

Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



FREE

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Mayor's Spotlight

MAYOR WALSH SIGNS ORDINANCE TO DISCOURAGE FENWAY PARK ATTENDEES FROM USING RESIDENT PARKING SPACES DURING RED SOX GAMES



In April, Mayor Martin J. Walsh signed an ordinance that will pilot raising fines from \$40 to \$100 for violating resident parking restrictions in the neighborhoods around Fenway Park during Major League Baseball games. With Opening Day on Monday, April 13, the legislation is aimed at discouraging Fenway Park event attendees from parking in curbside spaces designated as Fenway/Kenmore resident parking zones. Vehicles that do not have a Fenway/Kenmore resident parking sticker are subject to the increased fine. The ordinance was sponsored by Councilor Josh Zakim and worked through the City Council with Government Operations Chair Michael Flaherty.

“We’ve heard from residents that finding a parking spot in the Fenway and Kenmore neighborhoods during baseball games is a burden, and this legislation aims to improve that experience,” said Mayor Walsh. “Thank you to Councilor Zakim and Councilor Flaherty for your work on this, and for coordinating with the Boston Transportation Department to make this into an effective pilot program for residents and for the City of Boston.”

"This ordinance is a great step forward for residents of the Fenway, Kenmore Square, and Audubon Circle. These changes will help restore the parking balance in the

neighborhoods around Fenway Park during some of the busiest months of the year - an issue I've consistently heard about for almost two years,” said City Councilor Zakim. “I'm gratified to have participated in a truly collaborative effort across city government, working with the Mayor, BTB, and my colleagues on the Council to deliver for our neighbors. I look forward to examining the pilot data at the end of the year.”

"Given that over 10,000 resident parking violations have been issued over the last two years during Fenway Park events underscores a significant problem for the residents of Fenway/Kenmore District,” said City Councilor Michael Flaherty. “Increasing resident parking fines should be a disincentive for people to illegally park and an encouragement to take public transportation or to cycle.”

The change will go into effect two hours before any Major League Baseball game played at Fenway Park, and will extend to two hours after the game. The ordinance also gives flexibility to institute this rule during other Fenway Park events on a case by case basis. The pilot will end on December 31, 2015.

The City Council passed the Ordinance on April 8.

Boston RSVP Volunteer

Angela Hatch



13 years of Service, 5,531.50 hours as of 04/15/2015

Where did you grow up?

I grew up in East Boston, and currently live in Weymouth, MA.

Do you have children?

I have two children, my daughter, Theresa Flaherty, and my son, Dennis Hatch. I also have three grandsons DJ and Christian Hatch, and Michael Flaherty. I spend a lot of time with my family. We try to celebrate all the birthdays by going out to dinner and having a lot of laughs!

I worked at John Hancock Insurance Co., until I retired at 70 years old. I started volunteering at City Hall in 2002. I have an assortment of assignments such as, keeping records of the volunteer timesheets helping to research information for annual reports and sometimes simply stuffing envelopes or filling “goodie bags” for the senior games and the Mayor’s walk. Volunteering is a great way to meet people and make new friends!

What do you like to do?

I enjoy being with my family, love to travel and I love to cook; especially for Thanksgiving and Christmas Eve.

Can you think of an event or activity that you had the most fun while serving as an RSVP volunteer?

My favorite senior event is the 50th Anniversary party, compliments of Mayor Walsh. The happy couples are dressed in their



Mayor Walsh along with Commissioner Shea honor Angela Hatch on the Mayor's Day of Recognition for National Service for her dedication to Boston RSVP

finest outfits, they enjoy a great meal, have a formal picture taken, and they get to dance to the music of our generation! The first one that I volunteered at was the Ritz!

The Boston RSVP recognition dinner is also my favorite event. It’s a nice day to socialize with volunteers from all areas of Boston. I’d like to give credit to the directors of the RSVP and Senior Companion Programs for their hard work in planning the event.

I’m privileged to be part of Boston RSVP, and grateful for the friendships they provided. I feel honored (and surprised) to be the recipient of the “Mayor’s Recognition Award.”



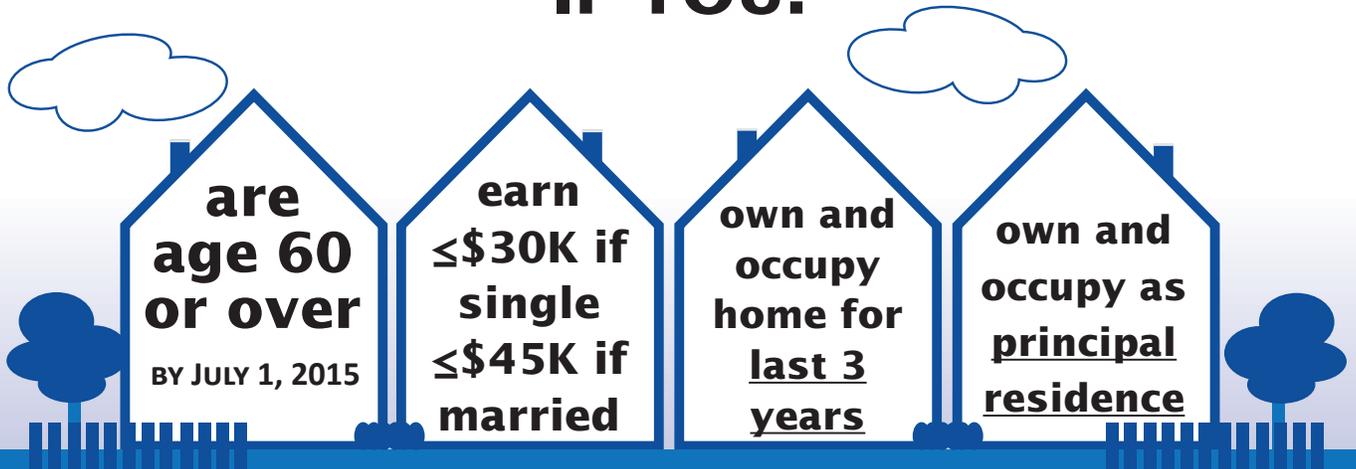
Martin J. Walsh, Mayor

Ronald W. Rakow, Commissioner, Assessing Department
Emily Shea, Commissioner, Elderly Commission

Senior Citizen PROPERTY TAX WORK-OFF PROGRAM

S E N I O R H O M E O W N E R S

IF YOU:



You may qualify to earn a credit towards your property tax bill by volunteering with the City of Boston.

Application Filing Deadline:

July 1, 2015

**FOR MORE
INFORMATION,
contact:**

617-635-4250



THEME: MOTHER'S DAY

ACROSS

- 1. Milan's La _____
- 6. Globe shape
- 9. Sainly sign
- 13. Alexandre Duma's "The Black _____"
- 14. Broadcast
- 15. Happen again
- 16. Like city life
- 17. Mudbath site
- 18. Fill with high spirits
- 19. *"Mommie _____," movie
- 21. *Kate Hudson's mom
- 23. Dog command
- 24. Like Andersen's duckling
- 25. Eric Stonestreet on "Modern Family"
- 28. Hard currency
- 30. Internet business
- 35. In the sack
- 37. Sometimes hard to reach
- 39. Irrigation water wheel
- 40. Track event
- 41. *Suri's mom, e.g.
- 43. Fix a horse
- 44. _____'s razor
- 46. *Bébé's mother
- 47. Copycat
- 48. Tarzan's swings
- 50. A in B.A.
- 52. "... _____ he drove out of sight"
- 53. Repair, as in socks
- 55. Pull the plug on
- 57. *Mom to Meg, Jo, Beth and Amy March
- 60. *Popular Mother's Day gift
- 64. Kim Jong-un of North _____
- 65. Reverential salutation
- 67. Tie again
- 68. Relating to Quechuan people
- 69. Intelligence org.
- 70. Dodge
- 71. Don't let this hit you on the way out
- 72. One of Bartholomew Cubbins' 500
- 73. More sly

DOWN

- 1. Part of house frame
- 2. Prepare by drying or salting
- 3. *This famous Jessica became a mom in 2008
- 4. Pinocchio and his kind

CROSSWORD														
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- 5. Relating to apnea
- 6. Brewer's kiln
- 7. Tombstone acronym
- 8. Health food pioneer
- 9. Retained
- 10. Palm tree berry
- 11. Guitar forerunner
- 12. Bonanza find
- 15. Count on
- 20. Indifferent to emotions
- 22. *Like Mother Hubbard
- 24. Soiled
- 25. *TV's "lovely lady"
- 26. Olden day calculators
- 27. Muhammad's birthplace
- 29. Big-ticket _____
- 31. "Animal House" garb
- 32. French pancake
- 33. Oil tanker
- 34. *"Mother" in Italian
- 36. Novelist Koontz
- 38. German mister
- 42. Asian pepper
- 45. Sterling, Cooper or Draper
- 49. Sigma Alpha Epsilon
- 51. Soft palate vibrations
- 54. Boxer's stat
- 56. Inhabit
- 57. Kissing disease?
- 58. Atlantic Richfield Company
- 59. Last row
- 60. Notable achievement
- 61. Evening purse
- 62. Hitchhiker's quest
- 63. Nostradamus, e.g.
- 64. *Mom has at least one
- 66. By way of

Looking for a great place to volunteer?



Hebrew Rehabilitation Center is committed to a “whole person” approach to health, aging and well-being, with an emphasis on meeting the spiritual and emotional needs of residents and patients. Our two facilities are located in Roslindale and Dedham. **Hebrew Rehabilitation Center** volunteer corps includes over 300 individuals, ranging in age from 16 to 90+. Our volunteers are retirees, professionals, students, family members, and others. Our volunteer opportunities include: Friendly Visitors, Transporters, Gift Shop Volunteers (must be 21), Meal Mates, Pastoral Care, Pet Therapy, and many other opportunities.

If you are interested in volunteering, please call us at 617-363-8421, or check out our webpage at hebrewseniorlife.org under Volunteer. You can fill out an application online and we will call you to set up an interview.

We look forward to meeting you!

Mayor's Day of Recognition for National Service



Mayor Walsh and Commissioner Shea thank Volunteers for their dedicated service to the Senior Corp Programs



Eddie L. Blakely
Senior Companion Program Volunteer



Miriam Manning
Foster Grandparent Program Volunteer

See Boston RSVP Volunteer photo on page 4

Medline Plus for Caregivers

For about thirty years, I have been writing my Seniority column - "Healthy, Wealthy and Wyse".

Some readers have asked - where do I get my information?

Answer: many sources: nursing journals, women's magazines, AARP, medical online sites, even television commercials.

The most reliable source of information is the National Library of Medicine's website MedlinePlus.gov.

It is the world's largest medical library located on the campus of the National Institutes of Health in Bethesda, Maryland.

There are several versions of this site. The one that would most interest Seniority readers is MedlinePlus for Caregivers. It is simply written for non-medical persons, patients and families. It also has many videos to watch.

This online site answers everything you would need to know about disease topics, medicines, nutrition, diets, medical procedures, etc. This site has a medical dictionary to help you look up medical words with simple explanations.

MedlinePlus is in both English and Spanish.

You don't have a computer and you are interested in researching your medical condition or treatment?

Then go to your local library and the staff will help you with the computer. Also, your grandchildren are raised on computers!! Ask one to help you "get online at Medline Plus for Caregivers". Your grandchild will be impressed that you know "computer lingo!!"

You can even get an email newsletter from them. They have the most up to date medical information in the world. They have access to the best research, medical and educational facilities in the world!

Most importantly: It is free. This is how I find information that is published -- long before you will see it in the news, newspapers and journals.

You won't be disappointed. I guarantee you will be very happy with this wonderful information site.

**I wish all mothers,
grandmothers, aunts, and
caregivers a very
Happy Mother's Day 2015!**

FriendshipWorks Offers a Helping Hand To Area Elders This Spring and Throughout the Year

Now that Spring has arrived, many elders may want to get outdoors to get fresh air or need some help with a home project, and they may have no one to assist them. FriendshipWorks volunteers, through the Friendly Helpers program, provide one-time and short-term assistance to elders who have a specific need and no one to help. The Friendly Helpers Program provides a way for elders 60 or over in Boston and Brookline to receive the help they need, while still feeling autonomous.

Friendly Helpers assist with tasks including:

- Seasonal projects (cleaning closets, light gardening, hanging decorations)
- Light packing
- Organizing papers or old photos
- Sorting through boxes and donating goods
- Rearranging a specific area of the house (like a closet)
- Picking up medications (in case of emergency)
- Trip escorts - housing appointments, RMV, Social Security, post office, hair cut
- Picking up and delivering library books
- Writing letters

“Our volunteers make a big impact by

connecting with an elder for a special project that they have been putting off because they had no one to help,” said Janet Seckel-Cerrotti, Executive Director of FriendshipWorks. “Our Friendly Helpers support elders with almost anything one friend would do for another.”

The Friendly Helpers program also needs volunteers who are willing to help elders, have patience and are able to commit to a minimum of three visits within a six-month period. The program is in need of volunteers both with and without cars.

If you would like assistance through the Friendly Helpers program, or if you would like to volunteer, please contact FriendshipWorks 617-482-1510.



About FriendshipWorks

FriendshipWorks (formerly MATCH-UP Interfaith Volunteers) is a network of trained volunteers that provide support and assistance to elders in Boston and Brookline. With 30 years of experience recruiting, training, and placing volunteers for this purpose, FriendshipWorks' mission is to decrease the social isolation, enhance the quality of life, and preserve the dignity of elders. FriendshipWorks partners with congregations of all faiths to identify people who need assistance and find volunteers who share the organization's goal of helping a neighbor in need. FriendshipWorks cooperates and shares referrals with area hospitals, long-term care facilities, health, government, and human service agencies. www.fw4elders.org

Seniors raising grandchildren find support, friendship in MSPCC's KINnections program

Many seniors in Boston are becoming parents again, stepping in to raise their grandchildren or other relatives when parents are not able to. With the joys of caring for grandchildren also come unique challenges, leaving many grandparents feeling isolated or frustrated by the difficulty of accessing services.

The KINnection's program, run by MSPCC's Deanna Forist and Lori Baeumler, provides support that has become a lifeline to many grandparents. In addition to support groups, the program provides trainings focusing on the well-being of both children and grandparents, like navigating the special education system, bullying prevention, managing the teenage experience, Medicaid services, Alzheimer's education and yoga for seniors.

The program also provides scholarships to camps and afterschool enrichment, group activities for families, and access to everyday essentials like clothing, books, and toys.

“If you ask for help, you will find it here,” Freeman said.

But for some, the most valuable resource they've found through the program is friendship.



Members of the KINnections group with program director Deanna Forist (back row, third from left).

“The program not only helps our kids, it helps us. The events give us a chance to relax with each other and with our grandchildren,” said Deborah Freeman, who is raising her granddaughter.

“You get to meet so many nice grandparents and make friends that you can call if you need to talk.”

The program is not just for grandparents: All family members who are raising kin are welcomed into the group.

Charlene McDonough, who is raising her niece, found the support she was looking for in the KINnections program.

“I was overwhelmed and beginning to feel like I was disappearing. Meeting Deanna and Lori turned my life around,” McDonough said. “When I joined this group, I realized I wasn’t alone. Everyone is so kind, understanding, and welcoming. Our meetings give us a place to open up to others who are in the same boat, share our experiences, and learn from each other.”

Members of the KINnections group want

all seniors who are raising children to know they’re not alone.

“I’ve been through this and I’m here to help other people get the resources they need. If you ask for help, you will find it here,” Freeman said.

If you are a grandparent or relative raising a child, join the KINnections group for a meeting at MSPCC or the Julia Martin House in Jamaica Plain or the Tierney Learning Center in South Boston. For more information please call Deanna Forist at (617) 983-5850.

The Elderly Commission Seniors are you eligible?

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance
no longer counts -

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

For more information or to complete an application contact:

Lorna Heron at 617-635-4335
or email lorna.heron@boston.gov

Boston Fire Department

Free Elderly Fire Safety Program

Photo Electric Smoke Alarm and Carbon Monoxide Detector available for owner occupied single family homes/condos

Restrictions Apply

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

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



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Jazz Collaborative
will set our
memories to the
music.



FRANKLIN PARK AREA/GROVE HALL AARP CHAPTER PRESENTS



SUNDAY, MAY 31, 2015

“DRUMROLL PLEASE”...

Will take you back to the 20s, 30s and 40s. Jazz, Swing, Jitterbug and the Big Bands brought us through trials and hard times. It was the Golden Age of Radio and we stepped out to *Take the “A” Train*, *Sophisticated Lady*, *Satin Doll*, *In the Mood* and *Don’t Get Around Much Any More*. Come and see the floor show, dance and join us in a wonderful brunch. Share memories from the days Louis Armstrong played his trumpet and Ella “scatted” her vocals to national acclaim. Recall over table conversation with friends and family the times when our royalty was a Duke and a Count.

AARP Real Possibilities in
Massachusetts



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184 Dudley St
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11:00AM – 4:00PM

\$25.00 in advance
No tickets sold at door
Tickets available at:
A Nubian Notions, Inc.
Ticket hot line# 617-442-4425

Research Study: Prostate Cancer and Pain

Research subjects are needed for a study evaluating pain perception, pain tolerance and quality of life in men with prostate cancer about to undergo hormone treatment for their cancer.

Financial compensation provided.

You may be eligible to participate in this study:

- If you are a male
- If you have history of prostate cancer
- If you are planning to undergo hormone treatment

For more information call:

617-525-9198

Don't Miss

The Elderly Commission

On the Radio

ZUMIX Radio -
Boston Seniors Count

Wednesdays at 2:00 PM
and Mondays at 9:00 AM
streaming on zumix.org

WJIB 740 AM on
Sundays at 7:30 AM

For more information, contact:

Greg Josselyn
at 617-635-4250.

* Boston Seniority Correction

– In our February 2015 issue of Boston Seniority we mislabeled the photos from the 60 Plus Veterans Group Community Luncheon that was held at the Twelve Baptist Church.

A Special Thank You to

*Tamy-Fee Meneide,
Boston University Alzheimer's Disease Center*

*for helping make the African Heritage
Celebration a Success!*

Healthy Recipes

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

Lemon Thins

Ingredients:

- 1 1/4 cups whole-wheat pastry flour or all-purpose flour
- 1/3 cup cornstarch
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 3/4 cup sugar, divided
- 2 tablespoons butter, softened
- 2 tablespoons canola oil
- 1 large egg white
- 1 1/2 teaspoons freshly grated lemon zest
- 1 teaspoon vanilla extract
- 3 tablespoons lemon juice

Preparations:

1. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.
2. Whisk flour, cornstarch, baking powder and salt in a mixing bowl. Beat 1/2 cup sugar, butter and oil in another mixing bowl with an electric mixer on medium speed until fluffy. Add egg white, lemon zest and vanilla; beat until smooth. Beat in lemon juice. Add the dry ingredients to the wet ingredients and fold in with a rubber spatula just until combined.



3. Drop the dough by teaspoonfuls, 2 inches apart, onto the prepared baking sheets. Place the remaining 1/4 cup sugar in a saucer. Coat the bottom of a wide-bottomed glass with cooking spray and dip it in the sugar. Flatten the dough with the glass into 2 1/2-inch circles, dipping the glass in the sugar each time.
4. Bake the cookies until they are just starting to brown around the edges, 8 to 10 minutes. Transfer to a flat surface (not a rack) to crisp.

Makes: 2 1/2 dozen cookies

Calories: 60 per cookie

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

Honey-Rhubarb Crumble

Ingredients:

- 5 1/2 cups (1/2-inch) sliced rhubarb (about 1 1/2 pounds)
- 1/4 cup honey
- 1 teaspoon grated lime rind
- Vegetable cooking spray
- 1/3 cup regular oats
- 1/3 cup all-purpose flour
- 1/4 cup firmly packed brown sugar
- 3 tablespoons chilled stick margarine, cut into small pieces
- 1 1/2 cups vanilla nonfat frozen yogurt

Preparation:

1. Combine the first 3 ingredients in a bowl, and toss well. Spoon into an 8-inch square baking dish coated with cooking spray.
2. Place oats, flour, and sugar in food processor, and pulse 2 to 3 times. Add chilled margarine, and process until mixture resembles coarse meal; sprinkle over rhubarb mixture. Bake at 375° for



40 minutes or until rhubarb is tender.
Serve with frozen yogurt.

Servings: 6 **Calories: 237**

Source: <http://www.myrecipes.com/recipe/honey-rhubarb-crumble#mr-livefyre-ratings>

SEEKING VOLUNTEER DRIVERS

Age 55+ to provide dignified transportation to Boston seniors

For more information, contact Tyisha Jones-Horner at 617-635-3988 or email tyisha.jones-horner@boston.gov

Volunteers age 50+ needed for Shift work study!

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



Receive up to \$2,575.
Contact us at 617-525-8904 or email at NightWork@research.bwh.harvard.edu if interested.

Variety Is the Spice of Life

By: Carolyn McRae

We've all heard it before, "Variety is the spice of life." But is this true? Researchers have looked at whether or not a variety of activities can affect overall happiness - and the results indicate yes!

Cassie Mogilner, Professor at University of Pennsylvania and researcher of happiness, recently found that "over a day or a week or a month, variety leads to greater happiness."

This is great news! Adding variety to any day, week or month is not only fun, it's also easy to do.

Add variety to your May! Here are my ideas to help get you started:

1. Enjoy something you don't usually eat at breakfast (I sometimes have chocolate).
2. Open the newspaper to a section you don't usually look at and read an article that catches your eye
3. Turn on the radio and dance to a couple of songs
4. Call someone and ask what surprising thing they learned recently
5. Swap two wall hangings so they're in each others' spot

6. Open your closet, select an item of clothing you haven't worn in ages and wear it to dinner

7. Grab a sheet of paper and draw a sketch of the best gift you ever gave to someone

8. Leave a penny heads-up in a public place and wish good luck to the person who finds it

9. Write down your favorite quote and hand it to someone you see today

10. Compliment someone on their shoes

11. Ask 5 people if they speak another language. If they do, learn how to say 'have a great day' in those languages

12. Sit in a different chair while you read or watch tv

And be sure to let us know which 'spice' brings you the most joy! We'd love to hear from you.

Carolyn McRae lives in Boston, works at a technology startup and enjoys public speaking. She has always been fascinated by people;



what drives us, what makes us happy, and how we can better connect with each other. Contact Carolyn at (617) 663-8611.

J.P.Jubilee presents Heart & Soul

a short and sweet program
audience participation welcome!



Saturday May 9th,
12:30 p.m.

JP Branch Library
12 Sedgwick Street

617-524-2053

Free!

(Donations welcome, but not required)

Reception follows



J.P.Jubilee is a chorus of seniors
directed by Elizabeth Anker

This program is generously sponsored by the Saquish Foundation through the Boston Public Library Foundation.



WEEKENDS:

A RECOLLECTION IN TWO PARTS

By: Russell duPont

Part 1 — Saturdays By: Russell duPont

Days were so much longer then.

Both of my parents worked, so I had weekdays to myself, but Saturdays and Sundays were taken up with excursions into Boston and visiting with grandparents.

On Saturdays, we hopped the bus at the corner of Dorchester St. and East 8th in South Boston and got off at the corner of Kneeland and Washington Streets. Saturdays were my Mother's day to browse through Filene's and Jordan Marsh while my father took himself and me for a treat.

Locke-Ober's was in a small alley off of Winter Street and was the quintessential, high brow restaurant in Boston. It was a place where politicians and businessmen, all in fine suits, climbed the stairs to the second floor where, I imagined, they feasted on the restaurant's speciality

of Lobster Thermidor. I knew what a lobster was, though I had never eaten one, but the "Thermidor" part escaped me.

My father was a spray painter and came home at night spotted with his day's work. But on Saturdays, he'd put on a sport shirt and his pressed gabardine slacks and wing-tips and we'd go to the first floor, "Men Only" bar, at Locke-Ober's.

I couldn't define the word back then, but inside of me, I knew I was sitting in the midst of elegance.

The bar was long and polished to a dark shine, with brass railings along the bottom and at the end of the bar. The stools had leather seat cushions and behind the bar, rows and rows of bottles in front of a mirror that rose to the ceiling.

Dividing the mirror into two sections was the largest painting I had ever seen. She was completely naked, right elbow resting on a carved marble block. Gazing upward, her look was fixed on a large chalice-like goblet, held in her left hand and raised as though making a toast. "She," I found out a bit later in life was "Yvonne" and she was, the painting was, known all over the world.

By now, from our weekly visits, my father knew the bartenders who worked the early shift and they knew me and they'd let me sit at the bar on one of the tall stools and bring out small bowls of cheese-flavored crackers or peanuts, still in their shells, while I sipped my coke and my father his beers.

I don't remember any conversations of significance that took place, but we sat there with our drinks until it was time to leave to meet my mother.

It was a slow day, a quiet day, an easy day, a day where I got to spend time with my father, a day where I did not have to be on my best. It was not until years later that I realized the incongruity of the whole thing. Here was my father, a spray painter, a man who rose at four in the morning, dressed in paint-stained clothes and took the first bus in the morning to Broadway Station and then the subway to Park Street Station where he took another line to the A.L. Smith Co. In Chelsea where he spent his day in a small booth, wearing a respirator, spray painting louvers for fluorescent lights as they passed by him. At four in the afternoon, he made his way back home, getting off the bus at about 5:30 and stopping by Vinnie's Tavern where he'd have a beer, then climb the stairs to our third floor apartment, take a quick bath, eat dinner and, finally, fall asleep in his chair.

Part 2 — Sundays - Will appear in our June issue



Russell duPont is an exhibiting painter, printmaker, photographer and published writer whose early years were spent in the Old Colony Housing Project in South Boston and the next eight years on the corner of King and Train Streets in Dorchester, hanging out at Aram's Spa.

USE YOUR IMAGINATION!

“Don’t Retire, Inspire”

By: Augusta Alban



Cold, cold winter days in New England are meant for clearing out small secret boxes, stuffed desk draws brimming with old cards long forgotten, and creating wonderful warm memories just waiting to be remembered.

New England is known for having cold winters, skiers swooshing down snow-covered mountains, and steaming cups of hot cocoa just waiting for you by the fire. New England is all of that and much more. This year happens to be a “Much More” year. Old records were broken for snow days missed at school, blizzards, car pileups in record numbers, public transportation not running, snow farms filled to capacity, and workers coming from other states to dig us out. We topped the record for the most snow ever in this state. I feel winter toyed with us, like a child who asks his parents, “Do you want to see what I can do?”

This winter has forced me to go within, clean out and renew. I am not talking about my apartment. It’s time to think about what is important to me and what I want to spend the rest of my life creating. I am not going to live forever, although I want to live a very long time. But knowing there is an ending, one starts to count backwards. What do I really want

to leave behind and about how much time do I have to accomplish it? Being semi confined by piles of snow, slippery sidewalks and frigid air - almost too cold to breathe, makes it easier to truly focus on really important things, to clear my head and set my course.

I am a day dreamer. Nowadays it’s called Creative Visualization. Negative visualizing is called worrying or tormenting oneself with disturbing thoughts. To avoid such, one must be grateful for what you have. This is not just a game: this stuff really works. Most of us visualize on a daily basis, but we often do it unconsciously and in negative fashion. We tense up, disrupt our normal breathing, and psychophysically prepare ourselves for failure. Instead: Use positive visualization to prepare yourself for success. By so doing so, you will transform the energy into fuel for making your dreams come true.

Imagination is everything! It is the preview of life’s coming attractions.

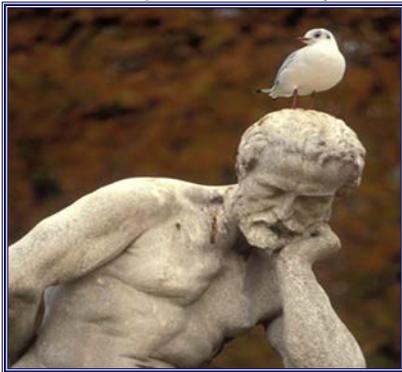
- Albert Einstein

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Men & women, ages 60 and up

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Cable Television Show



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

For more information call Greg Josselyn
at 617-635-4250

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Hosted by
Augusta Alban

Tune in to find
out how
**Boston seniors
are INSPIRED
everyday**

**Fridays, 2:30 p.m., Saturdays, 11 a.m.
on BNN/CH. 9**

**Tuesdays and Saturdays, 5 p.m.
on Boston City TV, Comcast Ch. A-24
and RCN Ch. 16**

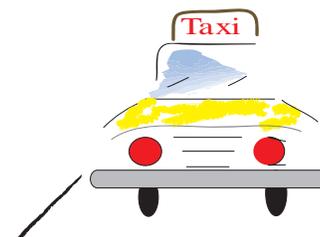
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4

Easy Exercises for Spring

By: Dr. Sharon Bassi, Physiatrist at
New England Baptist Hospital

Staying active is one of the most important things you can do to maintain a healthy lifestyle. Not only can light to moderate exercise improve your mental health, but it will also help keep your body strong and prevent common injuries, such as falls. With the snow finally melted, the sun shining and flowers blooming, the spring is a great time to create a workout plan to stay active. Follow these four easy exercises to get started, and remember, if you have any health concerns it's important to talk with your doctor before starting a new exercise routine.



Mission Hill seniors exercise during a Senior Celtics event, presented by New England Baptist Hospital. The program encourages elderly members of the Boston community to maintain an active lifestyle through participation in fitness and health education classes.

Exercise your lower body.

A strong lower body can help take the strain off your back, and improve muscle capacity and bone density. Stronger muscles and bones make it easier to do everyday activities, such as carrying shopping bags or doing yard work.

- **Recommended Exercise: Seated knee extension**

This exercise will strengthen your knees, while also working the quadriceps. Start by sitting with your legs hanging off of a chair, bed or couch. Using the quadriceps muscles in the front of your thigh, kick your foot up until your knee is straight. Hold for two seconds, then lower your foot down for a three-second count. Alternate your feet each time and repeat three times on each leg.

- **Recommended Exercise: Calf raises**

This exercise is important to maintain balance and improve your ability to push off and accelerate as you walk. Begin by standing with your weight evenly distributed over both feet. Hold onto the back of a chair or a wall for balance. Lift your left foot off of the floor so that all

of your weight is placed on your right foot. Raise the heel of your right foot as high as you can, then lower. Repeat 10 times, and then switch legs.

Exercise your upper body.

Strengthening your upper body has a number of health benefits, including helping to keep your back and upper body stable. Keeping these muscles strong and flexible will help to relieve back pain and restore range of motion.

- **Recommended Exercise: Arm circles**

This is a great exercise for shoulder stability and strength. Start by standing up and lifting your arms to shoulder level, keeping them straight out to the sides of your body. Create small circles with both arms, alternating in clockwise and counterclockwise directions.

Your goal should be 20 circles in each direction.

- **Recommended Exercise:**

Wall push-up

Wall push-ups are great for those new to exercise, as well as those with back issues. Begin by standing a few feet in front of a bare wall. Lift your arms to shoulder level and place the palms of your hands on the wall, slightly wider than shoulder-length apart. Back your feet away from the wall so your elbows are bent as you lean in. Never arch your lower back, or lock your arms to be totally straight. Keep a flexible bend

at your elbows at all times. Your goal should be 20 push-ups, but only do as many as your body allows.

9th Annual

Elsie Frank 5K



for Kit Clark Senior Services

The Elsie Frank 5K celebrates Elsie's tireless efforts on behalf of all seniors, and all proceeds from the event will support services such as Meals on Wheels., Fit-4-Life, Homeless Day Shelter, and so much more.

Date: Saturday, May 30, 2015

Place: DCR Pope John Paul II Park
Gallivan Boulevard, Dorchester, MA

Time: 8:30 a.m. Registration
10:00 a.m. Start

Registration: \$25 in advance / \$30 day of race

Rain or Shine

To register for the Elsie Frank 5k, please visit www.baycove.org/elsiefrank

For additional information, please call 617-533-9138 or email mlong2@baycove.org

Reflections on Older Americans Month

By: Marian Leah Knapp

I am more than 60 years old which makes me an official Older American. In 1963, to recognize all of us who fall into this age group, the U.S. Government declared the month of May as “Older Americans Month.” What this means is that we “Olders” are acknowledged for the contributions we make in our communities, neighborhoods, and among those we care deeply about. Every year there is a new theme and this year it is “Get Into the Act.”

In 1963, I was 25 years old. I was a young working woman (I think we were still called girls), had no children, and can’t remember if I ever gave a thought to what it meant to be an “older” person. My parents were in their mid to late 50’s and still very young and vibrant. The consequences of being an older person began to seep slowly into my consciousness when my father had a heart attack in his early 60s. He survived, but he and his life dramatically changed from younger to older. On reflection, this is probably when I first

began to “get into the act.” Over the following years and decades, with the continued aging and ultimate deaths of my parents, and other loved ones, I got into the act more and more. I was the primary caregiver for so many of them. It was the natural thing to do.

Now, 52 years later, I am definitely in the act, simply because I am on the other side of youth. My days of taking care of older people are over, but I am still here trying to make meaningful contributions.

It’s gratifying to have the government give us a pat on the back,

As I think about my own “acts” they are much more about the small, local picture rather than the millions of us around the country.



On the broadest level, I try to contribute



We have some exciting news to share about the Memoir Project

On January 7, 2015 we started a Tumblr account on which we are posting the Memoir Project stories online. A Tumblr account is an easy way to make a blog and share stories, photos, videos, links, art, or music. We are using it as another way to keep the Memoir Project stories alive and to continue to share them with the world.

To view the Tumblr account go to www.bostonmemoirproject.tumblr.com. We are posting one story a week.



by bringing aging issues to the forefront (this article for example). In the city where I live, I contribute by being a member of the Council on Aging and work to advocate for us seniors. This advocacy is not only about needs but about the incredible impact we have in our communities by just being involved in small ways. Probably my most important contributions are to family and friends. At least once a week, since my oldest grandchild was born, I have taken care of her and the ones who were born after her. I try to help out when my children's schedules become stretched and stressful. When a friend is sick, I try to check in to see how they are.

I am not unique. We all do these things at different points in our lives. Some years we are more "in the act" than in other years. But over time we contribute in more ways that we may give ourselves credit for. Older Americans Month gives us permission to think about our every-day contributions. It's gratifying to have the government give us a pat on the back, but we must proudly acknowledge our actions and give ourselves that pat. We deserve it any day, each month, and every year.

Marian Leah Knapp is a resident of Newton, MA, serves on Newton's Council on Aging, and writes about her own experience on what it is like to get older. At age 70 she received her Ph.D. which was focused on the total environment in which people age.

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**Rain or shine*

Monday, May 11

Almont Park,
40 Almont St., Mattapan

Tuesday, May 12

Gertrude Howes Playground,
68 Moreland St., Roxbury

Friday, May 15

Ringgold Park,
10 Ringgold St., South End

Tuesday, May 19

Clarendon Street Play Lot,
260 Clarendon St., Back Bay

Wednesday, May 20

Lt. Edward Walsh & Firefighter

Michael Kennedy Tot Lot,
369 LaGrange St., West Roxbury

Thursday, May 21

Myrtle Street Playground,
50 Myrtle St., Beacon Hill

Tuesday, May 26

Martin Playground,
95 Myrtlebank Avenue, Dorchester

Wednesday, May 27

Peter Looney Park,
34 Union St., Charlestown

Thursday, May 28

Brewer-Burroughs Playground,
2P Brewer St., Jamaica Plain

S	C	A	L	A		O	R	B		H	A	L	O	
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← Solution to "Mother's Day"
Crossword Puzzle on Page 6.

Our apologies for the "*Spring in the Air*" Crossword Puzzle published in April on Page 12. The clues for the Down section of the puzzle were incomplete.

When Using Your Wipers...

TURN ON YOUR HEAD & TAIL LIGHTS

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For more info, visit: MassRMV.com

massDOT
Massachusetts Department of Transportation



The MassDOT Registry of Motor Vehicles and Highway Divisions, along with the Massachusetts State Police, advised motorists of a new law taking effect on Tuesday, April 7 requiring the use of headlights and taillights on motor vehicles during inclement weather and when windshield wipers are in use. The law is intended to increase safety and visibility of vehicles on the Commonwealth's roadway.

The changes to Mass General Law Chapter 85, Section 15, signed into law in January, require that front and rear motor vehicle lights be activated in all of the following conditions:

- When windshield wipers are on
- When low light or weather conditions prevent other vehicles or persons from being seen at 500 feet
- From ½ hour after sunset to ½ hour before sunrise

Relying on daytime running lights for these conditions is not sufficient under the law. A violation of this law is considered a surchargeable minor motor vehicle traffic law violation for insurance purposes. For more information on the Safe Driver Insurance Plan and insurance surcharge information, please visit the RMV's Merit Rating Board.

Source: <http://blog.mass.gov/transportation/uncategorized/new-motor-vehicle-light-law-starts-april-7/>

Don't Miss *The Elderly Commission* On the Radio

ZUMIX Radio - *Boston Seniors Count*

Wednesdays at 2:00 PM and Mondays at 9:00 AM streaming on zumix.org

WJIB 740 AM on Sundays at 7:30 AM

For more information, contact: Greg Josselyn at 617-635-4250.

Scoop the Poop!

Prevent the contamination of local waterways and parks from dog waste by picking up after your dog. Dog waste should be placed into a trash can or receptacle specifically reserved for dog waste. It should never be placed into the catch basins, in the street, as these lead into Boston's storm drain system and flow directly to Boston Harbor and other local waterways.



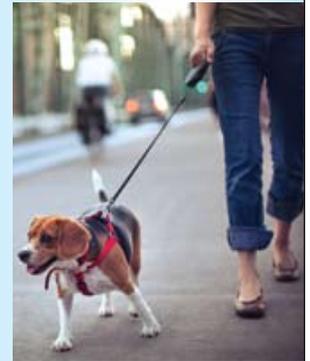
The City of Boston's dog fouling ordinance, also known as the Pooper Scooper Law, requires that dog owners remove and properly dispose of all pet waste. This includes waste on sidewalks, streets, parks, and neighbors' lawns. Violation of this ordinance is punishable by a fine for each occurrence.



Properly Dispose of Pet Waste



- Take a plastic bag with you when walking your dog to take care of pet waste. Be sure to place the bag directly into a trash can.
- Never dispose of pet waste in catch basin.
- Remember that dog waste cannot be used as fertilizer. Never place dog waste near a tree or in soil because bacteria in pet waste is potentially harmful.



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Mayor's Coffee Hour - Roxbury

Photos by: Isabel Leon



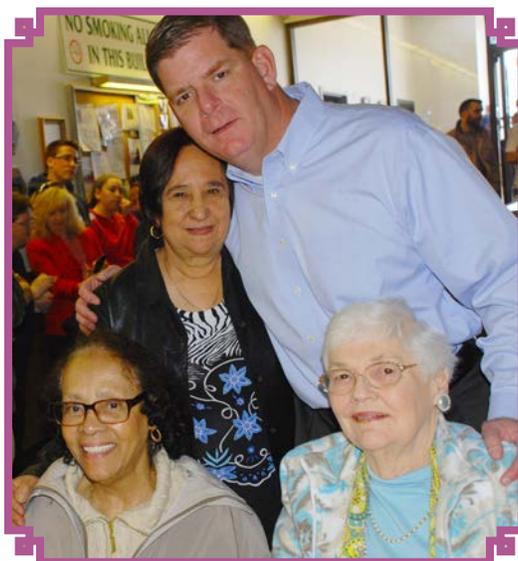
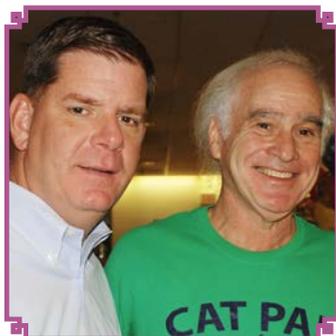
Happy Older Americans Month!

from

Mayor Martin J. Walsh

and

The Elderly Commission



Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year, in honor of the 50th anniversary of the Older Americans Act (OAA), we are focusing on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is Get into the Act.

Older Americans Month provides an opportunity to raise awareness of the importance of community engagement as a tool for enhancing the wellbeing of older adults. Now is the time to Get into the Act to make the benefits of community living a reality for more older Americans. Together we can promote healthy aging, increase community involvement for older adults, and tackle important issues like the prevention of elder abuse.

