

# Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



**FREE**

**2015  
Volume 39  
Issue 10**

**November**

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

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

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# *Boston Seniority*

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# Mayor's Spotlight

## **MAYOR WALSH KICKS OFF COMMUNITY ENGAGEMENT FOR FIRST CITYWIDE PLAN IN 50 YEARS**

*Textizen Mobile Platform will Allow Public to Text Feedback; One of Many Innovative Ways that Public Can Engage in Imagine Boston 2030 Process*

Mayor Martin J. Walsh recently announced that the community engagement process for Imagine Boston 2030 has officially begun with the launch of the Textizen mobile platform. The platform will allow people to use technology that is already in their pocket to engage with the city anytime, from anywhere. The responses shared on the platform will be incorporated on the data dashboards used by the Mayor and his administration to track major strategic objectives.

This text message survey tool will be one of the many innovative ways Imagine Boston 2030 will seek the public's input for the citywide plan.

"This citywide planning effort is the first of its kind in 50 years and we truly want residents from every corner of the city to be engaged in a way that they never have been before," said Mayor Walsh. "But planning can't unlock a vision unless it mobilizes the community. Textizen is one tool we will use to help empower everyone to participate in a citywide dialogue about our needs and dreams as we work towards a shared vision

for a thriving, healthy, and innovative Boston. The success of Boston's future depends on the contribution of our fellow Bostonians of all ages and backgrounds."



Sara Myerson, Executive Director of Imagine Boston 2030, is leading a team of City of Boston staff and consultants from HR&A Advisors and Utile, Inc. to create a community engagement process that will truly inform a vision and strategic direction for Boston as it approaches its 400th birthday.

To participate, the public can simply text the letter of their top choice in response to the below questionnaire to 617-860-3745:

My life in 2030 will be better with (pick your top choice):

- a) Housing I can afford
- b) Safer neighborhoods
- c) Better transportation options
- d) Quality education for all
- e) A more environmentally-friendly city
- f) Great parks and public spaces
- g) A more innovative and creative city
- h) Expanded job opportunities
- i) More vibrant neighborhoods

Mayor Walsh has challenged both the public and city employees to embrace creative public engagement strategies that

go beyond traditional community meetings. As such, the Imagine Boston 2030 team is actively working to reach constituents in innovative ways like Textizen. For those who do not want to text, there are other convenient ways to make your voice heard:

- Take our survey and sign up for email notifications on the website ([www.imagine.boston.gov](http://www.imagine.boston.gov)).
- Follow us on social media (Twitter, Facebook, Instagram) and post comments and suggestions using #ImagineBoston.

- Look for suggestion boxes around the city where you can submit your ideas using pen and paper. Suggestion boxes will be at libraries, City Hall, on the City Hall To Go truck, and more.

Imagine Boston 2030 will be carried out in phases:

**Phase One** will focus on the development of a strategic vision plan, establishing goals and targets for the City's people, economy, places, and environment.



**Phase Two** will build on the strategic vision to develop the Imagine Boston Citywide Plan, which will encompass specific strategies, policies and investment priorities to achieve the City's goals.

For more information, please visit [imagine.boston.gov](http://imagine.boston.gov).



# Senior Phone-A-Thon



Friday, December 4th, 2015

8:00 am to 2:00 pm

Boston City Hall –5th Floor

+ surprises!

Boston residents, age 60 or older, can call ANYWHERE in the WORLD for FREE.

Each person will have 30 minutes to place as many telephone calls as they wish.

Free breakfast or lunch will also be provided.

You **must** register in advance. To register, please complete this form and return it by November 27th to: Marybeth 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**

<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.**

Presented by:



Mayor Martin J. Walsh  
Commission on Affairs of the Elderly



# Holiday Phone-A-Thon

*Sponsored by*

Mayor Martin J. Walsh

The Commission on Affairs of the Elderly

*and*



## VETERANS CAN CALL ANYWHERE IN THE WORLD FOR FREE

Friday, December 4th, 2015

8:00 a.m.—2:00 p.m.

Boston City Hall—5th Floor

The Holiday Phone-a-Thon gives Veterans a chance to reconnect with family and friends around the globe who might not otherwise be able to be in touch with their loved ones during the holiday season.

- One half (1/2) hour to make as many telephone calls as you wish — *free of charge*
- **Free Breakfast or Lunch Provided**

---

To register, please complete the following, and return by Wednesday, December 2nd, 2015 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.**

Veterans Holiday Phone-a-thon

First & Last Name:	
Time I would like to call:	

Questions? Please contact Mary Beth Kelly at 617.635.3959.

## **An Interview with Alan Finn** **Boston RSVP volunteer** **at the Kit Clark** **Memory Loss Program**



### **Tell me about yourself?**

I was born and raised in Brookline, Massachusetts. I attended Emerson College and studied communications. After graduation I worked for radio stations in Rhode Island, Connecticut, and New York. After marrying I went into my wife's family business, which was collecting and recycling leftover textile and converting it into synthetic wool. Some of my other jobs included: owning a business, recruiting for the high tech industry, and working in automobile auctions. I have two sons by my first wife; who passed away. I remarried and now I spend my time volunteering. I also enjoy activities with my wife like dining out and travel. We often travel to Mexico, specifically Puerto Vallarta and we also go to Europe.

### **What are your volunteering duties?**

I read to the high functioning dementia patients at the Kit Clark Memory Loss Program.

### **What do you read to them?**

I'm currently reading the Memoir Project books to the patients. They are short personal memoirs, written by amateur writers, residents of Boston. The Memoir Project is a partnership between the City of Boston's Commission on Affairs of the Elderly

and Grub Street, a nonprofit writing center. The mission of the Memoir Project is to teach the basics of memoir writing to residents of Boston over the age of 60 and, in the process, to preserve their stories for future generations.



### **What affect do you see in the patients due to your reading to them?**

They are very much attuned to the stories and are very grateful.

### **What have you gotten out of volunteering?**

A sense of accomplishment.

### **How did our program accommodate you?**

I've tried to volunteer before with a different organization but was asked to answer the phone and take messages. This did not suit me as I have limited use of my hands. Tyissha Jones-Horner, RSVP Director made sure that the volunteer location in which I was placed was handicapped accessible and that the service I would provide suited my abilities and talents. As a former radio host I have a voice trained for reading aloud.

### **Why do you volunteer?**

Initially, it was a reason to get out of the house but it has become more than that. Now it is because I want to add value to people's lives.



## GERMS: EVERYWHERE

Autumn has arrived. Winter is on its way. The usual New England conversation is centered around the miserable weather, flu and the cost of heating our homes.

You know the obvious germs in your home. A few more to think about, besides the bathroom and kitchen counters are: television remote, cell phones, landline phones, keyboard keys, computer mouse, computers and laptops.

Other less obvious sites that you may be in contact with and don't think about:

- Menus. They carry more than 100 times more bacteria than toilet seats! Many restaurants only damp wash them once a day, using the same cloths/sponges on their table tops.
- Swimming pools. If you are lucky enough to spend winter in the warmer climates, the Centers for Disease

Control (CDC) says more than 50% pools tested were positive for the e-coli bacteria found in feces. Recommend: do not swallow pool water! Bathers are supposed to rinse off before entering pools.

- Garnishes on your drinks (lemons, celery, pineapples, etc.) 70% of lemons have e-coli on them. Pass up the garnishes on drinks.
- Water fountains. We called them "bubblers" when we were younger. The water fountains in schools, beaches or playgrounds may have never been washed! Best to avoid them.
- Soap Scum. The new bathroom soap dispensers in stores, school, restaurants etc. contain germs from all the hands of prior users of the bathroom. Scrub hands for 20 seconds or recite the Happy Birthday song times two! Use paper towels to open the bathroom door. Sadly, studies show **that only 31% of men wash their hands after using the toilet- 65% of women wash their hands.**
- Handlebars on supermarket shopping carts. They can carry 11 million microorganisms on the handles alone plus how many spoiled diapers have been on the seat where you put your meat and vegetables! If your store offers

antibacterial wipes as you enter the store, use them.

- Elevator buttons and door handles, revolving doors, hotel television remotes, bed side lamps, light switches, unwrapped drinking glasses and ATM buttons.

- Cash: dollar bills have shown to have flu virus on them for 17 days!

Germs are everywhere. A little "germ awareness and prevention" may help you avoid getting a cold/flu or prevent you from spreading it to your family.

Stock up on tissues, sanitizers, disposable paper towels for your family and office.

Best recommendation: Get your flu vaccine today!

**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](http://zumix.org)

**WJIB 740 AM** on Sundays at 7:30 AM

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

## **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 617-635-4366.

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.

**We're here for you.**  
**617-635-3000**



The Senior Shuttle has multiple wheelchair accessible shuttles offering free door-to-door transportation to Boston residents age 60 or over.

Rides are offered to non-emergency medical appointments. We kindly request advanced notification of appointments.

To schedule a ride, call 617-635-3000,  
Monday-Friday, 8 a.m. - 4 p.m.

# THE BOSTON ELDER PROTECTIVE SERVICES PROGRAM

*It's a Confidential Matter.*



**Central Boston Elder Services** assists persons 60 years and older who are at high risk and are suffering from either self-neglect, neglect, physical abuse, emotional abuse, sexual abuse, or financial exploitation.

**Who Can Report Abuse:**

Community Members and/or Professionals are encouraged to contact the Boston Elder Protective Services Program if they are concerned that an elder is at serious risk.



## CENTRAL BOSTON ELDER SERVICES

Website: [www.centralboston.org](http://www.centralboston.org)

Boston: 617.442.4200 FAX: 617.991.9772

or Statewide at

1.800.922.2275 24 HOUR HOTLINE

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[sleepstudy@partners.org](mailto:sleepstudy@partners.org)

### SEEKING VOLUNTEER DRIVERS



**Age 55+ to provide  
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Boston seniors**

**For more information, contact  
Amanda Cunningham at  
617-635-3988 or email  
[amanda.cunningham@boston.gov](mailto:amanda.cunningham@boston.gov)**

STATEPOINT CROSSWORD  
 THEME: FAMOUS ATHLETES

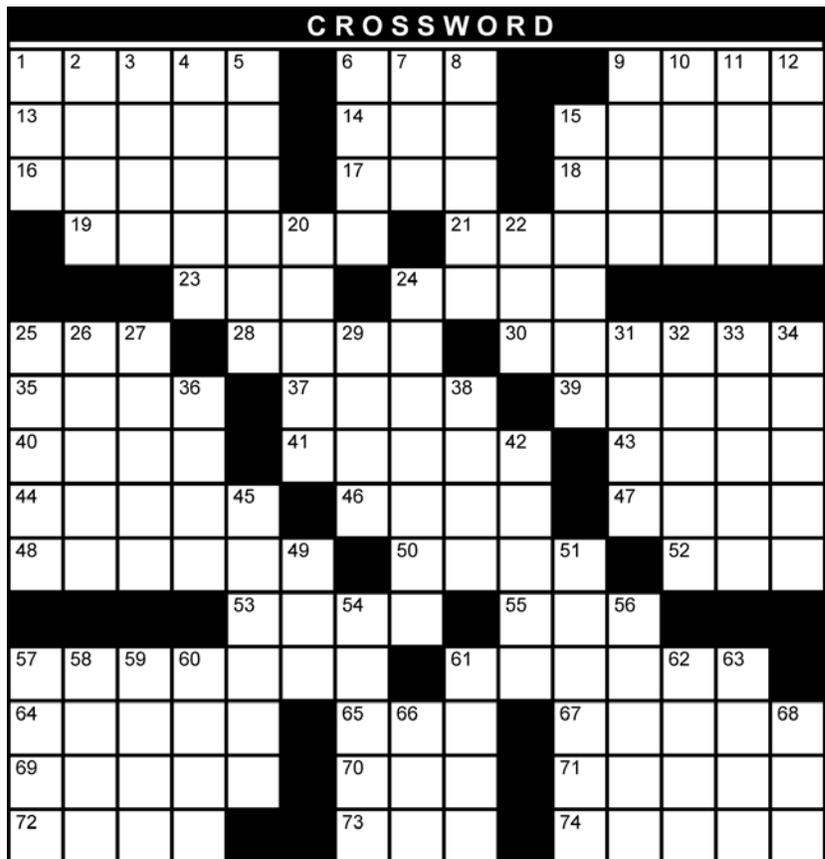
ACROSS

1. Hassan Rouhani's language
6. Filling station filler
9. " \_\_\_\_! In the Name of Love"
13. Like closed curtains
14. Paleontologist's estimate
15. Unit of electrical energy
16. Bitter
17. Between generations?
18. Harbor city of Ancient Rome
19. \*Tennis great
21. Kind of can
23. \*Golfer Trevino
24. Hefty competitor
25. Island strings
28. Queen of Carthage
30. Mexican ranch
35. Salty septet
37. Chow
39. In no manner
40. Up it in poker
41. Polynesian dance, pl.
43. Like a broken horse
44. Kelly Clarkson and Phillip Phillips
46. Hindu Mr.
47. Julia Roberts' Brockovich
48. Dairy choice
50. NCAA tourney position
52. "Owner of a Lonely Heart" band
53. Affirmative
55. Indigo extract
57. \*1968 Olympic figure skater
61. \*Bruce no more

64. Bad car
65. \_\_\_\_ Tzu
67. Be of use
69. Wine ripening
70. Caribou kin
71. Dots and dashes code
72. A \_\_\_\_ \_\_\_\_ move
73. \*Result of first Lewis-Holyfield title fight
74. Like Tin Man after being helped

DOWN

1. Health and Human Services org.
2. Parentheses, e.g.
3. Hard to find
4. Top of a DQ cone
5. Truly
6. Lady singer
7. Eastern title



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8. Part of a calyx
9. Average
10. Sounds of reproof
11. Medley
12. Church sound
15. \*Bull and Wizard
20. Black Beauty's cry
22. \*Mike Tyson bit one
24. Hungarian stew
25. \*Fastest man on Earth
26. Japanese sword fighting
27. To \_\_\_\_ \_\_\_\_ a table
29. Clobber
31. Do, re or mi
32. Characterized by great caution
33. Friend, slang
34. \*Credited for crushing Hitler's myth of Aryan supremacy

36. Narcissist's love
38. \*a.k.a. The Sultan of Swat
42. Napped leather
45. "I'm just \_\_\_\_..."
49. X
51. Electrical current generator
54. End of a shoelace
56. Concluding portion of a poem or essay
57. Old Glory
58. Children's construction block
59. What exhaust pipes do
60. Opposite of stereo
61. Jester's remark
62. \* \_\_\_\_ "The Pearl" Monroe
63. Do like phoenix
66. \*He floated like a butterfly?
68. Light-emitting diode

**Solution on page 27**

## EMV: Why your credit card is safer

By: Michael Grillo,  
Director, Marketing Line  
Leader at ACI Worldwide



You may have recently received a new kind of credit card in the mail with a small chip on the front. Or perhaps you shopped at a store and were asked a different way to pay with your credit card. These changes are due to EMV (Europay, MasterCard, and Visa), a global security standard for credit and debit payment cards based on more secure chip card technology. On October 1st, the payment industry mandated a self-imposed shift to EMV in order to make credit and debit cards more secure and effective against identity theft.

Traditionally, people have swiped their credit card at the checkout stand, but with EMV you dip your card into a card reader. Current credit cards with the magnetic stripe on the back are extremely easy for fraudsters to duplicate—a skimming device illegally added to a card reader at a point of sale register or ATM can easily capture the card number, expiration date and security code—each of which never changes. Criminals can then create counterfeit cards based on the captured information and spend endlessly until the card's true owner notices the money is missing.

EMV chip cards, however, create a unique security code for each transaction—so fraudsters won't be able to figure out the code, as it's constantly changing. When using your chip card at the checkout, you'll need to dip it into the card reader and let it sit in the card reader so the bank can verify that it (and its one-time code) is legitimate.

The potential downside to EMV? Learning a new, albeit theoretically basic, way to pay for items could have significant impacts on time spent in a checkout line come the upcoming holiday shopping season. Many US consumers (59% according to a recent ACI survey) haven't even received their new chip card yet, so there's a considerable need for education, both among consumers and retailers.

The good news is, as with the magnetic stripe credit cards, you are not responsible for paying for any fraudulent activity on your card (although this is something that many consumers still don't realize). Prior to October 1, banks were responsible for taking the loss associated with any fraudulent activity, whereas now, the onus is on the retailer—a liability shift. But since it's not a mandate, but rather a shift, the changeover won't happen everywhere all at once, which is why you may have some chip cards and some cards still with a magnetic stripe and why some stores

will likely take several months to switch over to EMV and how they accept those types of cards.

One thing is certain: the more you know about EMV and familiarize yourself with the chip and signature credit cards and readers at the point of check-out, the easier the holiday season will be for everyone. Happy shopping!

## SNAP: Food Assistance

### Are you eligible?

If you are single and make less than \$2,000 a month  
or if you are married  
and make less than \$2,700 a month  
then Yes!

For more information or to complete an application contact:

Lorna Heron at 617-635-4335  
or email [lorna.heron@boston.gov](mailto:lorna.heron@boston.gov)

The **Church on the Hill** cordially invites you to a special advent concert.

The concert will feature traditional carols and selections from Handel's Messiah. Come and enjoy the music and immediately afterwards there will be a reception with savory and sweet delights, as well as a variety of beverages.

This is a free concert and the building is handicap accessible.

**Details:** Advent Concert performed by the Vocal Ensemble of The Church on the Hill and instrumentalists

**Address:** Church on the Hill  
140 Bowdoin Street Boston, MA 02108

**Date:** Sunday, November 29th

**Time:** 11:00am

**Website:** [www.churchonthehillboston.org](http://www.churchonthehillboston.org)



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# Healthy Recipes

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

## Beet and Black-Eyed Pea Salad

### Ingredients:

- 1 cup dried black-eyed peas
- 1/3 cup rice vinegar
- 2 tablespoons olive oil
- 2 tablespoons spicy brown mustard
- 2 teaspoons sugar
- 1 teaspoon grated orange rind
- 1/2 teaspoon salt
- 7 cups coarsely chopped peeled beets (about 2 1/2 pounds)
- 1/4 cup (1 ounce) crumbled feta cheese
- 2 tablespoons chopped pecans, toasted
- 2 tablespoons chopped fresh parsley

### Preparation:

1. Sort and wash black-eyed peas; place in a small saucepan. Cover with water to 2 inches above peas; bring to a boil. Cook 2 minutes. Remove from heat; cover and let stand for 1 hour. Drain peas, and place in a saucepan. Cover with water to 2 inches above peas. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until tender. Drain.

2. Combine vinegar and next 5 ingredients (vinegar through salt) in a small bowl; stir well with a whisk.

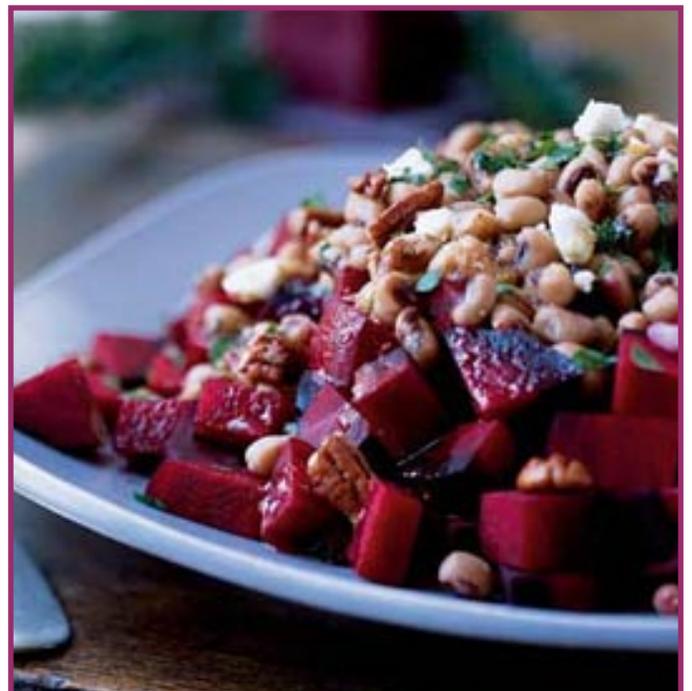
3. Steam the beets, covered, for 25 minutes or until done. Arrange the beets on a platter, and top with peas. Sprinkle with cheese, pecans, and parsley. Drizzle the vinaigrette over the salad.

**Note:** You can substitute 3 cups of canned black-eyed peas, rinsed and drained, for the dried peas. You could also use canned beets instead of fresh, if you rinse them first.

**Serves:** 8 at 1 cup each

**Calories:** 184

**Source:** <http://www.myrecipes.com/recipe/beet-black-eyed-pea-salad>



# Sweet Potato Pudding Cake

## Ingredients:

### CAKE

- 1 cup raisins
- 2 tablespoons dark or light rum
- 1 cup whole-wheat pastry flour (see Note)
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon salt
- 1 pound sweet potato (about 1 large), cooked (see Tip) and peeled
- 3 large eggs
- 1 14-ounce can “lite” coconut milk
- 1 cup packed light brown sugar
- 2 tablespoons butter, melted

### TOPPING

- 1/2 cup unsweetened shredded coconut
- 2 tablespoons packed brown sugar
- 1/8 teaspoon ground cinnamon

## Preparation:

1. Preheat oven to 350°F. Coat a 9-inch spring form pan with cooking spray.
2. To prepare cake: Toss raisins and rum in a small bowl and let stand. Whisk flour, nutmeg and salt in another bowl.
3. Mash sweet potato in a large bowl (you should have about 1 3/4 cups). Add eggs; beat with an electric mixer on medium speed until combined. Add coconut milk, 1 cup brown sugar and butter; beat until combined. Stir in the dry ingredients until evenly moistened. Stir in the raisins and any remaining rum. Spread the batter in the prepared pan.

4. To prepare topping: Combine coconut, 2 tablespoons brown sugar and cinnamon in a small bowl. Sprinkle on top of the cake.



5. Bake the cake until a knife inserted into the center comes out clean, 1 to 1 1/4 hours. Let cool in the pan for 10 minutes. Run a knife around the edge of the pan and gently remove the side ring. Let cool at room temperature for 1 hour, then refrigerate until cold, about 3 hours.

## Notes -

**Make Ahead Tip:** Cover and refrigerate for up to 2 days. | **Equipment:** 9-inch spring form pan

**Ingredient note:** Whole-wheat pastry flour, lower in protein than regular whole-wheat flour, has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large supermarkets and natural-foods stores. Store in the freezer.

**Tip:** To cook whole sweet potatoes, pierce the skin in several places with a fork. Bake on a baking sheet at 400°F for 45 minutes to 1 hour or microwave on High for 12 to 15 minutes.

**Serves:** 12

**Calories:** 274

**Source:** [http://www.eatingwell.com/recipes/sweet\\_potato\\_pudding\\_cake](http://www.eatingwell.com/recipes/sweet_potato_pudding_cake)

## Social Security Denials Because You Own Property in the Dominican

*Submitted by: Greater Boston Legal Services  
Elder, Health and Disability Unit*

Do you own property in the Dominican Republic? Have you been denied or have your SSI benefits by social security been terminated because of that property? When a person wants to apply for SSI benefits by social security, he or she must meet and comply with certain requirements. One of these requirements is that applicants must disclose all property they own to the social security office. If social security believes that you have property in another country and that you did not disclose that information to them, they may terminate or deny your benefits.

We suggest that you always be honest when speaking with social security. Let them know upfront that you do or do not own property in the Dominican Republic. In order to get the necessary and official paper work to prove this, do the following:

### **If you do not own land:**

1. Request property documents from the Ministerio de Hacienda Direccion General del Catastro Nacional
2. Take those documents to the American Embassy in the Dominican Republic where they will certify the documents

### **If you do own land:**

1. Complete Numbers 1 & 2 above
2. In addition:
  - a. Gather documents showing the value of your land
  - b. If there are other land co-owners, obtain a letter from them saying they own the

land as well and whether they will sell or not. Avoid using public notaries to gather the necessary paperwork from the Dominican Republic because they cannot certify the documents and social security will not accept uncertified documents. Use family members and friends to help gather the documents from the Dominican Republic. Once you have the documents, bring them to the social security office. Remember to gather these documents immediately - working with social security can sometimes take a lot of time. If you need any guidance or advice, feel free to contact one of the legal advocacy groups listed below:

- Greater Boston Legal Services  
(617) 371-1234 / Serving Boston
- Northeast Legal Aid  
(978) 458-1465 / Serving Lawrence, Lynn, Salem, Peabody
- Community Legal Aid  
1 (800) 649-3718 / Serving Worcester

### **Important Contacts**

Ministerio de Hacienda Direccion General  
del Catastro Nacional

Phone: (809) 687-5131

E-mail: [info@hacienda.gov.do](mailto:info@hacienda.gov.do)

Av. Mexico #45

Santo Domingo

Republica Dominicana, Apartado

Post al 1478

United States Embassy in  
Dominican Republic

Phone: (809) 567-7775

Av. Republica de Colombia #57

## OPERATION



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# **ABLE Skills Training Programs**

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***12 weeks in MS Office 2013 (includes Outlook,  
Word, Excel), then 6 week Internship  
Class Starts December 14, 2015***

## **Medical & Healthcare Office Training**

***12 week course teaching medical office  
essentials, then 6 week Internship  
Class Starts December 14, 2015***

## **ABLE Beginnings Six Weeks 180 Hours**

***Basic computer skills, online job applications  
Class Starts November 16, 2015***

## **ABLE Job Resource Center**

***Brush up on your MS Office and job search  
skills. Start anytime***

***Call for an appointment to discuss your needs***

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

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Call 617-542-4180 or visit [www.operationable.net](http://www.operationable.net)

*November Is*

# National Family Caregivers Month

Caregiver Homes recognizes all the work you do as a caregiver supporting your loved one. That is why we bring you the following tips from Caregiver Action Network (CAN) to help you get the break you deserve.

**According to Caregiver Homes data, caregivers who take advantage of respite services are able to continue caring for their loved one at home 3x longer than those who do not.\***



**a division of Seniorlink**

For more information on Caregiver Homes and how we support the family caregiver, please call: **866.797.2333**  
or visit our website: **[www.caregiverhomes.com](http://www.caregiverhomes.com)**

# RESPIRE:

*Respite is the chance to take a breather and the opportunity to re-energize. It is just as important as any other single item on your caregiver's to-do list.*

**R** is for “Rest and Relaxation” — Relaxing is the best way to return refreshed to your responsibilities as a caregiver.

**E** is for “Energize” — Respite is necessary to help you re-energize, reduce stress and provide care for your loved one.

**S** is for “Sleep” — Caregivers often have sleep problems. Address sleep problems and insomnia before they take a toll on your health.

**P** is for “Programs that can help you” — Respite, either in or out of the home can be hard to find but there are programs available.\*

**I** is for “Imagination” — Let your mind run free; read a book; see a movie. Refreshing your mind will help you be a better caregiver.

**T** is for “Take Five” — or better yet, take ten. You need a reprieve – a few minutes to temporarily disengage.

**E** is for “Exhale” — A few deep breaths can give you more energy, reduce stress, and lift your mood.

During National Family Caregivers Month, remember ... take the break you deserve!



*CAN (formerly the National Family Caregivers Association) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.*

# A TURKEY AND A U-HAUL

## “Don’t Retire, Inspire”

By: Augusta Alban



Life can be very complicated, if you let it. I have no thoughts of letting that happen, if I can help it.

It doesn't seem so long ago that I decided to move from a big house to a condo in a distant city. The task was overwhelming to me. I was in big trouble if I didn't have the right mindset, organizational skills and good help. This was my adventure and a major one! The cleaning out and letting go of 30+ years, 5 floors of antiques and oil paintings, and a 4-car garage filled with family memories and everyday stuff could have done me in. This was very emotional for me. What would it take for me to get over myself, make it fun, and recruit enough willing help to get this job completed on time?

As I have a deft sense of humor and the ability to daydream, I came up with an invitation which read, “Thanksgiving is right around the corner. You are invited to a PARTY! Bring a U-Haul and a turkey.”

With major planning on my part, you will be pleased to know it worked! They came, they cooked, and when they left, they were full of good food, carried off lovely furniture and some jewelry, and emptied the house of most of its

belongings.

Was it hard? YES, it's hard no matter how it's done! Most of the time a job like this is completed after you're gone — and that is too bad! I was grateful for many reasons, but primarily that I had been a part of it. The upshot was that most everybody got what they wanted and could use. Often a conversation revealed feeling about “remembering when,” a once-in-a-lifetime moment. There was plenty of laughter, no embarrassment over tears, many kindness and big hugs. When the overflowing U-Hauls drove away, there were pictures to be passed around forever, thoughts of good times and laughter, an empty house and a turkey carcass! Was that not the goal?

As I turned to go back in the house, I asked myself how better could I have done that job? The day was perfect.

Months later, sitting in my son's library, I felt a nice glow of comfort. I was visiting, yet I felt very much at home. Scanning the room, I recognized a table, an over-stuffed chair and several oil paintings. All had once lived with me. Now they were moving on to the next generation. It was a wonderful feeling of belonging.



# my Social Security

Your Online Account... Your Control...

If you receive Social Security benefits, you can go online to:

- Get a benefit verification letter;
- Change address and phone number;
- Start or change direct deposit;
- View your earnings record; and
- Check benefit and payment information.

[www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount)



## Age-Friendly **Boston**

### Listening Sessions

**Friday, November 20th, 10-11:30am**

All Saints Episcopal Church  
209 Ashmont Street, Dorchester

**Tuesday, December 1st, 1-3:00pm**

Central Boston Elder Services,  
2315 Washington Street, Roxbury

**Thursday, December 3rd, 1-2:30pm**

Charlestown Public Library  
179 Main Street, Charlestown

**Tuesday, December 8th, 10-11:30am**

Tobin Community Center  
1481 Tremont Street, Mission Hill

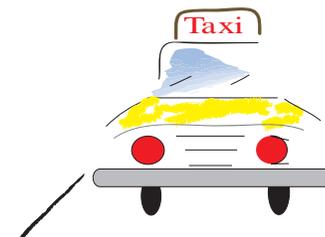
For more information contact:  
Andrea Burns at 617-635-4877  
[andrea.burns@boston.gov](mailto:andrea.burns@boston.gov)

## Discounted TAXI COUPONS

at 1/2 Price

- Buy 2 books each month -

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



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**

Fairmont Copley Plaza  
Thursday, December 10th, 2015  
10 am–2 pm



RSVP is required to  
attend this event.

Please contact  
Cynthia Woolcock at  
617.635.6122.



# 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 Leader: Sid Gelb is an experienced NAMI support group leader who is a parent of adult children with mental illness. As the group's facilitator he excels at relating to his group 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 Street stop

#### Dates:

- Monday, November 16th, 2015
- No meeting in December
- Monday, January 11th, 2016

#### Time:

Complimentary Lunch: 11:00 am - 12:00 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 email [Jane.Boyer@boston.gov](mailto:Jane.Boyer@boston.gov) to register.



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



## **MBTA System Orientation Training**

*Do you want to learn more about your transportation options  
and enhance your independence?*

The MBTA, in conjunction with Somerville-based non-profit Door2Door Transportation, has developed a System Orientation training designed to familiarize seniors and customers with disabilities with the MBTA's fixed-route network of buses and trains.

The training will include both a presentation and a hands-on section. During the training you'll learn about:

- Trip planning
- Boarding and exiting procedures on buses and trains
- Customer & Operator responsibilities
- And much more

Two types of trainings are available: one for seniors and customers with disabilities generally, and one specifically for customers with vision impairments. Trainings will occur 1-2 times a month.

If, after completing the Orientation, you feel like you need additional hands-on practice with a travel trainer, you can sign up for more extensive Travel Training via Door2Door.

To learn more:

- Visit our website. Simply go to [www.mbta.com](http://www.mbta.com), click on "Accessibility at the T", click on "The Department of System-Wide Accessibility", then click on "Tools for Accessible Travel on the T"
- Call us at 617-222-5237 or e-mail [HowToTravel@mbta.com](mailto:HowToTravel@mbta.com)

To obtain this flyer in an alternate format or language, call  
617-222-5237 or e-mail [HowToTravel@mbta.com](mailto:HowToTravel@mbta.com).

# MA Falls Prevention Coalition



Thank you for your service!

Dorothy Robinson is a SCP volunteer at Hearth in Jamaica Plain.



# The Meaning of Caregiving

By: Marian Leah Knapp

My family caregiving journey started in 1987 when my dad had a stroke at age 83. My caregiver responsibilities ended in 2013 with the death of my last elder. For over 26 years I took care of many family members or friends whom I cared deeply about. Most of my “carees” lived to be quite old, but a few died relatively young. The intensity of caregiving depended on the particular circumstances. The oldest required the longest-term involvement.

The Family Caregiver Alliance defines a caregiver as “...an unpaid individual (a spouse, partner, family member, friend, or neighbor) involved in assisting others with activities of daily living and/or medical tasks.” I expand this definition with administrative and after-death tasks. This statement sounds so simple, but it is tremendously complicated.

In 2012, I could be counted among the almost 66 million people in the U.S. who reported that they were providing care to someone who was ill, disabled, or aged. As our population grows, more and more people will need taking care of. But, just as I didn’t know what it meant to be a caregiver, new caregivers won’t know either. They will struggle as I did with unique individuals, different health problems, and many hard decisions.



Family caregivers are “unpaid” and in 2013 we provided more than \$470 billion worth of services to people we cared for. Many of us have jobs that we rely on to pay bills, but being a caregiver sometimes means that we have to miss work because of the needs of our “caree.” Some of us may have other people to rely on, but often we are overwhelmingly alone.

The job of “assisting” doesn’t involve only one thing. It means doctors’ appointments or visiting someone to prevent loneliness. It means obtaining and administering medications. It involves shopping, cooking, dressing, undressing, bathing, and toileting. It means being on-call, day or night. It means working with medical staff both inpatient and outpatient. It requires dealing with finances, insurance, and legal issues. Ultimately it leads to arranging for funerals, burials, and settling estates.

I know what caregiving means because I provided some caregiving for more

than ten people over a long time. It is a wearying and, at times, guilt-producing job. I have learned that it is not always possible to adhere to someone's desires, particularly if serious safety issues are involved. Sadly I know that there were times when I couldn't help in the way someone wanted me to, simply because I was too exhausted.

But after reflecting on my many years of caregiving, I can say that it has been a surprisingly rewarding experience. I feel really good that I assisted in making the aging or disease process a tiny bit easier for people I loved. I helped people in big and small ways, and they appreciated it. For me, the meaning of caregiving is the deep insight I have gained into who I am as a person and the values of caring that I incorporate into my life every day.

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.

## Solution to Crossword on page 11

F	A	R	S	I		G	A	S		S	T	O	P	
D	R	A	W	N		A	G	E		J	O	U	L	E
A	C	R	I	D		G	A	P		O	S	T	I	A
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			L	E	E		G	L	A	D				
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I	D	O	L	S		B	A	B	U		E	R	I	N
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L	E	M	O	N		L	A	O		A	V	A	I	L
A	G	I	N	G		E	L	K		M	O	R	S	E
G	O	T	O			T	I	E		O	I	L	E	D

## Seniors Count

### BNN-TV Channel 9

Boston Seniors Count  
Cable Television Show

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

For more information call

Greg Josselyn  
at 617-635-4250



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www.MountPleasantHome.org

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## *2015 Hispanic Heritage Luncheon*



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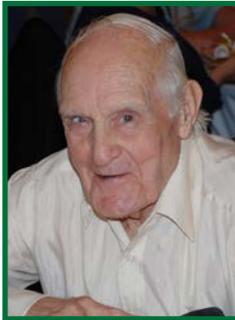
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Penguin Pizza  
Tufts Health Plan—Senior Care Options

# K Club Bingo



# Mayor Walsh's Fitness Walk



# Hispanic Heritage Celebration



**MAYOR MARTIN J. WALSH &  
THE SEAPORT WORLD TRADE CENTER  
PRESENT**

**First Come  
First Served!**

**Admission by  
ticket only!!**

**27<sup>th</sup> Annual First Night Celebration**

**Wednesday, December 30, 2015 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 4, 2015** to: **Fax 617-635-3213** or mail to **1<sup>st</sup> Night, Elderly Commission, One City Hall Plaza, Room 271, Boston, MA 02201**

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

**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> – Shelbourne Community Ctr 2730 Washington 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.

