy. Each cow has a different design ranging from the wild and wacky to the traditional Boston landscape scene.

One of the most beloved landmarks in Boston, Fenway Park, has been converted to a landscape scene. Fanny the Fenway Park Cow, mooved to Boston this summer in front of the Marriott Hotel, Copley Square. Designed by Dawn Scaltreto, Fanny was painted by the Friday Morning Painting Class artists held at the Veronica B. Smith Multi-Serivce Senior Center in Brighton. Scaltreto has been teaching the Friday Morning Painting Class since 1998. After holding many art shows, these artists are taking the opportunity to showcase their talent on a new medium - cows. Scaltreto has three other designs being displayed. At the conclusion of the summer, on September 21, 2006, the cows will be auctioned with proceeds benefiting the Jimmy Fund- supporting cancer research and care at Dana-Farber Cancer Institute.



HIGHER EDUCATION

TUITION BREAKS FOR SENIORS

Did you know that you could qualify for a Categorical Tuition Waiver at Massachusetts Public Universities and State Colleges?

A Categorical Tuition Waiver is a waiver available to select persons to assist with the cost of tuition at a public college or university. Individuals who qualify for the Categorical Tuition Waiver must fall under one of the following categories: Veteran (Spanish War, World War I, World War II, Korean, Vietnam, Lebanese Peace Keeping Force, Grenada Rescue Mission, the Panamanian Intervention Force, or the Persian Gulf), Native American (as certified by the Bureau of Indian Affairs), Senior Citizen (Over the age of 60), Active Member of the Armed Forces (Stationed in MA), Clients of the Massachusetts Rehabilitation Commission or Commission for the Blind.

So what are you waiting for? If you live near a UMASS, State College or University, contact the admissions department. Keep in mind that you will be a college student. Therefore, all college policies and procedures apply. Upon admission, at minimum, you must sign up for a 3 credit course.

Ever thought about taking a discounted college course and not worrying about a grade?

In hopes of attracting students to classes of interest without the worry of a grade, many colleges and universities have allowed the practice of auditing a course. While auditing courses initially set out to attract fulltime students already within the school to diversify their learning experiences by taking classes of interest without the concern of a grade, it has long since become a senior trend in higher education. With low costs and the same education, seniors have opted to enroll as an audit student. The only drawback to enrolling as an audit student is that you will not receive a traditional letter grade; you will receive a pass/fail grade. The auditing option is available at most universities and colleges.

Caregiver Services

If you are caring for someone *over the age of 60* or are a *grandparent raising a grandchild*, the Elderly Commission and Caregiver Alliance wants to make sure you are receiving services that you deserve.



For information and referrals, assistance in gaining access to services, individualized counseling, support groups, care giving problem solving, respite care, advocacy, training, or supplemental services please *call the Elderly Commission at (617) 635-2713.*

Free Introductory Computer Classes for Seniors

Do you want to learn computer basics? Sign up for FREE Beginner Courses on How to Use a Computer at Suffolk University.

Where: Suffolk University - 32 Derne Street

(Right Behind the State House) in the Fenton Building

Contact: Kate Rodrigues Phone: (617) 573-8251.

MUST BE AT LEAST 60 YEARS OLD

Boston University Evergreen Program

The Boston University Evergreen Program invites elders of the community to enrich their lives through opportunities to learn, make new friends, and participate in the intergenerational setting of the University. Evergreen undertakes to stretch minds through lectures and discussions on interesting and meaningful topics conducted by recognized experts. By attending these activities in a campus environment, elders share in and contribute to the University community.

The Evergreen Program also provides the opportunity for noncredit participation in most Boston University courses. As classmates, both elders and younger students benefit from the diversity of experience, ideas, and perspective present. The only qualification for attending Evergreen is attainment of the age of fifty-eight. No educational credentials or professional affiliations are required. For more information please call (617) 353-9852.

Stimulate Your Mind with Music

2006 Tanglewood Outing: All Beethoven Program

Come bask in the afternoon sunshine of the Berkshires while listening to the world-famous Boston Symphony Orchestra. Hear conductor Rafael Fruehbeck de Burgos and pianist Yefim Bronfman as they perform two masterpieces: Beethoven's Piano Concerto No. 4 and Symphony No. 7. Depart from 5 Commonwealth Avenue at 9:00 a.m., rain or shine, and arrive in Lenox in time for lunch. Bring a blanket and a pillow (or a folding chair) and a picnic lunch, or you may buy your lunch at the Tanglewood cafeteria. Eat on your own, or picnic with the group tour leader at 12:30 p.m. while discussing Beethoven's life and music. A guided tour of the Tanglewood Estate follows at 1:30 p.m. Casual summer dress is appropriate, but mind the weather! Price includes: motorcoach transportation, one-hour guided tour of the Tanglewood estate, BC&AE certified guide, and general lawn admission to the concert. Return to 5 Commonwealth Avenue at approximately 8:00 p.m. Trip runs rain or shine. Registrations must be received by August 18, 2006. Sorry, no discounts apply, and no refunds or transfer credits will be issued.

BOSTON CENTER FOR ADULT EDUCATION

5 Commonwealth Avenue

Boston, MA 02116

CHANGES TO THE FOOD GUIDE PYRAMID *by Melissa Carlson, MS, RD*

Throughout the years, the Federal government have given the American people guidance on what they should eat. It all began in 1894 when the US Department of Agriculture (USDA) published the first dietary recommendations connecting food, health and healthful eating. Since then we have seen many Recommended Dietary Allowances (RDA's) and several nutrition education tools. There has been the buying guides, the Basic Seven, the Basic Four, the Food Wheel graphic, and now a second Food Pyramid graphic. Despite all of these different tools used to convey the RDA's their overall goals have remained consistent- Variety; Maintain a healthy weight; A diet low in fat, saturated fat, and cholesterol; Eat plenty of grains, vegetables, and fruits; Limit sugar intake; Low salt and sodium; and Consume alcohol in moderation.

The latest RDA's, Food Guide Pyramid graphic and tools released in 2005 continues to convey these messages, while at the same time, making the Food Guide Pyramid more user friendly and internet based. The government did change the way they measure foods, emphasize activity, eat a variety of foods and to watch your calorie balance.

Measuring foods- Instead of recommending to eat so many “servings” of different foods they now are using cups and ounces. This is a positive change because no one ever knew what the USDA serving size was? In making this switch from servings to cups and ounces they did increase some of the recommendations. Now you should be eating the following in one day or as close as you can:

Fruit and vegetables- 4 ½ cups; remember this can be fresh, frozen or canned

Grains- 6 oz; where 1 ounce = 1 slice of bread, 1 cup of breakfast cereal, or ½ of cooked pasta, cereal or rice; read the ingredients to make sure they are using “whole” or “whole grains” to increase your fiber intake

Milk- 3 cups; if you don't or can't consume milk, choose lactose-free products or calcium fortified foods and beverages

Meat and Beans- 5 ½ oz; where 3 oz = a deck of playing cards and 1 tablespoon of peanut butter = 1 oz

Variety- in the foods you eat is key in getting an array of vitamins and minerals. You can do this by eating different colors of fruits and vegetables (green, orange, red, purple). Eat starchy vegetables once a week- these include white potatoes, corn or green peas. And don't forget about using frozen, fresh or canned fruits and vegetables, but make sure the canned ones are packed in low salt or fruit juices.

Activity- The new pyramid has a person walking up stairs on the of side it. The government wants people to be physically active at least 30 minutes a day. This will help you increase your total energy, reduce risk of chronic disease, improve physical activity and help control your weight. Physical activities can be walking, housework, exercise classes, yoga, swimming, sweeping the sidewalk, or mowing the yard.

Calories- With the growing problem of obesity and chronic disease, the government recommends that people balance the calories they consume with the amount of energy they expend in a day. If you eat too many calories in one day, eat fewer calories the next day. The same is true for a busy or active day; try to eat a few more calories to give you that extra boost. Always try to eat foods that are nutrient dense, foods that will give you more vitamins and minerals.

Tufts University also recommends that people over 50 years old take a supplement for Calcium, Vitamin D, and Vitamin B12. As we age it is harder for our bodies to process and efficiently use all of the nutrients we consume. We also need to try and drink 8 cups of water or liquids a day. You can learn more about the recommendations, and play with new nutrition education tools at www.mypyramid.gov.

HEALTHY WEALTHY AND WYSE

by Geraldine Wyse RN

The Fifth Vital Sign

Everyone knows when you enter the hospital; you will get your temperature, pulse, respiration and blood pressure taken. Now there is a fifth vital sign—pain.

In 2001, the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) implemented pain management standards. Patients have a right to pain relief.

We have all seen the Wong-Baker Faces Rating Scale used for children's pain. The smiling face goes from -0- no pain to -5- worst pain with the face crying. Adults are

asked to describe their pain from a scale of one to ten. Ten is the worst pain imaginable.

Remember, not all adults are able to verbalize their pain. You may want to accompany your elderly relative to the doctor's office or hospital. You may need to translate to the doctor in your relative's native language.

Many adults have had strokes and cognitive changes and they do not verbalize well. At home, you will notice subtle changes in their personalities. Look for signs of pain; grimaces, agitation, restlessness, combativeness, sleeplessness, depression or withdrawing from family.

Chronic pain from arthritis that has not been treated can change a person's personality!!!

When you enter the hospital, bring all your medications so the nurse can document them. Also, be sure to bring in all over the counter medications, vitamins and health food supplements.

Be sure to let your doctor know if you are in pain. You may need to get your pain medication doses readjusted. Pain is not a part of growing older!! It is treatable. You must tell your doctor if you have a new pain, a chronic pain, fell recently, numbness or tingling. Under treatment of pain is very serious. It is your responsibility to tell your doctor if you are in pain or not responding to the medications he gave you.

"Fit Tips" STRONG HEALTHY ANKLES

by D. Vanessa Wilson-Howard, M. S. Certified Fitness Specialist
Director, Project Healthy Plus/Project Health Exercise Plus ABCD, Inc.

Exercise tips to keep you strong that you can do in the privacy and convenience of your own home!

Remember- always check with your physician before beginning any exercise program.

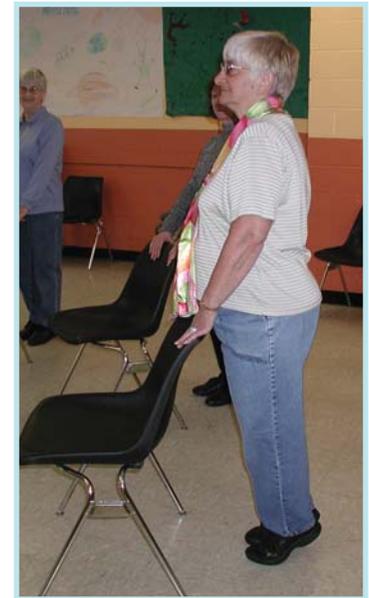
For your ankles, try "Toe and Calf Raises"
Keep your chair around for this exercise and make sure that it is stable.



START by: standing behind your stable chair, facing towards the chair about 6 to 12 inches away. Gently hold on to the top of the chair for support and you're ready to begin.



STEP 1: Keeping your shoulders relaxed, BREATHE IN and count "1-2-3-UP" lifting your heels off the floor, keeping your knees slightly bent. Hold for 3 seconds.

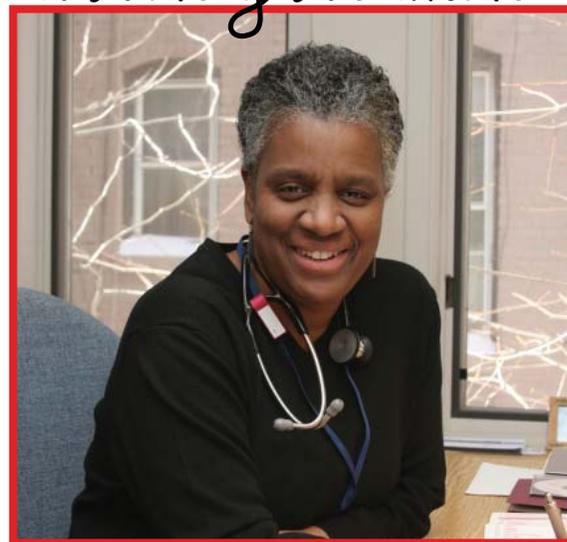


STEP 2: Now, BREATHE OUT and count "1-2-3-DOWN" lowering heels to the floor. Hold for 3 seconds and REPEAT 6-8 times.

This exercise is great for strengthening ankles, which tend to weaken naturally while flexibility decreases.

HealthBeat

with Dr. Nancy Norman



Senior- Recently I have been experiencing memory loss more than my normal forgetfulness and I have diabetes. I've been told that diabetes can cause memory loss. Is this true?

Dr. Norman- Diabetes, is a chronic disease that can affect many of the systems in your body including your circulatory system, or blood vessels. This effect can contribute to changes in memory over time. Blood vessels bring blood to all of your major organs, like your heart, kidneys and brain. If these vessels are altered in any way as the result of having diabetes, the brain will receive less blood and this can result in a change in its function. Watching your diet, exercising and monitoring your blood sugars can help control this chronic disease, lessening the possible effects on memory changes or other organ systems. It is also a great idea to remember to 'exercise your brain' by doing crossword puzzles, board puzzles and other stimulating and challenging tasks and projects.

Senior- I like spending time outside with my grandchildren in the summers when they aren't in school, but I have really sensitive skin. How can I protect my skin without irritating it?

Dr. Norman- Great question, especially for this time of year! During all of the seasons, even in the Northeast, it is always important to cover up and protect yourself from the sun's damaging rays. This is especially important for people with fairer complexions. Overexposure to damaging UV rays from the sun can increase the risk of developing skin cancers (i.e. basal and squamous cell carcinomas). Protective clothing like wide brimmed hats, long sleeve shirts and slacks are just as important as a good sunscreen. A sun protective factor (SPF) of 30 is usually a good place to start and remember to reapply most brands after getting out of the pool. For skin that is sensitive to different lotions and creams and not just of a fairer complexion, effective sunscreens are available with very mild ingredients. Young and old alike should follow these preventive steps while enjoying the great outdoors this summer.

Senior- I'm an older woman and I know that it is important for me to get enough calcium. I saw orange juice with calcium in the supermarket last week. I was wondering if this is a good way for me to get all of the calcium that I need?

Dr. Norman- Calcium is a vital element in the architecture of our bones, the scaffolding that helps to hold us together and upright! As children, most of us got our daily recommended requirement of calcium by drinking milk with every meal. Most adults, however, discontinue this habit thereby losing a valuable calcium source. Many other sources exist, including products like orange juice which have been fortified with calcium. Generally 1,000-1,500 mg/day is recommended for adults. It is important to note however as we age we may need to decrease this amount if problems exist such as kidney (renal) stones or other medical problems made worse by having too much calcium. Review your requirements with your provider to avoid getting too much or too little of this important element.

Bistro Beef Salad

4 red potatoes, scrubbed and cut into quarters (1 pound)

Salt to taste

2 tablespoons chopped shallots

2 tablespoons white-wine vinegar

1 tablespoon Dijon mustard

1 tablespoon chopped fresh parsley

1 tablespoon chopped fresh tarragon or 1 teaspoon dried

2 tablespoons cold water

1 tablespoon extra-virgin olive oil

Freshly ground black pepper to taste

1 large head red leaf lettuce, torn (8 cups)

2 cups red or yellow cherry tomatoes, cut in half

12 ounces cooked roast beef or steak, thinly sliced

Place potatoes in a medium saucepan and cover with lightly salted water by 1 inch. Bring to a boil over medium heat and cook until tender, about 15 minutes.

Meanwhile, whisk shallots, vinegar, mustard, parsley, tarragon and water in a small bowl. Slowly whisk in oil. Season with salt and pepper.

Drain the potatoes and rinse with cold water. Divide lettuce among 4 plates; arrange the potatoes, tomatoes and beef on top. Drizzle with the dressing and serve.

*Shallot vinaigrette unifies a simple salad of leftover beef, potatoes and cherry tomatoes; serve with a loaf of crusty whole-wheat bread and a glass of Cabernet.

Serves 4

Seniority Recipes are submitted by Melissa Carlson, Elderly Commission staff nutritionist. Please call her for nutritional information or recipe ideas at (617) 635-1838.

KIT CLARK TO HOLD 5 K ROAD RACE ON SEPTEMBER 30TH

Kit Clark Senior Services will hold the Elsie Frank Meals on Wheels 5 K Road Race on Saturday, September 30, 2006, at Pope John Paul II Park, located along Gallivan Boulevard near Neponset Circle in Dorchester. The road race will raise money to support Kit Clark's critical programs for older adults in Greater Boston. Elsie Frank, the late mother of Congressman Barney Frank, is being honored because of her tireless advocacy for seniors' rights for many years as the President of the Massachusetts Association of Older Americans. Meals on Wheels is one of Kit Clark's largest programs, with over 600 deliveries a day to homebound seniors across half of Boston. Kit Clark serves over 4,000 seniors a year with a wide range of supportive services to help them live with dignity and independence in the community. The road race will start at 10 AM with registration at 9 AM. The entry fee is \$15 if paid by September 15 and \$17 after that date. For a registration form, to sign up to volunteer, or to donate, call Stephen Hemrick at 617-825-5000 or e-mail him at shemrick@kitclark.org.

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

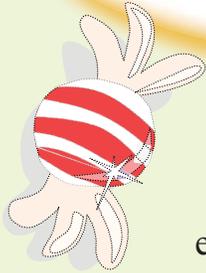
Call Aaron at (617) 732-7294
sleep@rics.bwh.harvard.edu

Where Are All the Mints?

Donde están todas las mentas

TACO MEX Restuarant in East Boston

By Kali Borrowman



If there were ever a contender ready to overthrow baseball as America's favorite pastime, it would be eating. In fact, Americans eat while doing just about everything. So to celebrate our love of food and good company, I introduce "Where Are All the Mints?"

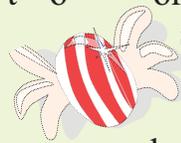
In upcoming issues of the *Seniority I*, and a featured senior of the month, will be reviewing a Boston restaurant. This new entertainment piece comes directly to you by inspiration of three important people in my life. My aunt, for whom this idea would have never blossomed without my father who cannot help but take as



many mints as possible on his way out of a restaurant, and John, a senior, and fellow regular at my favorite restaurant in Columbia, Missouri, who never leaves without asking for the mints.

For my next adventure, I was

pleased to be accompanied by Carmen Pola and Vilma Valentin as we dined at *Taco Mex* Restaurant in Maverick Square in East Boston. As we seated ourselves a server quickly cleaned our table and before I knew it, menus were in hand. With the service so fast I hardly got a chance to look at the menu before I decided on tacos, with Carmen ordering nachos. Carmen also ordered a drink called *horchata*, which is made of *leche, arroz y azucar* (or milk, rice, and sugar). She described the drink as a refreshing summer drink. Although, I didn't get the chance to order *horchata* myself, I will definitely try to make one for myself at home this summer. It looked delicious!



With another blink of an eye our dishes had arrived. Carmen noted that there was so much food you would probably have to have two stomachs just to finish the plate. Little did we know, I was about to dive in with two stomachs in my arsenal. My tacos were made with a corn tortilla and chicken. They were so flavor-

ful I didn't even need sour cream or any of the fixin's to top them off, although I might have liked some on the side.



Carmen loved her nachos but didn't bring enough stomachs to finish them off. With great conversation and a delicious meal, my time with Carmen and Vilma was well spent.

With service so fast you won't know what to do. Taco Mex Restaurant in East Boston is a good place to grab a quick lunch if you're in the area. It's only steps away from the Maverick Square T stop on the Blue line but it is not easily accessible for the disabled. In nice weather, they open their windows for a nice outdoor feel. By averaging our ratings of atmosphere, food, service, value, cleanliness, accessibility, and overall experience, we gave Taco Mex Restaurant 4 out of 5 mints!

If you're looking for the mints, look no further than your table as the server brings out festive, colorful mints with your check!

Nautical Nation.
FASHION TIPS
FOR SUMMER

This summer the rest of the U.S. is looking to New England, and coastal cities like Boston, for inspiration to freshen up their wardrobe. Nautical themes are popping up in cities without coastlines. Thankfully, we are way ahead of the curve. Bostonians have long known the elegance that comes with a love of boats and water. The challenge is to spice up what you already have in your closet to show the rest of the country that they have nothing on

Boston, when it comes to nautical fashions.

This new trend is great for people of all ages. Everyone from teenagers to seniors can wear this style with ease. Try adding red accents to your navy and white outfits. Adding a red pair of canvas shoes, or a scarf adds flavor and style. Another key aspect of this trend is large buttons. Big white buttons on a navy blue jacket can pronounce your statement and also are good for arthritic fingers. Don't be afraid to wear a shirt with anchor print, just make sure you're not in the same print from head to toe!

IMPORTANT NOTICE about MBTA the RIDE—

RIDE Account Deposits

THE RIDE function for accepting money orders and checks has moved from Charlestown. Mail all deposits for your RIDE account to:

MBTA – THE RIDE Fares
10 Park Plaza – Rm. 5000
Boston, MA 02116

Please be sure to add your RIDE ID# clearly on the memo portion of your check and allow 5 business days for posting. Your cashed check is your receipt. For posting inquiries call 617-222-5717.

As a reminder, Internet transactions may be made by credit card, Master Card or Visa, Discover or American Express, or by a debit card supported by Master Card or Visa, via our secure Internet site at <http://commerce.mbta.com/> 'Add Value to your RIDE Account'. Allow 2 business days for posting.

Additionally, deposits to your RIDE account may also be made, over the counter with the provision of your RIDE ID #, at the MBTA's OTA Back Bay Station on the Orange Line/Commuter Rail. This location will accept cash, checks, money order and/or credit/debit card, supported by Master Card or VISA as well as Discover or American Express credit cards. Posting is within 1 hour.

Back Bay Station – Office for Transportation Access Orange Line/ Commuter Rail Station
145 Dartmouth Street, Boston
Monday – Friday, 8:30 a.m. – 5 p.m.



Window Boxes

By Kali Borrowman

As the summer roles in, spruce up your home with a window box. Seems easy enough, right? Even though plants seem easy enough to care for, some can be tricky. If you're a first time gardener follow these tips to help you through your first season.

When picking out your window box, make sure that it is big enough to accommodate all of the beautiful plants you're planning. In this case, more is more. The more space you have the more room the roots have to grow. Letting your plants reach their full potential is the best thing you can do! Also, make sure to install your window box in a secure location. After adding soil, plants, and water the weight can add up: be certain your flower box won't fall!

When choosing a soil, make sure to get rich, moist soil. I like to use soil that has been enriched with the nutrients so that my plants have enough food to thrive. Read the labels carefully to suit your needs. There are many different kinds of potting soil that have many different purposes- make sure to choose a soil that fits your plants' needs.

When choosing your flowers make sure to research them first. Although most annuals like full sun and drained soil, there are exceptions that need different amounts of light and water according to their type. Make it easy to remember by picking flowers that have the same needs. Most greenhouses have their flowers carefully labeled with sunlight and watering needs clearly printed on the label.

Start off with annuals. Annuals are a great way to begin your first window box. Annuals are flowers that only last one season. This way, if you decide on something more colorful for your home, next year it will be easy to change. Annuals grow, bloom, and die in a single season so the care it takes to maintain them is perfect for first-timers.

Cornflowers, also known as Bachelor's Buttons, are my favorites. With their bright colors they are sure to add a spring feeling to any home. These flowers are also one of the easiest to grow. In fact, they grow so easily you can often find them in European fields. These flowers will last for around 4 weeks.

Campaign for Safe Senior Homes Part 1:

Small Home Modifications Seniors Can Make to Prevent Falls

According to the Centers for Disease Control and Prevention (CDC), falls are one of the leading causes of emergency department visits among people over the age of 65. More specifically, CDC reports that about one in three people over the age of 65 fall each year. The report goes on to state that many of the falls that occur, happen within the home.

Fall injuries can vary but severe fall injuries can involve hospital admittance, acute rehabilitation and or nursing home admission for complete recovery. So, what can seniors do to modify their home to prevent falls and live safely and independently? Let's start Part 1 of the Campaign for Safe Senior Homes by reviewing and modifying on of the most common places in the home where falls occur, the bathroom.

Why do falls happen in the bathroom? Obvious reasons are that it is wet, usually cramped and lacks adaptive equipment. Non-obvious reasons are when you are in the bathroom; you are performing some sort of Activity of Daily Living (bathing, dressing, toileting). When you are performing an ADL, you are expending energy. Sometimes when people are performing an activity they expend too much energy resulting in a loss of focus, dizziness or nausea causing a fall. Also, if you have health concerns, your condition may cause or exacerbate any sort of dizziness or nausea while performing ADL's.

Bathroom/Bathing/Grooming Suggestions:

Install grab bars within your bathroom to better your balance.

Install non-stick rubber mat or self-stick strips on bottom of tub.

Invest in a raised toilet seat to make standing and sitting easier.

Invest in a shower chair so you do not have to stand while showering (Preferably a shower chair that extends out over tub so you can sit down before getting into shower and slide over into the shower once settled).

Invest in a hand held showerhead so you do not have to stand, bend or lean for hard to reach areas. Invest in an electric razor to avoid cuts or injuring yourself.

Hot and coldwater faucets-make sure they are clearly labeled.

Shampoos, soaps- make sure they are within reach to avoid standing and reaching and make sure they have easy pumps instead of hard to open snap tops for easy retrieval.

Towels-make sure they are within reach to avoid standing and reaching.

Drying-make sure to towel off while sitting to avoid standing and to conserve energy.

Toothpaste, shaving cream and hairbrush- make sure they are within reach to avoid standing or reaching.

Grooming and hygiene tasks (hair brushing, teeth brushing, denture cleaning) should be done sitting to conserve energy and avoid standing.

Bathroom floor-make sure the floor is dry and clutter free.

Glasses-make sure they are within reach while performing tasks.

Lighting-make sure bathroom lighting is adequate and easy to reach.

Before you purchase equipment, it is suggested that you consult with an Occupational Therapist to perform a home evaluation of your home. Contact Boston Elder Info to find out more information on home evaluation services: (617) 292-6211.

JUST BROWSING

By Mel Goldstein



The other night, for the first time in years, I watched WWE wrestling. What memories this evoked within my mind. One memory was of my brother-in-law of ten years who managed world champion Argentine Time Rocco and prior to that time, wrestled under the name of Harry Finkelstein, the Hebrew Bad Boy (although his last name was Smokler). At that time, the sport of wrestling was drawing great Boston crowds and, believe it or not, was viewed as an actual sport. It was slightly after the days of Strangler Lewis, Gus Sonnenberg, and Mountain Man Dean. Then, along came Eddon George, Killer Kowalski, The Masked Marvel, The Angel, Luis Firpo, Rudy LaDatsia, Frank Bruno, Rene St. Germaine, and others. All of these stars were handled by wrestling impresario Paul Bowser and his ex-wrestling champ wife, Cora Livingstone. The venues that were used were the Boston Arena and Garden.

Another part of the Boston sports scene was boxing with Sammy

Fuller, Red Priest and Jack Sharkey (and his bar at North Station). Do you remember Tommy Tibbs and his manager Clutchy Goldman who had the news stand at Northampton Street? This brings back memories of the Shanty Lounge and Jack Mellon's Oasis, the Worthy Cafeteria and the Checker Smoker, the Woodcock Hotel and Roosevelt Grill.

Boston was, and still is, an amazing city with its various ethnic neighbors. In the 1920's, 30's and until the 60's, Boston was filled with vital, vibrant immigrant communities. From East Boston and the North End Italian population, to South Boston with Irish and Lithuanian backgrounds. The South End was a melting pot of all ethnicities but heavily Lebanese with Dorchester, Roxbury, and Mattapan both Jewish, Irish, African American and everything in between.

The Dock Square is where Foley's Fish got started. Faneuil Hall and Quincy Market, Durgin Park – oh and how could I leave out Monte's for steak and Mondo's for everything else? Do you remember Keystone Toys and all the linoleum and carpet stores on Merimac and Portland Streets? Who can forget watermelon in Faneuil Hall with many wholesale meat dealers on the weekends? What a

busy and vital area – royal beef, American beef, New England provision, Nepco's, Wilson's and so many others. All of these shops had open fronts, they survived the vagaries of New England weather – freezing in the winter and melting in the summer.

This area drew people from all over New England both retail and wholesale. Can you imagine a cross section of Boston that had whatever you were in the market for? They had everything from meat, dairy, fresh produce, fish, imported chocolates, and all types of goodies! Scollay and Dock Squares were two of the most interesting parts of the city.

Oops! I forgot to mention one of old Boston's premium chain stores, Kennedy's Butter and Eggs Shop. Their store in Dock Square was the flagship store of their chain. I've written about this group before, but I must repeat the praise for their products. They were the best! To walk through their doors and be greeted by the aromas of homemade peanut butter, cheeses, regular butter, and whatever else. What a sweet memory! I get hungry just thinking of them! I forgot the wafting aromas of fresh ground coffee that greeted you – before the days of Dunkin' Donuts and Starbucks. What great memories!

Just the other day I saw an old pal that asked me if I had gone to see the Big Apple Circus since it had been on City Hall Plaza. I said, "No, I'm used to a three-ring circus." Ringling Brothers and Barnum and Bailey Circus. Boy, were they great, with the old Boston Garden, first they had the menagerie then the Big Show. I can remember when their first venue in Boston was at Sullivan Square, Charlestown where the Shrafft's building stands now. Can you recall the colorful circus posters displayed in the neighborhoods? If you displayed them in a prominent position, the storeowner or manager received two passes, free of charge.

This reminds me of the smells of the Italian groceries, the aromas

of the cheeses and spices were overwhelming. The old neighborhood deli's featured imported chocolates and other goodies from European countries.

Changing gears: It's nearly time for our annual show on City Hall Plaza. This year it will be on Thursday, August 17, 2006, from 11:00 a.m. to 2:00 p.m. Mark it on your calendars! The multicultural luncheon and show of the year! Last year, over 500 people were in attendance. Buses and shuttles will be available to transport seniors. Shows as usual, will be overwhelming with talent.

Also, a great big THANK YOU! To all of those that took part in the Boston SHINES 2006 effort.

Thank you to Connie Mohamed, Eileen O'Connor, Richard Morrison, Gloria Rice-Stuart, Louis Barnes, Lorraine Capozzi, Marie Barry, Janice Locke, Marybeth Murray, Kathleen Gior-dano, Michael McColgan, Jane Boyer and Judy Evers. Along with Dorothy Merchant, Camille Diregnio, Marie Gayhart, Genoveva Ramos, Areangela Montiero, Nelson DaSilva, Petra Sants, Ya Mei Liang, Fu Kang Lim, Dorothy Scott, Juanita Seggie, Joyce Buley, Masha Tseater, Arthur Marshall, Eleanor Armstrong, Clara Exam, John Peckham, Bernice McNamee, Happy Nguyen, Johnny Hatcher, Marie Lordise Delmond, and Norma Ferguson.

SAVE THE DATE

City of Boston's annual

Multi Cultural Intergenerational Talent Show

On City Hall Plaza, August 17th from 11:00 a.m.
to 2:00 pm

Transportation available at designated
neighborhood pick up sites
lunch provided for seniors who sign up

For information, call Mel Goldstein at 617-635-4834

UNDERSTANDING

HOARDING

BY KALI BORROWMAN

Often times, people find themselves keeping seemingly useless personal items because of sentimental reasons, inability to make a decision, lack of organization, and in some cases, laziness. Keeping things around you and your home is a normal part of life. But when does it become a problem? Without proper care, hoarding can become harmful.

Hoarding is generally defined as acquiring or failing to throw out a large number of outwardly useless possessions. Under just this generalization it's easy to categorize almost anyone as hoarding. But further, the living area (be it a house, apartment, or bedroom) is significantly cluttered disabling the person's use of that space for its intended purpose. From this, a significant amount of stress and impaired functioning can occur.

Although this sounds like a problem on its own, hoarding is most likely a symptom of **Obsessive Compulsive Disorder**. Often times hoarding comes with an incredible amount of guilt and shame leading to secrecy. Some hoarders will go as far as to not let people into their homes, leading to a life of isolation and low self-esteem. If left untreated, hoarding can devastate a person's life.

People hoard for many different reasons. Sentimental value is top of the list. Some hoarders feel that the item is part of them, not just an independent object. Other hoarders have problems with decision making- they keep thinking, "I might need this one day." Still others feel responsible for not wasting, feel that they are losing control, have a fear of forgetting, or fear of letting go.

Most hoarding is treated by behavior therapy- making small but steady changes to your behavior. For this type of therapy to work, the person who is undergoing treatment must be willing and ready. Having someone participate in behavior therapy against his or her will is set for failure.

Try the following tips:



1. Play the "One-touch" game. Every time you clean, make a pact with yourself that for every item you touch, you have to put it in a place before you set it down. If you set it down before you have placed it, you can't pick it back up. This game can help make cleaning more efficient and less time consuming.
2. Start a daily routine. Each morning or evening, take time out to do one chore. This way, you can get things done each day so chores don't add up.
3. Cutback on the sentimental items. Only keep one sentimental item for each person or special occasion. By keeping only your favorite item, it makes that one item even more valuable.

Keep in mind that not everyone with a messy house has Obsessive Compulsive Disorder. The difference between hoarding and messy is that hoarding becomes no longer a choice. If you suspect you or someone you love is suffering from hoarding seek professional advice.

Senior Aide for Boston Elderly Commission's STEP program gains employment as interpreter for Spanish clients
by Annette Richardson



Beatrice Maguire came onto the Seniors Training for Employment Program in May 2004.

Mrs. Maguire has been in the medical field as a Certified Nursing Assistant for many years. She has also worked as a data entry specialist. Beatrice enjoys gardening, sports and classical music.

Beatrice enjoys working with the senior community. Her first assignment was at the Social Security Administration, where she was a clerical assistant. Her duties included filing, responding to voice mail messages, mailing benefit verification packets, etc. Next, Beatrice was assigned

to Boston Senior Homecare, where she trained as a "case manager assistant".

Beatrice speaks Spanish as well as English and she discussed the service plans with the Spanish speaking clients to make sure that things were correct; she has always been open to new training experiences.

Beatrice's next assignment was at Jewish Memorial Hospital and Rehabilitative Center where she trained as a Program Assistant in the Adult Daycare. Mrs. Maguire's duties varied as each day brought new challenges.

In May, Beatrice obtained a job at Harbor Health Services, Inc. as an interpreter for Spanish clients.

Congratulations Beatrice!
 Good Luck in all your future endeavors!



Commissioner Eliza Greenberg (center) accepts recognition award from Central Boston Elder Service at the annual Caregiver Expo - Catherine Hardaway, Executive Director (left) and Joyce Williams Associate Director (right) of Central Boston Elder Services.

Make your own lip balm! *Beet - Red or Pink Lip Stain*

- 2tablespoons almond oil
- 1 tablespoon grated beeswax
- 1/8 to 1 teaspoon beet juice or beet root powder

Mix together the oil and beeswax in a water bath. Add the beet juice or powder and stir into mixture. Don't worry if the mixture seems to separate, it will stay together when cool. As it cools, you may add more juice or powder until you have the shade you desire, from pink to red.

Yield: 1 ounce of lip balm

Senior Shuttle

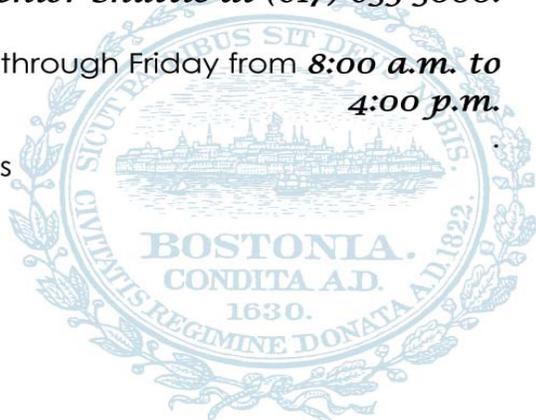


For a **convenient ride** to a medical appointment, grocery shopping, or to social or recreational events call the **Senior Shuttle at (617) 635-3000.**

Available Monday through Friday from **8:00 a.m. to 4:00 p.m.**

Make sure to give at least three business days advanced notice.

Priority is given to seniors scheduling rides for medical appointments.



YOU ARE THERE (WELL, ALMOST)

MY OPINION

By Mike Flynn

I was at the original Woodstock rock concert in upstate New York on August of 1969. No! Honestly! I was! I say this because of the half a million people who actually did attend, nowadays at least ten times that number claim to have been there.

I was not there when about 5000 came to Fenway Park for Ted Williams's last game. Hey, who knew on his last at bat he would make history with a home run? Yet from what has been written over the years, half the population of New England claim to have been witnesses.

The Boston Patriots of the old American Football League were not in existence before 1960. Every Sunday prior to that, those lucky enough to own a black and white television, tuned in to watch Sam Huff, Charlie Conerly, Y.A. Tittle, Frank Gifford, Kyle Rote and the rest of the New York Football Giants. They were the northeast's team, even though few ventured south to the old Polo Grounds to watch them play live. A lot of those old Gi-

ant stalwarts are still with us.

The accessibility of sport in all major cities now allows most of us to watch games in person. That is if we can afford it. The day of the \$1.00 bleacher seat in Fenway is long gone. But then again what can a buck get you now anyway. The 100 dollar seat is no longer the exception. Sport should be available to all. Unfortunately it is not. This year all of the Red Sox games will be on New England Sports Network. No more Friday night games on channel 38. Unless you have cable you will not be able to see a single Sox game.

Sure the costs of running a sports franchise are exorbitant. Players make more in one year than the average Joe or Jane will see in a lifetime. The expense of maintaining sporting complexes and competent front office personnel has skyrocketed. But whereas in the not so distant past the average fan (let's not get into an entire family) could attend numerous games during the year, now cost prohibits that for most. Of

course there are thousands of season ticket holders, but my guess is the majority of these sell single game tickets to less desirable matches so they can be sure of getting into every Yankee game.

The National Football League still needs the millions of dollars in revenues provided by the major networks in their bidding wars to broadcast the games. However, it is not much of a stretch to see that in the near future, like many baseball teams, the N.F.L. will have its own cable network and we will be paying for the privilege of watching the new Tom Brady.

The days of watching Frank Gifford and Sam Huff on your couch in black and white are long gone. In the future you can still watch from you couch but it will be in color. That color will be green.

Want to advertise
with us?

Boston Seniority is
distributed to 20,000 monthly

For pricing, call
(617) 635-4366
Ask for the *Seniority*

THANKS FOR THE MEMORIES, DOUG

By Mike Flynn

Doug Flutie has retired from professional football last week. It has been 22 years (seems like last week) since the "Miracle in Miami," when he threw that Hail Mary pass to Gerard Phalen for that unbelievable last play of the game win over the University of Miami Hurricanes. Many believe that play won him the Heisman trophy that year but the voting had already taken place. He was the first big college quarterback to throw for 10,000 yards making him the all-time career passing leader.

Upon leaving college, Donald Trump of all people, lured him to the New Jersey Generals of the fledgling United States Football League with a large contract. When that league folded he got his first crack at the N.F.L. with the Chicago Bears, where Coach Mike Ditka called him Bambi. With limited playing time he completed 50% of his passes and threw 3 touchdowns.

In 1987 Flutie came home when he was traded to the Patriots. A thirteen yard keeper for the game winning score with 20 seconds to go against the In-

dianapolis Colts is still a video highlight.

Once again because of limited playing time he was on the road. In 1990 he crossed the northern border and signed to play with the British Columbia Lions of the Canadian Football League. One of the incentives was to throw passes to his brother Darin, also a Lion. And boy did he ever!

In 1991 he rewrote the C.F.L. record books for completions and passing as well as throwing or running for 52 touchdowns. He also won the first of a record 6 outstanding player awards. The next year he signed with the Calgary Stampeders where he won the first of 3 C.F.L. Championships, called the Grey Cup, becoming the most valuable player in each Championship Game.

In 1998, at age 35, when most players almost twice his size and younger have retired, he returned to the N.F.L. with the Buffalo Bills. That same year, rivaling Tony the Tiger, Flutie Flakes are introduced with the proceeds going to the Doug Flutie Jr. Foundation for Autism. That season, incredibly, he is voted to his first Pro Bowl

and is named N.F.L. Comeback Player of the Year.

He finally comes home again in 2005 when he signs with the Pats to be Tom Brady's back up, and as Flutie-esque as these things have become, the final play of his career is a drop kick for an extra point which had not been accomplished in the N.F.L. since 1941.

This is no unapproachable superstar. At Fenway Park you may run into Flutie snaring foul balls with the baseball glove he brings to games. Drop into a club one night he may be the drummer with the band. Play basketball at a Y.M.C.A. and you may wind up covering him. Several years ago a friend of mine was in a pick-up flag football game in a local park. Doug happened to be playing. She caught two touchdowns from him. She has still not come back to earth.

There have been many tremendous athletes from our little part of the planet: Harry Agganis, Tony Conigliaro, Carlton Fisk, Johnny Kelly. Does Doug top the list? I guess that is up for you to decide.



Left to Right: Linda Ross, Pat Fulton, Kaye McDonough, Frannie Dorherty, Eleanor Pansar, Mayor Menino, Bobbi DeCarlo, Eileen Ward - Celebrating at the Charlestown Pride Luncheon at Knights of Columbus in Charlestown.



Donald Long tees up during Boston Senior Games Golf Tournament at William Devine Golf Course in Forest Hills.



Janice Locke right of Charlestown with her aunt Ann Doyle at the Charlestown pride luncheon.



Thelma Dixon poses with Commissioner Eliza Greenberg during the Caregiver Expo at Central Boston Elder Services.



From left to right : Shirley Johnson - Gold Medal , Judith Hurle - Bronze Medal and Helen Durant - Gold Medal. You go girls!



Olga Dummott and the generations of women in her family at the Mother's Day event.



Florence Johnson with Mayor Menino



Robin Pruitt, Angela Merino, Commissioner Eliza Greenberg, Joyce McCormick-Bennett, Anthony from Pier 4, Essie Butler, Deneisha James and baby, Elaina James.



James Guilford of Roxbury- Gold Medal winner for age group 90-95. Congratulations James- you look great!



From left to right: Mary Kelly, Marguerite Fagan and Theresa Marchione at the "I Remember Mama," luncheon-SeaPort Hotel.



From left to right: Dick Ghelfi, Joe MacIsaac, Frank Scorer, Tommy Zibotti during Senior Games Golf Tournament.



North End Seniors at the Old North Church for a memoir writing project.

Dorothy Curran Concert Series

City Hall Plaza - 7pm - 9pm

July 12th

U.S. Air Force Band of Liberty

July 19th

Village People

July 26th

Michael Amante

August 2nd

Glen Miller Orchestra

August 9th

The Lettermen

August 16th

U.S. Air Force Liberty Big Band



www.cityofboston.gov/parks