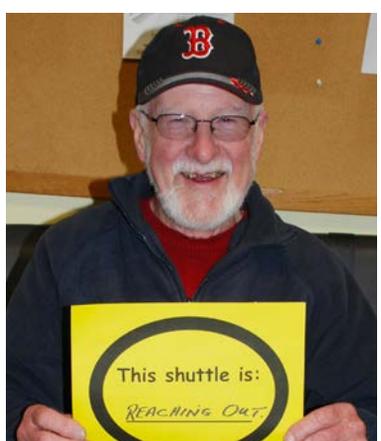


# Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



FREE

2014  
Volume 38  
Issue 5

June

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**Free online subscription to Boston Seniority available. Check out our website at [www.cityofboston.gov/elderly](http://www.cityofboston.gov/elderly)**

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

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

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# Mayor's Spotlight

## Mayor Walsh announces "Chief Chats," new feature in City Hall To Go

Mayor Martin J. Walsh announced a new feature in the City of Boston's City Hall To Go truck: "Chief Chats," a time designated for City officials to answer questions and address concerns of Boston residents.

"City Hall To Go is one of many programs that the City of Boston has created that encourages participatory democracy," said Mayor Walsh. "With the truck in the community, residents will be able to engage directly with members of my Administration, and to reach necessary city services in a convenient and local access point."

Brian Swett, Chief of Environment, Energy, & Open Space, was the first to participate in "Chief Chats," on June 13th at the Bowdoin Street Health Center in Dorchester. Felix Arroyo, Chief of Health and Human Services, will appear the following week on June 21st in Hyde/Jackson Square in Jamaica Plain.

The repurposed 1985 bomb squad vehicle has also gained some national and international attention, inspiring nearly 20 other cities to follow suit and further explore the City Hall To Go program. Four cities in the United States currently have a mobile city hall program proposed in their

budgets for Fiscal Year 2015, and Vancouver and Calgary, Canada have already created similar programs.



"We've been in communication with representatives from cities such as Chicago, Dallas, Baltimore, Vancouver, Toronto, and many others, discussing the success and best practices of City Hall To Go," said Danielle Valle Fitzgerald, Director of the City Hall To Go program. "These cities are also hoping to increase interactions between their residents and local government, and we've engaged in great dialogue around improving and refining the way we provide city services."

Since City Hall To Go has been on the road, the program has participated in neighborhood events, developed a weekly schedule, and provided constituents with an easier way to conduct city business. The program has expanded to offering 47 different city services, which involve every department within the City of Boston, including joint efforts with the Department of Animal Care & Control, Parks and Recreation, and the Office of Emergency Management. The program will continue to grow, evolve, and serve as an effective way to maximize outreach to Boston's residents.

For more information about City Hall To Go, visit [www.cityofboston.gov/cityhalltogo](http://www.cityofboston.gov/cityhalltogo).

EQUAL JUSTICE UNDER LAW

Learn how you might be eligible for additional monthly income in light of the June 2013 US Supreme Court Windsor decision.

# Know Your Rights

## SOCIAL SECURITY AND THE LGBT COMMUNITY

**WEDNESDAY, JUNE 25<sup>th</sup>**

5:30 - 6:00PM Reception

6:00 - 7:30PM Panel Discussion

**Fenway Health:** 1340 Boylston Street, Boston, MA

On the anniversary of the Supreme Court Windsor decision, join us for an informative discussion led by community and national leaders regarding recent changes to federal benefits for the LGBT community.

**TO CONFIRM YOUR ATTENDANCE:**

please RSVP to Andrea at [akaris@fenwayhealth.org](mailto:akaris@fenwayhealth.org).

**- PANELISTS -**

**Linda Dorn, Deputy Regional Commissioner**  
Social Security Administration, Boston

**Max Richtman, President and CEO**  
National Committee to Preserve  
Social Security and Medicare

**Webster Phillips, Senior Legislative Representative**  
National Committee to Preserve  
Social Security and Medicare

**Janson Wu, Senior Staff Attorney**  
GLAD (Gay & Lesbian Advocates & Defenders)

**Edward Alan Miller, Associate Professor of  
Gerontology & Public Policy Graduate Program Director**  
McCormack Graduate School of Policy & Global Studies,  
University of Massachusetts-Boston



City of Boston  
Mayor Martin J. Walsh  
*Commission on Affairs of the Elderly*



## CITY OF BOSTON ELECTIONS DEPARTMENT CONDUCTING DOOR TO DOOR LISTING

The Board of Election Commissioners for the City of Boston advises all residents that the annual door-to-door listing of City residents is now underway, beginning in East Boston. In following weeks, the teams will move into Charlestown, West Roxbury and the Allston-Brighton neighborhoods, before moving on to other neighborhoods later this summer.

The Election Department is required by Massachusetts law to conduct the annual listing (sometimes known as the ‘City Census’). The information compiled in the listing process serves to preserve the integrity of the voting list, as well as provides the basis for the jury list submitted to the Commonwealth each year. The information also updates important demographic information regarding the City’s population.

All Election Department listers will work in teams, and will be clearly identifiable by their distinctive orange mesh vests. Each team member will also wear a photo identification badge issued by the City of Boston. The listers will be confirming the residency of Bostonians ages 17 and over. The teams will be working from 9am-5pm, Monday through Friday, weather permitting.

If residents are not home when the listers visit, a door knocker will be left, providing both a telephone number (635-3767) and website information ([www.boston.gov/elections](http://www.boston.gov/elections)) where the resident can update his or her information. If the online option is chosen, please submit a form for each household member, age 17 and older.

Residents are urged to update their information using the telephone number or the website before the listing team gets to your neighborhood, or to mail back the listing form. Not only does this save our listers from making a home visit, Boston also saves time and money, and a more accurate listing results.

Stand up and be counted! Respond to the annual listing today!

### Seniors Count

#### BNN-TV Channel 9

Boston Seniors Count  
Cable Television Show

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

For more information call



Greg Josselyn  
617-635-4250



The Senior Shuttle provides Boston residents age 60 and older with free transportation within the City of Boston to non-emergency medical appointments, food shopping, social and recreational events.

Hours of Operation: Monday through Friday from 8:00 am to 4:00 pm  
Telephone Number: (617) 635-3000



# FREE FUN FRIDAYS!

## 66 MUSEUMS & CULTURAL VENUES OPEN FOR FREE ON FRIDAYS ALL SUMMER



JUNE  
27<sup>TH</sup>

FRANKLIN PARK ZOO  
CAPE COD MARITIME MUSEUM  
WORCESTER ART MUSEUM  
TANGLEWOOD  
THE SPORTS MUSEUM  
MASS MOCA  
MIT MUSEUM



JULY  
4<sup>TH</sup>

HERITAGE MUSEUMS & GARDENS  
EDWARD GOREY HOUSE  
JACOB'S PILLOW DANCE FESTIVAL  
AMELIA PARK CHILDREN'S MUSEUM  
FALMOUTH MUSEUMS ON THE GREEN



JULY  
11<sup>TH</sup>

JOHN F. KENNEDY PRESIDENTIAL LIBRARY AND MUSEUM  
PEABODY ESSEX MUSEUM  
WORCESTER HISTORICAL MUSEUM  
FRUITLANDS MUSEUM  
CAPE COD CHILDREN'S MUSEUM  
NEW ENGLAND HISTORIC GENEALOGICAL SOCIETY  
PILGRIM HALL MUSEUM



JULY  
18<sup>TH</sup>

MUSEUM OF FINE ARTS, BOSTON  
OCEAN EXPLORIUM  
THE ERIC CARLE MUSEUM  
LARZ ANDERSON AUTO MUSEUM  
SPRINGFIELD MUSEUMS  
MASS AUDUBON'S BOSTON NATURE CENTER  
SANDWICH GLASS MUSEUM



JULY  
25<sup>TH</sup>

THE FREEDOM TRAIL FOUNDATION  
BATTLESHIP COVE  
CHILDREN'S MUSEUM IN EASTON  
TOWER HILL BOTANIC GARDEN  
ARNOLD ARBORETUM OF HARVARD UNIVERSITY  
CAPE COD MUSEUM OF ART  
DANFORTH ART



AUGUST  
1<sup>ST</sup>

ISABELLA STEWART GARDNER MUSEUM  
COMMONWEALTH SHAKESPEARE COMPANY  
AMERICAN TEXTILE HISTORY MUSEUM  
THE DISCOVERY MUSEUMS  
HANCOCK SHAKER VILLAGE  
CONCORD MUSEUM  
MAHAIWE PERFORMING ARTS CENTER



AUGUST  
8<sup>TH</sup>

BOSTON HARBOR ISLANDS NATIONAL PARK  
CLARK ART INSTITUTE  
WENHAM MUSEUM  
USS CONSTITUTION MUSEUM  
CHILDREN'S MUSEUM AT HOLYOKE  
VOLLEYBALL HALL OF FAME  
FULLER CRAFT MUSEUM



AUGUST  
15<sup>TH</sup>

THE INSTITUTE OF CONTEMPORARY ART/BOSTON  
PLIMOTH PLANTATION  
GARDEN IN THE WOODS  
MUSEUM OF RUSSIAN ICONS  
FITCHBURG ART MUSEUM  
HISTORIC DEERFIELD  
REAGLE MUSIC THEATRE



AUGUST  
22<sup>ND</sup>

BOSTON CHILDREN'S MUSEUM  
MUSEUM OF AFRICAN AMERICAN HISTORY  
NEW BEDFORD WHALING MUSEUM  
OLD MANSE, TRUSTEES OF RESERVATIONS  
BERKSHIRE MUSEUM  
EMILY DICKINSON MUSEUM



AUGUST  
29<sup>TH</sup>

BUTTONWOOD PARK ZOO  
ECOTARIUM  
CAPE COD MUSEUM OF NATURAL HISTORY  
NORMAN ROCKWELL MUSEUM  
THE MOUNT: EDITH WHARTON'S HOME  
GRIFFIN PHOTOGRAPHY MUSEUM

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BOSTON   
[wcvb.com](http://wcvb.com)

## Delirium or Dementia: There is a difference

There is a difference between delirium and dementia. As a non-medical person, you may think it is the same diagnosis. It isn't. They may have similar characteristics, yet very different.

Delirium, also called acute confusional state, is a medical condition that results in confusion and other disruptions in thinking and behavior. Changes include: changes in perception, attention, mood and activity level. Those suffering with dementia can be susceptible to delirium. Oftentimes, a sudden change in behavior (agitation or confusion) nighttime "sundowner" can be labelled the normal course of one's dementia. It may not be normal.

Signs to look for:

Dementia - Memory changes and intellect are slowly evident over months or years. Alzheimer's disease is a gradual decline.

Delirium - More sudden confusion noticed over days or weeks.

Changes can be noticed at different times of the day, often dramatic changes.

Thinking is disorganized. The

person is unable to carry on a normal conversation. One moment the person appears very alert, or easily startled at times, to lethargic and drowsy.

An important difference: person's inattention. The person cannot focus on one idea or task.

You know something is wrong. Yet, you may not have specific instances but the changes have startled you!

Remember, the person may not notice subtle changes or is unable to verbalize that something is wrong.

First, notify the person's doctor. The doctor will need to know what is going on now. Do not wait. The doctor will be able to differentiate between dementia and delirium, especially if the person has already been diagnosed with dementia or Alzheimer's disease.

The doctor will need:

- A list of all medicines, when they started or discontinued.
- List of any changes: swollen ankles, shortness of breath, pain, urine or bowel infections, falls, head injuries, dehydration, poor appetite, death in the family.

Make a relaxing and soothing environment. Soft lights, turn off television, put answering machine on, invite a kind relative or friend to sit with the person to keep him/her calm. Keep outside stimulation to a minimum.

Avoid medicating person with tranquilizers, sleeping pills, etc., until a doctor has evaluated the person.

Keep the environment/ daily routine as normal as possible. Meals at the usual time, naps in the afternoon, walk around the neighborhood, etc. Be sure

eyeglasses, hearing aids, walkers are close by.

It is not easy being the caregiver for one who has dementia. There are support groups for you.

The Alzheimer's Association is a wonderful resource for families and friends.

You can contact them 24/7 Helpline 1 800-272-3900 and alz.org for information and support.



# AQUA ZUMBA SOUL



**Free 6 week program for men & women  
ages 62 years young & older**

**CLASS & LOCATION:**

**EVERY SATURDAY MORNING**

FROM: JULY 26TH - AUGUST 23RD

BCYF RECREATION CENTER AT MADISON PARK  
BUILDING #4

55 MALCOLM X BOULEVARD, BOSTON, MA 02120

**TIME: 9:15-10:00AM**

FOR MORE INFORMATION PLEASE CALL:  
617-297-8122

zin

## Healthy Aging & Research Participation

*You CAN make a difference for yourself & future generations*

Our best hope to find new ways to treat, prevent or cure health conditions is through research. Did you know there is an urgent need for adults of all ages and health levels to participate in research?

**Make research participation a part of your healthy aging plan!**

Go to <http://www.ResearchMatch.org/roar> or  
call 1-866-321-0259 now.

When you do so, you can:

- Sign up to be contacted when researchers in your area are looking for people like you. Your information will remain confidential.
- Learn more about different research studies and decide if you would like to participate. It is always your choice whether or not to take part in a study.
- Connect with sites that are helping with specific areas of research, such as:
  - The Alzheimer's Prevention Registry: <http://www.endALZnow.org>
  - The Alzheimer's Association TrialMatch: <http://trialmatch.alz.org>

Join your family, neighbors and friends to participate in research studies to help future generations live a life without diseases such as Alzheimer's.

Go to [www.ResearchMatch.org/roar](http://www.ResearchMatch.org/roar) or call 1-866-321-0259 to find out more.



# A care team, a ride to the doctor and a daughter with fewer worries.

**\$0** plan premium, prescriptions and dental.



Introducing a plan that can give you more than you would expect, Tufts Health Plan Senior Care Options (HMO-SNP) is a plan for seniors with \$0 out-of-pocket costs. It combines Medicare and MassHealth Standard benefits including dental care, transportation and extras like a care manager.

Call to learn if the Tufts Health Plan SCO is right for you.

## TUFTS Health Plan Senior Care Options

Call us toll-free at 1-855-670-5938 (TTY 1-855-670-5940)

Or visit [www.thpmp.org/sco](http://www.thpmp.org/sco).

Representatives are available Monday - Friday 8:00 a.m. - 8:00 p.m.

(From Oct. 1 - Feb. 14 representatives are available 7 days a week, 8:00 a.m. - 8:00 p.m.)

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, copayments/coinsurance may change on January 1 of each year.

Tufts Health Plan is an HMO plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in Tufts Health Plan depends on contract renewal. Tufts Health Plan Senior Care Options is a voluntary MassHealth (Medicaid) program in association with EOHHS and CMS. You must continue to pay your Medicare Part B premium.

**STATEPOINT CROSSWORD**

**THEME: TV SHOWS**

**ACROSS**

- 1. Thoroughly enjoy, as in food
- 6. European peak
- 9. Gulf war missile
- 13. \*Howdy Doody's partner " \_\_\_\_\_ bell"
- 14. Singular of #29 Down
- 15. \_\_\_\_\_ Apso
- 16. \*Alf was one
- 17. Back then
- 18. Painter's support
- 19. \*Phil, Si, Jase, Willie and Jep made one
- 21. \*How I met your what?
- 23. \*Homer's exclamation
- 24. Physicist Niels \_\_\_\_\_
- 25. Trigonometric func.
- 28. Cry like a baby
- 30. \*Both Jan and Peter were this type of child
- 35. Eye layer
- 37. Like a bow string
- 39. Jeopardy
- 40. Event that fails badly
- 41. Match play?
- 43. Of the highest quality
- 44. One of three hipbones
- 46. Eye affliction
- 47. Classic sci-fi video game
- 48. \*Ty Burrell to Julie Bowen, e.g.
- 50. Biblical twin
- 52. Pressure unit
- 53. Brooding
- 55. \*"The Closer" network
- 57. Neolithic tomb
- 60. \*"Game of \_\_\_\_\_"
- 64. Free-for-all
- 65. \*"\_\_\_\_-T" of "Law & Order: SVU"
- 67. Muse of love poetry
- 68. Birdlike
- 69. "\_\_\_\_ Elise"
- 70. From the East
- 71. New Mexico art community
- 72. Asian capital
- 73. "Valley of the \_\_\_\_\_"

**DOWN**

- 1. A large amount
- 2. Comrade in arms
- 3. "You're So \_\_\_\_\_" by Carly Simon
- 4. Artemis' companion
- 5. Kidnapping goal
- 6. Home versus \_\_\_\_\_ game
- 7. Time delay

| CROSSWORD |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1         | 2  | 3  | 4  | 5  |    | 6  | 7  | 8  |    | 9  | 10 | 11 | 12 |    |
| 13        |    |    |    |    |    | 14 |    |    |    | 15 |    |    |    |    |
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|           |    |    | 23 |    |    |    | 24 |    |    |    |    |    |    |    |
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| 35        |    |    | 36 |    | 37 |    |    | 38 |    | 39 |    |    |    |    |
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| 48        |    |    |    |    | 49 |    | 50 |    |    | 51 |    | 52 |    |    |
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| 64        |    |    |    |    |    | 65 | 66 |    |    | 67 |    |    |    |    |
| 68        |    |    |    |    |    | 69 |    |    |    | 70 |    |    |    |    |
| 71        |    |    |    |    |    | 72 |    |    |    | 73 |    |    |    |    |

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

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- 8. Movie trailer, e.g.
- 9. \_\_\_\_\_ of Iran
- 10. Detective's assignment
- 11. One who takes drugs
- 12. Indian restaurant staple
- 15. Talk rapidly and angrily
- 20. It follows eta
- 22. Unit of electrical resistance
- 24. Bravado
- 25. Having three dimensions
- 26. Convex molding
- 27. 18-wheelers
- 29. \*Storage-related conflicts
- 31. \*They walk?
- 32. Sag
- 33. Linoleums, for short
- 34. Fragrant resin
- 36. Adjoin
- 38. Misfit Island dwellers
- 42. Poet's "below"
- 45. \*Draper, Cooper, Sterling
- 49. Poor man's caviar
- 51. Like emails in bold font
- 54. Make one
- 56. Body center
- 57. Deity in Sanskrit
- 58. Assortment
- 59. Grassy land tracts
- 60. Seaside bird
- 61. Hit this on the head
- 62. And others, for short
- 63. \*"\_\_\_\_\_ of Anarchy"
- 64. Dojo turf
- 66. Pool stick

**Volunteers age 50+ needed  
for Shift work study!**

**Brigham and Women's Hospital** seeks healthy, non-smoking men and women **ages 50-65** to participate in a research study about how sleep timing and workplace lighting impact alertness during work and sleep. Participants will first pass a series of screening tests. Participants will spend 10 consecutive days in the study on a strict schedule, including several overnights.



Receive up to \$2,575.  
Contact us at 617-525-8904 or email at [ShiftWork@research.bwh.harvard.edu](mailto:ShiftWork@research.bwh.harvard.edu) if interested.



## Help Homeless Children Learn, Play and Thrive

Horizons for Homeless Children seeks volunteers to play with children living in family, teen parent, and domestic violence shelters in Greater Boston. 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 upcoming training on Saturday June 21<sup>st</sup> from 9:30 am – 3:30 pm.  
Edgerley Family Community Children's Center (HHC headquarters)  
1705 Columbus Avenue, Roxbury, MA  
*Other 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

# Boston Seniority says “Hello” to the Margaret M. Shea RN Adult Day Health Program

For more information contact Deborah Agati, Program Director at 617-298-7970 or at madhp@verizon.net





# Personal and Home Care Aide Job TRAINING for MATURE WORKERS



| <u>Date</u>     | <u>Time</u> | <u>Location</u>   | <u>Phone</u>          | <u>Register on line</u>           |
|-----------------|-------------|---|-----------------------|-----------------------------------|
| Friday, June 20 | <u>10am</u> | <b>The Work Place,</b><br>29 Winter St #4,<br>Boston, MA          | <b>617) 737-0093</b>  | <a href="#"><u>Eventbrite</u></a> |
| Friday, June 20 | <u>2pm</u>  | <b>Career Link</b><br>1010 Harrison<br>Avenue<br>Boston, MA 02119 | <b>(617) 541-1480</b> | <a href="#"><u>Eventbrite</u></a> |
| Friday, June 27 | <u>10am</u> | <b>The Work Place,</b><br>29 Winter St #4,<br>Boston, MA          | <b>617) 737-0093</b>  | <a href="#"><u>Eventbrite</u></a> |

Boston, MA 02119

## LENGTH OF TRAINING

The 90 hour training will take place during **six weeks** at **regular working hours**  
Students must attend **all** training days to successfully complete this program

## COST of TRAINING

The comprehensive training \$450, scholarships available for mature workers who are:

- ❖ Age 55 + and unemployed
- ❖ Resident of MA and meet low income guidelines

## EMPLOYMENT INFORMATION

- ❖ Average Pay for Personal Care Aides \$12.96/hr; for Homemakers \$11.50/hr
- ❖ Reliable transportation required

Now I have one plan  
with **more benefits**  
at no cost to me.

**Get more benefits and  
coverage than MassHealth  
Standard and Original  
Medicare.**

With UnitedHealthcare® Senior Care Options (HMO SNP), you'll have the benefits and support you need to help you stay independent. And there are no copays or coinsurance for drugs or other covered services.



**Call me.  
Alex Puchulu  
774-991-2610 (TTY: 711)**

Contracted, independent licensed agent  
authorized to sell products within the  
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**[UHCCommunityPlan.com](http://UHCCommunityPlan.com)**



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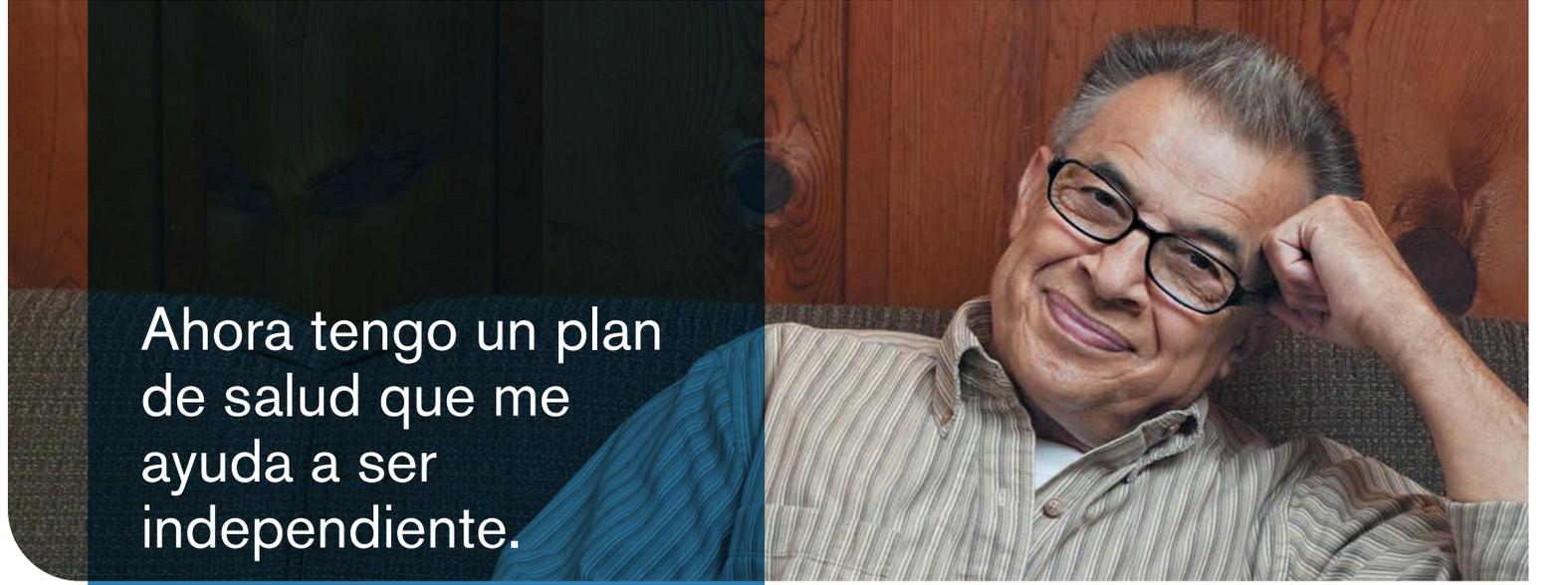


**Additional Benefits**  
**More benefits** than  
Original Medicare.



**UnitedHealthcare®**  
**Community Plan**

UnitedHealthcare Senior Care Options (UnitedHealthcare SCO) is a voluntary program available to people who are 65 and older. UnitedHealthcare SCO is a Coordinated Care plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. This plan is available to anyone who has both Medical Assistance from the State and Medicare. For more information call 1-877-622-1905, TTY: 711, 8 a.m. – 8 p.m. local time, 7 days a week. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments and restrictions may apply. Benefits, formulary and/or copays/coinsurance may change on January 1 of each year. Copays and coinsurance may vary based on the level of Extra Help you receive. Please contact the plan for further details. Enrollees have no out of pocket costs.



Ahora tengo un plan de salud que me ayuda a ser independiente.

Una cosa menos de la que debo preocuparme.

Con UnitedHealthcare® Senior Care Options (HMO SNP), obtiene todos los beneficios y la cobertura de MassHealth Standard y Original Medicare. No existen copagos ni coseguros para medicamentos y otros servicios cubiertos.

### Llámeme.



**Alex Puchulu**  
**774-991-2610 (TTY: 711)**

Agente contratado, independiente, con licencia, autorizado para vender productos de la cartera de UnitedHealthcare® Medicare Solutions.

[UHCCommunityPlan.com](http://UHCCommunityPlan.com)



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\$0 de copago para limpiezas dentales y mucho más.



#### Cobertura dental

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#### Cobertura de audífonos

\$0 copago para audífonos



#### Beneficios adicionales

**Más beneficios** que con Original Medicare.



**UnitedHealthcare®**

**Community Plan**

Para obtener más información, llame al 1-877-622-1905, TTY: 711, de 8 a. m. a 8 p. m. hora local, los 7 días de la semana. UnitedHealthcare Senior Care Options (UnitedHealthcare SCO) es un programa voluntario disponible para personas de 65 años de edad o más. UnitedHealthcare SCO es un plan de atención coordinada con un contrato con Medicare y un contrato con el programa de la Commonwealth de Massachusetts Medicaid. Este plan está disponible para cualquier persona que tenga tanto asistencia médica del Estado como de Medicare. La información sobre los beneficios provista es una síntesis, no una descripción completa de los beneficios. Para obtener más información, comuníquese con el plan. Pueden aplicarse limitaciones, copagos y restricciones. Los beneficios, el formulario, la red de farmacias, las primas y/o los copagos pueden modificarse el 1.º de enero de cada año. Las primas y los copagos pueden variar en base al nivel de ayuda adicional que usted reciba. Comuníquese con el plan para obtener más detalles. Los afiliados no tienen costos directos.

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# Healthy Recipes

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

## Roasted Cabbage with Chive-Mustard Vinaigrette

### Ingredients:

#### *Cabbage -*

- 1/2 medium green cabbage(1-1 1/2 pounds), outer leaves removed
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon freshly ground pepper

#### *Vinaigrette -*

- 2 teaspoons Dijon mustard
- 2 teaspoons white balsamic or white-wine vinegar
- 1 teaspoon lemon juice
- 1/4 teaspoon freshly ground pepper
- 3 tablespoons minced fresh chives
- 2 tablespoons extra-virgin olive oil

### Preparation:

1. Preheat oven to 450°F. Coat a large baking sheet with cooking spray.
2. To prepare cabbage: Cut cabbage half into four wedges and cut out any thick core, leaving the wedges as intact as possible. Drizzle the cut sides with 1 tablespoon oil and sprinkle with 1/4 teaspoon pepper. Place the wedges flat-side down on the prepared baking sheet.

3. Roast the cabbage for 12 minutes. Carefully flip over (it's OK if it falls apart a little) and roast until browned on both sides, about 8 minutes more.

4. To prepare vinaigrette: Combine mustard, vinegar, lemon juice, and pepper in a small bowl. Add chives and oil; stir until well combined.

5. Transfer the cabbage to a serving plate (or plates) and drizzle with the vinaigrette while still hot. Serve hot or room temperature.

**Serves: 4    Calories: 125**

**Source:** [http://www.eatingwell.com/recipes/roasted\\_cabbage\\_chive\\_mustard\\_vinaigrette.html](http://www.eatingwell.com/recipes/roasted_cabbage_chive_mustard_vinaigrette.html)



# Asparagus-Mushroom Mini Lasagna

## Ingredients:

- Canola or olive oil cooking spray
- 1 cup low-fat milk
- 1 tablespoon all-purpose flour
- 3/4 cup grated Asiago cheese
- 1/8-1/4 teaspoon white or black pepper
- 1 tablespoon extra-virgin olive oil
- 1 large shallot, finely chopped
- 2 cups chopped baby bella mushrooms
- 2 cups thinly sliced asparagus (from 1 bunch)
- 24 wonton wrappers
- 1 cup part-skim ricotta cheese
- 1/4 cup prepared pesto

## Preparation:

1. Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.
2. Whisk milk and flour in a small saucepan. Bring to a boil over medium-high heat, whisking constantly, until bubbling and thickened enough to coat the back of a spoon, about 3 minutes. Remove from heat and whisk in Asiago and pepper to taste.
3. Heat oil in a large skillet over medium-high heat. Add shallot and mushrooms and cook, stirring occasionally, until the mushrooms

release their liquid, 3 to 5 minutes. Add asparagus and cook, stirring, until just beginning to soften, about 3 minutes.

4. Place a wonton wrapper into the bottom and partway up the sides of each muffin cup. Combine ricotta and pesto in a medium bowl. Spoon about 2 teaspoons of the ricotta mixture into each muffin cup. Spread about 2 teaspoons of the Asiago sauce over the ricotta and top with about 1 tablespoon of the vegetable mixture. Place another wonton wrapper over the filling, pressing down gently to form a “cup.” The corners of the wrappers will stick up, forming 4 little points. Repeat with another layer of the ricotta mixture, Asiago sauce and vegetables. Coat the tops with cooking spray.

5. Bake the mini lasagnas until the tips of the wonton wrappers are golden brown and the filling is bubbling, 18 to 20 minutes. Let cool in the pan for 5 minutes. Loosen and remove with a paring knife. Serve warm.

Servings 6 Calories 325

Source: [http://www.eatingwell.com/recipes/asparagus\\_mushroom\\_mini\\_lasagnas.html](http://www.eatingwell.com/recipes/asparagus_mushroom_mini_lasagnas.html)



# IT'S UP TO YOU!

## “Don’t Retire, Inspire”

By: Augusta Alban



That’s the same old song we have been told over and over again. Isn’t there a new song to sing? The answer is NO! But you can change the music, the words and the beat. This is YOUR song, the song of your life and your life’s energy. How do you want to play it? It’s up to you and no one else.

Start each day with expectations. Life generally lives up (or down) to what you expect the day to be. Again, it’s up to you. When you get out of bed, your first thought should be, "It’s a good day and something wonderful is going to happen!"

I’ve tried that positive thinking stuff and it doesn’t work.

Try believing the words you are saying. I play the "What’s Good" game. For just one minute, list all of the good things in your life as fast as you can. You know: the sun is out, your bed was warm, and the pantry is full of food to eat, you love your dog. Just look around and be grateful.

Life is good! You don’t have to believe me — just ask Carl, a recent guest on my Don’t Retire, Inspire show. After almost 50 years of heavy drinking and blaming everybody for all the terrible things that had happened to him in his life, he woke up one morning as usual in his gazebo

on his bench in the city park. But something was different. The sky was magnificent, the sun was warm and the song of the birds overwhelmed him. "Has all of this beauty been right in front of me all along?" he thought. "People travel to see such splendor all I need to do is open my eyes."

Was he seeing this beauty for the first time? He walked over to the soup kitchen where he met his old friend, the director. Carl started to tell him about the events of the morning. "What do you think changed?" he asked. "Your HEART," replied his friend. The counselor at the soup kitchen suggested he start writing his thoughts down.

The next step for Carl was to take responsibility for his life, A BIG STEP. It’s not easy sometimes but the results are rewarding. As his thinking changed little-by-little, life started to change for him. He was now open to abundance. He was offered a real room inside a home. A job in the soup kitchen, gave him all the food he could eat. The lady in charge of the shelter offered him the use of the washer and dryer on the third floor, now he had clean clothes every morning. All of his real needs were being met. His only change was to stop blaming others for what had happen in his life. The words came to him, "it’s up to you, be grateful

for what you are and what you have."

Once again, it can be simple. If what you do brings you joy and fills you with energy, keep doing it. If not, stop it! The path to conscious living is wide open, it does not need to be dark or difficult. It's all about reconnecting with your brilliant and most engaging self.

Carl's friend was right. What else had he been missing? He started writing down the story of his journey. Yes, he has a book out now! But his most important work is helping those like himself who have been lost and are now finding their way back to life.

"I finally got it right," he told me at the end of the show. "I am so grateful!"

## **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 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.



## **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

## *The Elderly Commission* **Seniors are you eligible?**

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance no longer counts -

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

For more information or to complete an application contact:

Lorna Heron at  
617-635-4335

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

## A Home Away from Home

Have you ever wanted to live in another part of the world or how about just another neighborhood or on the beach or near a lake? Well, Boston Seniority interviewed a couple that wanted just that for their retirement and is able to make it happen through a website called HomeAway. HomeAway, Inc is a connector between home owners and travelers.

Lynne and Tim Martin have made traveling and living all around the world their retirement plan. They sold their home and most of their possessions and for the past three years have lived in nine countries.



Photo Credit: Reto Klar

In May, Boston Seniority was able to catch up with the Martin's while they were attending the 2014 AARP "Life @50+" conference and ask them a few questions. Here is what we learned:

### 1) **Where are you staying while you are in Boston?**

We are staying in Jamaica Plain. This is why we love HomeAway, because we get to experience neighborhoods that don't typically have hotels nor are frequented by traveler's.

### 2) **What do you love about living this way?**

We get to experience cities and countries like locals. We can choose to spend some days just relaxing at home. We can cook at home with local ingredients.

### 3) **How has spending your retirement this way changed your relationships?**

It has made us more interesting to our grandchildren. We have made friends

all over the world with the property owners, locals, and other travelers. These friendships are more intense because of the finite time we have to spend with them.

#### 4) What has surprised you?

Different grocery shopping cultures, Tim said "in France we once watched someone take over five minutes to choose a peach. In other countries, you are not allowed to touch or squeeze the fruits and vegetables."

#### 5) Regarding the homes you have stayed at what surprised you?

Owners are generally helpful. If you didn't get what you expected you should inform the owners. More often they will remedy the situation.

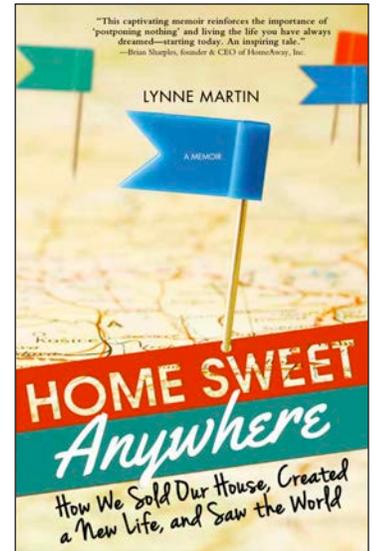
#### 6) What are some tips for someone interested in trying out this life style?

Rent out your home while you live somewhere else. Bring your own knife sharpener. Bring your own instant read thermometer in Fahrenheit. Bring your own wine bottle opener. Rearrange the furniture to suit your needs. Get a rental agreement.

#### 7) What have you learned?

Post-pone nothing!

If you are interested in reading more about Lynne and Tim Martin's adventures you can read Lynne Martin's book "Home Sweet Anywhere." If you are interested in trying out this lifestyle or just visiting another city, go to [www.HomeAway.com](http://www.HomeAway.com).



Have a great trip!

### 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 Martin J. Walsh, the Elderly Commission & Suffolk University

# Understanding Hospice Care and Medicare Coverage

By: Ron Pollack, Executive Director,  
Families USA

If someone in your family needs hospice care, this column explains what it is and what Medicare covers.

## What is hospice care?

Hospice care is a program of care and support for patients who are terminally ill. These patients may no longer want to try to cure a terminal illness, or their doctor may have determined that efforts to cure an illness are not working. To qualify for hospice care, the patient's regular doctor and a hospice medical director must certify that the patient is terminally ill and has six months or less to live.

A decision about hospice care can be emotionally difficult for the family, and the patient should be part of this decision whenever possible.

## What is the goal of hospice care?

The goal of hospice care is to help patients who are terminally ill live comfortably. Hospice services may include physical care, counseling, drugs (including pain medication), and other treatments that can help a person feel more comfortable physically and at ease emotionally. Hospice care can include doctor and nursing services, home health aide and homemaker services, social worker services, grief and loss counseling, and short-term care in

a medical facility for pain and symptom management. Care is generally given in the home but can also be provided at an inpatient facility.

## What Medicare benefits are available for hospice care?

Medicare hospice benefits are available to patients who are eligible for Medicare Part A (hospital insurance) and who are certified as having six months or less to live (if the illness runs its normal course). Patients must sign a statement choosing hospice care instead of other Medicare-covered benefits to treat the terminal illness.

It is important to remember that Medicare will still pay for covered benefits for any health problems not related to the terminal illness. Medicare will also pay for a one-time only hospice consultation, and it will pay for this consultation even if the patient does not go into hospice care.

Once a patient is certified as having six months or less to live and has pro-actively chosen hospice care, Medicare covers a full package of services related to hospice care. There is no deductible or upfront amount the patient must pay before coverage begins. The copayment or charge for each prescription drug or for products for pain relief and symptom control cannot be more than \$5.

All services a patient receives while in hospice care are covered under original Medicare, even if the patient has a Medicare Advantage plan (like an HMO or PPO). If the patient has original Medicare

and a Medicare supplemental policy (Medigap), the Medigap policy covers copayments and charges for drugs and respite care. And the Medigap policy covers health care costs not related to the terminal illness.

### What are the terms and conditions for hospice care?

Once a patient chooses hospice care, Medicare will no longer cover treatment or prescription drugs intended to cure the terminal illness. However, hospice patients always have the right to stop hospice care at any time. At that point, health care for the terminal illness and services not related to that illness are covered as usual under Medicare.

To qualify for Medicare hospice coverage, a patient must get hospice care from a certified hospice provider. Once that hospice provider is chosen, all care for the terminal illness must be given or arranged by that provider. A patient can't get the same type of hospice care from a different

provider unless the patient officially selects a new hospice provider.

Medicare does not cover room and board if a patient is receiving hospice care in the home, in a nursing home, or in a hospice inpatient facility. If the hospice team determines that the patient needs short-term inpatient care (or if the patient's caregiver needs respite services) and the hospice provider arranges the stay in a facility, Medicare will cover the ambulance transportation and stay. Respite care for the caregiver is covered for up to five days. (Respite care is temporary care provided so that a family member or friend who is the patient's caregiver can rest or take some time off.) Respite stays can be covered by Medicare more than once, but they can be provided on an occasional basis only. There may be a small copayment for the respite stay.

For more information about Medicare rights, visit [Medicare.gov/appeals](http://Medicare.gov/appeals) or call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

## MOUNT PLEASANT HOME



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12



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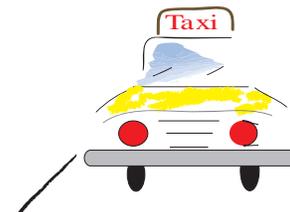
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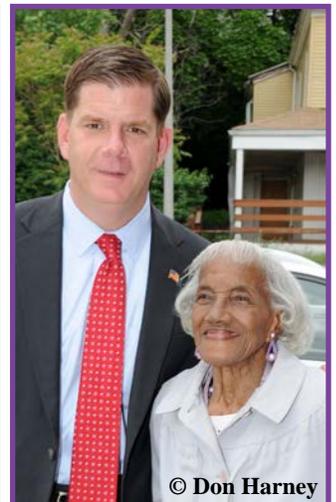
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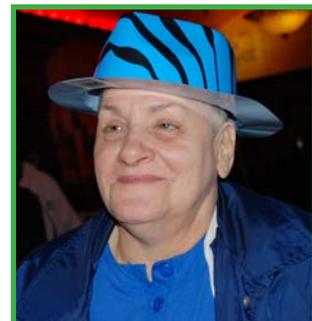


[www.BrooklineDentureCenter.com](http://www.BrooklineDentureCenter.com)

# Celebrating Josephine Worell's 102nd Birthday



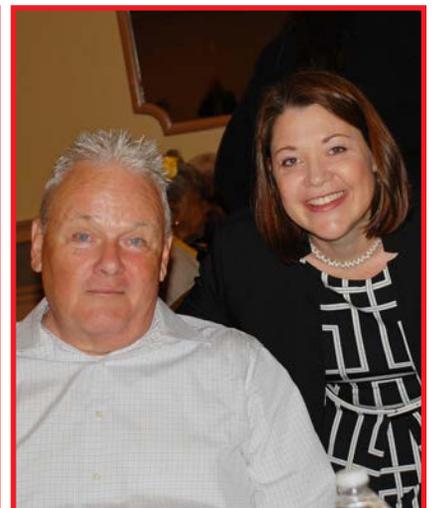
# AAA Advisory Council Appreciation Luncheon Country Western Theme at The Greatest Bar



# East Boston Mother's Day Luncheon



# Dorchester Parade of Seniors



# Senior Corps Volunteers Knocking on doors for the BHA Making Connections Survey





# Elderly Volunteer Property Tax Work-Off Program

Martin J. Walsh, Mayor

Ronald W. Rakow, Commissioner, Assessing Department

Emily Shea, Commissioner, Elderly Commission

The Elderly Volunteer Property Tax Work-Off Program matches qualified applicants with suitable volunteer positions within municipal departments in the City of Boston in order to provide limited tax relief to senior homeowners. Qualified applicants can earn up to \$1,000 per fiscal year off their property tax bill. The program is generally limited to 50 participants per fiscal year.

## PROGRAM QUALIFICATION CRITERIA

| Age   | Gross Income Limit  | Residency  | Property  |
|---|---|--|---|
| You must be age 60 or over by July 1, 2014. | \$30,000 if you are single<br>\$45,000 if you are married<br><br><i>Includes Social Security benefits, pensions other retirement benefits, annuities, wages, salaries, tips, other compensation, net profit from business or profession, interest and dividends, rent and royalty income, gains from sale or exchange of real estate or other property.</i> | You must own and occupy residential property in Boston for at least three (3) years. | You must own and occupy your property as a principal residence. If the property is subject to a trust, you must have legal title ( <i>be one of the trustees and a beneficiary</i> ). |

Applicants **MUST** provide the following information to meet the program qualification criteria outlined above:

- Proof of Age (e.g. Birth Certificate, Passport or Driver's License)
- 2013 Federal and State Tax Returns. *Note: if you are not required to file tax returns, you must submit a signed and dated letter of explanation with your application.*
- Social Security and Pension Benefits Letters
- If property is held in Trust, copy of Trust and Schedule of Beneficiaries

**NOTE:** The maximum amount of abatement for this program is \$1,000. The amount of tax work-off credit cannot exceed the total tax due for the fiscal year after any other exemptions have been allowed. The hourly rate of compensation is \$8.00 as of January 1, 2014. Upon approval into the program, your volunteer service must be completed by November 24, 2014 in order to receive credit on your Fiscal Year 2015 Third Quarter tax bill.

### ***Elderly Volunteer Property Tax Work-Off Law***

M.G.L. Chapter 59, § 5K

*Cities and towns may provide residents over age 60 with a local property tax deduction, up to \$1,000, in exchange for volunteer services. The amount of the property tax reduction earned by the taxpayer under this program is not considered income or wages for purposes of state income tax withholding, unemployment compensation or workmen's compensation. Internal Revenue Services does however consider the amounts to be included in the taxpayer's gross income for both Federal Income Tax and FICA tax. Elderly volunteers are considered public employees when volunteering.*

### **Application Filing Deadline: July 1, 2014**

#### **How to Apply:**

Contact the Elderly Commission for an application if you believe that you meet the program requirements.

**CALL:** (617) 635-4250

**EMAIL:** [gregory.josselyn@boston.gov](mailto:gregory.josselyn@boston.gov)

**VISIT:** Elderly Commission, Room 271, Boston City Hall.  
Office hours are weekdays, 9AM – 5PM.