



Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

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May

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

Email articles and comments to Bostonseniority@cityofboston.gov

Although all material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the City of Boston, Commission on Affairs of the Elderly.

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Mayor's Spotlight



Mayor Menino's Neighborhood Coffee Hours

Join Mayor Thomas M. Menino for great conversation, delicious coffee and treats, as well as a chance to meet your neighbors and take home a plant grown in the City's greenhouses.

Coffee Hours:
9:30 - 10:30 am

Wed., May 8
Brewer Burroughs Park
2 Brewer St., Jamaica Plain

Thurs., May 9
Hynes Playground
502 VFW Parkway, West Roxbury

Fri., May 10
John Harvard Mall
29 Harvard St., Charlestown

Tue., May 14
Fr. Buckley Playground
210 West Third St., South Boston

Wed., May 15
Christopher Columbus Park
110 Atlantic Ave, North End

Thurs., May 16
Sumner Lamson Park
430 Sumner St., East Boston

Fri., May 17
Iacono Park
150 Readville St., Hyde Park

Tue., May 21
Clarendon Street Park
260 Clarendon St., Back Bay

Fri., May 24
Martin Tot Lot, Playground
95 Myrtlebank Ave., Dorchester

Tue., May 28
Ringer Park
85 Allston St., Allston-Brighton

Wed., May 29
Ringgold Park
10 Ringgold Park, South End

Thurs., May 30
Ernst Chery Playground
74 Orlando St., Mattapan

Mon., June 3
Fallon Field Park
910 South St., Roslindale



MAYOR THOMAS M. MENINO
COMMISSION ON AFFAIRS OF THE ELDERLY



NATIONAL SERVICE WORKS FOR BOSTON, MA

Mayor Thomas M. Menino hosted a roundtable discussion on April 9th with the city's community service leaders as part of the Mayors Day of Recognition for National Service. The day, which stretches across the country, allows city leaders to hear from some of Boston's 3,000 service leaders who work tirelessly to improve quality of life for individuals and families through work with organizations like AmeriCorps and Senior Corps.

"I was humbled to hear from so many great people who have dedicated themselves to helping others," Mayor Menino said. "They truly make our city a better place to live, work and visit, and I hope we can continue to promote and expand the idea of service throughout Boston and beyond."





Elder Volunteer Property Tax Work-Off Program

Thomas M. Menino, Mayor

Ronald W. Rakow, Commissioner, Assessing Department

Emily K. Shea, Commissioner, Elderly Commission

The City of Boston conducts an Elder Volunteer Property Tax Work-Off Program each tax year. The goal of the program is to match qualifying applicants with suitable volunteer positions within various public departments throughout the City of Boston in order to provide limited tax relief to senior homeowners.

Applicants can earn up to \$1,000 per fiscal year off their property tax bill. The Property Tax Work-Off Program is limited to 50 participants per fiscal year.

REQUIREMENTS

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

To qualify, applicants must meet requirements above and MUST provide the following:

- Proof of Age (Birth Certificate, Passport or Driver's License)
- 2012 Federal and State Tax Returns. *Note: if you are not required to file tax returns, you must submit a signed and dated letter of explanation with your application.*
- Social Security and Pension Benefits Letters
- If property is held in Trust, copy of Trust and Schedule of Beneficiaries

NOTE: The maximum amount of abatement for this program is \$1,000. The amount of tax work-off credit cannot exceed the total tax due for the fiscal year after any other exemptions have been allowed. The hourly rate of compensation is \$8.00 as of January 1, 2013. Upon approval into the program, your volunteer service must be completed by December 1, 2013 in order to receive credit on your Fiscal Year 2014 Third Quarter tax bill.

Elder Volunteer Property Tax Work-Off Law

M. G. L. Chapter 50, § 5K

Cities and towns may provide residents over age 60 with a local property tax deduction, up to \$1,000, in exchange for volunteer services. The amount of the property tax reduction earned by the taxpayer under this program is not considered income or wages for purposes of state income tax withholding, unemployment compensation or workmen's compensation. Internal Revenue Services does however consider the amounts to be included in the taxpayer's gross income for both Federal Income Tax and FICA tax. Elder volunteers are considered public employees when volunteering. Communities have authority to set income and asset limitations for participation in the program. Volunteers can work at the states minimum wage as well as the hourly rate, eligibility dates, limits on the number of volunteers accepted, types of work, and any other restrictions or regulations consistent with the law's intent, which will go toward their tax bill. For more information, seniors should contact their local tax assessor's office.

Application Filing Deadline: July 1, 2013

How to Apply

If you feel you meet the program requirements, contact the Elderly Commission for an application.

CALL: (617) 635-4366

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

Boston Podiatrists Offer Healthy Feet Tips for Seniors

Maintaining foot health is especially important in those over 55 years of age. Dr. Jordana Szpiro, D.P.M., F.A.C.F.A.S. and Dr. Shannon Thompson, D.P.M., podiatrists at Boston Common Podiatry offer the following tips to seniors:

1. Inspect your feet and between the toes daily checking for: dry or cracking skin, corns and calluses, any unusual lesions, discolored or thick nails
2. Clean and moisturize daily.
3. Check your shoe size yearly. If the arch collapses or the foot widens shoes that are too tight or not supportive enough can lead to foot pain, ingrown toenails or painful corns
4. Warning signs something may be wrong:
 - Burning, tingling or dulled sensation
 - Open sores that appear for no reason
 - Delayed healing of wounds
 - Foot or leg pain after walking short distances
 - Discoloration of feet or toes
5. Diabetic foot care tips:
 - Check your shoes and socks for foreign objects before putting them on

- Check temperature of soaking or bath water with the hands first to avoid scalding.
- Wear white socks only because the dyes in colored socks can be toxic if absorbed into open wounds and cause infection.
- Have shoes sized and fit by a professional
- Be aware of any changes in sensation or circulation

According to Dr. Szpiro, "If you notice a warning sign, don't wait. Some warning signs that exhibit in the feet can indicate a more serious health issue. Schedule an appointment with your podiatrist as soon as possible."

Boston Common Podiatry treats a large number of senior and Medicare patients. They prefer Boston Common Podiatry's private setting to a clinical environment and the fact that there is no wait time and no referral needed.

For more information, visit the website at www.BostonCommonPodiatry.com or contact the office at 617-262-2266.

About Boston Common Podiatry

Boston Common Podiatry specializes in the treatment of foot conditions including pain, fractures and sports-related injuries; complicated foot conditions caused by diabetes, arthritis and cardiovascular disease; pediatric podiatry and molded

orthotics. From athletes and dancers to runners and high-heeled fashionistas to seniors and children, the renowned Boston Common Podiatry cares for patients from the greater Boston and Cape Cod areas.

The practice's physicians are affiliated with Partner's Healthcare, Mt. Auburn Hospital, Beth Israel Deaconess Medical Center, Cambridge Health Alliance, and Lawrence Memorial Hospital in Medford. The office is handicapped accessible and they offer convenient, on-site x-ray services.

Boston Common Podiatry is one of the few practices in the area offering two of the newest, most advanced treatments: Keryflex, which is a new and innovative solution to fungal or dystrophic nails and the innovative GenesisPlus Nd:YAG laser by Cutera, the most powerful FDA-cleared laser for the treatment of warts, fungus, scars and thermal resurfacing. Boston Common Podiatry is located at 264 Beacon Street, Second Floor, Boston, MA.

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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
Deputy Commissioner
Tula Mahl, Producer at
617-635-1922



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

Are you on the verge of diabetes?

According to the U.S. Centers for Disease Control and Prevention, only 11% of the estimated 79 million Americans who are at risk for diabetes know they are at risk.

Prediabetes

This condition describes higher-than-normal blood sugar levels that put people in danger of developing diabetes. Know your risks for prediabetes.

What puts you at risk for prediabetes?

1. Overweight or obese
2. Physically inactive
3. Not eating a healthy diet

What to do next?

Know your fasting blood glucose level and A1C blood test numbers. Most of us have at least an annual blood test to test for blood sugar, so you may be aware that your blood sugar levels are rising.

Genetics - Do you have a family history of diabetes?

You are at risk if a family member has prediabetes. Lack of awareness of prediabetes affects everyone. Prediabetes can progress to diabetes

What this means is now you are a candidate to develop the complications from diabetes. Heart, kidney, poor circulation and vision problems (blindness).

What are the numbers?

Americans with diabetes according to the American Diabetes Association,

- 30% or more of those with prediabetes will develop diabetes over a 10 year period.
- 25.8 million adults and children (8.3% of population) have diabetes.
- Lose 5-7% of body weight and exercise 150 minutes/week can help delay or prevent type 2 diabetes.
- Check with your doctor about the best treatment course for you.

**A very
Happy Mother's Day 2013
to the wonderful women who
have influenced our lives.**

Elder Travel

My parents are older and quite frail now, but they still love to travel. In fact, it's what they live for besides their grandkids. But I worry about their safety. How can I be at my most relaxed when they go on their adventures? - *Frieda in Arkansas, 64*

You want your parents to keep traveling if that's what they enjoy doing, so I suggest you help them prepare for any worst case scenarios so you can feel more at ease. My experience has been that once you have all of the bases covered, things usually go very smoothly.

Before your parents go on a trip, take the following precautions:

- * Visit the doctor with your parents to be sure that they are healthy enough to take the trip. Never go against doctor's orders.

- * Have your parents' legal papers in order. I'm talking specifically about their wills, healthcare proxies, durable power of attorney, and DNR. They all need to be in order in case something happens on the trip.

- * Gather all of your parents' prescriptions (including eyeglasses) and photocopy them so they can be taken on the trip in case they need to be refilled. Also, if they have any allergies, include that information.

- * Be sure they travel with their medications on them at all times. Do not put them in the suitcase in case of theft or loss.

- * Type out a short list of their key contacts including: two next of kin and other family members, lawyer, primary doctor(s), dentist, rabbi/priest.

- * If your parents wear medical bracelets or medical necklaces, be sure all information is up to date including medicine, allergies, doctors' numbers, e-mail address, and cell phone numbers. The same goes for key family member's contact numbers.

- * If they require any extra attention such as a wheelchair, raised toilets, increased safety features, or special meals, call ahead and alert the airline and/or hotel.

- * Photocopy other important documents such as a passport, credit cards, and driver's license in the event of theft or loss. This can save time if replacements are needed.

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.

Sleep:

We need it, but why?

By: Gabriel Belosevic, R.N.,
3rd Year MGHIHP Geriatric NP Student

Did you know that a person will die from a lack of sleep faster than a person will die from a lack of food?

Why? Growth hormones and chemicals that are part of your immune system are secreted during sleep thus sleep gives the body a chance to repair muscles and other tissues by replacing aging and dead cells. Sleep also gives the brain a chance to organize and archive the day's events, which might explain some of our dreams. Sleep also lowers our energy consumption, hence sleep recharges the brain and body.

When we sleep our breathing slows, our heart rate slows, our muscles relax, and we only awaken to bright lights or loud noises. Humans sleep in one long session unlike other animals. Reptiles, birds and mammals all sleep in shorter increments. Some fish, insects and amphibians reduce their awareness to their surroundings but never become fully unconscious.

People sleep in stages:

- In stage 1 there might be a little muscle twitching.
- In stage 2 everything slows down and body temperature even decreases.
- In stage 3 deep sleep begins and the brain generates slow delta waves.
- In stage 4 very deep sleep occurs and we are hardest to arouse.
- In stage 5 rapid eye movement (REM), dreams occur and brainwaves actually speed up as heart rates increase to awake levels.

Most people experience 3 to 5 intervals of deep sleep each night. You must have both REM and non-REM sleep to feel like you slept well.

It is important to note that although they might help you fall asleep faster, most sleeping medications change the quality of the sleep and the REM components in a bad way.

How can you improve your sleep?

- Exercise regularly.
- Don't consume caffeine and avoid stimulants like cigarettes or depressants like alcohol after the early afternoon hours.
- Create and stick to a bedtime routine.

Ref: <http://science.howstuffworks.com/life/inside-the-mind/human-brain/sleep.htm>

STOP. RETHINK YOUR DRINK. GO ON GREEN.



Red - Drink Rarely, If At All

- Regular sodas
- Energy or sports drinks
- Fruit drinks



Yellow - Drink Occasionally

- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice



Green - Drink Plenty

- Water
- Seltzer water
- Skim or 1% milk



Building a Healthy Boston
Mayor Thomas M. Menino

Made possible by funding from the US Department of Health and Human Services
through Communities Putting Prevention to Work.

Visit www.bphc.org/chronicdisease
for more information.

Residents of Holgate Development in Roxbury

By: Vanessa Smith

Every month, residents at the Holgate elderly/disabled development get together to celebrate the birthdays of their neighbors. In March, they celebrated Lillian Kinney's 76th birthday and in February, they celebrated Lloyd Wright's 92nd birthday. This tradition is organized by the development's tenant organization, known as The Tenant Task Force. The tenants celebrate by sharing cake and ice cream.

"It's nice living here; we get along with each other," said Ms. Kinney, who has been living at the development for more than 10 years. In addition to cake and ice cream, residents get together to play Dominoes, Bingo, Whist, and other games as a way to socialize and spend time together.

Their task force President, Norman Younger, is behind much of the organizing

and will celebrate his 82nd birthday on April 8. "If I didn't do this [organize activities and volunteer his time as President], the things people have, well, they wouldn't get them," said Younger, whose brother Paul, also lives at the development and serves as an alternate on the task force.

In addition to the monthly birthday parties, the group has arranged for 20 residents to attend the Big Apple Circus in May. They also provide their fellow residents with a basket of fruit or flowers if they've been in the hospital for three days or more. They organize holiday dinners and what Norman Younger calls his weekly "Coffee Call," an opportunity for residents to bring ideas and concerns that they would like to put forth to task force members while having their coffee on Tuesday mornings. Other members of the task force are Ramona Robinson, Vice-President; Louise Williams, Secretary; and Barbara Young, Treasurer.



Pictured from left to right are: **Back row:** Winslow Roberts, Jimmy Allston, Douglas White, BHA Safety Officer Godfrey Simon, Norman Younger, Dan Thompson, and Mark V. **Front row:** Lloyd Wright, Paul Younger, Teresa Vasquez, Juan Silva, Lillian Kinney, Joyce Rather, and Earthalee Jackson.

We are proud

to support Mayor Thomas M. Menino's
19th Annual Greater Boston Senior Games.

JAMES E. ROONEY
EXECUTIVE DIRECTOR

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SENIOR INVESTOR EDUCATION CONFERENCE

SAVE THE DATE • JUNE 14, 2013

When: June 14, 2013
Time: 8:30 a.m. – 12:00 p.m.
Where: Massachusetts State House
Boston, MA

Topics include:

- Tips on **how to avoid scams** and how to check a salesperson's registration status and disciplinary record
- **What questions you should ask** before buying that "no-risk/high yield investment"
- **What you should know** about professional designations and free lunch seminars
- **Learn what suitability obligations** a broker dealer has and how those differ from the fiduciary duty of investment adviser
- **Where to get help** and how to file a complaint

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will be provided.

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William Francis Galvin
Secretary of the Commonwealth

Space is limited. Complete information to follow.

Making Tarts

By: John H. O'Neill III



Photo by: Celene Wong

There are different types of snacks we like. Tarts are one such snack and the good thing is that there are many ways to prepare them. Fruit tarts are one type of tart that I had the opportunity to learn to make at a class offered through an adult education program.

The class was held in a kitchen, complete with an oven and refrigerator. I had a nice time and the class was enjoyable. My teacher was Chef Edgar. You can view his website at www.chefedgar.com.



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Spring Review of **KIND HEALTHY SNACKS**

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 - *You can taste the nuts and fruit*
 - *Would definitely buy them*
 - *I am a big fan of KIND Fruit and Nut Bars!!*
- Yuuuummmm....*

For more information on these delicious snacks go to www.KINDsnacks.com

Senior Companion Program



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and become a friend.

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or go to **UHCCommunityPlan.com**.



UnitedHealthcare Senior Care Options (UnitedHealthcare SCO) is a voluntary program available to people who are 65 and older. UnitedHealthcare SCO is a Coordinated Care plan with a Medicare Advantage contract and a contract with the Commonwealth of Massachusetts Medicaid program. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan.

MASCO 120213_173411
H2226_120213_173411 CMS Accepted

CST2196_240593



Forget the Fountain of Youth ...

Seniors May Just Need a Healthy Dose of Pets

*Pets May “Paws-itively” Benefit
Seniors by Helping Their Minds Stay
Sharp and Their Bodies Fit*

All materials courtesy of: Nestlé Purina
Family Features

Man’s best friend may be the secret to helping seniors feel their very best, so they can continue to enjoy living life to its fullest. Research showing the physical benefits of pet ownership for seniors has been well-documented over the years, but now the mental and emotional benefits are becoming even more apparent. Specifically, pet-owning seniors may experience an improvement in memory, an increase in weight loss and an enhanced outlook on life, which proves the power that pets have on their minds and bodies.

According to a national Purina® Senior PetLover survey of 514 pet-owning Americans, ages 60 and older:

- 66 percent said their pet keeps their mind active and their memory sharp.
- Almost half of those surveyed (45 percent) said that after adopting a pet they started spending more time doing physical activities like walking and 26 percent of the women said they lost weight.

- 84 percent of those surveyed stated owning a pet makes them feel happier. “Research showing the physical benefits of pet ownership for seniors, which includes lower systolic blood pressure and cholesterol levels¹, has been well documented over the years. However, seniors also benefit emotionally from pet ownership, which might not be as easily seen on the outside, but can greatly impact their quality of life and enable them to feel their best,” says Steve Cohn, DVM, a Purina Pets For Seniors veterinarian.

¹American Journal of Cardiology, 1995

Seniors Get Up and Get Moving for Pets

Although constant companionship is the best aspect of owning a dog or cat according to 88 percent, seniors also see other benefits of pet ownership that include a positive outlook on life and a renewed interest in being active. In fact, 69 percent of senior pet owners said their pet makes them look forward to each new day and that’s the same positive attitude that contributes to a more active lifestyle. Pet ownership provides a powerful incentive for seniors to get moving because they know it’s good for their health, and it’s another way to interact with their pet. For example, seniors acknowledge their pet is their companion, but 55 percent of those surveyed said they also see their pet as their playmate, and so the simple act of playing leads to more vibrant seniors.

Even more, 71 percent of the women said their pet keeps them energized, which is a great reason for people of all ages to consider adopting a pet.

Pick of the Litter - How to Find the Right Pet for You

For seniors, choosing the right pet is a very important decision that involves a lot of considerations. Before adopting a new furry companion, seniors need to be aware of the commitment that goes into caring for a dog or a cat. Pets require lots of attention, so seniors need to be sure they can devote the time and have the means to care for a four-legged friend, both physically and financially.



If you are a senior or know someone in your life that might benefit from having a pet at home, below are some tips for choosing the right companion:

- Think about why you want the pet. It is very important to identify your reasons for adopting a pet because they can often tell you what type of furry companion could be the best fit.
- Consider what kind of pet to adopt. Animal care professionals advise seniors

to consider adopting an adult dog or cat, as they may be a better fit for their lifestyle than a puppy or kitten. Adult animals tend to be calm, housetrained and less inclined to exhibit unpredictable behavior.

- Consider your home and your lifestyle. Certain pets require more space and more care than others. For example, if you live in an apartment, then a small dog or a cat may be your best bet. Along the same lines, if you want a pet that is relatively low-maintenance, then adopt a short-haired cat or dog that doesn't require daily brushing.



- Turn to your local shelter. Adopting from a shelter has many advantages; besides having a great selection of adult animals for adoption, many organizations may provide a special program or discounted adoption rates for seniors.

- Check with your local shelter to see if it has a senior program.

For instance, lots of shelters across the country participate in the Purina Pets For Seniors program where seniors age 60+ can adopt at a reduced rate. Visit www.purinapetlover.com for a list of participating shelters to see if one is in your area.

Don't Miss

The Elderly Commission

On Radio



Tune into:

Zumix Radio

on Wednesdays at 2:00 p.m.
and Mondays at 9:00 a.m.
Streaming on the internet at
www.zumix.org

WJIB 740 AM on Sundays
at 8:30 a.m.

For more information please
contact: Greg Josselyn
at 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.

STATEPOINT CROSSWORD

THEME: SAYS WHO?

ACROSS

1. The final frontier?
6. It's between generations
9. Seconds, as in food
13. Man-made stone pile
14. A try
15. Locomotive hair
16. Assistants
17. Big Island necklace
18. Twig of a willow tree
19. *"Oh, the places you'll go!"
21. *"A house divided against itself cannot stand."
23. Pod dweller
24. Continental currency
25. Male child
28. Bohemian, e.g.
30. Knapsack for a soldier
35. Extraterrestrials' rides
37. Show horse type
39. "Downton Abbey," e.g.
40. Capital of Latvia
41. Interior designer's focus
43. Newton, e.g.
44. *"Life was a funny thing that happened to me on the way to the grave."
46. Sign of a saint
47. U2 guitarist
48. TV variety show classic
50. Shining armor
52. Morse code signal
53. A car usually has one to spare
55. Type of dance
57. Don't dwell on it
61. *"And yet it moves"
65. Muse of love poetry
66. Bubble source?
68. Eye opener
69. Colorado skiing destination
70. American chant
71. Viking, in the kitchen
72. Regard
73. Even, to a poet
74. Klondike river

DOWN

1. A large number or amount
2. Batman and Robin, e.g.
3. Gives a hand
4. Do like ivy
5. Comes next
6. "Buffalo ____, won't you come out tonight..."
7. To go gray?

CROSSWORD														
1	2	3	4	5		6	7	8		9	10	11	12	
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69						70				71				
72						73				74				



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8. WWI French soldier
9. Catchall abbr.
10. Assortment
11. Cambodian money
12. "____ your keep"
15. Cone shape
20. Tossed starter
22. Rub the wrong way
24. One moved from a dangerous place
25. *"You rang?"
26. Flambé
27. Motherless calf in a herd
29. Equal to side squared for a square
31. T on some tests
32. Wedding ____, pl.
33. Spanish friend
34. *"Be nice to nerds. Chances are you'll end up working for one."
36. Around a window
38. *"I wanted to win, even in practice."
42. Indian restaurant yogurt staple
45. *"America loves a winner and will not tolerate a loser."
49. Head cover
51. Pay or earnings
54. Scoundrel
56. Pilaff, to some
57. Old paint hazard
58. Gaelic
59. VHS, e.g.
60. A distinct part
61. F.B.I. operative
62. Long and thin
63. "Cogito ____ sum"
64. A sign
67. Consume

The Third Cup

“Don’t Retire, Inspire”

By: Augusta Alban



I think of talent as a gift. I am grateful for what I have been given. I will never be known for my spelling, my cooking or a great body. The gift I have been given is an entertaining sense of humor. The thing about this gift is no matter the time or place, I am always able to amuse myself and oftentimes many others.

I spent this Thanksgiving holiday on my favorite island visiting old acquaintances of many years standing. Friends from long ago are the best: they remember the wonderful times and the funny things we have said to each other that still bring a smile to our hearts. I hope they look forward to seeing me, and hope I can say something new to entertain them. That is my pleasure - my gift and that is what I do.

Humor is a wonderful gift, and I never remember not having it. I always wanted people to be happy, not to be sad. So all of my life I have been looking and studying to find those things that make my cup half full. Well, I found it! It’s simple! It all comes down to one thing and one thing only: We do have control over the thoughts we think. And what we think about over and over becomes our life.

My gift is humor so, as they say, timing is everything. The best advice I have

ever been given on that subject came from my dear friend, a well-known shrink. "You can say ANYTHING," she said. "ANYTHING?", I asked. "YES - so long as you do not say it in anger."

Now this takes practice. First it's not easy. If you are really angry about something, it's hard to let go. You see, people do not hear the words; they feel the force of your anger. Just say it without a trace of anger. Try it first on your dog after he has wet on the new living room rug. You can angrily say BAD, DOG, BAD DOG! Now say it with a kind voice and a lovely smile on your face. You have Rover’s attention and his tail is still wagging!

The same thing works with those we call humans. Watch most people in the supermarket talking to babies. They can be saying to that baby the price of grass-fed beef is preposterous and the grocer should be shot. But without anger, the baby is happy, just like the dog.

My friend who owns a lovely toy store on Straight Wharf across from the Nantucket ferry dock was waiting for me when I arrived for my Thanksgiving visit. She is one of the most positive people I have ever known. Some people collect cars, art and jewelry. I collect

knowing outstanding people: they are my jewels, and they add beauty and sparkle to my life. These people are not on TV every night, and are not listed as Barbara's most fascinating guests (i.e. Honey Boo Boo) and their last name is not Kardashian. These are real people with real lives. These people truly help affect the way we see our lives by the way they live theirs. This friend is one of those people.

As we visited together during the holiday, she reminded me that although it may not be easy, we have chosen to live life in a positive way. "My family has what we call the Third Cup Possibility. One cup is half full. One cup is half empty."

"What is the third cup?" I asked.
"The third cup is what my mother always says: What in the H is that cup doing in the sink when we have a perfectly good dishwasher!" That's my mother.

Remember:

It's up to you. It's your life.
You get to choose.

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Healthy Recipes

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

Rhubarb Chutney

Ingredients:

- 2 cups diced rhubarb
- 3/4 cup diced red apple
- 1/2 cup dried cranberries, or cherries
- 1/4 cup finely chopped red onion
- 1/4 cup water
- 1/4 cup honey
- 1 tablespoon minced fresh ginger
- 2 teaspoons red-wine vinegar
- 1/4 teaspoon crushed red pepper, plus more to taste

Preparation:

Combine rhubarb, apple, cranberries (or cherries), onion, water, honey, ginger, vinegar and crushed red pepper to taste in a small saucepan. Bring to a boil, stirring occasionally. Reduce heat to medium-low, cover and simmer until rhubarb is tender, 15 to 20 minutes. Uncover and simmer, stirring occasionally, until thickened, about 5 minutes more. Serve warm or cold.



Serving: 16 servings - 35 calories

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

Sauteed Snap Peas with Scallions & Radishes

Ingredients:

- 1 tablespoon unsalted butter
- 3/4 pound sugar snap peas, strings removed
- 8 scallions, cut into 2-inch lengths
- 8 radishes, cut into wedges
- Coarse salt and freshly ground pepper



Preparation:

1. In a large skillet, heat butter over medium-high heat. Add snap peas, and cook, tossing frequently, until just beginning to soften, 3 to 4 minutes.
2. Add scallions and radishes; season with salt and pepper. Cook, tossing frequently, until scallions soften and snap peas are crisp-tender, 1 to 2 minutes more.

Serves: 4

Source: <http://www.marthastewart.com/316847/sauteed-snap-peas-with-scallions-and-rad?czone=food/produce-guide-cnt/spring-produce-recipes¢er=276955&gallery=275414&slide=256874>

Sugar Snap Peas with Oregano



Ingredients:

- 1 pound sugar snap peas, strings removed
- Coarse salt
- 1/2 tablespoon butter
- 1 tablespoon fresh oregano, coarsely chopped, substitute 1/4 teaspoon dried

Preparation:

1. In a large skillet, combine snap peas and cup water; season with salt. Bring to a boil over medium-high. Cook until water has evaporated, 3 to 4 minutes.
2. Add butter, and continue to cook, stirring frequently, until snap peas are crisp-tender, about 2 minutes. Remove from heat; stir in oregano.

Serves: 4

Source: <http://www.marthastewart.com/336122/sugar-snap-peas-with-oregano?center=276955&gallery=275414&slide=282869>

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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

Think You're Healthy?

Would You Know if You Weren't?

Oncologist Offers 7 Tips for Increasing Awareness

Not too long ago – just after World War II – few people in the United States brushed their teeth with any regularity. Now, the mere thought of going an entire day or night without brushing one's teeth is simply out of the question for most.

Hopefully, someday in the near future, a similar attitude will prevail regarding mental well-being, says Dr. Matt Mumber, an oncologist and author of “Sustainable Wellness: An Integrative Approach to Transform Your Mind, Body, and Spirit,” (www.sustainablewellnessonline.com), coauthored by Yoga therapist Heather Reed.

“Human happiness and well-being are rudderless without awareness, which I define as the quality of paying attention to what's going on in the present moment from an inquisitive, nonjudgmental and focused perspective,” he says.

An easy way to think of optimal wellbeing might be to envision a three-legged stool, says Reed.

“The three legs include physical activity, nutrition and that underappreciated component missing from too many Americans' lives – stress management, or a healthy mental state,” she says.

After checking off a healthy diet and exercise from the list, how does one go about ensuring a healthy mind? Mumber and Reed say the key is mindfulness, which they define as paying attention on purpose, non-judgmentally and as though your life depended on it. Framed another way, mindfulness means focusing on something without trying to change it, like the sky holding passing clouds without clinging to them.

They describe the states necessary for attaining mindfulness:

- **Beginner's mind** is the ability to see things with new eyes. The Bible warns against putting new wine in old wine skins – doing so risks tainting the new stock. A beginner's mind opens people to the world of possibilities that exist in the present moment. That does not mean throwing away good ideas from the past; rather, it means to entertain new ideas with a truly open sensibility.

- **Trust:** Believe in your authority to know your own body, thoughts and feelings. We need to have the confidence necessary to trust that our thoughts and feelings at any given moment have value.

- **Non-judging** is the ability to see things for what they are, to hold an open and neutral place for whatever comes up within and around you, without thinking of anything as categorically better or worse than anything else.

- **Patience** is a willingness to continue with the process of paying attention on purpose even when it appears that no progress is being made. Learning and growing through mindful practice happens with time, and we can't force the outcome.

- **Acceptance** refers to allowing whatever comes up in the moment to be held in our field of awareness. This is not the same as giving up or being passive; acceptance is merely acknowledgement.

- **Letting go** is refusing to attach to specific thoughts, feelings or behaviors. This can feel like losing something, but every time we let go, we open ourselves to something new and, potentially, deeper.

- **Non-striving:** In our goal-oriented society, this may seem counterintuitive. However, non-striving refers only to practicing mindfulness without expectation of some future goal or dream, which helps us better live in the now.

“By having our three-legged stool firmly planted in awareness, we can drop into

what we typically call a sense of spiritual wellbeing,” says Mumber.

About Matt Mumber, MD & Heather Reed

Matt Mumber, MD, is a practicing board-certified radiation oncologist with the Harbin Clinic in Rome, Ga. He completed his radiation oncology residency at Wake Forest University Bowman Gray School of Medicine and graduated from the Associate Fellowship Program in Integrative Medicine at the University of Arizona. Dr. Mumber is past president of the Georgia Society of Clinical Oncology. He founded Cancer Navigators Inc, a non-profit organization offering cancer patients access to nurse navigation, social services and educational programs to support and augment the clinical care they receive. Dr. Mumber received the Hamilton Jordan Founders Award for involvement in statewide oncology activities and in 2008 he was named a Health Care Hero by Georgia Trend magazine.

Heather Reed has been teaching Yoga since 1996. She expresses an integrative, adaptive approach and specializes in using Yoga and meditation techniques for people living with cancer, post-polio syndrome and other chronic illnesses. Heather received an Experienced Teacher Certification from Esther Myers Yoga Teacher Training Program and has had extensive training with senior staff of the Commonweal Cancer Help program and Dr. Dean Ornish's Program for Reversing Heart Disease. She developed Yoga classes for cancer patients at The Wellness Community, Atlanta. Since 2008, she has been Yoga teacher and co-facilitator for the Residential Retreat Program for Cancer Navigators of Rome, Ga.

Healthy Aging for your Brain

By: Gene A. Mazzella,

Chair of the Multicultural Coalition on Aging

Whether you are full blooded or mixed Caucasian, African American, Hispanic, Asian, and/or Native American; from the US or any other part of the world and/or other cultural/racial/ethnic background, we all share the same need to have a happy healthy brain, especially as we age.

The Human brain is the most complex and important organ in the body and without proper care it will quickly fail and lead to disease and disability.

While much is still unknown about what causes brain related diseases like Alzheimer's and other dementias, according to the Alzheimer's Association, keeping your brain healthy starts with 4 simple steps.

Step 1: Stay physically active

Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells. It also can significantly reduce the risk of heart attack, stroke and diabetes, and thereby protect against those risk factors for Alzheimer's and other dementias.

Step 2: Adopt a brain healthy diet

Research suggests that high cholesterol may contribute to stroke and brain cell damage. A low fat, low cholesterol

diet is advisable. And there is growing evidence that a diet rich in dark vegetables and fruits, which contain antioxidants, may help protect brain cells.

Step 3: Be socially active

Social activity not only makes physical and mental activity more enjoyable, it can reduce stress levels, which helps maintain healthy connections among brain cells.

Step 4: Stay mentally active

Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells.

Evidence based studies, in and around Boston, are ongoing; some of which like the Harvard Aging Brain Study through the Mass General and the Brigham and Woman Hospitals are trying to find out more about how the brain ages in general and how they age in comparison between different racial and ethnic groups.

To find out more about the Multicultural Coalition on Aging and how you can get involved or support us visit our website at www.mcaboston.org or contact us via email: mcaboston@yahoo.com or via phone: 617-363-8766.

To find out more about the Alzheimer's Association and how the brain works, how the brain is affected by Alzheimer's,

facts and figures on racial/ethnic differences or early warning signs of dementia and what other evidence based programs are currently active in the Boston Area; visit their website at www.alz.org or call their 24/7 helpline: 1-800-272-3900 TDD: 1-866-403-3073. You can also catch Michael Kincade on Boston Neighborhood Network Chanel 9

every Tuesday at 2:30 p.m on Age Wise, a program sponsored by the Alzheimer Association.

To find out more about the Harvard Aging Brain study and how you can participate in their important study; contact Tamy-Fee Meneide, Research Coordinator at 617-643-0143.

Happy Older Americans Month!

from

Mayor Thomas M. Menino

and

The Elderly Commission



Unleash the Power of Age

Every year since 1963, May has been a month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities.

The theme for Older Americans Month 2013, Unleash the Power of Age, has never been more fitting. Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors.

Source: www.aoa.gov

Bay State Community Healthcare

Presents

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You are invited to our Community Health Fair

**For Families, People with Disabilities, Elders and their
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Saturday, May 11, 2013: 10:00 a.m. - 2:00 p.m.

*The Shelburne Community Center
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Any Questions, please call Bay State Community Healthcare at
617-996-0630 / 508-283-0564 or Email: gpascual@bshealthcare.com

Researchers from the Harvard Aging Brain Study will also be
in attendance. View flyer on the next page for more information.



Solution to Crossword on Page 19

S	P	A	C	E		G	A	P		M	O	R	E	
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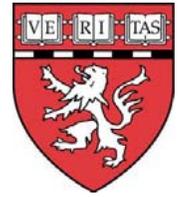
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All information is kept completely confidential.

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Memoir Project at Back Bay



Happy 100th Birthday Mickey!

By: Eileen O'Connor

Mickey Sylvia turns 100! She is from the Georgetown section of Hyde Park. She is the mother to Marlene and has one granddaughter named Donna. Mickey enjoys going to Bingo with her daughter, watching soap operas, going out to eat with family and shopping for clothes. She also likes to be with her friends at St. John Chrysostom Parish Senior Club in West Roxbury.





Mayor Thomas M. Menino

&

The Commission on Affairs of the Elderly

Celebrate



Senior Corps Week – May 7-11

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