



# Boston Seniority

## Elderly Commission

Thomas M. Menino, Mayor of Boston

# November

FREE

2011  
Volume 35  
Issue 10

# *Table of Contents:*

## *Page Number*

3	.....	Mayor's Spotlight
4	.....	SCP Volunteer Highlight
8	.....	RSVP Volunteer Opportunities
14	.....	Crossword Puzzle
16	.....	Healthy, Wealthy & Wyse
18	.....	Healthy Recipes
20	.....	Don't Retire, Inspire



**Check out our NEW and improved website**  
[www.cityofboston.gov/elderly](http://www.cityofboston.gov/elderly)

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

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

# *Boston Seniority*

**Volume 35 Number 10**

**Published by the City of Boston**

*Commission on Affairs of the Elderly*

Thomas M. Menino, Mayor  
Emily Shea, Commissioner

Martha Rios  
Tula Mahl  
Editors

Eileen O'Connor  
Photographer

City Hall Plaza-Room 271  
Boston, MA 02201  
(617) 635-4366  
[www.cityofboston.gov/elderly](http://www.cityofboston.gov/elderly)

Karine Querido, Chief of Staff

Tula Mahl  
Deputy Commissioner  
Communication & Policy

Melissa Carlson  
Deputy Commissioner  
Advocacy & Planning

Michael Killoran  
Deputy Commissioner  
Transportation

Francis Thomas  
Deputy Commissioner  
Administration & Finance

Printed by MacDonald & Evans

Boston Seniority is supported in part by The Executive Office of Elder Affairs.

# Mayor's Spotlight

## Mayor Menino Announces 600th Free Home Weatherization Through Renew Boston Community organizations key part of effort to recruit program participants

In October, Mayor Thomas M Menino announced the 600th no-cost home weatherization resulting in over \$1 million of annual savings through the City of Boston's Renew Boston initiative. Since Mayor Menino launched the program in August 2010, Renew Boston has partnered with community-based organizations to lead a grassroots marketing and neighborhood outreach campaign to encourage residents to participate in the program.

Over the past year, 8,000 residents have expressed interest in home weatherization, with over 3,800 households receiving a no-cost home energy assessment. In the coming months, these community-based organizations will continue to sign up Boston residents for free weatherization services to save money and energy this winter with registration ending December 31.

"Renew Boston is proof positive that community networks are effective in scaling up energy efficiency and leveraging local economic benefits for all," Mayor Menino said. "This is Boston's triple-bottom-line approach to sustainability: lowering utility bills for residents and businesses, create jobs and increase economic opportunity – all while greening our city."

Renew Boston has contracted with 13 community organizations to conduct outreach and marketing for Renew Boston this past year. Three organizations are also contracted to provide fulltime outreach work as Renew Boston Neighborhood Network Coordinators including Nuestra Comunidad's Partnership for Greening Blue Hill Avenue, East Boston's Neighborhood

of Affordable Housing (NOAH), and the Dorchester Bay Economic Development Corporation.



By working with these neighborhood organizations, the City has reached residents and businesses that have not traditionally accessed weatherization programs, particularly moderate income Bostonians and those for whom English is a second language.

Mayor Menino made the announcement in front of East Boston resident Patricia Cortes-Duran's home, which recently received weatherization services, including air sealing and insulation that is expected to save 30% on heating and electricity bills this winter. Ms. Cortes-Duran learned about Renew Boston through the Neighborhood of Affordable Housing, which assisted her through each step of the program and provided translation services.

Renew Boston program participants save immediately upon getting an energy assessment. On average, participants will save about \$200 a year with installation of CFL light bulbs, aerators and programmable thermostats and a fully completed weatherization saves up to \$600 in heating costs each year. The total annual savings by residents to date through Renew Boston is \$1 million when combining savings from energy assessments and weatherization jobs.

The weatherization services are available for limited time for Boston residents within 60-120 percent median income and only to residents that live in buildings with four or fewer units. To determine eligibility and for more information on how to enroll in the residential program Boston residents can call (617) 635-SAVE or visit [www.RenewBoston.org](http://www.RenewBoston.org).

# SCP Volunteer Highlight:

## Camille D'Argenio "Filled the Hole"

By: Eileen O'Connor

Carmille is from Boston, born and raised as stated "No better place to live than Boston" Carmille became a volunteer eight years ago after the death of her husband.

Why did she become a Senior Companion? She said she wanted to "Fill the hole" and makes my life more meaningful and useful and what she gets out of being a senior companion volunteer is the smiles and making them feel better you get from clients

She lives in East Boston volunteers out of the East Boston Health Center calls Bingo at the Adult Day Health Wednesdays and Fridays and Arts and Crafts and serves them there meals.

When Carmella is not at the center she is out visiting and escorting clients to there doctor appointments. I asked her do you have any favorite client that you visit or see at the center and she said I favor them all



*Camille (center) poses with fellow volunteers.*

and make them smile. Some of her clients have problems but they manage to be optimistic because of the programs.

As far as any hobbies she said volunteering keeps me busy enough. She enjoys vacationing other cities but "There is no place like home" And as far as weekends where you average person is home relaxing and visiting family and friends and taking care of there own household chores you can find Carmella at Logan Airport from 12:00 p.m. – 5:00p.m.for the past 11 years with the USO moving military where she greats them, serves coffee and refreshments, and chats and helps with there relocation



Commonwealth Care Alliance is a specialized care delivery system for elders and individuals of all ages with chronic illness or disability

**1.866.610.2273 [www.commonwealthcare.org](http://www.commonwealthcare.org)**



**Friday, December 2, 2011  
8:00 a.m. to 3:00 p.m.**

**Holiday Phone-A-Thon**

Mayor Thomas M. Menino, the Boston Commission on Affairs of the Elderly and at&t are happy to announce the annual Holiday Phone-A-Thon.

If you are a Boston resident, age 60 or older, you may be able to call a relative or friend anywhere in the world: **FREE OF CHARGE.**

Each person will be given one-half (1/2) hour to place as many telephone calls as they wish.

To register, please complete the application form below and return by Monday, November 28, 2011 to the Attention of:  
Mary Beth Kelly  
Commission on Affairs of the Elderly  
One City Hall Square, Room 271  
Boston, MA 02201  
or fax to 617-635-3213

**Breakfast or Lunch Provided  
FREE**

**PLEASE PRINT CLEARLY**

<b>First Name:</b>	<b>Last Name:</b>
<b>Address:</b>	<b>Apt. #</b>
<b>Neighborhood:</b>	<b>Zip Code:</b>
<b>Countries I wish to call:</b>	<b>Telephone #:</b>
<b>Time I would like to call:</b>	<input type="checkbox"/> Transportation Needed <input type="checkbox"/> Transportation Not Needed <b>CHECK BOX BELOW</b>

**CENTRALIZED PICK UP LOCATIONS - PLEASE CHECK ONE CLOSEST TO YOUR HOME**

- |   |  |
|---|--|
| <input type="checkbox"/> Allston-Brighton Chinese Golden Age, 677 Cambridge St. | <input type="checkbox"/> Jamaica Plain Julia Martin House, 90 Bickford St. |
| <input type="checkbox"/> Allston-Brighton Covenant House, 30 Washington St.     | <input type="checkbox"/> Mattapan Church of the Holy Spirit, 535 River St. |
| <input type="checkbox"/> Allston-Brighton JCHE, 30 Wallingford Road             | <input type="checkbox"/> Mission Hill Flynn House, 835 Huntington Ave.     |
| <input type="checkbox"/> Boston 333 Massachusetts Avenue                        | <input type="checkbox"/> Roxbury Freedom House, 14 Crawford Street         |
| <input type="checkbox"/> Dorchester Kit Clark Senior Ctr., 1500 Dorchester Ave  | <input type="checkbox"/> South End Castle Square Apts., 484 Tremont Street |
| <input type="checkbox"/> Fenway-Kenmore Kenmore Abbey, Kenmore Square           | <input type="checkbox"/> South End Franklin Square, 11 East Newton Street  |
| <input type="checkbox"/> Jamaica Plain, 155 Lamartine Street                    | <input type="checkbox"/> South End-Chinatown, 5 Oak Street                 |

**Sites with 8 or more seniors attending this event may schedule for a bus pick up.  
When you register you will receive a phone call with your pick up time for the phone-a-thon.**

**COME ONE COME ALL**  
*to the*

**36th Annual Holiday Craft Bazaar  
and Senior Health Fair**

***Great Holiday Gifts Available***

*Many Hand Made Items Depicting the  
Rich Ethnic Cultures of Boston*

Boston City Hall Mezzanine, 2nd & 3rd Floors  
Friday, December 2, 2011 10:00 a.m. - 3:00 p.m.

For more information about the  
Holiday Craft Bazaar contact: **Janice Locke** at 617-635-4371  
or **Mary Beth Kelly** at 617-635-3959

For more information about the Senior Health Fair contact:  
**Lorna Pleas** at 617-635-4335

Sponsored by:

**Mayor Thomas M. Menino**  
and the  
**Commission on Affairs of the Elderly**  
**Emily K. Shea, Commissioner**



# Senior Count

## BNN-TV Channel 9

Boston Seniors Count  
Cable Television Show  
Thursday at 3:30 p.m.  
Repeated Sunday at  
11:30 a.m. and Tuesday  
at 8:30 p.m.

For more information call  
Deputy Commissioner  
Tula Mahl, Producer at  
617-635-1922



## Discounted TAXI COUPONS

at 1/2 Price

- Buy 2 books each month -

Call 617-635-4366 to find a  
location near you.



## Don't Retire, Inspire!

Hosted by Augusta Alban

Tune in to find out how Boston  
seniors are INSPIRED everyday  
and listen to them share their  
wisdom with you.

Check out 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,  
Tuesday and Saturday at 5:00 p.m.

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

Boston Fire Department  
Elderly Fire Safety Program

**FREE**

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

**Restrictions Apply**



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

You can also view our website  
online at  
[www.cityofboston.gov/fire](http://www.cityofboston.gov/fire)  
or visit the Boston Fire  
Department on Facebook.

## 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

## Basketball

Seniors over age 60 who are  
interested in playing Basketball  
are welcome to join us every  
Thursday from 10:30 a.m. to  
12:30 p.m. at the  
Roslindale Community Ctr,  
6 Cummings Hwy

You can just shoot around  
or you can participate in 3 on 3  
Half Court games.

For more information call  
Ed Conway at (617)327-6831  
or e-mail him at  
[edconway14@yahoo.com](mailto:edconway14@yahoo.com)



BOSTON PARTNERS  
IN EDUCATION

# RSVP Boston

## Volunteer Opportunities

Make a DIFFERENCE in a child's life.  
Volunteer Inspire Mentor Guide Teach

### SCHOOL VOLUNTEER PROGRAM

“The students I worked with really enjoyed the individual attention that I was able to provide.”

- *Volunteer, Agassiz Elementary School*

The School Volunteer Program provides academic mentors to teacher nominated students, either one-on-one or in small groups. Volunteers work with students in reading, writing, and math, helping them to improve their grades and to achieve their goals on standardized tests such as the Massachusetts Comprehensive Assessment System (MCAS).

#### To learn more email:

Barbara Harris at

[bostonpartners@bostonpartners.org](mailto:bostonpartners@bostonpartners.org)

### MATH RULES!

“It was helpful because I improved my math grade and now I am working hard so I can get a lot better.”

- *Math Rules! student*

Math Rules! serves elementary aged students who are struggling with math. They are nominated by their teachers

because they will benefit from the extra tutoring and mentoring. The program provides a way for students to build fundamental math skills at a young age to succeed in the subject as it becomes more difficult.

#### To learn more email:

Wendy Beninati at

[wbeninati@bostonpartners.org](mailto:wbeninati@bostonpartners.org).

### BENEFITS

- There are many locations where students need support, so we can find a school that is easily accessible to you.
- There are opportunities to support students of all ages (K-12).
- Tutoring and mentoring takes place during the school day.
- We provide an initial subject and mentoring training as well as additional support sessions and resources.
- RSVP Partnership, benefits of this include:
  - Meal and Travel Reimbursements up to \$15.00/month
  - Secondary Accident Insurance

# Coping with Loss through the Holidays, 2011

Free Grief Support Groups Offered By Beacon Hospice

## Council on Aging/Elder Services

440 East Squantum Street, Quincy, MA

Mondays, 1 – 2:30 p.m.

Nov. 14, 21, 28, Dec. 5, 12, 19

## Malden Senior Community Center

7 Washington Street, Malden, MA

A one-time workshop

Wednesday, Nov. 9<sup>th</sup>, 11:00 a.m. – 12:00 p.m.

followed by a light lunch

## A group for LGBT folks Beacon Hospice

*In collaboration with the LGBT Aging Project*

*And the MA Department of Public Health*

529 Main Street, Suite 101, Charlestown, MA

Wednesdays, 6:30 – 8 p.m.

Nov. 2, 9, 16, 30, Dec. 7, 14, 28, Jan. 11, 2012

## First Church Somerville (UCC)

89 College Avenue, Somerville, MA

Thursdays, 2 – 3:30 p.m.

Nov. 3, 10, 17, Dec. 1, 8, 15

### PRE-REGISTRATION IS REQUIRED

For more information  
and to pre-register,  
contact:

**Diane Christopherson,  
D. Min.**

Bereavement Coordinator  
Beacon Hospice

529 Main Street, Suite 126  
Charlestown, MA 02129

**857-294-0052**

**diane.christopherson@  
beaconhospice.com**

*All of our education,  
discussion and support  
groups are  
free  
and open to anyone  
in the  
community.*



Beacon Hospice, Inc.

## **Vitamin B12 deficiency costs billions in unnecessary health care - even though it can be treated for 10 cents a day**

### **Medical authors call for earlier testing and treatment for an ignored epidemic**

Vitamin B12 deficiency can be easily detected and treated at a cost of as little as 10 cents a day. But B12 deficiency is routinely misdiagnosed and left untreated, crippling millions of Americans — and causing billions of dollars in unnecessary health care costs that are ultimately paid for by the U.S. taxpayer.

Sally Pacholok, R.N., and Dr. Jeffrey Stuart, authors of “Could It Be B12? An Epidemic of Misdiagnoses,” are calling for a united effort by medical professionals for early testing and treatment of B12 deficiency.

Vitamin B12 deficiency affects up to 25 percent of the American population. The elderly are particularly at risk. An estimated 15 percent of Americans over age 64 suffer from B12 deficiency — that’s 5.9 million older adults. Other groups at risk for developing B12 deficiency are vegetarians, gastric bypass patients, alcoholics and sufferers of anemia, celiac disease, Crohn’s disease, autoimmune disease and AIDS. The use of certain drugs such as proton pump inhibitors, metformin, H-2 blockers and nitrous oxide can also cause B12 deficiency.

When detected in time, B12 deficiency can be treated and cured with inexpensive vitamin B12 injections, which can cost as little as \$36 a year — just 10 cents a day. When left untreated, B12 deficiency can cause permanent and crippling damage and a lifetime of escalating health care costs.

Untreated long-term vitamin B12 deficiency

can cause dementia, falls and fall-related trauma, heart disease, depression and neurological disorders. Debilitated patients are warehoused for life in expensive nursing homes, and the costs of lifelong care are passed on to patients, their families, insurance companies and the overstressed Medicare and Medicaid systems. Misdiagnoses of B12 deficiency also create costs from malpractice suits and higher malpractice insurance.

To fight vitamin B12 deficiency and its staggering cost in money and human suffering, Pacholok and Stuart call on medical professionals and facilities screen for B12 deficiency in the following patients:

- Symptomatic and elderly patients in assisted living residences, group homes and nursing homes, especially as part of fall prevention programs.
- Clients of mental health institutions.
- At-risk mothers during both prenatal and postpartum care.
- Infants and children with developmental delays.
- Patients diagnosed with neurologic, psychiatric and gastrointestinal disorders.
- Patients with anemia.

#### **About “Could It Be B12?”**

Winner of a 2011 National Indie Excellence Award and now available in an expanded and updated second edition, “Could It Be B12?” (\$14.95, publisher list price) is the only book to uncover how standard medical practice has for decades misdiagnosed vitamin B12 deficiency.

“Could It Be B12?” is available in bookstores, from Amazon.com and from the publisher, Quill Driver Books (1-800-345-4447, [www.QuillDriverBooks.com](http://www.QuillDriverBooks.com)).



**Volunteer for  
RenewBoston and Boston RSVP**

You've gained a lifetime of experience - Now is the time to put your skills and talents to good use by volunteering through Boston RSVP.

When you volunteer, you are not just helping others – you are helping yourself and helping the environment by informing and educating Boston residents on this great program that can not only save them money, but also reduces greenhouse gas emissions for our environment.

If this opportunity is for you simply call Lourdes Lopez at 617-635-2713 or email at [Lourdes.Lopez@cityofboston.gov](mailto:Lourdes.Lopez@cityofboston.gov)

**Save Energy, Save Money**  
Thomas M. Menino, Mayor

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



**Tune into:**  
**Zumix Radio**

on Wednesday at 2:00 p.m. and Monday at 9:00 a.m. streaming on the internet at [www.zumix.org](http://www.zumix.org)

**WJIB 740 AM** on Sundays at 8:30 a.m.  
For more information please contact:  
Deputy Commissioner Tula Mahl  
at 617-635-1922

**Need a Ride? Senior Shuttle 617-635-3000**  
Scheduling Available: Monday - Friday  
8:00 a.m. - 4:00 p.m.

Please give at least 3 days advanced notice. Priority is given to seniors scheduling rides for medical appointments. (Some restrictions may apply)



You don't just  
deserve better care,  
you deserve  
Evercare.

To find out more information,  
please call Evercare at:

781-472-8650 /  
1-800-393-0939  
TTY: 1-800-387-1074



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

You must have Medicare Part A and Part B and live in the service area of the plan.

Evercare® Medicare Advantage plans are offered by United Healthcare Insurance Company, or one or more of its affiliated companies (including PacifiCare and Oxford licensed HMOs and insurance companies), Medicare Advantage organizations with a Medicare contract. Plan availability varies by county. Benefits may vary by county and plan.

©2006 United HealthCare Services, Inc.  
M0011\_E\_061114\_121 CMS 10/06

## **Boston Ranks As Second Best U.S. City For Seniors, Says New Study**

CHICAGO – A new survey conducted for the Bankers Life and Casualty Company Center For a Secure Retirement<sup>SM</sup> reveals Boston as the second best city in the United States for senior living, just behind Minneapolis.

Criteria in the areas of senior issues and gerontology identified the qualities for optimal senior living. Major categories were: healthcare, economics, health and longevity, social, environment, spiritual life, housing, transportation and crime. Each category was statistically weighted to reflect the needs of the senior population.

Boston and the surrounding metropolitan area had top scores in the social category, including number of other seniors as well as recreational opportunities. Its healthcare score is in the top five, including the highest number of all physicians and geriatric physicians per capita and the second highest in nursing home ratings.

“Most surprising is that the survey results contain many cities we don’t often associate with senior living,” said Scott Perry, president of Bankers Life and Casualty Company, the national life and health insurer. “We weren’t interested in another study on where to enjoy your retirement, but instead wanted to find cities that did the best job in providing the services and support that seniors need. Boston may not come to mind when you think about where to spend your golden years, but it ranks very high for access to healthcare and social outlets, and they’re in the top five for public transportation, including access to public and mass transportation.”

## **The Categories -**

The *Healthcare* category includes physicians per capita, gerontologist to senior ratio, hospitals per capita, hospitals with special care, nursing homes per capita, nursing home beds per capita, continuing care retirement communities per capita and average nursing home rating.

*Economy* includes consumer price index, sales tax rate, the unemployment rate and the stability index.

*Health and Longevity* includes life expectancy, age 85 expectancy, depression rate, heart mortality and cancer mortality.

*Social* includes percentage of seniors, social and emotional support, satisfaction with life rating, art and museums, education level, recreation, four-year colleges and libraries.

*Environment* includes number of sunny days, clean air levels, clean water measurement, natural disaster risk index, ocean coastline miles, river and lake square mileage, and local/state park number and size.

*Spiritual Life* includes percent of population belonging to organized religions and the number of religious congregations.

*Housing* includes cost of living index, housing price, property taxes and apartment rentals.

*Transportation* includes public transportation, special access and mass transit percentage.

*Crime* includes violent crime rate and property crime rate.

## Methodology

The Bankers Life and Casualty Company Center for a Secure Retirement Best Cities for Seniors 2011 was conducted in May of 2011 by the independent survey administrator Sperling's Best Places and identified the top 50 metro areas. Scores for Boston and the complete report may be viewed at [www.CenterForASecureRetirement.com](http://www.CenterForASecureRetirement.com).

## About Bankers Life and Casualty Company

Established in 1879 in Chicago, Bankers Life and Casualty Company focuses on the financial security needs of the retirement market. The nationwide company, a subsidiary of CNO Financial Group (NYSE: CNO), offers a broad portfolio of health and life insurance and retirement savings products designed especially for seniors. Visit Bankers online at [bankers.com](http://bankers.com).

## About the Center For a Secure Retirement

The Bankers Life and Casualty Center For a Secure Retirement is the company's research and consumer education program. Its studies and consumer awareness campaigns provide insight and practical advice for how everyday Americans can achieve financial security during retirement.

## Best Cities for Seniors 2011

(includes surrounding metropolitan areas\*)

1. Minneapolis, MN
2. **Boston, MA**
3. Pittsburgh, PA
4. Cleveland, OH
5. Denver, CO
6. Milwaukee, WI
7. San Francisco, CA
8. Portland, OR
9. Kansas City, MO
10. Newark, NJ
11. Nassau-Suffolk County, NY
12. Philadelphia, PA
13. Edison, NJ
14. St. Louis, MO
15. Baltimore, MD
16. Oklahoma City, OK
17. Salt Lake City, UT
18. Providence, RI
19. Seattle, WA
20. Indianapolis, IN
21. Cincinnati, OH
22. Columbus, OH
23. Washington, DC
24. Austin, TX
25. Chicago, IL
26. New York, NY
27. Oakland, CA
28. Nashville, TN
29. Dallas, TX
30. New Orleans, LA
31. San Jose, CA
32. San Diego, CA
33. Fort Worth, TX
34. San Antonio, TX
35. Miami, FL
36. Raleigh, NC
37. Los Angeles, CA
38. Charlotte, NC
39. Atlanta, GA
40. Phoenix, AZ
41. Virginia Beach, VA
42. Santa Ana, CA
43. Ft. Lauderdale, FL
44. Tampa, FL
45. Houston, TX
46. Orlando, FL
47. Sacramento, CA
48. Detroit, MI
49. Las Vegas, NV
50. Riverside, CA

\* Metropolitan areas are defined by the United States Census Bureau, and include a central city and the surrounding county or counties.

**THEME: FAMOUS INVENTIONS**

CROSSWORD															
1	2	3	4	5		6	7	8		9	10	11	12		
13						14				15					
16						17				18					
19					20			21	22						
			23					24							
25	26	27		28		29			30		31	32	33	34	
35			36		37			38		39					
40					41					42		43			
44				45		46					47				
48					49		50			51		52			
				53		54			55		56				
	57	58	59						60				61	62	63
64						65	66			67					
68						69				70					
71										72			73		

PRESENTED BY



**VolunteerMatch.org**  
Where volunteering begins.

© StatePoint Media

**ACROSS**

1. Ulysses S. Grant's first name
6. Second-largest bird in world
9. Expel
13. Sun-dried brick
14. "\_\_\_ a moment too soon"
15. Helper for some elderly
16. Acquire knowledge
17. Contend
18. Abrupt increase
19. \*Inventor of electric motor
21. \*Cyrus McCormick's invention
23. Brooks or Gibson, e.g.
24. Small stream
25. Sometimes hard to find in city
28. Traditional spot for an earring
30. Front of a building
35. Like dental surgery
37. Vagrant
39. 13 in baker's \_\_\_\_\_
40. Average
41. Hill or Baker, e.g.
43. Just below roof
44. Gives off
46. \_\_\_ drab
47. Wedding cakes often have more than one of these

48. Leader of a Muslim state

50. Russia's Peter the Great, e.g.
52. "\_\_\_, the Beloved Country"
53. Hippocrates' promise
55. Theatrical prompt
57. Not dense
60. \*Allen/Gates invention
64. Wallop
65. Neither
67. Dam
68. Affected by wear
69. Masseuse's office
70. African chieftain
71. Movie "The Way We \_\_\_"
72. Clairvoyance
73. Form of Japanese poetry

**DOWN**

1. 50 percent
2. \*An invention usually starts with a good one
3. Serengeti sound

4. Biblical Abraham's original name
5. \*"Father of Genetics"
6. One turns green with it?
7. "Me," in Paris
8. Wombs
9. Fish found off Atlantic coast of U.S., aka porgy
10. Decrease gradually, often precedes "down"
11. Short for engineer
12. Just a \_\_\_ bit
18. Sometimes comes tossed
20. Often comes with a lei
22. Rudolph's friend Hermey, e.g.
24. Resurrection of the dead
25. Ratio of hypotenuse to opposite side of right-angled triangle
26. Scent
27. Russia's St. \_\_\_\_\_ Cathedral
29. \*Character Q provided great inventions to him
31. \*Inventor of revolver
32. Pre-life

33. Postpone
34. Diary item
36. Lesotho money
38. \*Inventor of "hoisting apparatus"
42. Olden day calculators
45. Not quite a spoon and not quite a fork
49. \_\_\_-been
51. Streamlet
54. Past, present or future \_\_\_\_\_
56. Organ swelling
57. If it fits...
58. She survived her infamous husband Henry VIII
59. Bane of teenager's existence
60. Tortilla sandwich
61. Baker's baker
62. Song "Eight Days a \_\_\_"
63. "Que sera \_\_\_"
64. \*Huge network
66. Roman goddess of plenty



Anthony Quinn becomes the first Hispanic-American to win an Oscar for best actor



Roberto Clemente becomes the first Hispanic-American to be inducted into the baseball Hall of Fame



Dr. Franklin Chang-Diaz becomes the first Hispanic-American in space



Sonia Sotomayor becomes the first Hispanic-American appointed to the U.S. Supreme Court

1936

1952

1958

1973

1977

1986

1990

2009

2011



Don Prudencio Unanue begins selling Goya products



A NYC Safeway becomes the first supermarket to carry Goya



Goya airs its first English commercials



Goya opens its Texas distribution center



Goya expands and opens its largest state-of-the-art facility in Florida

Celebrating great moments with our community for 75 years and counting.

Goya is proud to support the Commission on Affairs of the Elderly Hispanic Heritage Luncheon.

## **Bloody Stools**

Yes, blood in your stools is frightening. It doesn't matter if you are 30, 40 or 80!!

Some causes of bloody stools are harmless, like hemorrhoids. Another cause, more serious, is colon cancer.

When you see bloody stools, call your doctor and do not wait for the bleeding to go away!!

### **General information:**

Bloody stools can come from any where along your digestive tract.

Black tarry colored stools usually indicate that the blood is coming from the upper part of your gastrointestinal (GI) tract. This includes esophagus, stomach and small intestine.

Some common causes of upper GI tract bleeding are: stomach ulcers or inflammation from medications like ibuprofen, naproxen or aspirin.

Interestingly, eating black licorice, iron pills or consuming lead, blueberries, over the counter bismuth subsalicylate (like PeptoBismol) can also cause black tarry stools.

Maroon colored or bright red stools usually mean the bleeding is coming from the lower part of your GI tract. This includes the large bowel, rectum or anus. Hemorrhoids and diverticulosis (abnormal pouch in the colon) are the two common causes of lower GI bleeding. Also, eating beets and tomatoes can sometimes make the

stools look reddish in color.

There are several other common causes of bleeding in your stool. Most of these causes you are familiar with.

1. Colon polyps (benign) and colon cancer. According to the American Cancer Society, colon cancer is one of the leading causes of cancer related deaths in the United States. Early detection often leads to a complete cure of colon cancer.

2. Irritable Bowel Disease (IBD). This includes Crohn's disease and colitis.

3. Intestinal infections are often caused by bacteria. The most familiar are E Coli and Salmonella. These infections can cause bloody diarrhea.

4. Bowel ischemia. This condition happens when there is inadequate blood flow to the intestines.

5. Anal fissures. Anal fissures are caused by a small tear in the lining of the lower rectum.

When you discover bloody stools.

Call your doctor for a physical exam. Be sure to tell the receptionist that you have bloody stools.

Keep a diary of your stools. Be sure to include time, frequency, color, size, shape of stool and pain. This diary will help your doctor to see your bowel movement routine (after eating, after fried food, after ice cream, no special time-random times, etc).

Your doctor will do a complete physical, list

all your medication, diet, pain, etc. You will be booked for a colonoscopy, barium study or other x-rays as needed.

Your plan of treatment may be as simple as drinking more fluids, eating more fruits and vegetables and a stool softener.

Decreasing alcohol will help eliminate the irritation in your esophagus and stomach.

Quit smoking. This helps reduce your risk for peptic ulcer and cancers of the GI tract. Should your bleeding be colon cancer, then follow the recommendations of your oncology team. They know the best treatment for your type of cancer. They are very knowledgeable and they will be your best support during this time.

## What is the "18-65" Law?

The Massachusetts "18-65" law, allows any person who is 65 years of age or older or 18 years of age or younger to have a savings account and a checking account at a Massachusetts state-chartered savings bank, co-operative bank or trust company without having to pay a service, maintenance or similar charge.

Accounts covered by the 18-65 law are not subject to minimum balance requirements, a charge for a deposit or withdrawal, or fees for the initial order or subsequent refills of the basic line of checks offered by the bank.

However, the 18-65 law does allow a state-chartered bank to charge a reasonable fee, determined by the Division of Banks, when a payment has been refused due to insufficient funds, (commonly referred to as bouncing a check), or when payment is made from the account despite insufficient funds (commonly known as "bounce protection").

A full listing of all Massachusetts state-chartered savings banks, co-operative banks and trust companies which are subject to the 18-65 law and their branch locations may be found on our website: [www.mass.gov/dob](http://www.mass.gov/dob). For additional assistance you may also contact the Division's Consumer Assistance Unit at (617) 956-1501.

## Amazing Refrigerator Recycling Program In Boston Free Pickup, No Paperwork, \$50 Reward, No Purchase Necessary

Cash in your pocket and the removal of that old avocado green refrigerator sitting unused in the basement or garage? That is just what Boston residents can expect with a refrigerator-recycling program taking place throughout Massachusetts. Residents are paid \$50 for each fridge or freezer scheduled for free pick-up, a boon to pocketbooks and a step toward future utility bill savings through the removal of older refrigerators. NSTAR is to thank for this effort that will benefit Boston area residents by allowing them to save up to \$150 a year in energy costs as a result of lower electricity usage.

The refrigerator recycling turn-in program is not a traditional rebate because there is no purchase of a new appliance necessary. To receive the \$50 reward, residents only have to schedule a pick-up time to have their old, working refrigerator removed.

Customers of NSTAR can schedule the pick-up of refrigerators or freezers by calling **1-877-545-4113** or enrolling online at **[www.MassSave.com/recycle](http://www.MassSave.com/recycle)**

Each participating household is limited to pick-up and rebates for two units. The refrigerator or freezer must be picked up at the NSTAR electric service address.

# Healthy Recipes

## Inside-Out Lasagna

### Ingredients:

- 8 ounces whole-wheat rotini or fusilli
- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped
- 3 cloves cloves garlic, sliced
- 8 ounces sliced white mushrooms (about 3 1/2 cups)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 14-ounce can diced tomatoes with Italian herbs
- 8 cups baby spinach
- 1/2 teaspoon crushed red pepper (optional)
- 3/4 cup part-skim ricotta cheese

### Preparation

1. Bring a large pot of water to a boil. Add pasta; cook until just tender, 8 to 10 minutes or according to package directions. Drain and transfer to a large bowl.

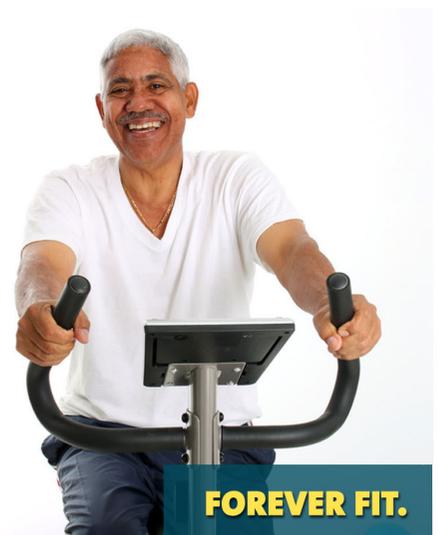
2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, about 3 minutes. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms release their liquid, 4 to 6 minutes

3. Add tomatoes, spinach and crushed red pepper (if using). Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted, about 4 minutes.

4. Toss the sauce with the pasta and divide among 4 bowls. Dollop each serving with 3 tablespoons of ricotta.

**Serves:** 4

**Tips** - To cut down on prep time, look for presliced mushrooms. For meat lovers, brown some crumbled turkey sausage along with the onions and garlic. Serve with: Steamed broccoli and whole-grain baguette.



Call us Today for **FREE 1 WEEK TRIAL** Membership: **617.269.4300**

or visit: [www.bostonathleticclub.com](http://www.bostonathleticclub.com)



**boston athletic club**

653 Summer Street | Boston, Massachusetts 02210

# Nutty Acorn Squash

## Ingredients:

- 1 acorn squash
- 2 pats (about 1 teaspoon each) soft butter
- About 1½ to 2 tablespoons dried cranberries or raisins
- 2 tablespoons brown sugar
- About 2 tablespoons walnuts, coarsely broken
- Maple syrup for drizzling – real is ideal but maple-flavored is good, too

## Preparation:

1. Line a small baking sheet with parchment paper or foil. Spray lightly with pan release.
2. Cut acorn squash in half and scoop out the seeds (a grapefruit spoon is what I use).
3. Place acorn squash, cut side down, on

a baking sheet. Bake in a 350° oven from about 20 to 30 minutes, or until tender (insert a knife or toothpick to check).

4. Reposition squash, cavity side up, on baking sheet. Smear about 1 teaspoon butter in each cavity; add dried cranberries or raisins, top with brown sugar and walnuts. Drizzle lightly with maple syrup.

5. Return to oven to heat through. Or, squash may be set aside and reheated right before serving.

**Serves: 2**



## About Acorn Squash -

**Selection:** Choose squash that are heavy for their size and have a hard, deep-colored rind free of blemishes or moldy spots. The hard skin of a winter squash protects the flesh and allows it to be stored longer than summer squash. It does not require refrigeration and can be kept in a cool, dark place for a month or more, depending on the variety.

*We Are Proud To Support  
The City Of Boston  
Commission On Affairs Of The Elderly  
And Its Service In The Community.*

**BOSTON PRIVATE BANK  
& TRUST COMPANY**

## WHERE ARE MY MANNERS?

### “Don’t Retire, Inspire”

By: Augusta Alban



Many things go out of style, disappear and then a few years later reappear as if they had had no prior history. You say to yourself, "I think I had one of those (whatever it was), and threw it away at least 40 year ago." Well, I am hoping for the reappearance of manners! They have almost completely disappeared, as if they had been tossed in the trash. I use them a lot: things like saying pardon me, excuse me, and thank you. When used in public places today, so very often the response I get is that “deer in headlights” look. Words such as excuse me are not heard or understood anymore. I have often repeatedly said “Pardon me,” and received no reaction. So after 2 or 3 time of asking with manners, I have started to say MOVE!! That does get results!! However, I do follow up with “Thank you so much and have a lovely day.”

Speaking of vanishing, have you heard about the fate of cursive writing? It’s not used, taught or needed anymore! You must remember how we practiced O’s & M’s in school, trying our best to hold those big fat pencils in our sweaty little hands. We have lived long enough not to need cursive writing. Some form of “script” has been around for hundreds of years. WELL, NOW IT’S OUT! “Children of the laptop” are taught only to print, after which they go directly to keyboards. Recently I asked my banker how these

people can sign their checks if they can't write. That brought down the house! “Checks are out too,” she laughed. Banking, bills, shopping, dinner and divorces are also “on line”. In the “good old days” we carried keys, compacts, combs, handkerchief and wallets. Today's “children of the laptop” carry a complete communication system. THINGS HAVE REALLY CHANGED.

Oh, I forgot to mention watches are out too!! They are not for telling time anymore. Joan Rivers (QVC) sells them only as a fashion accessory. Ask any “child of the laptop” for the time: without exception they reach for their cell phone -- it's digital.

Let’s review: We have eliminated manners, cursive writing, telling time ... and only you and I know how to make change without the aid of a cash register or calculator!

Let’s me be clear - I love living in this age! There are so many new things to learn. Keep in mind: in less then 5 years, all of what we know and use now will be obsolete. I am grateful my life has been made easier by many of these concepts and inventions. Remember there are no free lunches: we all pay a price. The world is running faster and faster -- that is the way it is. New is not always better, it’s just new!

We have left behind us a footprint of contamination, pollution, smog, litter, toxic waste and green house gases. We have some regrets. Going green may help. It's up to us to hold onto even small kindnesses we know work. I just sent a gift to a young man in college. A handwritten note came in the snail mail that said "Thank you isn't enough!" My response was, "YES IT IS!" It's that easy!! That is all it takes! THANK YOU!!

I use a computer, but I know how to write. I can make change without a cash register. I can tell time without a cell phone. I am grateful to be able to say kind words that let others know how much I care and respect them.

They say the day is coming when we won't use plastic money cards. Say it isn't so! Well, it is so!! Plastic money cards are out. All that is needed now are finger and eye identifications. It's getting much too personal for me! Let's face it:

a chip in my ear like Fido will contain all that information someday, keeping in mind that my health and financial records may be programmed in by a human overworked and unpaid and possibly on drugs.

So what can we do? We can send e-mails for efficiency. But to remember that someone special, or as an act of gratitude, write a hand-written note on a lovely piece of paper, put a stamp on it and send it! The post office needs your business!

Make sure when you say "thank you" or "pardon me." Look that person in the eye and say it like you mean it. When you wish someone a lovely day, put your heart in it! Stop and smell the roses. Better yet, find a two year old, give them a smile and blow them a big kiss. Chances are you will get one back. I do it all time and it really works. We all need kindness and it is up to us to keep kindness and manners alive, if we don't who else will.

## Ezra Home Care

The care for your loved ones.

“ Since we found Ezra, my mother regained her joie-de-vivre! Her trusted reliable aide makes it possible to take walks, visit friends or attend book club –all at the moments notice. My mother looks and feels her best, thanks to Ezra. I wish that all my friends knew about Ezra! ”

-Dr. Michael Cunningham

### We Provide...

- Home Health Aids
- Medication Management
- Personal Care Assistance
- Meal Planning & Preparation
- Companionship
- Transportation
- Light Cleaning & Laundry
- Respite Care
- Shopping & Errands
- Specialized Programs



Tel: 617-527-9000 • [www.ezrahomecare.com](http://www.ezrahomecare.com) • [info@ezrahomecare.com](mailto:info@ezrahomecare.com)

200 Wells Avenue, Suite 201 • Newton, MA 02459

## Social Support Activities Lead to Better Quality of Life As One Ages

How important is social support as a person ages? This may seem like an easy question to answer. Most people would not choose isolation and loneliness versus spending time with companions. However, can lack of social support really hinder a person's overall quality of life?

Lack of social support is related to negative impacts on health and well being, especially for older people. Having a variety of positive social supports can contribute to psychological and physical wellness of elderly individuals. Support from others can be important in reducing stress, increasing physical health and defeating psychological problems such as depression and anxiety.

When considering who provides social support for an elderly individual our first thoughts are of family members. While it is true that most support does come from family members, there are many circumstances in which family members cannot be supportive (stress due to responsibilities, illness, death, financial problems, job relocation). In the United States the fastest growing age group of individuals are those 85 years and older. Due to this fact, family supports will inevitable decrease for these older individuals. A need for community-based services is more important now then ever before.

Community-based services can be extremely useful for elderly individuals. Services for older persons can encompass many areas, but one of the most important areas as discussed previously is social support. Support for elderly persons can be found in many places including: senior centers, assisted living facilities, meal delivery, religious affiliations, adult day care centers, etc. These services can provide positive social supports that can help older persons defeat

loneliness and isolation. However, social support must encompass more then physical presence or conversation. Studies have shown that social support services should contain quality activities. These activities should promote positive self-awareness.

Self-awareness is key to a person's overall quality of life and satisfaction. Many leisure social activities can be used to help increase an individual's self-awareness. Activities for elderly individuals may include reminiscence groups, journal writing, readings of favorite book passages, group exercise, singing groups, etc. Individuals may also feel more self-satisfied if they are part of the planning of social activities that take place.

Two of these community-based service centers that provide quality social support services for elderly individuals are discussed below.

### Senior Citizen Centers

Today, there are estimated to be about 15,000 senior centers across the United States. Senior centers act as a focal point for older Americans to receive many aging services. The most common services offered at a senior center include health programs (including Zumba and Yoga), arts/humanities activities, intergenerational programs, employment assistance, community action opportunities, transportation services, volunteer opportunities, education opportunities, financial assistance, senior rights counseling/legal services, travel programs and meal programs. These programs and activities can help promote positive self-awareness.

Lori Beckle describes how participating in her local senior citizens center has given her the independence and life satisfaction she thought was lost when her husband died in 2009. "I was devastated and so frightened for my future without Ed. He was my only friend and the one I

turned to when I felt alone. My daughter invited me to attend our local senior center where a bereavement group was being held for those who had lost a loved one. I met Phyllis during the group and now I have a new friend I call when I become afraid. Phyllis has helped me develop the skills to get through the tough times and focus on my immediate happiness.”

### **Adult Day Care Centers**

According to the National Adult Day Services Association (NADSA), there are currently more than 4,600 adult day care centers nationwide. Adult day care is a program in which activities are provided to promote social support and health services to an older adult during the daytime. Most centers operate Monday through Friday during daytime hours. Social support services at an adult day care can consist of musical entertainment and singing groups, group games such as cards, gentle exercise, discussion groups (books, films, current events), holiday/birthday celebrations and local outings. Not only are these social activities provided, but participants of the program can also develop lasting relationships with staff and other participants. Adult day care centers also provide meals and health services. Adult day care centers differ from other programs for elderly individuals, because they

allow the participants to develop and increase self-awareness by encouraging independence.

Amanda describes her experience as a volunteer at her local adult day care center. She stated, “ I was involved in planning the activities for Thursday afternoons. I wasn’t sure what kind of activities my older friends would enjoy so I had them share their favorite activities they participated in when they were my age (23). I soon realized that I was hearing the most fascinating stories of hopping trains, college dances, swimming in the lake, etc We decided Thursday afternoons would be spotlights of each individuals’ lives as a twenty-something. One of the participants told me that Thursdays became a highlight for her week.”

Adult Day Care Centers and Senior Citizen Centers help to provide an elderly individual the opportunity to participate in social support activities. Social support activities found in these programs can be beneficial to a person’s quality of life and overall satisfaction. With a higher self-awareness and quality of life an individual can reduce the risks of mental and physical health problems as they age.

Contribution of the National Care Planning Council, 800-989-8137

***Volunteer Opportunities***  
 At One Of Boston’s Premier Historic Sites

**Castle Island Association**

~ 617 268-8870 ~

**www.bostonfortindependence.com**

# BIG AL

By: Mike Flynn

Many athletes rise to the top of their given sports and excel to such a high level their names become synonymous with that sport. Think Orr, Gretzky-hockey; Jordan, Bird, Magic- Basketball; Ruth, Gehrig-baseball; Montana-football; Oerter-track and field. Who? Bet that name doesn't ring the old bell does it? Al Oerter was an American discus thrower who became the first to win four consecutive Olympic Gold Medals. That is a span of 16 years. Four Olympic Games. On a world stage. The feat was recently equaled by American Carl Lewis in the long jump, but he did not set an Olympic record with each medal like Oerter.

Alfred Oerter was born in Queens on September 9, 1936 and raised in West Islip, Long Island and would suffer lifelong blood pressure problems. In high school, the doctors, after putting him on a new medication, cleared him to participate in athletics. He chose to run track and became pretty good. One day at practice a discus landed at his feet. He threw it back to the team mate who had tossed it and it sailed over his head. Thus a discus thrower was born. He set National Schoolboy records, went on to the University of Kansas, won two N.C.A.A. titles and earned a degree in business. After graduation he joined the New York Athletic Club and won six National titles and set six World records. Those later titles and records were accomplished while working full time as a computer specialist at Grumman Aircraft on Long Island. Because track and field was strictly an amateur sport at the time, all the athletes had jobs to support themselves. Oerter stayed loyal to Grumman and worked there for 26 years, even after the

introduction of prize money.

Oerter was a bear of a man at 6'4" and almost 300 pounds, as were most of the discus and shot put athletes of the era. Steroids were in the future, but they were coming.

Oerter began his Olympic journey by being named to the 1956 squad which was heading to Melbourne, Australia. Harold Connelly, who readers of this space will recognize as an American hammer thrower who met and fell in love with a Czech discus thrower at those very games, causing a rash of international incidents, was Oerter's team mate and has said of Al, "In the opinion of many of us, he is the greatest field athlete of the Century. There was a magic about him when he was competing. He's nervous before the meet. He doesn't eat well and his hands shake. But once the event is about to start, a calmness settles over him. The other athletes see it and it intimidates them. They watch him and are afraid of what he might do."

In those Melbourne Games he threw the discus 184'11". In a sport where victory is sometimes measured in inches, Al won by five feet!

A year later his career and his life nearly ended in a devastating automobile accident. Doctors left little hope for future competitions. Of course Oerter would hear none of it. He rehabbed quickly and was soon back out on the circuit although he was inconsistent because the accident had altered his skeletal structure somewhat so his style and form had to adapt to those changes. At the 1960 American Olympic trials he finished second to team mate Rink Babka and was off to the Olympics in Rome to throw against Babka

and World Champion Edwin Piatkowski of Poland. Trailing through four rounds, on his fifth and final throw he managed to best Babka by 4' to take the gold with Piatkowski finishing third.

Two years later Oerter would be the first to ever throw for over 200', but by the time the '64 Games rolled around Al found himself with a herniated disc (possibly a delayed result of the earlier accident) and torn rib cartilage. He was advised to take six weeks off and wear a neck brace but once again ignored the medical advice to rest. Competing in incredible pain, yet wearing the neck brace, (he would not completely ignore the medical staff) he found himself once again in third place after 4 throws. On his fifth and final throw he did not even see the discus fly as he was on his knees screaming. "I felt like someone was tearing my ribs out." As he gained composure he looked up to see another Olympic record and a Gold medal distance.

1968 saw Oerter named to his fourth Olympic team, but he was not seen as a threat at 32 years of age because he had never thrown as far as his American team mate Jay Sylvester. Once again Oerter shocked the world when, on his third throw, he set another Olympic record and won that fourth gold medal. After the Olympics he announced his retirement from Olympic competitions saying he would leave it to the youngsters. But twelve years later here he

was again, at age 44, trying for a spot on the American team going to the Moscow Games. He just missed making the team, finishing fourth, 4' feet short of his fifth Games. After his final throw and it was clear he would



*Al Oerter at the Olympics.*

not make the team, the crowd rose and gave him a five minute standing ovation. It really didn't matter because President Jimmy Carter ordered a boycott of that year's games and the American team stayed home. In 1982, while filming a spot for an ESPN program, Oerter threw for an astounding 240' which, if it was in competition, would have been another world record. And this was at age 46! In 1987 Oerter finally gave in for good saying with sadness that the drug culture (here come the steroids) had taken hold of his sport.

Al Oerter is a member of 18 Hall of Fames including the U.S. Olympic Hall of Fame and he was the first recipient of "The Olympic Order" the highest award bestowed by the International Olympic Committee. At the 1984 Olympics Games, held in Los Angeles, Al Oerter led all nations into the coliseum carrying the Olympic flag. At the 1996 Games in Atlanta he ran the final leg of the Olympic torch to Atlanta Centennial Olympic Stadium after it's around the world journey from Greece.

In his retirement Oerter became an abstract painter and organized the "Art of the Olympians" the collected works of famous Olympic Athletes on permanent display in his gallery at Ft. Myers, Florida. In a series of paintings he called "Impact", he would

pour puddles of various colored paint onto a large tarp and then throw a discus into the paint effecting different sprays and patterns. They became collector's items and he would autograph the discus he used and give it to the person who purchased the work. Art became his passion and life's work after his athletic career. His philosophic outlook from sport affected his art. "Painting is the same dadgum thing I found in training for the Games. You had to be very inventive. You had to persevere. You were constantly thinking how to make things better." Al Oerter finally succumbed to blood pressure related cardiac problems on October 1, 2007.

Back to those 1956 Melbourne Olympics. As a 20 year old on a very experienced American team, not much was expected of the rookie Oerter, much less a medal. The overall favorite was his American team mate and World



Al Oerter with his paintings and autographed disc.

Record holder Fortune Gordien and, well, you already know what happened. Gordien was so shocked and disheartened he went home determined to mold his newborn son into an even greater discus thrower than himself. Twenty two years later that son, Marcus Gordien, was entered in the Pepsi American Challenge Competition at U.C.L.A. One of his competitors was 43 year old Al Oerter..... Yup. By a foot.



## Partners HealthCare

*pleased to support*

**Commission on Affairs of the Elderly**

*and*

**Mayor Menino's Health & Fitness Walk**



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL  
AND MASSACHUSETTS GENERAL HOSPITAL

# *A Special Thank You to the Following Sponsors*

## **Mayor Menino's Health & Fitness Walk**

### **Golden Sneaker Sponsor:**

Kindred Healthcare

- Harborlights, South Boston MA
- Laurel Ridge Rehabilitation and Nursing Center, Jamaica Plain MA
- Presentation Rehabilitation and Nursing Center, Brighton MA
- Quincy Rehabilitation & Nursing Center, Quincy MA

### **Silver Sneaker Sponsors:**

EasCare Ambulance Service  
Eaton Vance Corporation  
Partners HealthCare  
Tufts Health Plan Foundation

### **Bronze Sneaker Sponsors:**

Boston Athletic Club  
Boston Private Bank & Trust Company  
Commonwealth Care Alliance  
Evercare  
Ezra Home Care Team  
Faulkner Hospital  
First Realty Management  
NSTAR Electric and Gas

### **Blue Sneaker Friends:**

Emerson College  
Generations Incorporated  
Senior Whole Health  
Suffolk University  
Susan Bailis Assisted Living

### **In Kind Sponsors:**

Bill Rodgers Running Center  
Boston Common Podiatry  
Visiting Nurses Association of Boston



## **6th Annual Italian Heritage Luncheon**

### **Diamond Sponsors:**

Speaker of the House Robert A. DeLeo  
Senator Anthony Petrucelli  
Representative Aaron Michlewitz  
City Councilor Salvatore LaMattina  
Boston Harborside Funeral Home  
Bricco's Restaurant  
Mike's Pastry

### **Golden Sponsors:**

Antico Restaurant  
Artu  
Boston Four Winds Restaurant  
L'Osteria Restaurant  
Monica's Mercato  
O'Saraceno Restaurant  
Pizza Regina, Terramia Restaurant  
Trattoria Di Monica  
Union Oyster House  
Vinoteca Di Monica

### **Silver Sponsors:**

Assaggio Restaurant  
Bella Vista  
Cafe Pompei  
Ernesto's Pizza  
Saraceno's

### **Bronze Sponsors:**

Cafe Vittoria  
Cantina Italiana  
Florentine Cafe  
Ristorante Flore,  
Stanza Dei Sigari  
5 North Square,  
Umberto Pizza

### **Honorable Mention:**

Alba Produce, Ernesto's Pizza,  
Filippo Ristorante,  
Going Bananas Marketplace,  
High Gear Jewelry, Improv Asylum,  
J. Pace & Son, La Famiglia Spagnuolo,  
Maria's Pastry Shop, Massimino's,  
Polcari's Coffee, Tea & Spices,  
Romano's Florist, Salumeria Italiana,  
Sulmona Meat Market, T. Party Tee Shirts,  
V. Cirace & Son, Inc



## **9th Annual Hispanic Heritage Luncheon**

### **Diamond Sponsors:**

Blue Cross/Blue Shield of MA  
Goya  
New England Baptist Hospital  
Partners HealthCare  
Reggie Lewis Athletic Center

### **Gold Sponsors:**

Fuente de Vida Adult Day Health  
Senior Whole Health  
Susan G. Komen for the Cure-MA  
Victory Human Services

### **Honorable Mention:**

99¢ Store - Centre St. Jamaica Plain  
Boston Public Health Commission - Pink and Black Campaign  
Caché Beauty Center  
Cape Verdean Adult Day Health  
City Councilor Felix G. Arroyo  
City Councilor Michael P. Ross  
El Oriental de Cuba  
FriendshipWorks  
Inquilinos Boricuas en Acción (IBA)  
Jorge Quiroga, WCVB-TV Ch 5  
Latinos for a Secure Retirement  
Northeastern University - Health Science  
Salvation Army - Hispanic Church  
Montecristo Mexican Grill



# FARMERS MARKET

By: John H. O'Neill III

November is part of the autumn season, with leaves turning from green to brown. Days become colder. Items harvested include: corn, and squash. Farmers Markets occur each week, throughout Boston.



**Boston City Hall Plaza (Government Center)**  
**Monday: 11:00 AM to 6:00 PM**  
**Wednesday: 11:00 AM to 6:00 PM**  
**Until November 23rd**

People living in neighborhoods buy their groceries at Roche Brothers, Shaw's, and similar stores but Farmer's Market programs have grown over time. Farmers Markets are often in central locations, such as Boston's South Station and Copley Square. It is refreshing to see produce offered by farmers. The farms have the opportunity to sell fresh food directly to people. Many eateries will sell processed foods but fresh food is always better and healthier.

Farms offer a peaceful scenery. If a farmer rises early, works hard in tending the farm, and has a good harvest, then the farmer can be very proud. People who participate in Farmers Markets have worked hard for some time; planting, tending, and then harvesting fruits and vegetables.

**First Realty Management salutes all the competitors in the Mayor's Health & Fitness Walk, especially our senior residents of the following apartment communities:**



**First Realty**  
Management

- Brandywyne Village, East Boston*
- Burbank Apartments, East Fenway*
- Camelot Court, Brighton*
- Cummins Towers, Roslindale*
- Stony Brook Commons, Roslindale*



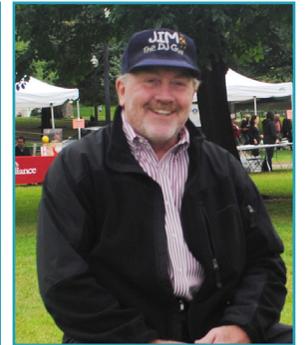
# Grandparents Luncheon



# Memor Project - South End



# Mayor Menino's Health & Fitness Walk



# Italian Heritage Luncheon



# Hispanic Heritage Luncheon



**First Come  
First Serve!!**

**MAYOR THOMAS M. MENINO &  
THE SEAPORT WORLD TRADE CENTER  
PRESENT**

**Admission by  
ticket only!!**

**23<sup>rd</sup> Annual First Night Celebration**

**Thursday, December 29<sup>th</sup>, 2011-- 11:00 a.m. – 2:00 p.m.**

**TRANSPORTATION SIGN UP SHEET**

**INDIVIDUAL APPLICATION ONLY - NO GROUP REGISTRATION ALLOWED  
REGISTRATION BY FAX OR MAIL ONLY - NO PHONE REGISTRATIONS ACCEPTED**

**TRANSPORTATION PICK-UPS BEGIN AT 10:30 a.m. - DOORS DO NOT OPEN UNTIL 11:00 a.m.**

**ADMISSION BY TICKET ONLY - TICKETS ARE LIMITED**

Please complete and return registration form by Friday, November 25, 2011 to: **Fax 617-635-3213** or mail to **1<sup>st</sup> Night, Elderly Commission, One City Hall Plaza, Room 271, Boston, MA 02201**

<b>Last Name:</b>	<b>First Name:</b>	<b>Tel:</b>
<b>Address:</b>		<b>Apt. #</b>
<b>Neighborhood:</b>		<b>Zip Code:</b>
<b>Language Spoken:</b>		

**CENTRALIZED PICK UP LOCATIONS**

<b>Allston/Brighton</b> – Covenant House, 30 Washington St.	<b>Mattapan</b> – Church of the Holy Spirit, River St.
<b>Allston/Brighton</b> – JCHE Housing, 30 Wallingford Rd.	<b>Mission Hill</b> – Flynn House, 835 Huntington Ave.
<b>Allston/Brighton</b> – Veronica Smith, 20 Chestnut Hill Ave.	<b>North End</b> – Nazzaro Center, 30 North Bennett St.
<b>Boston</b> – Park Street Station – MBTA (Tremont and Park)	<b>Readville</b> – St. Ann’s Church, 82 West Milton St.
<b>Charlestown</b> – Golden Age Center, 382 Main St.	<b>Roslindale</b> – Roslindale Municipal Bldg, Roslindale Sq.
<b>Charlestown</b> – 100 Ferrin Street	<b>Roxbury</b> – Reggie Lewis, 1350 Tremont St
<b>East Boston</b> – E.B. Social Center, 68 Central Sq.	<b>Roxbury</b> – Freedom House, 14 Crawford St.
<b>East Boston</b> – Brandy Wine, 88 Brandy Wine Drive	<b>South Boston</b> – West Broadway Task Force, 81 Orton Marrotta Way
<b>Dorchester</b> – Keystone Apts. 151 Hallet St.	<b>South Boston</b> – St. Monica’s Church, Old Colony Ave.
<b>Dorchester</b> – Kit Clark Services, 1500 Dorchester Ave.	<b>South Boston</b> – S.B. Neighborhood House, 136 H St.
<b>Dorchester</b> – St. Brendan’s Church, 589 Gallivan Blvd.	<b>South End</b> – Castle Square Apts. 484 Tremont St.
<b>Fenway/Kenmore</b> – Kenmore Abbey, Kenmore Sq.	<b>South End</b> – Harriet Tubman, 566 Columbus Ave.
<b>Hyde Park</b> – Blake Estates, 1344 Hyde Park Ave.	<b>South End/Chinatown</b> – 5 Oak St.
<b>Hyde Park</b> – Georgetown Apts. 400A Georgetown Dr.	<b>West End</b> – Blackstone Apts. 33 Blossom St.
<b>Hyde Park</b> – H.P. Municipal Parking Lot, Cleary Sq.	<b>West Roxbury</b> – CVS & Walgreens Parking Lot
<b>Jamaica Plain</b> – Julia Martin House, 90 Bickford St.	<b>MBTA RIDE</b>
<b>Jamaica Plain</b> – Nate Smith, 155 Lamartine St.	<b>I DO NOT NEED TRANSPORTATION</b>

Once this registration form is received an admission ticket will be issued in the name of the registrant and mailed to the above noted address.

