



Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

**2010
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Issue 4**

JUNE

Table of Contents:

Page Number

3	Mayor's Spotlight
4	RSVP Boston
6	Art Therapy
7	Away We Go!
8	Info on Research Studies
12	Fenway Scenes
13	Spotlight on a Hero
14	Healthy Recipes
16	The Happy Diet
18	Healthy, Wealthy & Wyse
20	Reverse Mortgages
24	Don't Retire, Inspire



Check out our NEW and improved website
www.cityofboston.gov/elderly

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Mayor's Spotlight

Mayor Menino Convenes First-Ever Bicycling Safety Summit

In April, Mayor Thomas M. Menino announced the city's first-ever Bicycling Safety Summit. The Summit gathered area bicyclists and high-ranking city officials to discuss ways of improving safety for everyone who uses Boston's roadways.

"This is about the need for a shared, common respect amongst everyone who uses Boston's roads," said Mayor Menino. "We have to come together and recognize that everyone is responsible for keeping our roadways safe and that we all have the right to safe passage through our beautiful city. We can start by fulfilling the personal responsibility of wearing a helmet."

Mayor Menino has ordered the Boston Police Department (BPD) to immediately launch a focused enforcement effort aimed at both cyclists and motorists in an effort to assist them to better share the road. Officers will more proactively seek out and fine for safety violations committed by those on a bicycle and those operating a motor vehicle. This effort will include the strict enforcement of Massachusetts laws dedicated to bicycle and pedestrian safety. The BPD is also researching the possible implementation of an enhanced reporting mechanism to document all accidents involving bikes.

Two years ago Mayor Menino developed Boston Bikes to increase cycling safety around Boston through the use of marked bike lanes and various educational campaigns. Since, Boston has seen much improvement including:

- the installation of 15 miles of bike lanes with another 20 slated for this year;
- the publication of the first-ever Boston Bikes map;
- the installation of more than 500 bike racks;
- the formation of the Boston Bikes Advisory Board designed to advise city officials on how best to implement proven safety measures such as dedicated bike lanes;
- and the passage of a city ordinance making it illegal for cars to be parked in bike lanes, the enforcement of which will be heightened by Boston Transportation Department ticket writers.

City officials also encourage people to:

- Visit the Boston Bikes fanpage on Facebook or join the Boston Bikes Twitter feed to learn more about the program and share concerns about specific roads in Boston;
- Call the Mayor's 24-hour Hotline at (617) 635-4500 if they notice a safety concern that needs immediate attention including roadway obstructions like potholes or debris;
- Visit the Boston Bikes homepage at www.cityofboston.gov/bikes to receive updates on the Cycling Safety Summit;
- Visit www.massbike.org to register for classes on bicycling safety;
- Wear a protective helmet at all times when riding a bike (helmets can be bought for \$5 at the Boston Medical Center gift shop).



RSVP Boston

Volunteer Opportunities

The Boston RSVP Program always has an entire array of volunteer opportunities to choose from. Please call us today and we will send you a program packet full of information 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 Kelley Wedge, RSVP Program Director at 617-635-1794.

Spaulding Rehabilitation Hospital

Volunteers needed to:

- Visit patients
- Lead discussion groups and games

We will match your skills, talents and interests with the needs of our patients, families and staff. Training is provided. Parking on site. Easily accessible by MBTA.

Contact: Jane Burke, 617-573-2740

Boston Chinatown Neighborhood Center

Be a volunteer tutor. Teach English in Chinatown. Tutor Chinese immigrants English through friendship and cultural exchange. No experience needed! We provide training.

Contact: Anna Fan, Tutor Coordinator, 617.635.5129 x1030 or volunteercoordinator@bcnc.net

Ethos

Become an advocate for the elderly – become an Ombudsman!

The Ombudsman program is currently looking for volunteers to advocate for the rights of residents in long term care facilities throughout Boston. We are looking for volunteers that can drive and commit to a minimum of one year of service. A three day training is provided and the times during which you visit the facilities are very flexible.

- Help the elderly
- Get involved in the community
- Work closely with residents and facility coordinators
- Strong support is provided by the Ombudsman program

Contact: Rachel Conrad Burlingame, Program Manager of Volunteer Services 617-477-6623 or email rburlingame@ethocare.org

Ethos - 555 Amory St.,

Jamaica Plain, MA 02130-2672

617-522-6700 ext.338 main number

website - www.ethocare.org

Letter to the Editors

Dear Editors,

Your April cover is interesting. I like it but please tell me what is it?

- Malcolm Newbury, Jr.

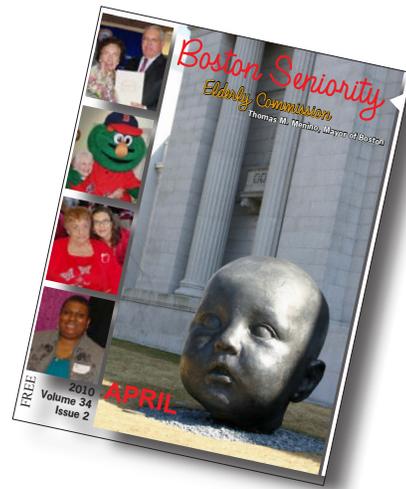
Dear Malcolm,

We actually received quite a few calls from our readers asking about this intriguing sculpture. It is actually one of two bronze baby head sculptures titled Day and Night by Spanish contemporary artist Antonio Lopez Garcia.

It is said the sculptures were inspired by one of his granddaughters. You can view them at the State Street Corporation Fenway Entrance at the Museum of Fine Arts.

Free Community Day: Enjoy free general admission to the museum on Sunday, June 20, 2010 from 10:00 am to 4:45 pm. (Voluntary contributions welcomed.)

Thanks for writing to *Boston Seniority*,
The Editors



About the Front & Back Cover

You can view this amazing sculpture and painting along with many others at the Boston Copley Library. There are many interesting things to explore on your own or on a guided tour.

Location:

700 Boylston Street
Boston, MA 02116-2813
(617) 536-5400

Tour Schedule

Sunday 2:00 p.m. (Nov.-May)
Monday 2:30 p.m.
Tuesday 6:00 p.m.
Wednesday No Tours
Thursday 6:00 p.m.
Friday 11:00 a.m.
Saturday 11:00 a.m.



Art Therapy at Upham's Elder Service Plan

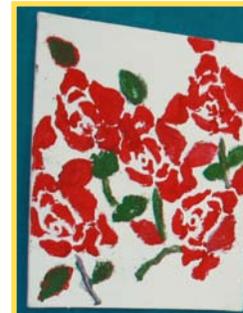
The art therapy group at Upham's Elder Service Plan (UESP) is more than just paint, brushes, paper and crayons. It provides a therapeutic environment where participants can express their unique creativity and artistic abilities using an integrated approach that strategically combines music and art. Participant's abilities are enhanced through visualization, replication and discourse to express feelings and emotions through their art. Art therapy helps treat isolation and encourages positive interaction generating conversation and enriching the life of our participants.

The UESP art therapy group includes, but it is not limited to, participants who are diagnosed with Alzheimer's Disease and other dementia related conditions. Under the leadership of Activities Assistant Maria Rodrigues this group was made possible. Art therapy draws on the individual's life experiences by tapping into their imagination. It creates a sense of belonging and enhances the mental and

emotional well-being of our participants. By offering freedom of expression art therapy promotes individuality, builds self esteem and self awareness. It is certainly a mood booster as can be seen in the easy camaraderie among our members. The recreation program at Upham's ESP offers participants therapeutic activities that are familiar, meaningful and dignified. Activities are individualized and tailored to promote creative expression in a stimulating environment.

UESP is a Program of All-Inclusive Care (PACE) for individuals 55 years of age or older, featuring comprehensive health and social services. The mission of UESP is to provide services that will support the independence and nurture the spirit of frail, older individuals.

Upham's Elder Service Plan has been serving the greater Boston Area since 1996. Our two PACE centers are located in Dorchester Savin Hill Area and Roxbury Dudley Square Area. To learn more about the Upham's Elder Service Plan please contact Maria Barbosa at: 617-288-0970 extension 16.



Away We Go!

Vintage Travel Poster Exhibit at Boston Public Library – Copley

Review by Tula Mahl

Are you looking to get away this summer? Are you interested in traveling the world for free without having to leave Boston? How about throwing some time travel into the mix? What do you think it can't be done? Well, actually you can do it all at the Boston Public Library "Away We Go" vintage travel poster exhibit.

If you are intrigued about visiting this exhibit you will be taken on a whirl wind trip around the world, time period 1920s to 1950s. The trip starts in good-ole Boston. First stop is Portugal. At each stop you will learn how to say hello in the native tongue, find out the capital of the country, and learn some fun facts about each country. For example, in Portugal you learn that Ferdinand Magellan led the first trip around the world in 1519-1522 in search of a westward route to Spice Islands.

The trip has 28 stops; navigating through Europe, North Africa, the Middle East, Russia, India, Asia, Latin America and your last stop brings you back to New England. During your trip you will see exotic countries, explore cities and countryside as well as experience the glamorous side of travel.



So what are you waiting for, this great adventure awaits you at the Boston Public Library, Copley. The trip is only around for a limited time May 13th – October 17th. It is in the Changing Exhibits Room which is to the left of the Dartmouth entrance.

If you are interesting in exploring some of your stops ahead of time, 350 of the vintage posters are available for viewing at the library's Flickr page which you can link from www.bpl.org. Away We Go! is free to the public so make sure you bring along some friends to experience this amazing journey.

What You Should Know, If You Agree To Be In A Study

By Tula Mahl

There are thousands of research studies conducted every year and many seniors are interested in participating in them. The benefits to participating are research that could result in information that will help others in the future, possibly a direct benefit to your health, and usually you can even earn money.

Recently I spoke with Alyssa Speier, Education Specialist at Harvard School of Public Health, to get pointers for people who are interested in participating in a research study.

What is the number one question to ask?

One of the first questions to ask or one of the first things to look for is IRB approval.

What is an IRB?

The Institutional Review Board (IRB) is a group of people who review and approve research done on people. The IRB includes doctors and nurses, scientists, and people from the local community. They review human research to make sure it is well-planned and ethical. The IRB serves to protect your rights and your welfare before and during the research study. For example, the IRB makes sure that any risks are as small as possible. The IRB does not make a decision for you. The IRB decides whether it is right to ask people whether they want

to take part in a research study. You are the one who will decide if you want to be part of the study. The IRB also reviews each research study while it is going on to make sure volunteers are protected.

What questions should you ask before volunteering to be a research participant?

The Harvard School of Public Health, Office of Human Research Administration has put together this checklist of questions you might want to ask to help you decide whether or not you want to participate in the study:

- Who is doing this study and what questions might it answer?
- Who reviewed or approved this study?
- What could happen to my health, good or bad, if I take part in this study?
- Is it possible that I will receive a placebo (inactive substance)?
- What tests or procedures will I have during the study?
- How long will the study last?
- If I decide to participate, how will it affect my daily life?
- Will I have to make extra trips to the study location?
- Could my condition get worse during the study? What happens if it does?
- Will I be charged anything or paid anything to be in this study?
- Who will be in charge of my care? Can I continue to see my own doctor?

- Who will be told I am taking part in this study? What information will they receive?
- What happens to any specimens that I give?
- What happens after the study ends?
- Will I be told the results of the study?
- How do I end my participation in the study if I change my mind?
- What other options do I have if I decide not to take part in this study?
- Whom do I contact for questions and information about the study?

What are your rights as a research participant?

As a research participant, you have the right to...

- Know why the research is being done
- Know what will happen to you
- Know the risks, side effects, or pain that may occur
- Know what good may come of the study
- Know what other treatments exist if you do not take part in the research
- Know how your private information will be kept safe
- Know what will happen if you are hurt
- Know whom to contact with questions or concerns
- Ask questions at any time
- Decide whether to participate without

being pressured

- Drop out at any time without penalty
- Keep a copy of the consent form

Where can you go to find study's to participate in?

You can find studies on hospital websites, look for the words clinical trials, local magazines, newspapers, and sometimes they are advertised on the local transportation.

These are some other places you can go to look for studies:

<http://www.centerwatch.com/health-resources/general/>

http://www.alz.org/alzheimers_disease_clinical_trials_index.asp

<http://www.hsph.harvard.edu/research/human-research-administration/for-research-participants/>

And remember:

Don't feel obligated to participate.

And at any point in the study you have a right STOP participating.

For more information go to www.hsph.harvard.edu/research/human-research-administration.

Or call 617-384-5480

Volunteers Needed Fort Independence

**South Boston's
Premier
Historic Site**



**Protecting Our
Country Since
1634**

Castle Island Association volunteer members have a passion for keeping Boston's rich heritage alive serving in many varied capacities, and lending a helping hand wherever needed.

Castle Island Association

Call 617-268-8870

www.bostonfortindependence.com

Healthy Fun Fitness

Come and reap the physical and mental benefits of **Massage** or try **Reflexology** where pressure is applied to reflex points of the feet or hands.

Benefits include increase in joint flexibility, help with insomnia, headaches, vertigo and much more.

~ **Group discounts available for private parties** ~

For more information contact:

Anita Hudson at 866-565-1449

or email healthyfunfitness@msn.com



Come play, walk, learn...get fresh



Something's going on everyday this summer on the Greenway!

EVERYDAY

Greenway Carousel (everyday May 7 – Oct 31; Sun-Thurs 11AM-9PM and Fri-Sat 11AM-closing). \$3/ride.

TUESDAYS

Boston Public Market Farmers Market in Dewey Square Plaza (every Tuesday May 25 – Nov 23, 11AM-6:30PM).

Outdoor Summer Concert Series in association with the Farmers Market (every Tuesday June 22 – Aug 24 12PM- 2PM)

Greenway Walking Tours with Boston by Foot (third Tuesday of the month May 18, June 15, July 20, Aug 17 and Sept 21, 6-7:30PM) starting in the North End Parks. \$10.

Horticulture Series (Tuesdays July 13th August 10th October 19th 6-7:30PM) starting in the North End Parks.

WEDNESDAYS

Yo-Chi instruction in Yoga and Qi Gong (every Wednesday Jun 2– Sept 15, 8-8:45AM) in the Wharf District Parks.

Family Games (every Wednesday Jun 23-Aug 25, 5-7PM) in Chinatown and North End Parks.

THURSDAYS

Boston Public Market Farmers Market in Dewey Square Plaza (every Thursday May 27 – Nov 18, 11:30AM-6:30PM).

Fitness Walking Weekly walking group in Dewey Square (every Thursday April 1 – Oct 28, 12:00AM-12:45PM).

Outdoor Summer Concert Series at the Rings Fountain (Every Thursday July 8 – Aug 26, 5:00-7:00PM)

FRIDAYS

Story Hour with ReadBoston (every Friday July 9 – August 13, 10AM) in the North End Parks.

Playmaking in the park (every Friday July 9 – August 13, 11AM) in the North End Parks.

Game On! Fun backyard games (every Friday June 4- Aug 27, 12-2PM) in the Wharf District Parks

Activity Carts Carts carrying books, board games and other children's activities (every Friday July 2 - Aug 27, 11AM-6PM); North End Parks and Wharf District Parks 28 – Nov 19, 11AM-6:30PM).

SATURDAYS

Rose's Life Guided tour of Rose Fitzgerald Kennedy's neighborhood and life (May 8, June 5, July 3, Aug 7, 10-11:30AM) starting on the Mothers Walk.

Activity Carts Carts carrying books, board games and other children's activities (every Saturday June 26- Aug 28, 11AM-6PM); North End Parks Parks and Wharf District Parks

SUNDAYS

Activity Carts Carts carrying books, board games and other children's activities (every Sunday June 27- Aug 29, 11AM-6PM); North End Parks and Wharf District Parks

Bringing Boston together.
www.hellogreenway.org





“Take me out to the ballgame. Take me out with the crowd.” So go the lyrics of the famous baseball song, often heard at Fenway Park. Much happens on game days. Josh Kantor, organist, entertains fans with: “Buy me some peanuts and Cracker Jack. I won’t care if I never get back.”

The media can be seen throughout Fenway. Games are broadcast on radio and television, in English and Spanish. Photographers try to get the best angle. Jerry Remy, former Red Sox shortstop, has been the television color commentator for quite some time. Shortstops start 6-4-3 double plays. They have to be quick on their feet. Baseball players often travel on planes and buses, from city to city.

Asked about the transition to his role as color commentator, Remy said, “Well, I sleep better.” The travel schedule is not quite as demanding. He works with the play by play announcer, Don Orsillo : “The runner advances from first to second.”

Vendors (hawkers) offer many things, such as hot dogs and soft drinks. “Buy me some peanuts and Cracker Jack. I won’t care if I never get back.” The fans have an enjoyable time, singing: “Let me root, root, root for the home team. If they don’t win it’s a shame.”

A sunny day is great for baseball. Fans make their way to the ballpark. Batters do their best to help the team. Umpires officiate, sometimes declaring: “For, it’s one, two, three strikes you’re out, at the old ball game.”

Photo Source: <http://boston.redsox.mlb.com/bos/ballpark/index.jsp>

ABCD Elder Services Presents:

**An Educational Program for
GRANDS (Grandparents Raising Grandchildren)**

Join us for one of our FREE workshops:

June 9, 2010: Connecting the Generational Gap

June 23, 2010: Addressing Behavior Problems

July 7, 2010: Lessons for Life

All workshops will be held at:

Harriet Tubman House

566 Columbus Avenue

Boston, MA

10:00 A.M.-12:00 P.M.

(Light Refreshments will be served)

Spotlight on a Hero

Submitted by: Lucienne's loyal first floor residents at Roscommon

At seventy-one years, Lucienne Michelle is a star certified nurse's attendant (CNA) at Roscommon Extended Care Center in Mattapan. She gets people in and out of bed, washes and dresses them, delivers drinks and snacks and is the always smiling favorite companion of her residents.

Five feet one inch tall and weighing ninety pounds, Lucienne works forty hours a week on the evening shift and shares her paycheck with her children and grandchildren who live with her. All of this doesn't seem extremely unusual until you learn that Lucienne gets kidney dialysis treatments twice a week.

The probability of a person who requires dialysis working full-time at a job doing physical work is very slight. Asked what makes her strong enough to work with kidney disease and she replied, "Only God and Jesus do that. Only God can make me strong. I believe that."

Lucienne is an example of that indomitable Haitian spirit we heard about in newscasts of the earthquake in Port-au-Prince. She accomplishes two jobs. She does a weeks work for her paycheck and she teaches Roscommon residents by example how the human spirit overcomes the ailments and disabilities of age.



Thank you
Lucienne!



Mark Boa retired from volunteering as a Senior Companion for many years. He received recognition from Mrs. Angela Menino on behalf of the Mayor.

Senior Companion Program



Become a Senior Companion 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.

HEALTHY

Country Potato Salad

Ingredients:

- 2 pounds small potatoes, preferably heirloom
- 1 cup chopped celery
- 2 ounces smoked ham, sliced into strips
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh chives, or scallions
- 2 tablespoons chopped fresh mint, or dill
- 3/4 cup nonfat buttermilk
- 1 tablespoon lemon juice
- 1 tablespoon peanut or canola oil
- 1/2 teaspoon salt
- Freshly ground pepper, to taste
- 2 large hard-boiled eggs, peeled and coarsely chopped

Preparation:

1. Place potatoes in a large saucepan, cover with water and bring to a simmer over medium-high heat. Reduce heat to medium and cook, partially covered, until just tender, 12 to 20 minutes, depending on their size. Drain and let cool for about 15 minutes.
2. When the potatoes are cool enough to handle, taste a bit of potato skin; if it's bitter or tough, peel the potatoes. Otherwise, leave the skins on. Cut the potatoes into bite-size pieces and put them in a large salad bowl.
3. Add celery, ham, parsley, chives (or scallions) and mint (or dill) to the potatoes. Toss to combine. Add buttermilk, lemon juice, oil, salt and pepper; stir to combine. Gently stir in chopped egg. Serve at room temperature or chilled.

Serves: 8 (1 cup)

RECIPES

Mediterranean Tuna Antipasto Salad

Ingredients:

- 1 15- to 19-ounce can beans, such as chickpeas, black-eyed peas or kidney beans, rinsed
- 2 5- to 6-ounce cans water-packed chunk light tuna, drained and flaked
- 1 large red bell pepper, finely diced
- 1/2 cup finely chopped red onion
- 1/2 cup chopped fresh parsley, divided
- 4 teaspoons capers, rinsed
- 1 1/2 teaspoons finely chopped fresh rosemary
- 1/2 cup lemon juice, divided
- 4 tablespoons extra-virgin olive oil, divided
- Freshly ground pepper, to taste
- 1/4 teaspoon salt
- 8 cups mixed salad greens

Preparation:

1. Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, 1/4 cup lemon juice and 2 tablespoons oil in a medium bowl. Season with pepper. Combine the remaining 1/4 cup lemon juice, 2 tablespoons oil and salt in a large bowl. Add salad greens; toss to coat. Divide the greens among 4 plates. Top each with the tuna salad.

Serves: 4

The Happy Diet

(Family Features) Most people recognize the link between what they eat and their physical health. But many don't know that there is a link between what they eat and their mood. Literally, says Elizabeth Somer, M.A.,R.D., what you eat or don't eat for breakfast can have an effect on your happiness quotient by afternoon.

The effects also are cumulative: eat the right foods for months, years, decades and you will be that much happier and mentally sharp in the years to come. In short, follow these tips that come from, "Eat Your Way to Happiness," the latest book by Somer, and she promises you will say, "I never knew I could feel this good!"

Feel Good Tip #1: Eat breakfast

People who eat breakfast have more energy, a more sustained good mood, they perform better at school and at work, and they sleep better at night. They also are less prone to food cravings, have an easier time losing weight and maintaining the weight loss. But, Somer is not talking doughnuts and coffee. You must follow the 1,2,3 rule. The breakfast must have:

- 1) a whole grain to provide needed high-quality carbs for the brain during the morning hours
- 2) a little protein to keep you satiated



and maintain even blood sugar levels throughout the morning

- 3) one, preferably two, colorful fruits and vegetables.

Somer's favorite is as a bowl of whole-grain cereal topped with berries and low-fat milk, and served with sliced watermelon. Or, a morning smoothie made with watermelon, lemon yogurt, and dash of ground ginger, served with whole-grain raisin bread.

Feel Good Tip #2: Keep lunch light and low-fat

Not only will a heavy lunch leave you groggy, but eat too much fat mid-day and it turns on a brain chemical, called galanin. According to research from Rockefeller University, the more fat we eat, the more galanin we produce. People who eat a fatty lunch are likely to eat more calories later in the day compared to someone who eats a low-fat lunch. You definitely need some fat, like the healthy fats in nuts and olive oil and the omega-3 fats, but don't go overboard.

A light, low-fat meal helps you stay alert through the afternoon hours, boosts energy, and fills you up without filling you out. An example would be a turkey breast sandwich on whole wheat piled high with spinach leaves and served with a glass of low-fat milk and a fruit salad or watermelon, orange slices and pineapple.

Feel Good Tip #3: Include super mood foods

Somer says that it is a style of eating, not just a few foods, that will stack the deck in favor of feeling great. The 10 secrets of happy people discussed in her book include habits, such as focusing on "real foods" not processed ones, cutting back on the quick fixes, and keeping meals light.

If you are following those guidelines, then adding super mood foods gives you an even greater nutritional bang for your buck.

Super mood foods are ones loaded with vitamins, minerals, fiber, and antioxidant-rich phytonutrients, while being moderate in calories. A perfect example is watermelon, which is higher in lycopene than are tomatoes, and is an excellent source of vitamins A, B6, and C. Better yet, watermelon is 92 percent water, which means it is a natural hydrator, and it contains two amino acids, citrulline and arginine that maintain blood vessels in the body.



CENTRAL BOSTON ELDER SERVICES
5th Annual
United For Elders EXPO 2010



Friday, June 25, 2010

UMASS Boston Campus Center

100 Morrissey Boulevard Boston, MA 02125 - 9am -3pm

- Free to the Public - Handicap Access
- Advanced Registration Required for Lunch and Workshops

Exhibit Fair • Workshops • Crafts & Arts Fair & Entertainment

Registration Deadline June 18th, 2010 To Register Call 617.277.7416 ext. 334

TTY 617.277.6691 or visit us online at www.centralboston.org

Falls: A National Health Priority

A few facts that you need to know about falls.

Each year, \$30 billion is spent on healthcare related to falls. Medicare costs alone for hip fractures as a result of falls is projected to be \$240 billion by 2040.

The average cost of a fall injury was about \$20,000 (not including physician fees).

55% of all falls take place inside the home.

More than 3/4 take place either inside or in close proximity to the home, where a medical alert system can be of immediate assistance. More fall injuries are caused by falls on the same level (not stairs) and from standing (tripping while walking).

About 1/3 of the elder population over 65 falls each year, and the risk of falling increases proportionately with age. This means, at 80, over 1/2 of seniors fall annually.

These are the documented falls. There are many that go undetected because an elder doesn't tell a spouse, child, health care worker that he or she has fallen. The elder probably hides the black and blues. Only if there appears to be a broken bone or severe pain, does the elder complain!! 47% of elders who fall cannot get up without assistance.

Those who fall are two to three times more likely to fall again. Up to 40% of people who have a stroke have a serious fall within the next year. About 53% of the older adults who are discharged for fall-related hip fractures will have another fall in 6 months.

Falls are the leading cause of death due to injury among the elderly and 87% of all fractures in the elderly are due to falls.

Falls account for 25% of all hospital admissions and 40% of all nursing home admissions 40% of those admitted do not return to independent living, 25% die within a year.

A total of 1.6 million fatal and non-fatal injuries among people 65 and older!!

What to do?

Every hospital, nursing home, rehabilitation center, senior center and elder service provider take falls very seriously.

What do they do? Some ideas are unique.

1. Identify and document all high risk patients at risk of falling.
2. Hourly rounds.
3. Identification wrist bands of patients who are high risk.
4. Special non-skid slipper socks (often

bright red) so staff can identify at risk elder quickly.

5. “Falling stars” on the doors of their room.
6. Beds kept in low position.
7. Call bells in easy reach.
8. Bed and chair alarms. When a person gets out of the chair or bed unattended, a loud noise sounds to alert the staff.
9. Patient and family are instructed on admission of fall prevention guidelines some even sign contracts which are posted on the patient’s bulletin board.
10. Those who are more at risk are the elders who have had a stroke (cerebral vascular accident). They may have some physical disabilities and or brain impairment.
11. Most important, staff is educated about falls and how to prevent them.

At home, you can improve your balance so you don’t fall.

Get out and walk!! More active elders have less falls. Get the spring back in your step.

Check on your medications. If you think the medications aren’t working for you,

speak to your doctor. Your medications may not interact well with each other and you are getting side effects (dizzy, confused, stumbling?).

Some medical conditions may increase your risk of falling:

Heart disease or heart failure, stroke, Parkinson’s disease, low blood pressure, chronic obstructive pulmonary disease, (COPD), diabetes, arthritis, vision problems and mental confusion.

You should consider getting an alert type bracelet or necklace. This is your best way to stay safe at home, especially if you live alone. They are inexpensive with a monthly fee.

Ask your doctor for information and a referral to a company in your community. There are several reputable ones in the Boston area.

Safe proof your house.

Light the hallway and bathroom at night, discard throw rugs, use a cane for your safety, throw away the clutter near doors and stairs, wear your eyeglasses, purchase a bedside rail to help you get in and out of your bed, ask your doctor for a referral for a physical and occupational therapist. These therapists will help you make your house safer for you.

You can help prevent getting a broken hip with a long recovery period. All you need is some early preventive measures.

Are Reverse Mortgages for Everyone?

By: Sarah Heidt, Boston Counselor, Homeowner Options for Massachusetts Elders (H.O.M.E.)

In recent years, reverse mortgage loans have gained popularity. They provide cash flow to seniors on a fixed income. Because the loans are so profitable, older homeowners are now increasingly being solicited by reverse mortgage lenders and brokers. While reverse mortgage loans may appear quite attractive at first glance, they are expensive and complicated loans, capable of depleting a borrower's home equity quickly.

A reverse mortgage works in the opposite way of a traditional mortgage. Instead of the borrower making payments to the bank, the bank takes the borrower's home equity and pays it back to them in the form of either monthly payments, a lump sum payment, a line of credit, or some combination of the above. With most reverse mortgage loans, no repayment is required until the end of the loan term, which occurs when either the last living borrower passes away or moves out of the home, whichever comes first. However, interest charges still accumulate and are added onto the loan balance every month. Since reverse mortgage borrowers make no payments on either the principal or the interest, they will be charged interest on the previous month's unpaid interest charges, a feature known as compounding interest. Compounding interest is one of the reasons why reverse mortgage loans

are so costly to borrowers and so attractive to the lending industry. The loans are most often of adjustable rate, with spreads up to 10 or more points over the life of the loan. Additionally, there are other related charges and fees (e.g. monthly loan servicing fees) as well as expensive mortgage insurance for the lender which is accrued against the value of the home.

Reverse mortgages are aggressively marketed and may seem wonderful, but they are not for everyone. At their best, they allow house-rich, but cash-poor elder homeowners to tap into their home equity to pay for living expenses. This is particularly useful when the potential borrowers are ineligible for, or inappropriate for, often less expensive more traditional mortgages, home equity loans, or lines of credit, due to a lack of income or a poor credit history. However, reverse mortgage loans are expensive and entail significant future implications, so they should not be entered into without careful planning and financial analysis well into the future. They deplete a borrower's home equity and once that equity has been used up, it will no longer be available to pay for such future needs and financial contingencies as medical expenses or major home repairs. The cost of borrowing from a reverse mortgage loan is high and many other, less expensive, alternative and financial options may exist that could meet a borrower's need while allowing them to preserve more of their home equity. Also, reverse mortgage loans are crafted to meet the individual financial needs of each applicant. Consequently,

one type of arrangement may work very well for one elder, but be a disastrous choice for another. For these reasons, reverse mortgage loans should be carefully considered and only after all other, less-costly, options have been exhausted.

Unfortunately, reverse mortgage loans are now being promoted as an easy way for seniors to improve their lifestyles and to enjoy luxuries they could not otherwise afford. Television advertisements encourage homeowners to take out a reverse mortgage loan to purchase a new car or to finance their dream vacation. Many borrowers understandably find reverse mortgages very appealing, but the risk of equity depletion is real and many people either do not have all of the facts or overlook the high cost of reverse mortgage loans because they are not required to make any payments on the loan or because they are promised life tenancy in the home. As a result, borrowers may enter into reverse mortgage loans for lifestyle enhancement without fully understanding all of the implications, risks, and potential consequences associated with them.

One of the most common misunderstandings among reverse mortgage borrowers is that the lender's assurance of life tenancy in the home means that the lender will never foreclose on their property. This may or may not hold true for any particular borrower. As with a traditional mortgage, if a borrower is unable to pay their property taxes or hazard insurance, that would be considered a loan default, and the lender may initiate foreclosure

proceedings. However, with a reverse mortgage loan, it is now becoming evident that increasing numbers of elders are finding themselves after a number of years, in such a loan, with insufficient income or loan proceeds to cope with unanticipated expenses (property tax increases, health care or medical costs, etc.) or keep pace with inflation. This is not terribly surprising, given that a rising debt financial instrument, such as a reverse mortgage, progressively reduces a borrower's options as time passes. Therefore, concern with conserving at least some equity for future contingencies should be uppermost. Further, if one has to eventually leave their home, it is much better to do so with equity reserves (and thus cash) than without.

To avoid any potential pitfalls, and to make sure that all prospective borrowers fully understand the pros and cons of taking out a reverse mortgage loan on their home, it is absolutely critical that they receive comprehensive counseling from a HUD and state approved non-profit agency. For maximum effectiveness, reverse mortgage counseling should be conducted by an experienced and reputable third party and should take place before the borrowers have had lengthy interactions with a lender or broker.

If you have any questions about reverse mortgages, please call Homeowner Options for Massachusetts Elders (H.O.M.E.) at 781-848-5200 or toll-free at 1-800-583-5337. H.O.M.E. is a private non-profit charitable organization and all services are provided free of charge.

Grandparent Getaways

Trips to take with your grandchildren

“No parents allowed.” It’s not a sign on a kid-only clubhouse, it’s the first rule of travel for memory-making grandparent/grandchild vacations.

Taking a trip with the grandchildren is a great way for the two generations to get to know each other and bond over a common experience. From simple day trips to luxury vacations, there are plenty of ways to whisk the kids away from mom and dad for an awesome adventure.

Trip Ideas

Local Treasures. You don’t always have to go far to find fun things to do. Zoos, amusement parks, festivals, museums and historical sites are great daytrip or weekend getaway ideas. Keep an eye out for special events at area attractions, such as butterfly exhibits at an arboretum or special festivals at theme parks such as Silver Dollar City or Six Flags.

Make it Personal.

- Taking them to the same vacation spot you visited with your parents – or their parents – lets you share part of your personal history.
- If you’re interested in family history, a trip to the country your ancestors came from joins family history with another culture,



bridging cultural and generational gaps in one remarkable vacation.

- Share your passions with them. If you love history, a trip to Washington D.C. is a must. (And with so many things to do for free, it’s a bargain, too.) If you love animals, volunteer at the Best Friends Animal Sanctuary in Kanab, UT. You and your grandchildren can work with the 2000 or so animals in residence there, and be within driving distance of the Grand Canyon, Bryce Canyon and Zion National Park. Whatever you love – music, plants, camping – there’s a family vacation to help you share that love.

Go with the Pros. There are a number of travel companies that either specialize in or offer intergenerational travel packages.

Grandtravel (www.grandtrvl.com) welcomes grandfathers, grandmothers, aunts, uncles and family friends to take grandchildren on a special trip. They select destinations all over the world and teach about the area's history and its people and culture. Visit places like Alaska, London and Paris, Washington, DC and Italy. Grandchildren of any age are welcome, but they recommend ages seven to 17 for most trips.

Elderhostel (www.exploritas.org) offers educational trips all over the US and the world. Some 2010 trips include:

- A Greater Yellowstone Adventure for Grandkids and Grandparents (Montana)
- Kayaking with your Grandchild: Exploring the Lewis and Clark Columbia River Water Trail (Washington)

- Artists in the Making: Creative Expressions in the Ozarks (Arkansas)
- A "Boxcar Children" Adventure (Northern California)
- Misty and the Wild Ponies of Chincoteague Island (Virginia)

Other great trip ideas and tips can be found at www.boomeropia.com and www.grandparents.com.

Do some research, get the grandkids involved in the planning, then head off for a great grandparent getaway that no one will ever forget.

(Courtesy of Family Features)

Ask.Screen.Know.



Photo by: Bizuayehu Tesfaye

In this photo provided by Novo Nordisk, Academy Award® winning actress and Boston native, Olympia Dukakis and her husband, actor Louis Zorich talk about a subject close to their hearts—diabetes. The dynamic duo was in the Boston area as part of Ask.Screen.Know., a program dedicated to increasing awareness about the free Medicare diabetes screening benefit. Olympia and Louis urged at-risk adults 65 and older to ask their doctor if they qualify for a free Medicare diabetes screening and to know their blood sugar numbers. The event was presented by the River Bay Club, a Brookdale Senior Living® community.

For more information about the Medicare diabetes screening benefit and the campaign, visit AskScreenKnow.com

SURVIVABILITY

“Don’t Retire, Inspire”

By Augusta Alban



Do you have it?

If you were a child born between 1940 -1970 and are still walking, talking and reasonably happy, congratulate yourself. You have SURVIVABILITY.

You were a kid who napped in a baby crib and you cut your teeth on the bars loaded with lead-based paint. With dirty hands you ate peanut butter and jelly (loaded with sugar) sandwiches on Wonder Bread - before they fortified it with eight essential vitamins. It's now called, “Wonder-izer.” Hand washing was done only at dinner time with something made by grandma called “Lye Soap.” You played ball and other games in the streets or on vacant lots strewn with broken bottles and rusty tin cans. You rode your bike down the highest hill as fast as you could without any helmet or inhibition. You spent hours building go-carts and racing them only to find out you had forgotten the brakes. You drank water from a garden hose not from a designer bottle. You shared one soda with four friends and no one died from it.

As a child you rode in the family car without an age appropriate seat, safety belt, air bag or sign reading “Baby on Board.” As a teenager you may have loved standing up in a convertible racing down the highway with whoever said

they could drive. On warm days kids lucky enough to be on farms road in the back of grandpa’s old pickup truck and before the age of ten you may have driven a tractor, just for the fun of it.

No one ever heard of childproofing doors, cabinets, lids on medicine bottles, or cleaning supplies, your mother’s piercing cry “NO!!!!” did it for you. At family reunions food with mayonnaise sat in the sun all day, regardless you ate it. You licked the beaters and didn’t become deathly ill from eating batter with raw eggs in it. At Easter the colored eggs sat on the counter for a week, you ate them whenever you felt like it.

Buying new shoes was a magic adventure. You stepped up and slid your feet into the mouth of the Magic Big Brown Box. You looked in the viewfinder and pushed the handy black button. Through the glowing green light you could see your skeleton feet in those new shoes. Your parents paid the bill and chatted with the owner, giving you lots of time to push that black button over and over again. Nowadays the same apparatus would require a lead apron to protect you from all that radiation.

You may have been jealous of your best

friend's doll; who remarkably glowed in dark closets. You now know those workers painting those dolls were poisoned by the glowing paint.

We ate cupcakes, bread and butter and drank sugar soda and we were not overweight. We ran around outside and played in the fresh air all day. We had fire crackers on the 4th of July. Every so often someone got hurt, but I don't remember lawsuits, they were called accidents.

Well you made it, you do have SURVIVABILITY!!!

It's a new year and a new decade and you are more than equipped to embrace it. We have places to go, people to meet and things to do. Make an easy plan so you can stay on top of it.

Be grateful! Think of three things each day you are grateful for. Write them down and read over at night just before you go to bed.

Be kind to yourself. You are doing the best you know how. Forgive those who need forgiving, including YOU.

Always remember life is a GIFT.

Stay away from Energy Suckers and negative people. They will misuse your gift.

Do something nice for another human being remember we are all connected.

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For more information please call
Ernie Deeb at 617-635-2359.

Animal Rescue League of Boston looking for seniors to adopt seniors

If you're over 60 and looking for a special canine or feline friend to make your home complete, the Animal Rescue League of Boston at 10 Chandler Street in Boston's South End has a special discount program for "Seniors Adopting Seniors."

Jane Nathanson, a social worker and rehabilitation consultant specializing in human-animal health and welfare, notes that for many seniors, having a pet can add new meaning to life.

"Oftentimes, elders may experience distressing times of loneliness, especially in the absence of loving and caring friends or family members. It becomes all the more fulfilling for many older adults to have the on-going comfort of a companion animal. The pleasurable interaction and mutual nurturance that takes place become physically as well as emotionally beneficial."

In many cases, owning a pet has helped lower blood pressure and cholesterol levels, reduce cardiovascular disease, reduce feelings of stress and loneliness, while increasing a sense of responsibility and alertness, activity during the day and fun.

The League's normal cost to adopt an adult

cat is \$100 and an adult dog is \$185. However, for seniors the price for an adult cat one-to-four years old is \$90 and a cat five years old or older is \$50. The seniors' price for one-to-four year old dogs is \$166.50 and \$92.50 for

dogs five years old and older. (Kittens and puppies under one year old are not eligible for the "Seniors for Seniors" discount.)

According to Boston Shelter Manager Marianne Gasbarro older animals are often a most appropriate match for their human senior counterparts.

"Unlike kittens and puppies most older pets are house (litter box) trained. They've usually learned acceptable behaviors and don't engage in those that are not. Dogs have gone through the teething stage and cats have already learned how to use – and not to use – their claws."

In addition, she points out, older pets require less time and energy and are usually content to curl up with you and snuggle in for a long nap. "Their behavior and personality is predictable so you usually know what you're getting when you adopt."

Gasbarro notes that all animals up for adoption at the Animal Rescue League of Boston have been evaluated by staff,



volunteers, and in some cases foster parents, as to their suitability for adoption.

“For nearly all of the animals in our care we have a brief write up detailing the animal’s history, character and ideal home environment,” she says. “Our goal is to find just the right home for just the right animal.”

According to Gasbarro, the adoption fee includes spaying or neutering; initial health screening and veterinary examination; initial vaccinations; up to \$300 to treat any shelter-related illness within two weeks after adoption from Boston Veterinary Care (the League’s public veterinary practice); rabies vaccinations; permanent microchip identification and registration; heartworm test and first dose of preventative medication for dogs; feline leukemia and FIV (feline AIDS) test for cats; flea, tick and mite treatment as needed; de-worming for intestinal parasites; and tag, collar, and leash or carrier.

In addition, the Animal Rescue League of Boston’s Animal Care and Adoption Centers offer a range of resources benefiting both experienced and first-time pet owners. The process begins with an in-depth pre-adoption counseling session conducted by a shelter agent to help potential adopters clarify their preferences and lifestyle factors to choose the right pet.

The Animal Rescue League of Boston also offers post-adoption benefits including

free behavioral consultations with Dr. Amy Marder, an internationally recognized animal behaviorist and Dr. Sheila D’Arpino, senior applied animal behaviorist; access to reduced-rate obedience classes; affordable, high-quality veterinary care through Boston Veterinary Care and a telephone helpline at 617-426-9170 to assist pet owners with behavior and training issues.

Gasbarro invites anyone who’s interested in adopting to stop in for a visit: the Animal Rescue League of Boston’s adoption unit is open 1:00-7:00 p.m. Tuesday –Thursday and 1:00-4:00 p.m. Friday-Sunday.

She concludes, “If you know of someone who’s been thinking about getting a cat for a while, maybe give them an extra nudge to stop down and visit. Also contact your friends to let them know about the wonderful cats we have waiting for a family. Hopefully by all working together we can help to find many of them a home!”

The Animal Rescue League of Boston is located at 10 Chandler Street in Boston’s South End, a couple blocks away from Back Bay Station or the Arlington T stop. Their phone number is (617) 426-9170. You can check out some of the pets available for adoption, on their website at www.arlboston.org



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For more information, please call Ed Conway at (617)327-6831 or e-mail him at edconway14@yahoo.com

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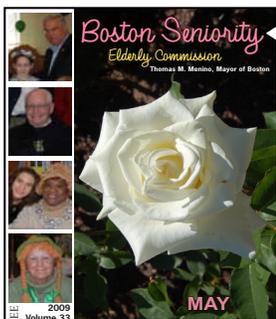
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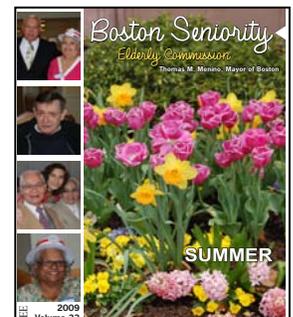
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What Erectile Dysfunction Can Really Mean for Your Health

Dr. Barry Buffman, Boston Medical Group

The topic of erectile dysfunction is still one that leaves most men searching for the door. Even in the privacy of a doctor's office, many men in the U.S. are afraid of what that diagnosis might mean for them. Despite these natural fears, it is very important for men and their partners to take erectile dysfunction seriously and get help. Even mild symptoms of ED can mean something is amiss in other parts of a man's body. Below is a list of "must-know" information for every man, whether you are currently suffering from sexual dysfunction or not:

- Circulation: Journal of the American Heart Assn. recently reported that German researchers have found men who suffer from ED are twice as likely to have serious heart issues. Since the arteries in the penis are smaller, blockages can show up 3-4 years sooner and manifest as erectile dysfunction. However, since this is such a sensitive topic among American men, often times it goes untreated.
- Research like this from the Journal of the American Heart Association has helped bring the sensitive topic of erectile dysfunction to the forefront. Doctors and patients alike have applauded and benefited from this discussion, in large part because

the penis serves as the barometer of a man's overall health, with dysfunction acting as a precursor for other issues or health failures to come. Even mild symptoms of ED can mean that something is amiss in other parts of a man's body, such as glucose and insulin levels or heart problems.

- Adding insult to injury, the blood pressure and cholesterol medications that are often prescribed to men with heart conditions and diabetes, often mean that oral medications are either rendered useless, or are dangerous for men with these systemic disorders.
- ED is not a disease that affects a mild few. According to the Massachusetts Male Aging Study, 52 percent of men between the ages of 40 and 70—upwards of 30 million American men—report having some difficulty with erection.
- Given its likelihood to be an indicator of larger health problems, it's important that patients think beyond popping a pill for the short-term problem and must focus on their long-term health. Because of an oft focus on the symptom rather than the cause, coupled with the convenience that oral medications have brought to the marketplace, not enough doctors are recognizing this situation or advancing the message today. Medical professionals need to analyze the health of the entire body before prescribing a solution for ED.

• Men with health conditions such as diabetes, hypertension, cancer and kidney or liver problems often find erectile dysfunction to be an upsetting side effect. Yet, because these diseases pose health risks to circulation, hormones and the nervous system, men with these diagnoses frequently can't treat their ED with oral medications. Additionally, there is a dangerous drop in blood pressure for men taking heart medication that contain nitrates. As a result, Viagra and other oral medications aren't always safe for many of the very same men who require it and

often don't work at all. For instance, Viagra is found to be ineffective 40 percent of the time in people with diabetes (as compared to up to 85 percent effective for the general population),[1]

Dr. Barry Buffman is a Board Certified urologist and the director of the Los Angeles Boston Medical Group. In the course of his career, Dr. Buffman has enjoyed over 20 years of private surgical practice, specializing in sexual dysfunction, oncology, laser and trauma.

[1] Erectile Dysfunction Connection, 3/5/09.

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Hosted by Augusta Alban

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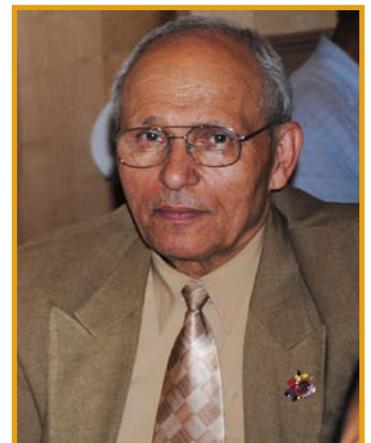
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