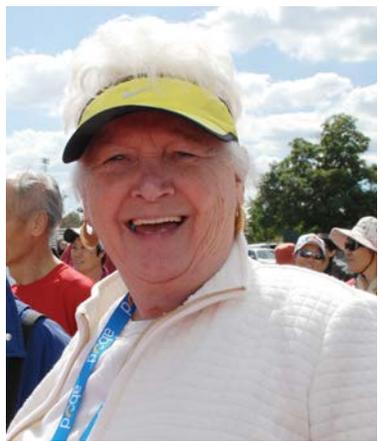


Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



FREE

2014
Volume 38
Issue 9

November

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Go on Facebook to find out what's going on at The Elderly Commission www.facebook.com/BostonElderlyCommission

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

Email articles and comments to Bostonseniority@boston.gov

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

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Commission on Affairs of the Elderly

Martin J. Walsh, Mayor
Emily K. Shea, Commissioner

Martha Rios
Tula Mahl
Editors

Eileen O'Connor
Martha Rios
Photographers

City Hall Plaza-Room 271
Boston, MA 02201
(617) 635-4366

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

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Mayor's Spotlight

Fall 2014 Open Studios in Boston

More than 1,200 artists will be on display

Mayor Martin J. Walsh announced the launch of Boston's Fall 2014 Open Studios, which will cover the city's neighborhoods with paintings, photography, sculpture, jewelry, and fashion. Among the largest Open Studios series in the United States, more than 1,200 artists will open their studios to the public providing a rare opportunity to see the personal environments in which the work is created. All Open Studios are free and open to the public.

"Open Studios is a great Boston tradition that celebrates our residents who create visual art as well as giving everyone a chance to meet the artists who live in their neighborhood and across the city," said Mayor Walsh. "Open Studios embodies the kind of community that makes Boston such a great place for artists to live and create."

Twelve neighborhoods comprise the Boston Open Studios Coalition, formed in 1996. The first Open Studios event was launched in 1980 in the Fort Point area of South Boston and 2014 will mark its 34th anniversary.

Open Studios is an ideal opportunity to discover established artists, up and coming talent, collectors, gallery directors, students, and aficionados as well as having the chance to see demonstrations and discuss art with its makers. Many Open

Studios will also offer live music and community events near Open Studios locations.



Public service messages about Open Studios will run this fall on electronic billboards at District Hall in the Innovation District, and in The Fenway with animation created by Jin Qu.

The Fall 2014 Open Studios schedule in Boston is:

South Boston Open Studios
<http://www.southbostonopenstudios.org>
November 1 and 2, 12 p.m. to 6 p.m.

Roslindale Open Studios
<http://www.roslindaleopenstudios.org>
November 1 and 2, 11 a.m. to 5 p.m.

Allston Arts District
<http://www.allstonarts.org>
November 8 and 9, 12 p.m. to 6 p.m.

Fenway Studios
<http://www.friendsoffenwaystudios.org>
November 15 and 16, 11 a.m. to 5 p.m.

Artists Group of Charlestown
<http://www.artistsgroupofcharlestown.org>
December 6 and 7, 11 a.m. to 5 p.m.

Information on specific neighborhoods, dates and websites of the organizations can be found at <http://www.cityofboston.gov/arts>.



I&R DAY



Information & Referral



Information & Referral
connecting people to
community services



Information & Referral
connecting people to
community services



Information & Referral
connecting people to
community services

JOIN US FOR

NATIONAL I&R DAY

A Celebration of the Importance of Information & Referral Services

NOVEMBER 14TH, 2014

ALL DAY!

Every day **seniors** from the Boston area find the help they need **quickly, conveniently,** and **free of charge** through the **Elderly Commission's** Information and Referral Department.

To recognize the *importance* of I&R in our community, the Boston Elderly Commission is participating in this year's National I&R Day.

I&R services are an **crucial component** of the Boston Elderly Commission's work, as they promote *critical services*—such as financial **assistance** and health insurance *benefits*.

Seniors in search of critical services often do not know where to begin to look for help and it can become an overwhelming experience.

Elderly Commission advocates make the process easier by providing exceptional I&R services!

Join us to celebrate this important work.

LIGHT REFRESHMENTS, A DRAWING FOR PRIZES, AND INFORMATION ON OUR DEPARTMENT WILL BE AVAILABLE!

Holiday Phone-A-Thon



Friday, December 5, 2014

8:00 a.m. to 2:00 p.m.

Boston City Hall - 5th Floor



Mayor Martin J. Walsh, 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 a half (1/2) hour to place as many telephone calls as they wish. Breakfast or Lunch provided. To register, please complete the application form below and return by Wednesday, December 3, 2014 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

PLEASE PRINT CLEARLY

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

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.

NAMI Family Support Group for the Elderly

If you are a senior caring for a family member with mental illness, please join Jane Boyer of the Elderly Commission and NAMI Mass for this New Midday Monthly gathering. NAMI Family Support Groups provide a secure, non-judgmental environment where caregivers can share common problems, discuss concerns, and benefit from the collective knowledge and experience of one another. Participants will gain help, hope, understanding, and comfort.

Group Leaders: Sid Gelb and Steve Rosenfeld, both experienced NAMI support group leaders who are themselves parents of adult children with mental illness, will be the group's facilitators. They excel at relating to their groups and balancing a mixture of compassion, empathy and humor.

Location:

Meeting space has been generously donated by Ethos,
555 Amory Street, Jamaica Plain

*Easily accessible from the MBTA's Orange Line—Green St. stop

Date:

The 3rd Monday of every Month, November 17th, 2014 - May 18th, 2015

Time:

Complimentary Lunch: 11:30 am - 12:15 pm

Support Group Meeting: 12:30 pm - 2 pm

Space is limited, registration is required.

Please contact Jane Boyer, Community Advocate for the Elderly Commission,
at [617-635-3994](tel:617-635-3994) or Jane.Boyer@boston.gov to register.



National Alliance on Mental Illness

Massachusetts



Commission on Affairs of the Elderly
Martin J. Walsh, Mayor

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Call (617) 542-4180 to learn more

Visit www.OperationABLE.net

Operation A.B.L.E. of Greater Boston, Inc.

174 Portland Street, 5th Floor, Near North Station and TD Garden

Crohn's Disease

We have all seen the commercial on television about the treatment for Crohn's Disease. The person seems to know where every rest room is, in the city!! Sometimes you have very little warning before you have an accident.

Crohn's Disease is a type of inflammatory bowel disease (IBD) that causes inflammation and irritation in the gastrointestinal (GI) tract.

There is a difference between Crohn's disease and uncreative colitis. Crohn's disease can happen anywhere along the digestive tract - from the mouth to the anus. Ulcerative colitis is restricted to the colon (lower bowel).

Crohn's occurs most commonly in the ileum, the end part of the small intestine.

What are the symptoms?

The most common symptoms are

1. Abdominal pain (lower right abdomen area) and Diarrhea
2. Also Rectal bleeding
3. Weight loss
4. Fever

The symptoms result from an inappropriate activation of the immune system.

Causes: unknown. Evidence shows that genetics may play a significant role.

Crohn's can lead to the formation of deep ulcers in the intestines that can eventually lead to a build up of scar tissue over time. This scar tissue can slow down the movement of food through the intestines and can cause severe cramps.

Crohn's can affect both children and adults. About 20% of those diagnosed first present with symptoms before age 20.

To get the correct diagnosis, it is important to see a doctor for a physical exam. Your doctor will do an exam, get blood tests, stool tests, colonoscopy, CT scan, possibly an Upper GI series or MRI. Your doctor will then refer you to a Gastroenterologist, a specialist in GI tract diseases.

Be sure all your x-ray results go with you on your first visit. You will not necessarily have surgery!!

Treatment:

There is no cure for Crohn's Disease. Most cases are treated with anti-inflammatory medications and antibiotics that can help control inflammation, suppress the immune system and treat bacterial overgrowth in

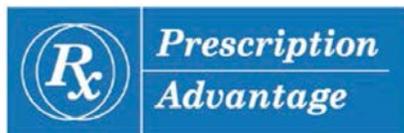
the small intestines.

If an area is very diseased, the surgeon will remove this section and reconnect the good sections. You may have a temporary colostomy to give your bowels a rest.

Sometimes, the surgeon will give you nutritional supplements. Liquid or intravenous nutrients will give your bowels a rest and help build up your body, especially if a patient has lost a lot of weight.

You may have some out of pocket expenses so check with your health plan so you will know what personal expenses to expect. People with Crohn's Disease can lead productive lives. Many people find support groups help a lot.

For more information, contact
Crohn's and Colitis Foundation of America
386 Park Avenue South, 17th Floor
New York, NY 10016
800 932 2423 or 212 685 3440
Email info@ccfa.org
Internet www.ccfa.org



Prescription Advantage has a new web-site!

www.prescriptionadvantagemma.org

Our new web-site includes:

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- The most recent application forms and rate sheets, and
- A secure, user-friendly on-line application.

Any questions? Please contact:
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1-800-AGE-INFO (1-800-243-4636)
Press 2
TTY: 1-877-610-0241

Don't Miss

The Elderly Commission

On the Radio

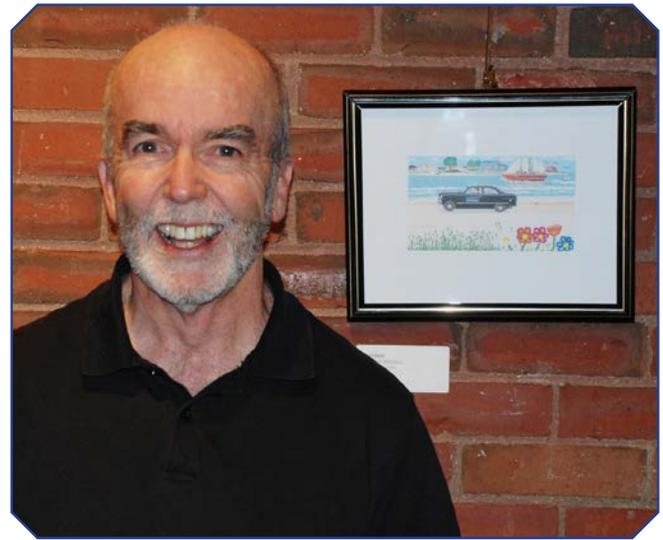
ZUMIX Radio -
Boston Seniors Count

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

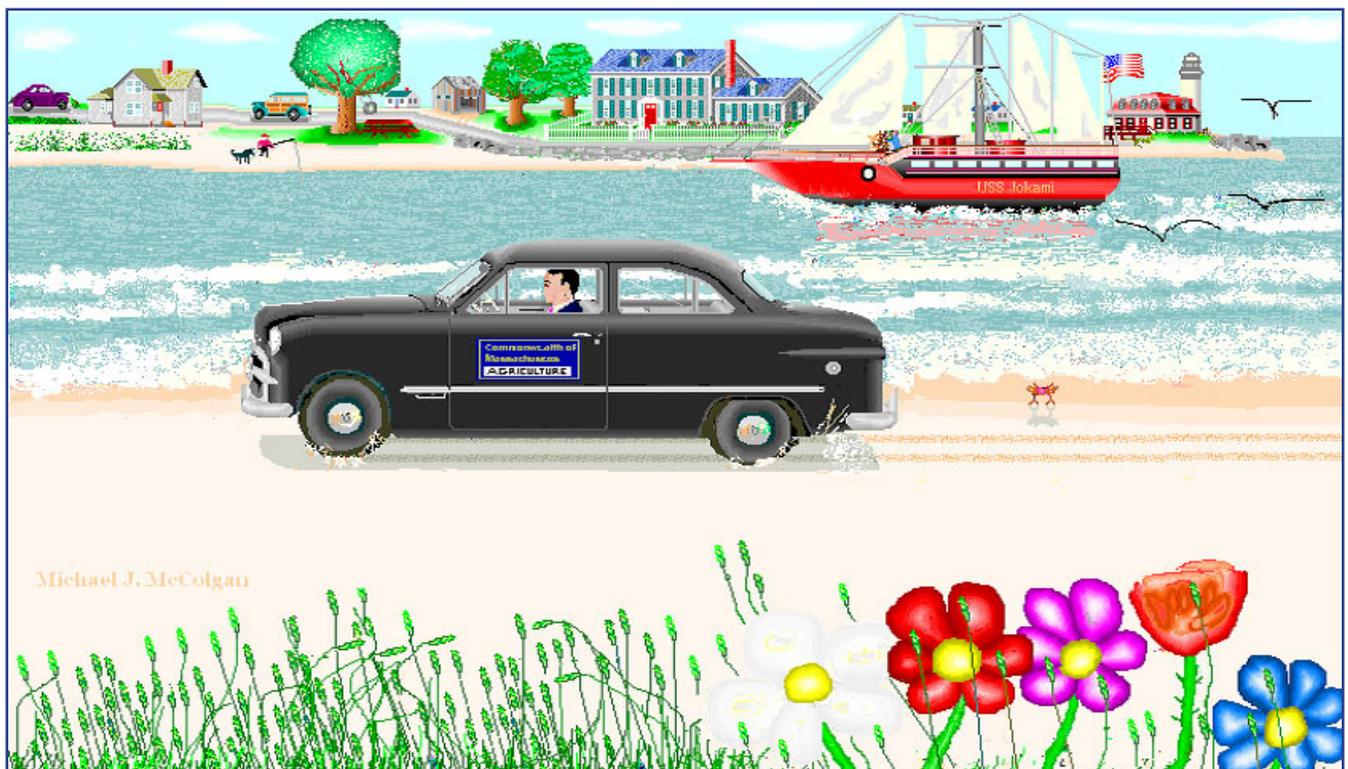
WJIB 740 AM on
Sundays at 7:30 AM

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

a moment with
Elderly Commission
Health and Fitness
Advocate
Michael McColgan



Michael McColgan displayed this drawing at the City of Boston Employee Art Exhibit in the Scollay Square Gallery on the third floor of City Hall. The exhibit was sponsored by the Mayor's Office of Arts and Culture and ran from August 25 to September 26.



Drawing was completed in MicroSoft Paint over a period of about seven years from the late 90's until about 2005 in Mike's spare time on his home computer. Mike had guidance and instruction on the use of MicroSoft Paint from his daughter Katie and his son John.



*Congratulations
Agnes Lauretta
on your
100th Birthday!*



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 617-343-2022 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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Through our doors, the new state-of-the-art Orthopedic Center at Brigham and Women's Faulkner Hospital will help you get back to doing the things you love. Our Brigham and Women's team provides a full range of care, including the diagnosis and treatment of orthopedic diseases and injuries of the bones and joints. And it's all conveniently located close to home in Jamaica Plain. To learn more about the new Brigham and Women's Orthopedic Center, visit us online or call 617-983-7500.



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www.brighamandwomensfaulkner.org



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malvarez@haphousing.org

413-233-1615

TTY/TDD: 413-233-1699

Pioneer Valley Planning Commission

(all other Western, MA communities)

Shirley Stephens

sstephens@pvpc.org

413-781-6045

TTY/TDD: 413-781-7168

CENTRAL MA

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Renee Perdicaro

rperdicaro@rcapsolutions.org

978-630-6725 / 1-800-488-1969

TTY/TDD: 978-630-6754

NORTHEASTERN MA

Community Teamwork, Inc.

Alan Trebat

atrebat@comteam.org

978-654-5741

Mass Relay Available, Dial 711

METROWEST MA

South Middlesex Opportunity Council, Inc.

Christina Cutting

Ccutting@smoc.org

508-620-2682

TTY/TDD: 508-872-4853

SOUTHEASTERN MA, CAPE, AND ISLANDS

South Middlesex Opportunity Council, Inc.

Mary Ann Walsh

Mwalsh@smoc.org

508-202-5919

TTY/TDD: 508-872-4853

METRO BOSTON

Metropolitan Boston Housing Partnership

Jennifer Shaw

jennifer.shaw@mbhp.org

617-425-6637

Mass Relay Available, Dial 711

The Home Modification Loan Program

Commonwealth Funded Loans

to

Stay in your home longer

- **0% interest and 3% interest loans from \$1,000 to \$30,000**
- **The 0% loan does not need to be repaid until the home is sold or transferred!**

Why should I modify my home?

By adding a ramp, stair-lift, grab bars, or widening doorways, you can remain more independent and live longer in your own home.

But I don't want to take on additional debt.

These are small loans, and 85% of our loans are 0% interest. This means you make no monthly payments, no interest accrues and the loan is not repaid until you sell or transfer your home.

Research by the National Centers for Disease Control and Prevention shows that home modifications and repairs may prevent 30% to 50% of all home accidents among seniors.

Eligibility is based on a few factors, including: income, a professional's documentation of need, and the particular modifications proposed.

For More Information

Contact your Regional Agency or Susan Gillam at 617-204-3739

You can also visit: www.mass.gov/mrc.html

A Program of the Massachusetts Rehabilitation Commission in collaboration with the Community Economic Development Assistance Corporation

C·E·D·A·C



Healthy Recipes

All Healthy Recipes are carefully selected by our expert nutritionist

Melissa Carlson, MS, RD

Mini Meatloaves with Green Beans & Potatoes

Ingredients:

- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder, divided
- 3/4 teaspoon salt, divided
- 3/4 teaspoon ground pepper, divided
- 1 pound Yukon Gold or red potatoes, scrubbed and cut into 1-inch wedges
- 2 tablespoons extra-virgin olive oil, divided
- 1 pound lean (90% or leaner) ground beef
- 1 large egg, lightly beaten
- 1/4 cup finely chopped onion
- 1/4 cup Italian-seasoned panko breadcrumbs
- 3 tablespoons ketchup, divided
- 1 tablespoon Worcestershire sauce
- 1 pound green beans, trimmed

Preparation:

1. Position racks in upper and lower thirds of oven; preheat to 425°F. Coat 2 large rimmed baking sheets with cooking spray.
2. Combine paprika and 1/4 teaspoon each garlic powder, salt and pepper in a large bowl. Add potatoes and toss to coat. Drizzle with 1 tablespoon oil, toss again,

then spread the potatoes in a single layer on one of the prepared baking sheets. (Reserve the bowl.) Place on the lower rack to roast for 10 minutes.



3. Meanwhile, combine beef, egg, onion, breadcrumbs, 2 tablespoons ketchup, Worcestershire and 1/4 teaspoon each garlic powder, salt and pepper in the large bowl. Form the mixture into 4 small loaves about 2 by 4 inches each and place on the other prepared baking sheet. Brush the tops with the remaining 1 tablespoon ketchup. Remove the potatoes from the oven and put the meatloaves on the lower rack.

4. Toss green beans with the remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper. Move the potatoes to one side of their pan and add the green beans to the other side. Roast the vegetables on the upper rack until the green beans are tender and an instant-read thermometer inserted into the center of the meatloaves registers 165°F, 20 to 30 minutes more.

Servings: 4 **Calories:** 437

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

Cranberry Applesauce

Ingredients:

- 1/2 cup plus 2 tablespoons water
- 1/2 cup plus 2 tablespoons sugar
- 5 medium Golden Delicious apples (about 2-1/2 pounds), peeled and chopped
- 1-1/4 cups fresh or frozen cranberries
- 1/2 teaspoon grated lemon peel
- 1 teaspoon minced fresh gingerroot
- 1/4 teaspoon ground cinnamon

Directions:

In a large saucepan over medium heat, cook and stir water and sugar until sugar is dissolved. Add apples; cover and cook for 5 minutes, stirring often. Add cranberries; cover and cook until apples

are tender and berries pop, about 15 minutes.

Mash until sauce reaches desired consistency. Stir in peel, ginger and cinnamon. Cook, uncovered, 5 minutes longer. Serve warm or refrigerate until serving.

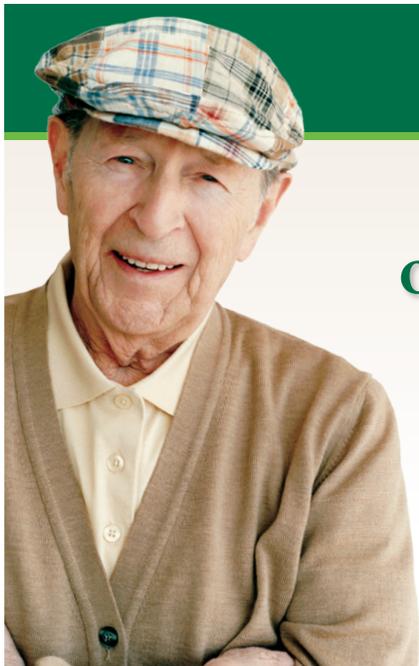
Yield: 3-1/2 cups

Servings: 7

Serving size: 1/2 cup

Calories: 157

Source: <http://www.tasteofhome.com/recipes/cranberry-applesauce/print>



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Generations
INCORPORATED



PROUD AFFILIATE



The young students of our community are in dire need of assistance to overcome current illiteracy rates. This year, 68% of Boston Public Schools' 3rd graders are reported as not reading proficiently, and there is a growing need for volunteer tutors to support this population in need. Generations Incorporated is

Greater Boston's leading intergenerational literacy organization – utilizing the life experiences of volunteers (age 50+) to improve the literacy skills of young children through grade three. Our volunteer tutors work in our partner school and after-school programs in low-income communities, providing focused literacy support while building strong mentoring relationships with children they serve. Our research-based programs are proven to provide clear and positive impacts. By joining our organization, you will see firsthand the difference you are making in the lives of the children you serve.



Sandra McIntosh, one of our Team Leaders at St. Stephens After-School Program, recently described why she serves.

“From the beginning, I have been inspired by the large gains children can make in their literacy skills in only a few short months. But more than that, I also highly value all of the relationships I have been able to forge with the students.”



Generations Incorporated works at 16 locations throughout Greater Boston. We are currently recruiting volunteers for the fall. If you are interested in a chance to make a difference in your community, please attend one of the following information sessions to learn more:

Location: Mattapan Public Library
1350 Blue Hill Avenue

Date/Time: Wed., November 5; 2pm-3:30pm

Location: Grove Hall Public Library
41 Geneva Avenue, Boston MA 02121

Date/Time: Tues., November 18; 11am-12:30pm

Children need your experience at our partnership schools and afterschool programs in Roxbury, Dorchester, Mattapan, South End, Revere and East Boston

For an information packet to be sent or for more information please contact Volunteer Recruitment at 617-778-0553 or email us at volunteerinfo@generationsinc.org and visit our website at www.generationsinc.org.

The Commission on Affairs of the Elderly
*cordially invites couples who have been
married 50 years or longer to attend*

Mayor Martin J. Walsh's
50th Anniversary Luncheon

Taj Boston
Monday, December 8th, 2014
10 am—2 pm



RSVP is required to
attend this event.
Please contact
Cynthia Woolcock at
617.635.6122.



'Meet Me at the Coolidge...and Make Memories'

Thursday, December 11th, 2014 10am-12pm



Coolidge Corner Theatre
290 Harvard Street
Brookline, MA
www.Coolidge.org

This free event is done in collaboration with the **Coolidge Corner Theatre** in Brookline, Massachusetts. Classic film clips, interspersed with audience discussion and reminiscence, help bring about increased feelings of self-esteem, social involvement, and well-being.

**The ARTZ Film Series is made possible through the generosity of the following sponsors:*

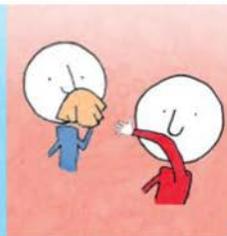
The Llewellyn Foundation
I'm Still Here Foundation
Coolidge Corner Theatre Foundation
The Brookline Community Foundation
Jane B. Cook 1992 Charitable Trust

FIGHT THE FLU

Get Vaccinated



Cover Your Cough



Wash Your Hands



Stay Home If Sick



For more information, go to www.bphc.org/flu



Boston Public Health Commission
Infectious Disease Bureau
1010 Massachusetts Avenue, Boston, MA 02118
(617) 534-5611 or www.bphc.org/IDB





Seeking Volunteer Drivers

**Age 55+ to provide
dignified transportation
to Boston seniors**

**For more information contact
Patricia McCormack at 617-635-1794
or email Patricia.McCormack@boston.gov**



PUT ME IN THE BOX!

“Don’t Retire, Inspire”

By: Augusta Alban



The changes in our lives are made easier if we are able to let go of what was and stop that comparison with “if only.” You know the past is in fact the past. Some time ago, I wrote about my “life’s boxes.” These boxes are arranged by years upon a medium-high memory shelf. Looking up reminds me to truly think about what I want to do regarding those boxes. These boxes are wrapped in abundant colors and tied with picturesque ribbons of my life. As I view the various boxes, they remind me of the events held within, most good, some not so good. As new boxes come along in my life, I must carefully make decisions about what I will if anything transfer to a new box. Now, viewing those boxes I am no longer deeply affected by old painful memories, just the stuff of life that makes me smile.

This time my memory box is a recent one. I am remembering and missing my dear old friend Rohan. He was my grand dog: the best! He was a burner, a 120 pound Bernese Mountain Dog: To say I loved him would be an understatement. I looked forward to the times I could be with him and take care of him. He brought out the best in me. He allowed me to think on a different and deeper level. He genuinely seemed to listen to what I had to say when I told him of

the things that were important to me. He functioned without words, he just seemed to know. My thoughts without interruptions were allowed to complete themselves. He was pleasant and kind. We allowed each other our uniqueness. One of Rohan’s delights was going on a sniff — not a walk, but a long sniff. As we all know, a dog’s senses are 1000 times better than any human’s. So walking was out, but sniffing was in. Just watching him enjoying the pleasure of a small patch of earth, told me everything is always right in our own back yard.

Much to the family’s delight, Rohan lived well beyond his expected life’s years. I know he did not want to leave his chosen family who adored him. He was dedicated to them, and that was all he needed to stay. He was a companion to me, when he was with you he was totally with you. I learned so much from Rohan. Just imagine the full attention and adulation of another, if only briefly. I have been changed by the love of this delightful animal. Being with Rohan I experienced the best that life has to offer. You can understand why I miss him.

Rohan had a sense of humor. He had been trained to go outside by giving a low woof (not a bark) at the back door.

Without additional training Rohan added a high jump in place, how could anyone miss that? After being let out the additional part of the training was returning home right away, for this action Rohan was rewarded with a biscuit. You guessed it: On slow days, he would go outside, stroll to the end of the deck, and gallop back in for his reward. What else is a guy to do if he truly wants a biscuit? He never took advantage of this trick and it always made me laugh. He was kind, he was gentle, he was patient, and he loved his family, as we all loved him. One could not ask for any more, Rohan was the best!!

My son and I were recounting the joys of Rohan. I really miss him, I told my son. When I die, I want to go to wherever Rohan is. "Mom," my son laughed, "Rohan is in a box in that corner of the kitchen he loved so much.

Here's to Rohan! PUT ME IN THE BOX!!!

Seniors Count BNN-TV Channel 9



Boston Seniors Count
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

Don't Retire, Inspire!

Hosted by Augusta Alban

Tune in to find out how Boston seniors
are INSPIRED everyday

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

On Boston City TV, Comcast channel
A-24 and RCN channel 16,
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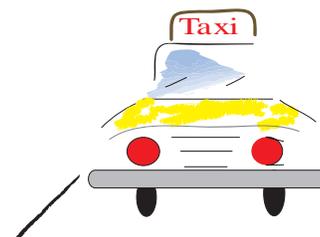
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Aging in Places: A Caregiver's Reflection on Atlas

By: Marian Leah Knapp

I have been a caregiver for numbers of loved-ones. Most were old and all were unable to care for themselves towards the ends of their lives. During these “watching-over” years, I made forays into many unfamiliar places and struggled with frightening uncertainty. I took on these jobs not understanding where they would take me, how tough they would be, and the intensity of assault on the core of my existence. Each circumstance was different and filled with emotional contradictions – sadness and joy, anger and love, fear and enlightenment. As I took care of people, I managed other things – work, school, family – too many tasks with not enough time. All at once, I felt supported and cared for, yet alone and lost. Although others tried to help with bits of what seemed like a puzzle with endless pieces, I was the one handling all of the confusing events.

My experience was not unique. I am one of millions who has assumed the job of caregiver. Each of us can describe this journey in words but language alone can't express how it feels. I remember a burst of realization on one particularly difficult day. “Wow, this is what Atlas must have felt like!” I was relieved that I had discovered a

strong image for that all-consuming task of care-giving. I'll try to explain.

Atlas was a Greek god-like figure who was tricked into carrying the whole of the universe for eternity. I imagined I was Atlas and felt that enormous, seething load pushing down on my shoulders so that I could barely move. I experienced the ache in my arms as I tried to keep the gigantic package stable. I realized that I couldn't move from this one spot because if I shifted my position some important piece could tear off and barrel away. I could only look forward. If I saw an object speeding towards me, I knew I should pay attention. But I agonized, should I try to capture it and shove it into that living mass or should I let it rush by and say, with resignation, “I'm already doing the best I can with what I've got?” I would assess the situation and knew if I tried to grab the object, I might stagger and lose my balance. I might drop something and feel bad about it. There was no winning and little peace.



I don't know if the Atlas story reflects your experience – symbols are personal - but it worked for me. His challenge provided a context for a responsibility that

I did not comprehend before I took it on. It helped me understand the physical and emotional complexity of a circumstance where I was all at once in control but paralyzed by conflicting responsibilities.

Through the years as I cared for people, I wondered, why it felt so hard. After all, birth, living, and death are parts of normal human life. Ultimately, I realized that taking care of the frail was difficult because I had no experience, no intimate role models to seek advice from, and even if I did have someone to go to, I didn't know what questions to ask. It was hard, also, because medical, social, housing, and transportation systems were uncoordinated. Each interaction with one system led to follow-up somewhere else, resulting in more work and confusing answers. Finally, it was hard because sometimes I had to make decisions that may have contradicted a relative's wish. I tried to make rational choices but, even so, there was usually a heavy burden on my conscience.

In spite of the hardships that care-

giving brought I am grateful for having done it. It helped me understand the process of aging, how systems do or do not work, how decision-making is not a straight-forward path, how each situation and person is unique. Most importantly, I learned that those who care for others need endless compassion. I would not have given up these experiences for any other. They broadened my knowledge and helped me clarify who I am. Unlike Atlas, my responsibilities had a natural ending from which I could move forward having learned more about living (and dying) than I could have ever imagined. I am thankful to have gained a little emotional wisdom which is now permanently and profoundly etched on my spirit.

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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or email sleepstudy@partners.org

Luncheon at NECAT

Boston RSVP and Senior Companion Volunteers were invited to the New England Center of Arts and Technology (NECAT) for a beautiful day of learning about nutrition and an amazing meal prepared by the NECAT students. This event was hosted by former student Fulani Haynes.

For more information about NECAT go to www.ne-cat.org



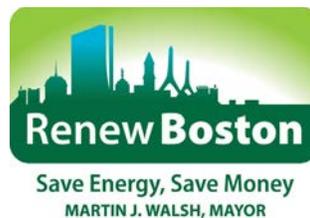
THE TOP 6 WAYS TO LIVE GREEN IN YOUR GOLDEN YEARS

As a senior, you've seen Boston change over the years. We've seen different mayors, architectural changes, winter storms, heat waves, and, of course, Red Sox victories. What makes Boston such a great city is that it continues to grow and change with time. One way to keep Boston growing is by taking small actions that will make a huge collective difference in preserving Boston's environment and our climate.

So what can you do? Greenovate Boston is the City's community-driven movement to reduce greenhouse gas emissions in Boston, and we've put together a list of six easy things you can do to green your life.

1. Save money and stay warm this winter

Make your home or apartment more energy efficient by signing up for a free energy assessment through Renew Boston. You'll get free light bulbs, a programmable thermostat and more to help lower your energy bills. Renew Boston will also let you know if you are eligible for discounts and rebates for home weatherization, which can dramatically reduce your energy bills and make your home healthier and more comfortable. For more information call 617-635-SAVE (7283) or visit RenewBoston.org



2. Recycle more

Recycling is picked up alongside trash in Boston, and over half of your waste can be recycled in one bin. Learn what's

recyclable at <http://www.cityofboston.gov/publicworks/wastereduction/directory.asp> or call the Mayor's Hotline (617-635-4500) with any recycling related questions.



3. Put your food scraps in the garbage disposal

Food waste that goes down your garbage disposal gets sent to the waste treatment plant on Deer Island and generates renewable energy and fertilizer. So the more you use your garbage disposal, the more renewable energy you can help create!

4. Use cold water for washing

When washing your clothes or doing the dishes, cold water kills just as many germs as hot water and saves you energy and money.

5. Taste the tap

Boston's tap water was recently ranked the best tasting tap water in the country! Why not ditch the bottle and enjoy a glass of water straight from the tap? You'll save money and reduce your waste from single-use plastic bottles.



6. Tell a friend

Being green can have a huge impact on your life. But imagine what would happen if everyone started doing one of these actions, and then they told five friends about it as well. We'd see a massive green change in our city!



ARE YOU WORRIED ABOUT GETTING MEMORY PROBLEMS DUE TO ALZHEIMER'S DISEASE (AD)?

Did you know that for people over 65...

AD is the 7th leading cause of death in African Americans

AD is the 6th leading cause of death in Hispanics

AD is the 9th leading cause of death in Asians

AD is the 11th leading cause of death Native Americans

Now is the time to join the A4 study!

The purpose of the Anti-Amyloid Treatment in Asymptomatic Alzheimer's study (the "A4 study" for short) is to test whether a new investigational drug, called an anti-amyloid antibody, can slow **memory loss caused by Alzheimer's disease**. Amyloid is a protein normally produced in the brain that can build up in older people, forming amyloid plaque deposits. Scientists believe this buildup of deposits may play a key role in the eventual development of Alzheimer disease related memory loss.

The overall goal of the A4 study is to test whether decreasing amyloid with antibody investigational treatment can help slow the memory loss associated with amyloid buildup in some people.

» **YOU may be eligible to take part if you:**

Are age 65-85 with normal thinking and memory function

Have someone close to you who can answer questions about your daily activities.

» **This research study involves:**

Monthly visits for 3 years.

Getting an Investigational drug or placebo (a non active agent used for comparison). The drug (or placebo) is given by an intravenous infusion (into your vein) every month.

Evaluations, including memory tests and brain scans.

» **You will receive:**

Up to \$1,650 if you complete the study.

Assistance with transportation as needed.



All information is kept completely confidential.

Brigham and Women's Hospital and
Massachusetts's General Hospital

For more information please call:

Tamy-Feé Meneide 617-643-0143

- Or -

Alison Pietras 617-278-0379



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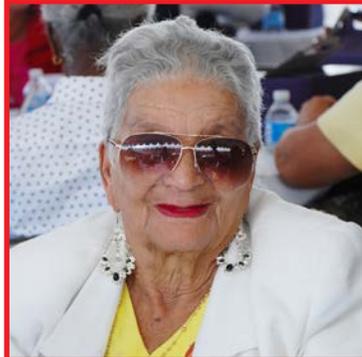
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Mayor Walsh's Health and Fitness Walk

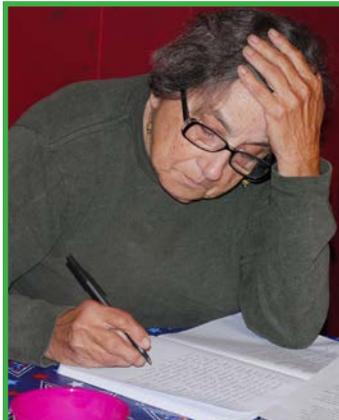
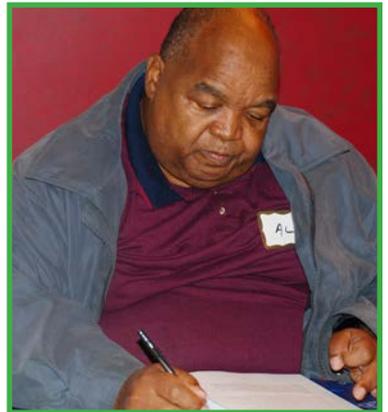
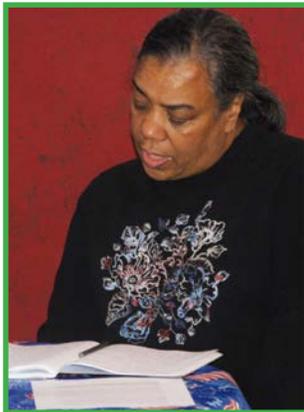


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26th Annual First Night Celebration

Tuesday, December 30, 2014 -- 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, December 5, 2014** to: **Fax 617-635-3213** or mail to **1st Night, Elderly Commission, One City Hall Square, Room 271, Boston, MA 02201**

Last Name:	First Name:	Tel:
Address:		Apt. #
Neighborhood:		Zip Code:
Language Spoken:		

CENTRALIZED PICK UP LOCATIONS

Allston/Brighton – Covenant House, 30 Washington St.	Mattapan – Church of the Holy Spirit, River St.
Allston/Brighton – JCHE Housing, 30 Wallingford Rd.	Mission Hill – Flynn House, 835 Huntington Ave.
Allston/Brighton – Veronica Smith, 20 Chestnut Hill Ave.	North End – Nazzaro Center, 30 North Bennett St.
Boston – Park Street Station – MBTA (Tremont and Park)	Readville – St. Ann’s Church, 82 West Milton St.
Charlestown – Golden Age Center, 382 Main St.	Roslindale – Roslindale Municipal Bldg, Roslindale Sq.
Charlestown – 100 Ferrin Street	Roxbury – Reggie Lewis, 1350 Tremont St
East Boston – E.B. Social Center, 68 Central Sq.	Roxbury – Shelbourne Community Ctr 2730 Washington St
East Boston – Brandy Wine, 88 Brandy Wine Drive	South Boston – West Broadway Task Force, 81 Orton Marrotta Way
Dorchester – Keystone Apts. 151 Hallet St.	South Boston – St. Monica’s Church, Old Colony Ave.
Dorchester – Kit Clark Services, 1500 Dorchester Ave.	South Boston – S.B. Neighborhood House, 136 H St.
Dorchester – St. Brendan’s Church, 589 Gallivan Blvd.	South End – Castle Square Apts. 484 Tremont St.
Fenway/Kenmore – Kenmore Abbey, Kenmore Sq.	South End – Harriet Tubman, 566 Columbus Ave.
Hyde Park – Blake Estates, 1344 Hyde Park Ave.	South End/Chinatown – 5 Oak St.
Hyde Park – Georgetown Apts. 400A Georgetown Dr.	West End – Blackstone Apts. 33 Blossom St.
Hyde Park – H.P. Municipal Parking Lot, Cleary Sq.	West Roxbury – CVS & Walgreens Parking Lot
Jamaica Plain – Julia Martin House, 90 Bickford St.	MBTA RIDE
Jamaica Plain – Nate Smith, 155 Lamartine St.	I DO NOT NEED TRANSPORTATION

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.

