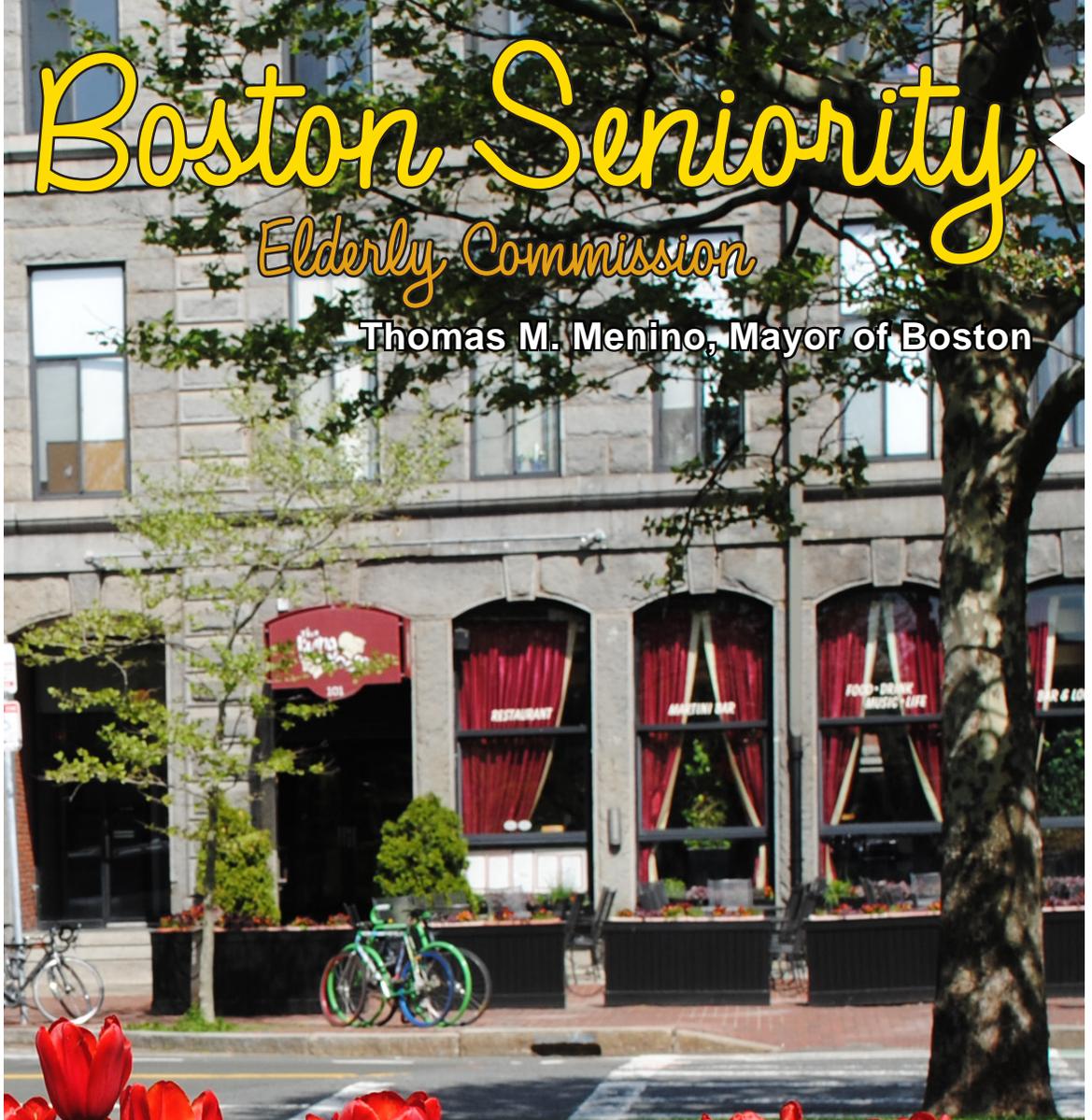




Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

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Mayor's Spotlight

Fit City Boston Initiative to Make City's Built Environment Healthier

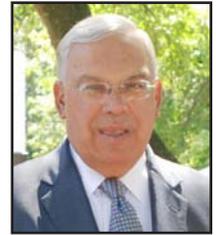
In May, Mayor Thomas M. Menino launched Fit City Boston, an initiative to examine how Boston's urban environment impacts resident health, and to set a plan for transforming Boston into the healthiest city in America. The initiative will examine how community design, social policies, and resource distribution impact daily choices and physical health.

More than 150 local and national planners, architects, developers, public officials, academics, and residents discussed the great strides that Boston has made in promoting health and health equity, and participants worked throughout the day to chart the next steps for building on this progress.

"Some factors that affect health are personal decisions, but others are out of an individual's control – like whether there are spaces to walk and play outside," Mayor Menino said. "We already have many of the world's leading health institutions and leaders in design, planning and development here in Boston, as well as a revitalized harbor and world-class parks system. Fit City Boston will bring all these resources together to help ensure our city's built environment allows all Bostonians to achieve their optimal health."

More than half adult Bostonians are obese or overweight, which can lead to preventable chronic health conditions like obesity, Type 2 diabetes, heart disease, stroke, and asthma. Black, Latino, and other communities of color, as well as vulnerable populations, are disproportionately affected by these diseases.

For example, the hospitalization rate for asthma among Black children under age 5 is four times the rate of White children. These health problems cannot be solved by public health or health care alone. Solutions are embedded in community design, social policies, and resource distribution that impact the choices residents have and make every day.



"Fit City Boston recognizes that how communities are designed and developed directly affects which residents have easy access to physical activity, nutritious food, healthy housing, and clean air," said Dr. Barbara Ferrer, executive director of the Boston Public Health Commission, a member of the initiative steering committee. "While we work to improve individual and community health, it is increasingly important that we focus on the physical places where we live, work, and play, and their effect on health, as well. Fit City Boston gives us the opportunity to get new perspectives and tap into new resources for our work."

The Fit City Boston initiative will:

- Build on the best examples of work already underway to improve Boston's built environment to improve health.
- Promote the exchange of ideas for building healthier, more sustainable and more equitable urban environments in Boston with positive economic development and business results.
- Develop plans to take best practices to scale, institutionalize proven ideas, and set a big picture vision for future work.

A New Law Affects Elders and Disabled Residents in Nursing Homes

Nursing Homes in Massachusetts are regulated by the Department of Public Health, and there are also federal and state laws that affect how nursing homes are run. The Attorney General also regulates certain aspects of nursing homes. Some laws regulate how nursing homes treat employees, but there are also laws on how residents of nursing homes are treated.

There is a new state law that deals with transfer of residents within a nursing home. The federal counterpart, the Nursing Home Reform Act of 1987, gives residents rights when the nursing home proposes a discharge or transfer from one distinct part to another distinct part of the facility.

The federal law allows for a resident to be transferred or discharged for only the following good cause reasons, which the nursing home must prove:

1. It is necessary for the resident's welfare and resident's needs cannot be met in the facility
2. Resident's health has improved
3. The safety of individuals in the facility is endangered
4. Health of individuals in facility would

otherwise be endangered

5. Nonpayment (but not pending an appeal)
6. The nursing home is closing

The federal law gives residents strong rights to advance notice of a move, and the right to have an appeal hearing decision before a transfer or discharge. The federal transfer laws apply to transfers between differently certified units, like transferring a resident from Medicare unit to a Medicaid unit.

The Attorney General's regulation added another protection that requires the nursing home to give resident's at least 48 hours notice when changing a resident's roommate. These regulations also made it unfair to move a resident to a different area against their wishes, unless their health or safety needs warranted it.

The new state law effective November 4, 2012, took away the protections of the Attorney General's regulation. It allows nursing homes more flexibility to transfer residents from one section to another section of the facility.

The state law allows nursing homes to transfer a resident to different living quarters or to a different room if the residents now needs or no longer needs special care that their current unit provides. Notice of the proposed

transfer must be given to the resident, and the resident can appeal to the nursing home medical director, who is not an independent decision maker.

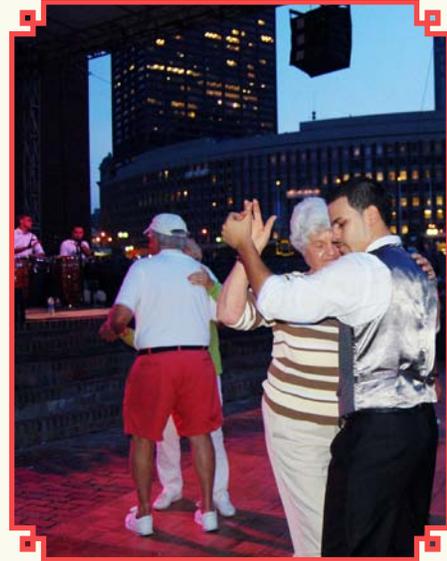
A resident can appeal the transfer, but there are no guidelines on how to appeal the transfer. There are no regulations for the transfer process as of yet, but here are some suggestions of what to do if you are facing an unwanted inter-facility transfer:

1. File an appeal to the medical director or the director of the facility
2. Request a copy of your medical records
3. Contact your lawyer or local legal services
4. Contact your local Ombuds program
5. Immediately ask for a care plan meeting with the nursing home.

Unlike the federal law there is little known about the new state law and how it will work or be regulated. Both the Nursing Home Ombuds program and legal services are monitoring this new law.

If you or anyone you know is dealing with a transfer like this and would like legal advice please contact the Elder, Health, and Disability Unit at Greater Boston Legal Services at 1-866-778-0939.

Mayor Menino's Wednesday Night Concert Series



City Hall Plaza Stage

All performances begin at 7 p.m.

Rain location: Strand Theatre Dorchester

July 24 - The Stylistics

**July 31 - Disco Night featuring
Stardust**

**August 7 - Strictly Sinatra
featuring Michael Dutra**

**August 21 - Charlie Thomas
& The Drifters**

August 28 - Roberta Flack

SCP Highlight: Rafaela Beato Chavez



By:
Mary Griffenhagen and
Eileen O'Connor

Rafaela Beato Chavez has been an active volunteer with La Cadena de Amistad, a program of FriendshipWorks for more than seven years. Over the years, Rafaela has been a dedicated friendly visitor to seniors in the community. For many seniors, Rafaela is a familiar friendly face that shows up faithfully every week. As a friendly visitor, Rafaela provides companionship to seniors, spending time talking, sharing stories, and often having a meal prepared by Rafaela herself.

Recently, when one of the seniors that Rafaela visits was moved from her home to a nursing home, Rafaela followed her and continued to visit. During a difficult time of transition, Rafaela was a familiar and consistent presence for her client, and even knew what kind of cookies to bring her as a special treat. In addition to helping her client feel more comfortable, Rafaela was also able to keep in contact with her client's niece in Florida, giving her updates and assuring her that she was visiting each week.

When asked why she became a Senior Companion, Rafaela answered, "It

is very important for me to share with others. It's a great experience. If someone doesn't work, like me, it's good to volunteer and share with people. It's helped me a lot too, to be with the community. It's healthy for me and gives me a reason to get out every day."

Rafaela said her favorite part about being a Senior Companion Volunteer is visiting her clients because it gives her so much satisfaction. Rafaela feels that she is not only providing them with companionship, but her clients are doing the same for her. As an immigrant from the Dominican Republic, Rafaela understands the loneliness that can occur when there is a language barrier and family or friends are not close by. By visiting other Spanish speakers in the community, Rafaela and her clients have an opportunity to socialize and feel connected.

FriendshipWorks is a non-profit organization that connects volunteers with elders and adults with disabilities in the Boston and Brookline area. Through programs such as Friendly Visiting, Medical Escort, PetPals and One Time Assistance, they strive to decrease the social isolation, enhance quality of life and preserve the dignity of elders and adults with disabilities in Boston and Brookline. If you would like to become a volunteer or learn more about FriendshipWorks, please visit their

Continued from page 6

website at www.fw4elders.org. To refer an elder for services, please call (617) 482-1510 to speak with someone at the downtown office. To reach La Cadena de Amistad, FriendshipWorks' Spanish speaking program in Jamaica Plain, please call (617) 277-5248.



Senior Count

BNN-TV Channel 9



Boston Seniors Count Cable Television Show

Thursday at 3:30 p.m.

Repeated Sundays at

11:30 a.m. and Tuesdays at 8:30 p.m.

For more information call Greg Josselyn

617-635-4250



The Boston RSVP Program has an array of volunteer opportunities to choose from. Call us today to receive an informational packet on the RSVP Program, a volunteer opportunities booklet, and directions on how to sign up for the program.

*Take the time, make the call,
help out in your community.*

For more information on the RSVP Program or to sign up, please call RSVP Director, Patricia McCormack at 617-635-1794.

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Free Elderly Fire Safety Program

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Restrictions Apply

Please call the Fire Safety Program at 617-343-3472 or contact Ernie Deeb directly at 617-635-2359.

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

The Elderly Commission

Seniors are you eligible?

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance no longer counts -

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

For more information or to complete an application contact:

Lorna Pleas at

617-635-4335 or email

lorna.pleas@cityofboston.gov

Top 7 Threats to Men's Health

What are the greatest threats to men? Race car driving, bungee jumping, drinking a case of beer every weekend, the list is long.

In fact, the list is fairly short. Most threats are very obvious. Prevention is the key.

The list is compiled by statistics from the Centers for Disease Control and Prevention (CDC) and other health organizations. For the average man:

1. Heart Disease
2. Cancer
3. Accidents (motor vehicle)
4. Chronic respiratory diseases (COPD)- bronchitis and emphysema
5. Stroke
6. Type 2 Diabetes
7. Suicide

The first 6 threats are obvious because a lot of education and literature has been published about them. Suicide is a leading men's health risk, also. An important risk factor for suicide among men is depression. Men often refuse to discuss feelings of sadness, loss of a loved one, disappointments on the job, unable to find a job or children who have disappointed them.

What signs and symptoms to look for if you think you are depressed.

1. Feelings of sadness or unhappiness
2. Loss of interest in normal activities
3. Leave me alone attitude

When do you do something about depression? After several weeks or you see a pattern every year at the same time, that is the time to make the phone call to your family doctor, have your wife call or call your neighborhood health center for a consultation.

Education and television commercials have taken the stigma out of medications to make your life more livable.

It is important to see your family doctor to be sure there is no physical reason for feeling so out of sorts. Something simple like eliminating or changing a dose of your daily medicine, can make a big difference.

It is good to know the 7 threats to men's health. It is more important to do something about them!!

A special **Happy Father's Day**
to the wonderful men who have
made our lives so much
more enjoyable.

LOSING FRIENDS

My 86-year-old mother-in-law has lost a number of friends over the past few years to them either moving in with relatives or passing on. Now she is losing one of her oldest and dearest friends who also happens to be her next-door neighbor. They have depended on each other for various things like dinner or a cup of tea or picking up each other's mail while one was out of town. She sounds so down I'm not sure what to say to her. She is strong and will survive, but it is very sad. Do you have any suggestions?

- *Pat in Georgia, 59*

Losing friends or relatives is a trying time for all of us, and especially for those who are older. There is always a natural period of grieving and remembering. We cannot replace those who are lost to us. But I try to show my clients to be grateful for the blessings and joys these people have given them, and to be buoyed by the friendship that has enhanced their life.

No matter what age we may be, we are in control of making the most of our lives. Your mother-in-law needs to make the maximum effort so she can go forward in her life. Sometimes people reach out to us, but usually we have to attempt to make new friends or acquaintances in order to build new relationships. It can be very empowering and exciting to renew ties with family members, or to reach out

to our religious organizations or clubs or social venues. This all takes time and effort, but it's usually well worth it.

Having new people in our lives can be very rewarding. We all seek companionship and the comfort of knowing someone cares. Sometimes the simple gesture of volunteering our time and talents, the act of giving, comes with its own rewards. When we stop thinking so much about ourselves, our grief and loss can be healed.

Dr. Marion (Marion Somers, PhD) is the author of "Elder Care Made Easier" and has over 40 years of experience as a geriatric care manager, caregiver, speaker, and expert in all things elder care. She offers practical tools, solutions, and advice to help caregivers everywhere through her book, web site, iPhone apps (Elder 411/911), cross-country speaking tours, and more. Visit www.DrMarion.com for more information.

Senior Companion Program



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and become a friend.

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

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

STATEPOINT CROSSWORD

THEME: CATS AND DOGS

ACROSS

- 1. Done with a knife
- 6. Pendulum's path
- 9. Pompous talk or writing
- 13. Salk's conquest
- 14. Gunk
- 15. *Given name of "Dog the Bounty Hunter"
- 16. Tree in Latin
- 17. Hold title to
- 18. Knightly suit
- 19. *Nickelodeon's conjoined brothers (1998-2005)
- 21. Dig further
- 23. Deadeye's forte
- 24. Good earth
- 25. Young woman making her debut
- 28. Le Corbusier's art
- 30. *The Cat in the Hat wore a striped one
- 35. Like decorated cake
- 37. Slime
- 39. Nary a soul
- 40. Musical mark
- 41. Elephant trainer's prod
- 43. Byproduct of muddy roads
- 44. Mirths
- 46. *A dog relies on it to interpret the world
- 47. Speed on water
- 48. "There Will Be Blood" contraption
- 50. Mail agency
- 52. Double helix
- 53. Well-mannered Emily _____
- 55. "High" drink
- 57. *"____ Noir" cabaret
- 60. *Most famous collie?
- 63. Best not mentioned
- 64. Poetic "before"
- 66. Bridal path
- 68. Open disrespect
- 69. Poetic "even"
- 70. Imposing house
- 71. One of the Ivies
- 72. Banned insecticide
- 73. Larger key on the right

- 26. _____
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- 68. _____
- 69. _____
- 70. _____
- 71. _____
- 72. _____
- 73. _____

- 7. Column's counterpart
- 8. Type of dwelling unit
- 9. In some cultures, this is a compliment
- 10. Not cool
- 11. In a little while, old-fashioned
- 12. ____ Royal Highness
- 15. *Cerberus, e.g.
- 20. Opposite of alpha
- 22. *"Dog ____ dog"
- 24. Observation post
- 25. *It "ate my baby"
- 26. Food safety threat
- 27. Asian pepper
- 29. a.k.a. CT
- 31. Politician's barrelful
- 32. *Baskerville's scare
- 33. Author _____ Chekhov

DOWN

- 1. R&R hot spot
- 2. Rigid necklace
- 3. Actress Jessica
- 4. Plants and animals
- 5. Like a dirty affair
- 6. Bug-eyed

CROSSWORD													
1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16						17				18			
	19				20			21	22				
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71						72				73			



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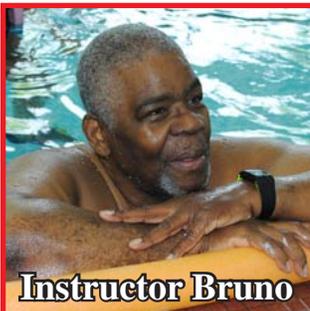
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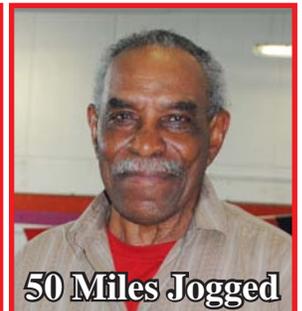


The YMCA Roxbury 50 Club and Water Gym groups are very active and inspiring others to do the same.

Run by Curtis “Bruno” Harris the water gym offers classes on Monday, Wednesday, and Friday from 10 AM to 11 AM. The water supports joints to encourage free movement and may also act as resistance to help build muscle strength. The 50 club members jog in the water to achieve 50 miles jogged. Congratulations to those who have completed the 50 miles!!!



Instructor Bruno



50 Miles Jogged



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28TH

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HERITAGE MUSEUMS & GARDENS
TANGLEWOOD

BOSTON CHILDREN'S MUSEUM
FRANKLIN PARK ZOO
ARNOLD ARBORETUM
FULLER CRAFT MUSEUM
WENHAM MUSEUM
THE MAHAWE PERFORMING ARTS CENTER

AUGUST
2ND

JULY
5TH

MASS AUDUBON'S BOSTON NATURE CENTER
CAPE COD MUSEUM OF ART
MARTHA'S VINEYARD MUSEUM
CHILDREN'S MUSEUM AT HOLYOKE
VOLLEYBALL HALL OF FAME
PEABODY ESSEX MUSEUM

BOSTON HARBOR ISLAND ALLIANCE
THE SPORTS MUSEUM
BATTLESHIP COVE
OCEAN EXPLORIUM
THE CAPE COD MUSEUM OF NATURAL HISTORY
THE ERIC CARLE MUSEUM

AUGUST
9TH

JULY
12TH

MUSEUM OF FINE ARTS, BOSTON
LARZ ANDERSON AUTO MUSEUM
CAPE COD CHILDREN'S MUSEUM
PILGRIM HALL MUSEUM
MUSEUM OF RUSSIAN ICONS
JACOB'S PILLOW DANCE FESTIVAL

THE INSTITUTE OF CONTEMPORARY ART/BOSTON
USS CONSTITUTION MUSEUM
CONCORD MUSEUM
EDWARD GOREY HOUSE
SPRINGFIELD MUSEUMS
BERKSHIRE MUSEUM

AUGUST
16TH

JULY
19TH

JFK LIBRARY & MUSEUM
REAGLE MUSIC THEATRE
BUTTONWOOD PARK ZOO
DANFORTH ART
HANCOCK SHAKER VILLAGE
GARDEN IN THE WOODS

ISABELLA STEWART GARDNER MUSEUM
MUSEUM OF AFRICAN AMERICAN HISTORY
NEW BEDFORD WHALING MUSEUM
FITCHBURG ART MUSEUM
FRUITLANDS MUSEUM
STERLING AND FRANCINE CLARK ART INSTITUTE

AUGUST
23RD

JULY
26TH

COMMONWEALTH SHAKESPEARE COMPANY
NEW ENGLAND HISTORIC GENEALOGICAL SOCIETY
AMERICAN TEXTILE HISTORY MUSEUM
CHILDREN'S MUSEUM IN EASTON
AMELIA PARK CHILDREN'S MUSEUM
HIGGINS ARMORY MUSEUM

PLIMOTH PLANTATION
THE DISCOVERY MUSEUMS
NEW REPERTORY THEATRE
ECOTARIUM
NORMAN ROCKWELL MUSEUM
THE MOUNT: EDITH WHARTON'S HOME

AUGUST
30TH

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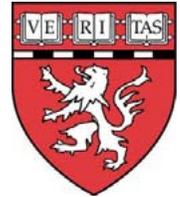
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FOR A STUDY ABOUT

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CST2196_240593

5 Reasons Why You Benefit by Writing Poetry!

NBA Co-Owner Counts the Ways It Fuels Success

This month Boston Seniority is celebrating the Arts and as part of that we want to celebrate poetry and its vital role in American culture. In April, National Poetry Month, the Academy of American Poets sponsored events such as the star-studded Poetry & the Creative Mind gala (April 17 at the Lincoln Center) and mass-appeal activities like Poem in Your Pocket Day (April 18), when everyone is encouraged to carry a poem.

“I love April, and not just because of my birthday and all those Final Four games!” said Phoenix Suns co-owner Richard Jaffe, a successful entrepreneur and avid poet who recently published his first book of poetry, “Inner Peace & Happiness; Reflections to Grow Your Soul” (www.richardjaffe.net).

“We would be wise to celebrate America’s poetry because it’s an art form that does as much -- sometimes even more -- for the writer as the reader. Poems inspire, educate and cleanse. And now that writing has become more abbreviated with blogs, text messages, tweets and the like, the time is perfect for poetry to make a big comeback.”

Jaffe, creator of Minute Maid Fruit Juices and the world’s first and best-selling powder-free hypoallergenic latex exam gloves, says writing poetry stirs his soul and fuels his entrepreneurial creativity.

“The process of exploring my thoughts and feelings and expressing them in symbolic word images exercises my creativity in a fun way,” he says. “I think it makes me sharper and, the more I explore the well of my imagination, the faster it fills again.”

Everyone would benefit from writing poetry, whether they want to share it or not! He offers five more ways we can benefit:

1. Improves cognitive function.

Learning new words (he’s never without a Thesaurus), working out meter (math!), and finding new ways to articulate our thoughts and feelings (communication) are all good for the brain. Want to get smarter? Write poetry!

2. Helps heal emotional pain.

Grief is one of the most painful emotions we experience, and it’s also the source of some of the world’s most inspirational poetry, Jaffe says. “When I have experienced a profound loss, the act of putting my feelings into words or memorializing and paying tribute to those who I lost is extremely cathartic,” he says.

3. Leads us to greater self-awareness.

Most of us don’t have the time or desire

to just sit and aimlessly ponder the meaning of our lives or what makes us deeply happy. Writing poetry gives us a constructive way to do that. Not only does it help us explore and gain insight, we have something to show for all that “inner reflection” when we’re done.

4. Provides a gift of inspiration or education to others.

One thing we know -- we are not alone! “Universal questions, fears and emotions are called ‘universal’ because everyone, no matter what country or culture they’re raised in, experiences them,” Jaffe notes. Once we’ve done the work of exploring and finding our own answers, we can help others by sharing them. “I like to share my poem ‘Eternal Happiness’ because it describes what I’ve found to be the source of my own eternal happiness,” he says.

5. Celebrate!

For some things, balloons and cake just don’t suffice. “Proposing to my wife, the births of my children, their Bar and Bat Mitzvahs, falling in love -- these were among the most emotionally powerful, joyful times of my life,” Jaffe says. “Thanks to the poems I wrote at the time to capture those feelings, I can experience them again and again.”

If you’ve never tried your hand at poetry, Jaffe encourages you to give it a go. You can share your poem with him by tweeting a link to @rbjaffe or posting to his Google+ group, “Inspirational Poetry,” <http://tinyurl.com/b49ua25>.

Gentle as a Heartbeat

Poem by: Richard Jaffe, July 4, 1979

My tenderness is an expression
Of just how deeply I have touched
My own soul.

Quietly, and with patience,
I can feel from where my own heart beats.
And, should I open my arms up to you,
Come lay beside me and listen!

Only when you can feel a quietness flow
from within
Can we reach out and touch with a
tenderness
As gentle as a heartbeat.

About Richard Jaffe

Richard Jaffe is one of the owners of the NBA Phoenix Suns basketball team, a successful business leader and longtime philanthropist. Most recently the CEO of Safe Life Corp., a medical technology company, he also founded Safe Skin Corp., a latex glove manufacturer (acquired by Kimberly-Clark Corp.) and Nutri-Foods Int’l, a frozen dessert company (sold to the Coca-Cola Co.) He is a member of the U.S. Golf Association’s Presidents Council and a supporter of numerous charitable projects. His first published book of poetry, “Inner Peace & Happiness,” is a reflection of the values and lessons learned in business and in life. He and his wife of 28 years, Ann, are the proud parents of three grown children.

Museum of Fine Arts

“Access to Art” Program

An interview with Hannah Goodwin

By: Tula Mahl



The Museum of Fine Arts (MFA) has a little known program called “Access to Art.” This program offers visitor centered, interactive and flexible tours designed for groups with disabilities. This includes physical disabilities, cognitive disabilities, people with dementia or Alzheimer’s, or those undergoing medical treatment. The tours are specifically tailored for an individual group’s needs. Design of the tour is a collaborative process depending on the group. This includes taking into consideration the interests of the group and understanding of their disability. As Hannah explained, “Tours are not a one size fits all solution.”

In many situations, groups have built a relationship with the museum and have monthly or regularly scheduled tours. Building a relationship with the museum and having regularly scheduled tours

removes the pressure to see the whole museum in one visit. This also inspires visitors to return to see or do a different activity.

These tours have been held since 2001 in response to visitor requests. In the past three years the museum has seen a steady growth in the requests for these tours, especially among groups with dementia and Alzheimer’s but also to groups of veterans. Groups can be large or as small as two people.

Tours are held during regular hours with pre-registration, are generally an hour long and there is no fee associated with this program due to support from Bank of America. If you are interested in learning more go to www.mfa.org or contact Hannah Goodwin at 617-369-3189 or access@mfa.org.



When there was neighborhood... & life was simpler in the 1930's

By: Ernie Deeb

I remember when I was a kid when you could not afford a newspaper and waited for your neighbor next door to finish with the Sunday Post and leave it outside for us to pick it up.

Then when the radio came in still couldn't afford the Sunday paper there was a radio program that read the funnies while the family sat around.

On Sunday's when there were no supermarkets there were plenty of grocery stores maybe 3 in one block and all making a living. Most of the families ended up with lodging houses. Lights out at 11 pm. Now the stores are open on Sunday.



Happy Ernie Deeb Day! June 6th
& Happy 90th Birthday! June 10th

RESPECT = LOVE

Poem by: Willie Pleasants, April 15, 2009

Don't have to visit my home
or ring me on the phone

Don't have to be my friend
or stand and hold my hand

But you need to respect me.

Don't have stand over me
or make me feel small

Don't have to hear me
or listen to my calls

But you must respect me!

It's not about me
It never was
It's about God above
and how he wants us-to-love.

Solution to Crossword on Page 10

S	T	A	B	S		A	R	C		B	L	A	H		
P	O	L	I	O		G	O	O		D	U	A	N	E	
A	R	B	O	R		O	W	N		A	R	M	O	R	
		C	A	T	D	O	G			D	E	E	P	E	N
				A	I	M				L	O	A	M		
D	E	B			D	E	C	O		T	O	P	H	A	T
I	C	E	D			G	O	O	P		N	O	O	N	E
N	O	T	E			A	N	K	U	S		R	U	T	S
G	L	E	E	S			N	O	S	E		K	N	O	T
O	I	L	R	I	G			U	S	P	S		D	N	A
						P	O	S	T		T	E	A		
		L	E	C	H	A	T			L	A	S	S	I	E
T	A	B	O	O			E	R	E		A	I	S	L	E
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P	E	N	N				D	D	T		E	N	T	E	R

How Did Grandma Know?

“Don’t Retire, Inspire”

By: Augusta Alban



We discover, much to our surprise, that Grandma knew what she was talking about: If you lose something that truly belongs to you, it will return to you. Well, Grandma was right! A little survey revealed some amazing stories.

We all know the stories about the family dog getting lost on a cross-country trip. Very often months later the pooch shows up at the back door of the family’s new home. I call these “Lassie Stories” and they always make me cry. What is this energy that drives a dog to find its family?

Nature tops itself with the amazing Monarch butterfly. This delicate creature starts its migration from Mexico. The journey north takes several months and four generations of life. The last butterfly will be a great-granddaughter to the one that originally left Mexico. This fragile creature will then fly south to winter in its ancestral home, a place in Mexico it has never been before. How is it able to find its original family home? This is a puzzle. I can’t find my car at Christmas time in the malls parking lot! I don’t know how these magical things work, I can’t even guess, but they do work and they seem to work best without much help from us!

Dogs ... butterflies ... and college students? There was a Communications major who lost her retainer while filming

a commercial. Having trouble pronouncing her words clearly before the camera, the student discreetly removed her retainer from her mouth and put it into the pocket of her blazer. After the filming was over, she reached into her pocket, but it was gone. “I can’t tell my mother she would kill me!” she said. Six months later, the Director of the studio jokingly announced that one of her “body parts” had been found. It was the retainer! “I was overjoyed, but couldn’t tell my mother I had found it, because I never told her I lost it,” she said.

One of my favorite stories is the good fortune of a Mayor from a wealthy little town in the Midwest. A newly-ordered electric police car had just arrived. The Mayor and the rest of the city’s mechanics were up to their elbows in grease, checking it out. An emergency call came in for the Mayor. He rushed to the sink, removed his new ring (a family gift from his father's estate), washed his hands, and ran back to his office. Hours later he discovered he had left the ring at the sink. A call went out: no questions asked if the ring was returned. The ring was never returned. Reluctantly, the Mayor called the insurance company and reported his loss. Four years later, the Mayor found an envelope on his desk with a handwritten note and his ring inside. In part, the note

read "I am sorry for what I have done. I took your ring because I needed the money, but each time I went to sell it, I couldn't sleep. Your voice haunted my dreams." The insurance company was once again notified. The agent told the Mayor it had been too long: keep the ring and the money. The mayor was delighted to have his ring back, and was overjoyed to donate the money to the city's Christmas fund for special needs children.

"Patience," Grandma would say, "Patience!" She was right! The universe works in wondrous ways.

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Don't Retire, Inspire!

Hosted by Augusta Alban

Tune in to find out how Boston seniors are INSPIRED everyday

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

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

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

Healthy Recipes

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

Chewy Manioc Cheese Puffs

Ingredients:

- 3 cups tapioca starch, or 2 cups potato starch (see Notes)
- 2/3 cup 1% milk
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 1 large egg
- 1 large egg white
- 1/2 cup grated Parmesan cheese

Preparation:

1. Position rack in center of oven; preheat to 350° F. Coat a baking sheet with cooking spray.
2. Place starch in a medium bowl. Combine milk, oil and salt in a small saucepan and bring to a boil over high heat. Pour over the starch and stir until crumbly and blended. When the mixture has cooled slightly, stir in egg, egg white and cheese. Knead the dough until smooth, 3 to 5 minutes. It will be dry, yet hold together.
3. Pinch off 1 tablespoon of dough at a time and roll into a ball. Place 20 balls on the prepared baking sheet for the first batch. Bake the balls until puffed and golden on the bottom, about 20 minutes. Repeat with the remaining dough. Let

the cheese puffs cool for a minute or so before serving warm.

Serves: 30

Calories: 64 per puff

Notes: Tapioca starch, also called sweet manioc starch or tapioca flour, creates a pleasing chewiness when baked. Potato starch is an acceptable substitute. Both can usually be found with gluten-free products in most health-food stores or large supermarkets. Tapioca starch is also available in most Asian markets.

Source: http://www.eatingwell.com/recipes/chewy_manioc_cheese_puffs.html?section=comments



A Special Thank You

to the following restaurants for donating a luncheon event to community seniors

Corrib Pub & Restaurant in West Roxbury,
Primavera Restaurant in Roslindale,
and **Devlin's** in Brighton

Spaghetti Genovese

Ingredients:

- 2 cups packed baby spinach
- 8 ounces whole-wheat spaghetti
- 1 cup thinly sliced new or baby potatoes (about 4 ounces)
- 1 pound green beans, trimmed and cut into 1-inch pieces
- 1/2 cup prepared pesto
- 1 teaspoon freshly ground pepper

Preparation:

1. Bring a large pot of water to a boil over medium-high heat. Add spinach and cook just until wilted, about 45 seconds. Use a slotted spoon or fine sieve to transfer the spinach to a blender. Return the water to a boil and add spaghetti and potatoes. Cook, stirring once or twice, until almost tender, 6 to 7 minutes. Add green beans and cook until tender, 3 to 4 minutes more.

2. When the spaghetti and vegetables are almost done, carefully scoop out

1 cup of the cooking liquid from the pot. Pour 1/2 cup of the liquid into the blender and add pesto, pepper and salt. Blend until smooth, stopping to scrape down the sides as necessary.

3. Drain the spaghetti and vegetables and return to the pot; stir in the pesto mixture. Cook over medium heat, stirring gently, until the sauce is thickened and the pasta is hot, 1 to 2 minutes. Add more of the cooking liquid, as desired, for a thinner sauce.

Serves: 5 (1 and 2/3 cups each)

Calories: 333 per serving

Source: http://www.eatingwell.com/recipes/spaghetti_genovese.html



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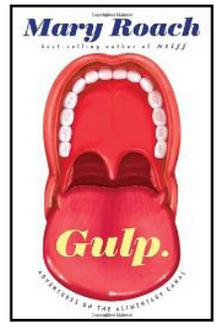
Summer Reading - Book Reviews -

By: Gabriel Belosevic, R.N.,
3rd Year NP Student at MGH IHP

After such a long winter, it sounds simply divine to leisurely turn the crisp pages of a new book on a sunny afternoon with the warm summer breeze gently spreading the aroma of flowers as the sound of children playing nearby brings a much needed sense of peace and calm to the busy world around.

Perhaps a bit less of a cliché image is the subject of two engrossing reads by an author that the Washington Post calls “America’s funniest science writer.” Mary Roach is endorsed by one online reviewer as “taking us to places we don’t

want to go and then making us glad we went.” Roach’s latest installment ‘Gulp’ gives readers a tour of the recesses of our digestive system, the alimentary canal. As taboo and gag-reflex inducing as the subject matter might appear at first, an online customer reviewer astutely described that “this book will inspire awe for the world inside ourselves” which is music to the ears of this nurse.



A Boston Globe reviewer described this book as “a delicious read and a total gas” and what better way to describe a book that answers such strange science questions as:

- o Why is crunchy food so appealing?
- o Why is it hard to find words to describe smell and taste?



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Milton Health Care

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745 Truman Hwy, Hyde Park, MA 02136 | P. 617-361-8300

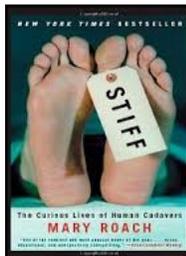


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- o Why doesn't the stomach digest itself?
- o How much can you eat before your stomach bursts?
- o Can constipation kill you like it perhaps killed Elvis?

Even if you are just looking for gory cocktail party trivia, author Tom Vanderbilt calls this book “as probing as an endoscopy...” and “gut-wrenchingly funny.” Beyond the ample bad puns, an online customer reviewer reminded us that Roach is “the master of sly asides” and that the footnotes in this text are also “well-informed” “must-reads.”

If you have a thirst for a more macabre subject, Roach's 2004 installment ‘Stiff: The curious lives of cadavers’ might surprise you.



One online customer reviewer remarks that ‘Stiff’ is “unexpectedly and quite blessedly hilarious” and that humor is used as a “psychic safety valve, a much-appreciated tension release” from a “tense subject matter.” This book chronicles the good deeds of cadavers through the centuries with the same uncanny wit and “intrepid” reporting that Roach approaches all of her “icky” subjects.

Both books are reportedly “more about human beings than human bodies” and have endlessly interesting facts and many compelling stories from around the world. And this nurse encourages the public to explore two subjects that are far from taboo inside of the walls of nursing schools.

Reference and images: Amazon.com

NOTE: These sources, websites, organizations, products described above are NOT endorsed by the Boston Commission on Affairs of the Elderly but are instead simply the personal opinion of this author.



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Keep Moving

By: Janice Williams,
Membership and
Development Manager
at BNN TV



“Seniors on the Move” is one of the most inspiring groups of citizens that I have ever had the pleasure to meet. I became familiar with some of the members of “Seniors on the Move” through their recent educational adventure at Boston Neighborhood Network Television (BNN TV). “Seniors on the Move” is a large group of seniors who meet once month at the Roxbury YMCA. The group was formed in 1990 at the Roxbury YMCA and has been moving forward ever since.

I recently sat down with the President, W. Anne Wells and Vice President Curtis Wells at their lovely and warm home in Mattapan to find out more about this fabulous group. Mr. Wells told me that he and his wife became involved with the group after he retired from a long career of being a principal in the Boston School System and she a schoolteacher. Mr. Wells originally joined the YMCA to do water aerobics to keep healthy and active. He soon was swept up in the activities of “Seniors on the Move.”

Around 50 seniors meet once a month at the YMCA for a luncheon and a social hour with a speaker. They plan activities and events and raise money that is donated to the Reach-Out Program of the Roxbury YMCA. According to Kathryn Sanders, Director of the Roxbury YMCA, “Seniors on the Move are a vital part of our organization. They take advantage of all the YMCA offers. They are always looking for opportunities and challenges that make us (Roxbury YMCA) a better organization.”

In June of 2012, some of the members of the group participated in a play to raise money for the YMCA. “Just Desserts” a hilarious melodrama was performed at Roxbury Community College to a packed auditorium of over 250 people and was filmed by BNN TV as part of its regular “Around Town” programming. The experience at Roxbury Community College solicited further discussions that gave “Seniors on the Move” the inspiration to speak to BNN TV to see what it would take to become television producers.

In February of this year, nine members of “Seniors on the Move,” became BNN TV members and participated in a Basic Studio Production class for 6 weeks. On April 4th they became certified and immediately began working on their first television program. According to Barbara Barrow Murray, BNN TV Studio Manager and instructor for the Basic Studio Production class, “Teaching the members of ‘Seniors On The Move’, has been exhilarating. They have me looking forward to demonstrating how much more I can empower myself as part of that special group called Senior Citizens. I am already part of a couple of special groups, I am a woman, I am an African-American, and now I am a new admission into the Senior Citizens population. How much better does it get?”

The new BNN TV studio producers from Seniors on the Move are: Ruby Harris, Barbara S. Loatman, Marva Martin, Jody Morris, Marian V. Peters, Yvonne Powell, W. Anne Wells, Curtis Wells and Sandra Wedgeworth.

An apt name for them, “Seniors on the Move” keep themselves young at heart and engaged in the community. So take a lesson from them and look around at organizations (such as the Roxbury YMCA and BNN TV) that offer healthy and stimulating activities for seniors.

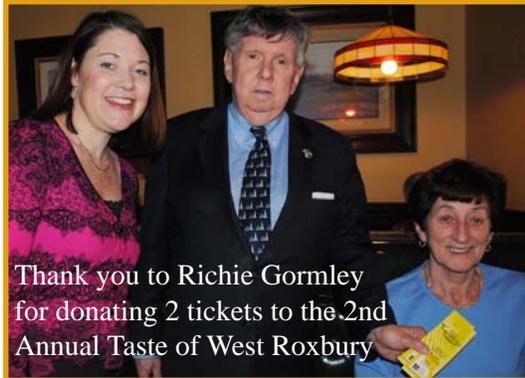
About BNN TV

Boston Neighborhood Network Television is a nationally recognized, award-winning community media center and 501(c)(3) nonprofit which acts as a public forum for all Boston residents, nonprofit and community-based organizations and educational institutions providing them with affordable training and access to emerging media technologies. The Boston Community Access and Programming Foundation, Inc. (BCAPF) has managed BNN since Boston's first cable franchise agreement in 1983. Our mission is to use the unique capabilities of cable television and other technologies to address unmet communications needs of individuals and institutions in Boston. For more information call Janice Williams at 617-710-3811 or visit www.bnntv.org



Seniors on the Move
of
YMCA Roxbury

Luncheon at Corrib Pub & Restaurant



Luncheon at Primavera in Roslindale



Mayor's Coffee Hour in the North End



Launch for BenefitsCheckUp.



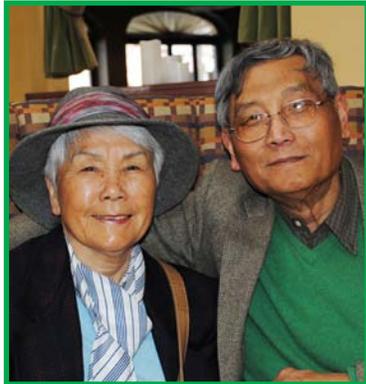
Mayor Menino and the Elderly Commission launch online tool connecting Boston older adults to benefits programs

Do you need help paying for basic services like food and medications? On April 26th, Commissioner Emily K. Shea on behalf of Mayor Thomas M. Menino with representatives from the National Council on Aging and the Massachusetts Association of Older Adults launched the **Benefit's Check Up** online screening tool for Boston residents. This tool will allow anyone to either screen themselves or can help a friend, family or constituent determine their eligibility to public and private benefits programs. "With forty four percent of Bostonians over the age of 65 living on less than \$20,000 a year, it is extremely important to connect them to benefits to help them meet their needs," said Commissioner Shea.

BenefitsCheckUp is a free service of the National Council on Aging (NCOA), a nonprofit and advocacy organization whose mission is to improve the lives of older adults, especially those who are vulnerable and disadvantaged. The online tool asks a series of questions to help identify benefits that could save older adults money. There are over 2,000 federal, state and private benefits programs available to help and many folks don't know these programs exist or how they can apply. After answering the series of questions, the client will get a report created just for them that describes the programs for which they are eligible.

You can check out the website at www.BenefitsCheckUp.org/Boston. You may be missing benefits programs that can help you pay for medications, health care, food, utilities and more.

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Important Dates

Entry Deadline – Friday, July 12 - 5:00 p.m.

Finalist Notification – Thursday, July 18 (5 per category)

Judges Visit Gardens – Week of July 22

Awards Ceremony – Mid August

Eligibility

Boston resident, business, or organization gardens. Amateur gardeners' work only.

General Information

Photographs or images submitted to the Boston Parks & Recreation Department become City of Boston property and may be used for press or marketing purposes. The Department has the right to choose the appropriate garden category for entrants, if one has not been chosen or if management believes the garden should be placed in a different category. Gardeners may only win one category per year. For more information, please call (617) 961-3051.

Judging Criteria

General Appeal – Natural or Formal, Use of Color, Definition – Neatness, Plant Material – Variety/Quality, Sustainable Features and Methods, Garden Hardware – Furnishings/Art,

Gardener's Hall of Fame

Participants that have won three or more times in the last ten years will automatically be entered in the second annual Mayor's Garden Contest Hall of Fame. These distinguished garden hall-of-famers are able to participate as an honorary judge during the 2013 contest, but will not be eligible to participate as a contestant.

Grand Prize

The winner of the grand prize will be awarded roundtrip flights for four to any nonstop destination from Boston. Terms, conditions & blackout dates apply.

Please fill out the form completely and submit photos of the nominated garden.

Please mail this form with photos to:

Mayor Menino's Garden Contest
Boston Parks & Recreation Department
1010 Massachusetts Avenue, 3rd Floor
Boston, Massachusetts 02118

or apply online:

www.cityofboston.gov/parks/gardencontest

Gardener's Name _____

Organization _____

Address _____

Neighborhood _____ Zip _____

Daytime Phone _____

Evening Phone _____

Email Address _____

Garden Address if different than above:

Categories (please check all that apply)

- Porch, Balcony, Deck, or Window Box Garden
- Shade Garden
- Small Yard Garden (250 sq. ft. or less)
- Medium Yard Garden (250 to 500 sq. ft.)
- Large Yard Garden (larger than 500 sq. ft.)
- Community Garden
- Vegetable or Herb Garden
- Senior Garden Category (65+)
- Storefront, Organization, or Main Street District Garden