

# Boston Seniority

## Elderly Commission

Thomas M. Menino, Mayor of Boston

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# September

**FREE**

**2013  
Volume 37  
Issue 8**

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# Boston Seniority

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# Mayor's Spotlight

## Mayor Menino Announces Launch of Residential Compost Pilot

Mayor Thomas M. Menino announced the debut of a pilot program that will allow Boston residents to drop off compostable food scraps for free at three city farmers' markets: Harvard-Allston, Egleston Square and Bowdoin-Geneva. The pilot program is Boston's first public composting program. It was inspired by feedback during community presentations around the City's urban agricultural zoning amendment Article 89, and contributes to the Mayor's Greenovate Boston initiative--which seeks to educate the public on climate actions like recycling and waste management. The program kicked off Friday, August 9 at the Harvard-Allston market.

"Residents have made it clear that they support a healthier, cleaner Boston that supports local agriculture, healthy food and waste reduction," Mayor Menino said. "This pilot will show residents how separating food scraps from trash is better for the environment and our bottom-line."

Time and location of drop-off sites for residential collection of food scraps:

- Harvard-Allston - 168 Western Ave., Allston; Fridays between 3 p.m. and 7 pm. from August 9 to October 25
- Egleston Square - 45 Brookside Ave., Jamaica Plain; Saturdays between 10 a.m. and 2 p.m. from August 10 to October 26
- Bowdoin-Geneva - 230 Bowdoin St., Dorchester; Thursdays between 2:30 p.m. and 6:30 p.m. from August 15 to October 31

Operated out of the Mayor's Office of Environment and Energy and the Office of Food Initiatives, and supported by the Mayor's Office of New Urban



Mechanics, the compost pilot program is similar to drop-off programs in New York City and Cambridge, which have helped set the stage for larger scale composting opportunities. For the three-month duration of this program, full-service waste hauler Renewable Waste Solutions will donate supplies and hauling services for transport to Rocky Hill Farm in Saugus, Massachusetts, where the collected scraps will be transformed into fertile soil for use in commercial and personal farming and gardening projects.

"This pilot will set the stage for a larger conversation about innovative ways to continue increasing recycling in Boston, which is imperative to the vitality of our city," Chief of Environment and Energy Brian Swett said.

During the pilot markets' hours, Boston residents may deposit the following waste at the pilot sites:

- Fruits and vegetables
- Non-greasy food scraps (e.g., rice, pasta, bread and cereal)
- Coffee grounds and filters
- Tea bags
- Egg shells, nutshells and pits
- Cut and dried flowers
- House plants and potted soil

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Presents the 20th Annual

*Mayor Thomas M. Menino's  
Health & Fitness Walk for Seniors*



Tuesday, October 1, 2013

11:00 a.m. - 2:00 p.m

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at the Visitor's Center at Park Street Station

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*2/3 Mile Walk*

*Warm-up Stretches*

*Refreshments*

*Rain or Shine*

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*Please see registration form on the back cover.  
For more information, please call 617-635-4168  
or email [michael.mccolgan@cityofboston.gov](mailto:michael.mccolgan@cityofboston.gov)*

# THE ELDERLY COMMISSION JOINS FACEBOOK.COM

Early twentieth century advertisements for the telephone promoted its groundbreaking ability to connect us with loved ones instantaneously. Facebook.com, one of our newest developments in communication, proves similar in its ability to help us sustain relationships with friends and family, on a minute-by-minute basis. Navigating Facebook.com is easy. You can interact with people you know by sharing encouraging words, a website link, or even upload photos. For example, you might write your friend a quick note: “Hope all is well!” or offer a link to an interesting article: “Sally – check out this headline!” A friend may do the same for you!

If nothing else, Facebook’s most memorable feature is what’s called a “status update,” where you can write what’s on your mind and share with friends. One example of a status update is: “Enjoying the day with my grandson Bailey! He turned four today!” When a friend shares their own status update, you can respond with a comment, or click the “LIKE” button, showing your support. You can view all of your friend’s status updates on a section of the website called the “newsfeed,” which

offers a summary of their activity – as if you were reading a newspaper!

Another great element of Facebook is the ability to receive daily updates from some of your favorite organizations by subscribing to their profile page. For example, here at the Elderly Commission, we recently launched a Facebook page we invite you to enjoy. By subscribing, you receive weekly updates on a wide range of topics – from Commission event photos, health tips, inspirational quotes, or free activities coming up in your neighborhood! To include the Elderly Commission’s news on your Facebook page, visit [www.facebook.com/bostonelderlycommission](http://www.facebook.com/bostonelderlycommission) and click the “LIKE” button on the top left. As always, you can hear from us the old fashioned way, by listening to our radio show called Seniors Count on The Memories Station (WJIB740AM) on Sunday mornings at 8:30 am. Or, find us on T.V. on Wednesdays at 2:00 pm, Thursdays at 3:30 pm, and Sundays at 11:30 am on Comcast Channel 9 or RCN Channel 13. We’ll be sure to connect you to a variety of resources, benefits, and information to enhance your life!



Find us on  
**Facebook**

# Cats outta the bag.

The Elderly Commission is now on Facebook.



[www.facebook.com/BostonElderlyCommission](http://www.facebook.com/BostonElderlyCommission)

## Facebook Launch at the Hyde Park Community Center



## Cosmetic Contact Lenses

Cosmetic contact lenses are used to change the way your eyes look rather than correct your eye vision. You may see them as a “fashion accessory” to go with your Halloween costume, make your eyes look bigger or change the color from blue or hazel to violet.

Important to know: all contact lenses need a prescription! Businesses that sell cosmetic contact lenses without a written prescription are selling them illegally. Why the concern? Lenses need to fit your eyes correctly. If lenses are not fitted correctly or cared for correctly, it can lead to serious problems like conjunctivitis (pink eye), scratches, lesions on the cornea or even blindness.

### How to get a prescription - regular or cosmetic

1. Make an appointment for an eye test. An ophthalmologist, optometrist, dispensing optician will give you a written prescription. They can fill the prescription for you or refer you to a specialty shop, wholesale store or online retailer.
2. Keep a copy of your prescription with your medical file at home. Your doctor will write the prescription on his/her prescription pad (like a regular

medication). It is considered medical equipment.

3. Your doctor will tell you if you need to be seen more than once a year for an annual check. If you have diabetes or history of eye infections or allergies, you may need to be seen more often.

4. You should also get a written prescription for your eyeglasses at the same time. Often, people who use contact lenses daily, have eyeglasses as a back- up to rest the eyes.

Remember: any sudden and/or unusual pain can be the sign of a serious eye problem like a detached retina. This is considered an emergency and it should be treated immediately.

How long can you wear cosmetic contact lenses at one time? Ask your doctor for a time line.

## Norovirus: Often called stomach flu

You have heard the stories of the cruise ships that end up being “floating hospitals” because many of the staff and visitors get sick. Restaurants are closed down because many customers got sick. It is often mistaken for food poisoning. The norovirus is found in the feces of humans and animals. You catch it by

ingesting contaminated food or water or by touching something contaminated with the virus then touching your mouth. In fact, many of us have been infected with the norovirus sometime during our lives. It is often called the stomach flu because the symptoms are similar. It is highly contagious. It affects 21 million Americans a year!! Also, you can get the virus many times during your life without any serious problems. Yet, estimates are 570-800 deaths each year. It peaks in the winter months.

If you caught the norovirus, within one or two days you will develop nausea, vomiting, stomach pains, diarrhea, headaches and perhaps a fever. Most people start to recover in 3 days. Serious complications can arise in babies or elderly if they get dehydrated or are malnourished.

Treatment is simple, rest and plenty of fluids. If you do not feel better, call your doctor for further treatment.

## Recommendations

1. Wash your hands frequently, especially after using the bathroom, changing a diaper and before handling food. Americans are now more conscious of infected fruits and vegetables and the importance of washing and cooking them correctly.

2. Carry a small vial of hand sanitizer

if you are not near a sink with soap and water.

3. If family member or co-worker has the virus, disinfect the area/surfaces that have been touched.

4. Important: the virus can be transmitted for up to 2 weeks after a person first becomes ill.

If you have any doubts about your illness, contact your doctor for more information and treatment.



### **Boston RSVP is currently seeking volunteers interested in:**

- o Connecting veterans to resources
- o Assisting in ESL classes
- o Offering transportation to older adults

No experience necessary!  
Training provided.

Take the Time, Make the Call  
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For more information please call  
617-635-1794



# Now I have someone to drive me to the doctor.

With **UnitedHealthcare® Senior Care Options (HMO SNP)**, you'll have a Personal Care Manager. Your Personal Care Manager will help you coordinate the services you may need, like rides to doctor appointments, and answer questions about staying healthy and more. It's your doctor, hospital and prescription drug coverage and independent living support in one simple plan.



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or go to **UHCCommunityPlan.com**.



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

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## Boston's Parks Need To Hear From You

The City of Boston is preparing a new citywide Open Space Plan for the years 2015 to 2021. As part of this effort, the Boston Parks and Recreation Department has developed a questionnaire to enable the public to provide valuable input about their park use and preferences.

Public participation is crucial to the success of the Plan and the key ingredient to helping us make our parks and open spaces better. The Department is reaching out to users of the parks, playgrounds, and other open spaces in the city, both residents and visitors, to learn about how they use open space in Boston and how their experience can be improved.

PLEASE FILL OUT THE QUESTIONNAIRE ONLINE!! IT'S EASY AND QUICK. You will find links to the questionnaire in English, Spanish, Chinese, Haitian Creole, Vietnamese, Cape Verdean Creole, and Portuguese at [www.cityofboston.gov/parks/](http://www.cityofboston.gov/parks/).

If you cannot make use of an internet-capable computer, tablet, or mobile device, PAPER copies of the questionnaire – in all seven languages mentioned above – will be available at all Boston Public Library branches and selected Boston Centers for Youth and Families community centers. Please call ahead to see if the survey in the language you desire is in stock.

The paper questionnaires can also be obtained by emailing [openspaceplan2015@cityofboston.gov](mailto:openspaceplan2015@cityofboston.gov) (Subject line: Open Space Plan Questionnaire REQUEST) or by writing to:

**Boston Parks and Recreation Department**  
**1010 Massachusetts Avenue, 3rd Floor**  
**Boston, MA 02118**  
**Attention: Open Space Plan Questionnaire REQUEST**

Thank you very much for your participation and thank you for helping us make your parks and open spaces better!



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# Introducing the NAPCA Medicare Screening Tool

This article was reprinted with permission from NAPCA

NAPCA has launched a new online screening tool, [www.napca.org/medicare-screener](http://www.napca.org/medicare-screener), to help users determine their eligibility for three programs: (1) Medicare; (2) the Medicare savings programs, which help with the costs of Medicare; and (3) the Low Income Subsidy, which helps with the costs of Medicare Part D. The online screening tool is available in Chinese, Korean, Vietnamese, and English. Furthermore, accessibility is improved with the addition of audio for all questions, which enables users with low vision or low literacy, to complete the tool. The audio function is also available in multiple languages, including Cantonese, Mandarin, Korean, and Vietnamese.

In addition to being multilingual and having an audio component, this tool differs from many other online screening tools in its simplicity. The user only answers “yes” or “no” questions to determine eligibility for different programs. Each screen contains one question only and the entire screening tool can be completed on average, in five minutes or less. Each screening switches easily from one language to another, so helpers who speak only English, for example, can help non-English

speakers navigate the tool. The tool is also available for use on mobile devices, allowing service providers and advocates to use the tool anywhere - whether in their office or in the field at community events.

The Medicare screening tool is designed to raise the awareness of the availability of public benefit programs. These programs have low participation rates, especially in limited English proficient communities. Access to the programs will help improve the healthcare for beneficiaries and will likely save them hundreds, even thousands, of dollars.

The online screening tool is supported by NAPCA Helpline. The Helpline is available in Cantonese, Mandarin, Korean, and Vietnamese, and is a toll-free call from anywhere in the U.S. Users can call with questions as they complete the online screening tool.

The NAPCA Helpline is also available to help users understand the results of the screening tool and to help users select and sign up for a Medicare Part D plan or the Low Income Subsidy. The NAPCA Helpline is available regardless of the user’s eligibility for the programs as determined by the online screening tool.

This Medicare screening tool was developed with the generous support of the U.S. Department of Health and Human Services Administration on

Aging, the Walmart Foundation, and The Atlantic Philanthropies. NAPCA would also like to acknowledge Malcolm Boyanton for his assistance in the design and development of the screening tool. For more information about the screening tool or the NAPCA Helpline, contact Angelo Locsin at: [angelo@napca.org](mailto:angelo@napca.org)

### NAPCA Helpline Numbers

#### Cantonese & Mandarin

1-800-582-4218

#### Korean

1-800-582-4259

#### Vietnamese

1-800-582-4336

#### English

1-800-336-2722

## 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-Heron at  
617-635-4335 or email  
[lorna.pleas@cityofboston.gov](mailto:lorna.pleas@cityofboston.gov)

## Senior Companion Program



Senior Companion Volunteers are providing friendship and support to Boston seniors every day!

**Thank you!**



## Senior Count

BNN-TV Channel 9



Boston Seniors Count Cable Television Show

Thursday at 3:30 p.m.

Repeated Sundays at

11:30 a.m. and Tuesdays at 8:30 p.m.

For more information call Greg Josselyn  
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  
617-343-3472 or contact  
Ernie Deeb directly 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.

# Getting Bugged?

## Make Sure Your Pest Management is Handled by a Pro

Written by the Better Business Bureau

According to the National Pest Management Association (NPMA), when your pest problem gets too big for a flyswatter, a mousetrap or do-it-yourself spray, it's time to call in a professional service. In 2012, more than 786,000 people turned to Better Business Bureau for information on pest control services.

Take the time needed to select a reputable business, and make sure you're doing business with someone you trust. BBB and NPMA recommend the following tips for finding a qualified pest management professional:

**Check them out.** Evaluate pest control professionals and companies that are members of national, state or local associations. Always check out the business' BBB Business Review at [bbb.org](http://bbb.org) first and visit [Pestworld.org](http://Pestworld.org) to find a local professional. Ask friends and neighbors to recommend pest control companies they have used successfully and ask how satisfied they were with the service.

**Always deal with a qualified and licensed pest management company.**

Ask to see the license or other credentials of the pest control professional that comes to solve your pest problem.

**Don't rush.** If a sizable amount of money is involved, get bids from several pest

management companies. Since you are paying for professional knowledge as well as skillful application of pesticides, look for someone whose judgment you can trust.

**Understand before you sign.** Before signing a contract, be sure to fully understand the nature of the household pest to be exterminated, the extent of the infestation, and the work necessary to solve the problem. Find out if the pest control company has liability insurance to cover any damages to your house or furnishings during treatment. If a guarantee is given, know what it covers, how long it lasts, what you must do to keep it in force, and what kind of continuing control, prevention and management are necessary.

**Don't fall for high-pressure sales tactics.** Buy value, not price. Beware of companies that offer bargains that sound too good to be true. Be wary of companies that come to your home uninvited and offer to give your house a free inspection for pests or press you for immediate and/or costly treatments.

For more home improvement tips you can trust, visit [bbb.org](http://bbb.org) and for the latest, follow us on Facebook at [www.Facebook.com/bbbconnection](http://www.Facebook.com/bbbconnection). Homeowners can also call state pest control regulatory agencies for information regarding the status of pest management companies. In most states the regulatory agency is the State Department of Agriculture.

# ABCD Foster Grandparent Program

## Calling Boston Seniors!

Are you 55 years old or older and live on a limited income?  
Do you want to work with children with special needs for 15-20 hours per week?

The ABCD Foster Grandparent Program is now looking for NEW Foster Grandparent volunteers

### About the ABCD Foster Grandparent Program

The ABCD Foster Grandparent program matches low-income residents who are 55 years and older with early education programs and elementary schools to help children with special needs.

**At this time, ABCD's Foster Grandparent Program is most in need of volunteers who want to help children improve their school readiness, reading, writing, and math skills.**

If you are interested in becoming an ABCD Foster Grandparent please call  
**Sarah Primeau at (617) 348-6783**



## Don't Retire, Inspire!

Hosted by Augusta Alban

Tune in to find out how Boston seniors are INSPIRED everyday

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

On Boston City TV, Comcast channel A-24 and RCN channel 16, Tuesdays and Saturdays at 5:00 p.m.

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

Thank you to our wonderful volunteers for helping make our events a huge success!



# Hoarding

By: Jennifer Stephenson, candidate for a Masters in Social Work from the University of Southern California

Shopping can be a pleasant experience. For those that feel a positive response to buying something new or scoring something free, items can accumulate over time and begin to pile up around them. According to PsychologyDegree.net 5% of Americans display clinical hoarding behaviors. The Mayo Clinic defines hoarding as “the excessive collection of items, along with the inability to discard them. Hoarding often creates such cramped living conditions that homes may be filled to capacity, with only narrow pathways winding through stacks of clutter.”

With this definition as the overarching guideline, the State of Massachusetts has been presented with a bill to add the term ‘Compulsive Hoarding’ to its definitions of ‘Abuse’ as it pertains to the aging population. This is called An Act relative to protecting the health and safety of elders with hoarding disorder. In Massachusetts the reported incidences of hoarding are low around 2-3%. However, 38% of these hoarding cases were deemed as “filthy environments”. The growing number of cases being brought to the court system on the verge of eviction is bringing attention to various agencies that there is a need for better services and training. Services

that are essential for treatment and prevention of recurrence of the disorder.

Hoarding cannot be treated with a one-time ‘clean out’ of the apartment or home. Hoarding is a disorder and has been given its own clinical definition in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) which was published in May 2013. The DSM is a tool used to diagnose individuals based on behaviors as outlined in the tool. The DSM Hoarding Definition will read “persistent difficulty discarding or parting with possessions, regardless of their actual value.” If the bill that is currently in the Joint Committee of Elder Affairs passes, the hope is to create a consistent approach to reducing the severity of the conditions in which a hoarder lives in.

As a Graduate Student at University of Southern California School of Social Work, living in the state of Massachusetts, and working with the aging population, I know firsthand just how prevalent hoarding is within the Senior Housing Communities and its increased growth nationwide. Hoarding is generally seen more in the older populations as a result of their living longer and having more time to acquire possessions. There are many agencies that provide case management services designed to work with an individual who has been referred to their program by friends, family or the housing providers.

These agencies work closely with the individual and other service providers simultaneously for as long as the client needs to ensure they are getting the appropriate support.

Bay Cove Human Services has a program specifically designed for individuals that are facing eviction and have been identified as having a disability. The Tenancy Preservation Program or TPP works with an individual for a short amount of time to ensure they do not lose their housing. Their goal is to bring their home up to acceptable conditions for the housing provider. Once this goal has been met, TPP discharges the client from their program. There are other agencies that can work with an individual once the home is safe and TPP has discharged their services. Most Housing Providers have a Resident Services Coordinator

or Social Worker on staff that can help guide a resident through the process of receiving services.

Having a lot of stuff can seem like no big deal, whether you have been that way your whole life or whether you grew up in that environment. This can create a barrier in accepting help or begin the process of discarding items. Professionals that are trained to work with individuals are sensitive to the fact that this process takes time. The need for consistent services across all disciplines that work in the Human Service and Social Service field and those that will need to be part of this team should have the proper training and understanding of what hoarding means. The goal of a social service professional is to protect the health and safety of our clients as they age in place.



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# Healthy Recipes

*All Healthy Recipes are carefully selected by our expert nutritionist*

*Melissa Carlson, MS, RD*

## Crunchy Pear and Celery Salad

### Ingredients:

- 4 stalks celery, trimmed and cut in half crosswise
- 2 tablespoons cider, pear, raspberry or other fruit vinegar
- 2 tablespoons honey
- 1/4 teaspoon salt
- 2 ripe pears, preferably red Bartlett or Anjou, diced
- 1 cup finely diced white Cheddar cheese
- 1/2 cup chopped pecans, toasted (see Note)
- Freshly ground pepper, to taste
- 6 large leaves butterhead or other lettuce

### Preparation:

1. Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into 1/2-inch pieces.



2. Whisk vinegar, honey and salt in a large bowl until blended. Add pears; gently stir to coat. Add the celery, cheese and pecans; stir to combine. Season with pepper. Divide the lettuce leaves among 6 plates and top with a portion of salad. Serve at room temperature or chilled.

### Note:

Prepare salad without pecans up to 2 hours ahead. Stir in pecans just before serving. Feel free to change the kind of nuts and cheese used to create your own favorite. Half of the recipe is good for one person.

**Serves:** 6 (1 cup each) **Calories:** 215

Source: [http://www.eatingwell.com/recipes/crunchy\\_pear\\_celery\\_salad.html](http://www.eatingwell.com/recipes/crunchy_pear_celery_salad.html)

**BETSEY L. JOSSELYN'S** photographs have been featured on the Today Show, Maine Magazine, the Boston Globe, and Wicked Local. Her seven-year old Abyssinian cat, Raspberry Brown, is her favorite model.



## Eggplant Bulgur Pilaf

### Ingredients:

- 1 cup bulgur, preferably coarse
- 4 tablespoons extra-virgin olive oil, divided
- 1 pound eggplant, diced
- 1 medium onion, diced
- 1 bunch scallions, chopped
- 1 medium green bell pepper, diced
- 1 large carrot, peeled and shredded
- 2 large cloves garlic, minced
- 2 tablespoons tomato paste
- 1 teaspoon dried oregano
- 3/4 teaspoon salt
- Freshly ground pepper to taste
- 1/2 cup reduced-sodium chicken broth (optional)
- 1 cup chopped flat-leaf parsley or cilantro

### Preparation:

1. Place bulgur in a large deep bowl, add enough warm water to cover by 2 inches, cover and let stand for 1 hour. Drain; set aside.

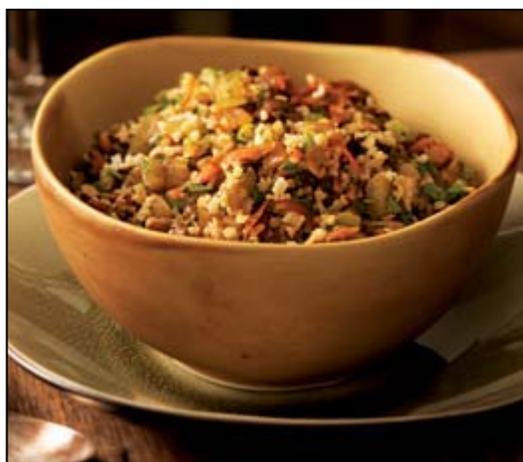
2. Heat 3 tablespoons oil in a large nonstick skillet over medium heat. Add eggplant. Do not stir for the first minute; then cook, stirring, until beginning to soften, 4 to 5 minutes. Push the eggplant to the sides, making a well in the middle for the other ingredients.

3. Heat the remaining 1 tablespoon oil in the middle of the pan. Add onion, scallions, bell pepper, carrot and garlic. Do not stir for 2 minutes; then mix all the ingredients, including the eggplant, and cook, stirring, until the vegetables are soft, 3 to 4 minutes.

4. Reduce heat to medium-low. Make a well in the ingredients again and add tomato paste to the middle. Do not stir for 30 seconds; then turn the tomato paste over and cook for another 15 seconds. Add the drained bulgur, oregano, salt and pepper; stir well to combine. Heat through. If the eggplant is not completely tender, stir in broth, cover the pan and simmer until the eggplant reaches your desired tenderness. Remove from the heat; stir in parsley (or cilantro).

**Serves:** 6 (1 cup each) **Calories:** 214

Source: [http://www.eatingwell.com/recipes/eggplant\\_pilaf.html](http://www.eatingwell.com/recipes/eggplant_pilaf.html)



# TITLES: I ♥ THEM!

## “Don’t Retire, Inspire”

By: Augusta Alban



I LOVE THEM SO MUCH, I EVEN COLLECT THEM. They could be known as one-liners. To me, they are magic and the fastest way to remember any subject - long or short. It’s the caption under the picture at the art gallery on a very small brass plate: the words tell me what the artist wished me to see. I may not see it, but the artist did.

So much information runs past us each day, uninteresting things such as names for colors of lipstick, dog food or the latest diet cola. Titles although brief create a total picture. I keep a computer list as they come to me. Titles are short-lived they do not linger, it's not their style of operation. They wisp through your mind. They seem to pass my way just once, so I put them down as quickly as possible on anything close by: a napkin, the side of a paper cup, or the back of my hand. Needing inspiration for a story or quick laugh I tend to go back to them, they are never disappointing.

They come to me in many different ways and at, various time of day or night. Walking in the park, observing a beautiful sunset, and seeing a lovely 2 year old with red hair and blue eyes, or simply taking a great shower! (Not your average shower, mind you. I just happen to have one of the greatest showers in the city, maybe ever. It doesn’t gently massage you, it pounds you and the temperature of the water turns

you bright red. Not good for my skin you say, but it sure is good for my mind.)

Back to titles and captions. Oftentimes they are related to a conversation, a thing or a place I happen to be passing through. My eyes see something or my ears hear something and up comes a title. Titles are always good for a laugh or insight, the awareness aspect is remarkable. Titles make things so clear: no need for a confusing paragraph or long droll sentence. No uncertainty, it rings true. The words layer together like a rainbow. If you don’t write them down right away, you will not be able to recapture the flow of words which are of great importance. Titles add clarity and humor to this instant world we live in.

Very often these titles are information meant for me only. Funny titles I often share at the appropriate time, giving those around me the idea that I have some kind of real talent as a writer and speaker. In this day and age, humor is something we could all use more of. Titles do their part to make those around me a little happier, if only for a moment. I have learned not to edit my thoughts. I only restrict with whom I share them.

Words are important not for their meaning or what they are trying to say, but for the way they leave us feeling.

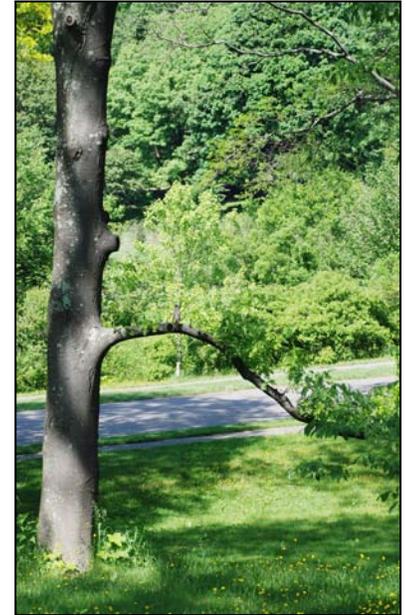
## The Removal of Street Trees Requires City Approval

The Boston Parks and Recreation Department would like to remind property owners and contractors that it is illegal to remove street trees without review or approval from the City of Boston Tree Warden. Street trees on public property are protected by Massachusetts General Law Ch. 87 and may not be cut down without a public hearing and authorization by the City Tree Warden.

The street tree removal process is outlined on the City of Boston website at [www.cityofboston.gov/parks/streettrees/hearing\\_notice.asp](http://www.cityofboston.gov/parks/streettrees/hearing_notice.asp) and says in part:

- The resident/abutting property owner submits request and site plan(s) to the BPRD Commissioner/Tree Warden for review by mailing information to Tree Arden, Boston Parks and Recreation Department, 1010 Massachusetts Avenue, Boston, Ma 02118
- The Tree Warden or designee inspects the site to determine tree size, tree species, tree condition, and whether any other trees will be impacted by construction
- A public hearing notice is submitted to the local newspaper and a public hearing before the Tree Warden is held. If approved, the cost of removal is at resident's expense; and \$300 per inch of diameter of removed trees will have to be paid into the Fund for Parks and Recreation before the permit is granted.

In cases where a tree is cut down and that tree removal has not been approved, the property owner or contractor is responsible for the full replacement costs plus damages, typically three times the replacement cost.



Anyone with questions concerning the process to follow should contact the Boston parks and recreation department by email [parks@cityofboston.gov](mailto:parks@cityofboston.gov) or by phone: 617-635-4505

**BOSTON IS PREPARING.  
ARE YOU?**



**Get Ready Be Safe Stay Healthy**

**Boston isn't prepared unless you are.**

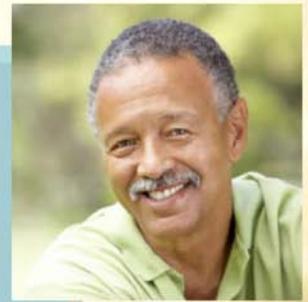
For tips and resources, visit [readysafehealthy.org](http://readysafehealthy.org) or email us at [readysafehealthy@bostonems.org](mailto:readysafehealthy@bostonems.org).



**Office of Public Health Preparedness**  
Building a Healthy Boston | Mayor Thomas M. Menino



BRIGHAM AND  
WOMEN'S HOSPITAL



## PROTEIN AND TESTOSTERONE RESEARCH STUDY FOR MEN **65 AND OLDER**

You may be eligible to participate in a research study evaluating the effect of testosterone and a high protein diet on muscle strength and function. If you qualify and participate, you will receive:

- Physical exam, blood tests and EKGs throughout the study
- 3 meals per day for 6 months prepared by nutrition experts
- Screening for diabetes and prostate problems

**Compensation of up to \$500 is provided**

FOR MORE  
INFORMATION,  
PLEASE CALL

**617-525-9199**

A FOUNDING MEMBER OF 

facebook



*The Elderly Commission*  
Mayor Thomas M. Menino  
Commissioner Emily K. Shea

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### Looking to reconnect with friends or family?

Facebook is the answer and we can show you how

Come to a **FREE** workshop and learn how you can use facebook to stay connected to family, friends, resources, and information.

Grove Hall Branch Library  
41 Geneva Ave, Dorchester  
Tuesday, October 22, 2013  
10:00 AM - 11:00 PM

[Registration Required by Friday, October 4th](#)

Please contact Tula Mahl at 617-635-1922 or [tula.mahl@cityofboston.gov](mailto:tula.mahl@cityofboston.gov)

## USES – SENIOR HOME REPAIR PROGRAM IN YOUR NEIGHBORHOOD

**Are you a homeowner in need of minor repairs?**

**Are you 50 years to 62 years of age?**

**Do you live in the following neighborhoods:**

**02115, 02116, 02118, 02119, 02120 or 02121?**

United South End Settlements' Senior Home Repair Program through an initiative funded by AARP Foundation is being implemented in partnership with the City of Boston and in collaboration with three other community based organizations. The program assists seniors 50 years of age and older with minor repairs in their homes such as the installation of grab bars and handrails, fixing of stairs, installation of door bells for hearing impaired clients, replacement of exterior door locks or repairing of broken windows.

**To find out if you qualify, call USES today at 617.375.8163**

**We would like to serve you!**



## Need a Ride?

**Senior Shuttle**

**617-635-3000**

Scheduling Available:

Monday - Friday

8:00 a.m. - 4:00 p.m.



The Senior Shuttle offers free door-to-door transportation service to Boston Senior residents age 60 or over. Rides are offered to non-emergency medical appointments.

We kindly request that you notify us as soon as possible to schedule an appointment since rides are scheduled on a first come first serve basis.

Occasionally, due to cancellations, we can accommodate same day requests.

## Roslindale Senior Basketball Awards

On June 23, 2013, the Roslindale Senior Basketball League held their annual awards presentations at their home court in the Roslindale Community Center. These gentlemen not only gather every Tuesday and Thursday for spirited matches but are also members of teams that travel to all senior games throughout New England as well as the National Senior Games which this year took place in Cleveland. Several New England sides returned with medals. They have also combined with other northeast teams to make Mayor Menino's Annual Greater Boston Senior Games one of the largest Senior Basketball Tournaments in America. Here is a list of the award winners.

### Award

**Most Outstanding Senior Basketball Player of 2013**

**Outstanding Service for Promoting Senior Basketball for 2013**

**Senior Basketball Offensive Player of 2013**

**Senior Basketball Defensive Player of 2013**

**Senior Basketball Offensive Scorer of 2013**

**Senior Basketball Three Point Shooter of 2013**

**Outstanding Teammate of 2013**

**Senior Basketball Rebounder of 2013**

**Senior Basketball Playmaker of 2013**

**Senior Basketball Coach of 2013**

**Most Improved Senior Basketball Player of 2013**

**Senior Basketball Comeback Player of 2013**

**Senior Basketball Rookie of 2013**

**Senior Basketball First Team All-Star of 2013**

### Recipient

Steve Boudreau / Jim McKenna

Hank "Cowboy" Philbrick

Rich Manewal / Ed Conway

Richard Kee

Nick Filzow / Ron Francesone

Rich Cummings / Dave Thorburn

Paul Ghostlaw / Carlton Smith

Craig Lankhorst

Tom Tower / Steve Thimas

Dick Lawless

Phil Bonasia

Tom Killilea / John Howard

John Sarafin / Wing Wong

Frankie Ma / Ron Richardson / Jim Viola



*And Mayor Menino's Commission on Affairs of the Elderly present:*

# CELEBRATE YOUR HEALTH DAY!

A Health and Wellness Symposium for Seniors

Saturday, **September 21st**, 2013

10:00 AM—3:00 PM

at the University of Massachusetts Boston

Registration entitles participants to:

- \* Participate in Workshops
- \* Lunch
- \* Benefits Enrollment
- \* Healthy Aging Seminars
- \* All Day Vendor Fair
- \* Health Information and Screenings

**REGISTER NOW!** Complete and **mail** this form to the *Elderly Commission, One City Hall Square, Rm 271, Boston, MA 02201*, or **fax** it to 617.635.3213. You can also register by **phone** at 617.635.4366 or **online** at [www.cityofboston.gov/elderly](http://www.cityofboston.gov/elderly). Don't forget to register by Thursday, September 12th, 2013!

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_

Neighborhood/Zip Code \_\_\_\_\_ Telephone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_ Language(s) Spoken \_\_\_\_\_

Workshops: Everyone who registers may attend one workshop. Please indicate your interest in the workshops by numbering them 1-6, with 1 being most interested and 6 being least interested. We cannot guarantee you will receive your first choice; spots will be filled on a first-come, first-served basis.

- \_\_\_\_ Tai Chi
- \_\_\_\_ Healthy Cooking Demo
- \_\_\_\_ Zumba
- \_\_\_\_ Massage
- \_\_\_\_ Still Life Drawing
- \_\_\_\_ Beauty Demo

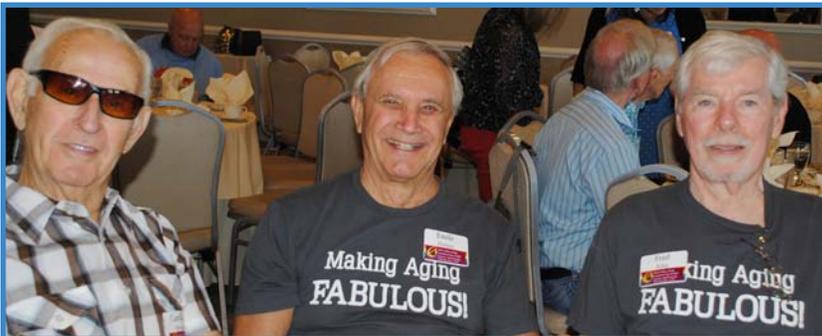
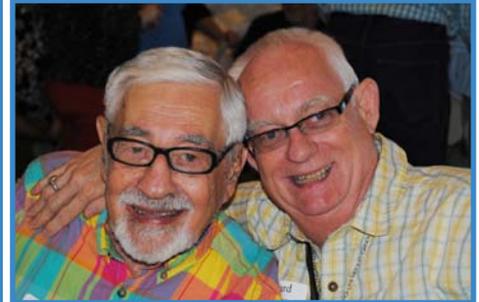
University of Massachusetts Boston complies with all ADA requirements. If you require disability-related accommodations for a University of Massachusetts Boston event you will be attending, please contact the University of Massachusetts Boston Customer Service Center by telephone at 617-287-4000 or by e-mail at [customer.service@umb.edu](mailto:customer.service@umb.edu) at least two weeks prior to the event so we may provide what you require.



*Also Upcoming:*

Couples who would like to celebrate the milestone of being married 50 years or more at a luncheon with Mayor Thomas M. Menino, contact: Cynthia Woolcock at 617-635-6122. (RSVP by October 1, 2013)

# Ethos' Annual LGBT Senior Pride Luncheon at the Venezia Restaurant



## LGBT Honoring Mayor Thomas M. Menino



# Mayor Menino's Wednesday Night Concerts



# Nate Smith House 15th Anniversary Celebration

Photos by: Ken Browne

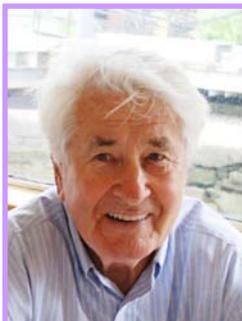


# Mayor Menino's Garden Contest

Photos by: Melissa Carlson



# Cruising the Harbor on the Majesty



## Do you have knee pain?

Are you interested in a  
**Strength Training Research Program?**

To take part in this study you must ...

- have diagnosed **knee arthritis**
- be 50 years or older
- participate in a **Strength Training Class** 2 x per week for 6 weeks
- **Strength Train** at home for 2 years

For information call  
**617-353-2725**  
**ENACT - BOOST STUDY**



*Stipend available*



# The Blake Estate Breakers

Check out the Blake Estate Breakers a group of seventeen active mature women living in Blake Estates Hyde Park that participate weekly in karate classes. These are a diverse group of women ranging in age from 55 to 90 years old. There are black, white and Hispanic women in the group.

Currently the Blake Estate Breakers have either an orange or a yellow-orange belt. This is up nine levels from a white belt; which is the first belt. They are currently working on getting their purple and orange belts. They are led by their Sensei Tony Hanley who has two black belts.



# Central Boston Elder Services' 2nd Annual United for Seniors Summer Swing



## Reggie Lewis Center's Sensational Seniors





# Registration Form for *Mayor Thomas M. Menino's Health & Fitness Walk*

Tuesday, October 1, 2013, 11:00 a.m. – 2:00 p.m.

on the Boston Common at the Visitor's  
Center at Park Street Station

If transportation is needed, please check (✓) your preferred pick-up site\*:

<b>Boston</b> <input type="checkbox"/> Blackstone Apts, 33 Blossom St <input type="checkbox"/> Harriet Tubman Hse, 566 Columbus Ave	<b>J P</b> <input type="checkbox"/> Flynn House, 805 Huntington Ave <input type="checkbox"/> Julia Martin House, 90 Bickford St <input type="checkbox"/> Nate Smith, 155 Lamartine St <input type="checkbox"/> Curtis Hall, 20 South St.
<b>Brighton</b> <input type="checkbox"/> Chinese Golden Age Ctr, 677 Cambridge St <input type="checkbox"/> JCHE, 30 Wallingford Rd <input type="checkbox"/> V. B. Smith Sr Ctr, 20 Chestnut Hill Ave	<b>Rox</b> <input type="checkbox"/> Council of Towers, 2875 Washington St <input type="checkbox"/> Reggie Lewis Ctr, 1350 Tremont St <input type="checkbox"/> St Joseph Commun, 86 Cripus Attucks Pl
<b>Dor</b> <input type="checkbox"/> St Brendan Church, 589 Gallivan Blvd <input type="checkbox"/> Keystone Apartments, 151 Hallet St <input type="checkbox"/> Kit Clark Senior Ctr, 1500 Dor Ave	<b>South Boston</b> <input type="checkbox"/> 185 West Ninth St. <input type="checkbox"/> Foley Apts, 199 H St <input type="checkbox"/> W Broadway TF, 81 Orton Marotta Way
<b>E. Bos</b> <input type="checkbox"/> East Boston Social Center, 68 Central St	<b>West Rox</b> <input type="checkbox"/> Spring Street Apts, 24 Spring St <input type="checkbox"/> Center St between CVS & Walgreens <input type="checkbox"/> Cheriton Grove, 20 Cheriton Road
<b>Hyde Park</b> <input type="checkbox"/> Cleary Sq Pking Lot, Across from Police Sta <input type="checkbox"/> Georgetown Apts, 400A Georgetown Dr <input type="checkbox"/> Readville Srs, St Ann Pkg Lt, 82 W Milton	
<b>Matt</b> <input type="checkbox"/> Church of the Holy Spirit, 535 River St <input type="checkbox"/> Foley Apartments, 249 River St	

***Note: The Boston Common is on the Red and Green Lines at Park Street Station***

All pick-ups will be between 9:45 a.m. and 10:30 a.m.

\*Sites may be deleted based on the number of people registered at each site.

For more information, please call 617-635-4168

<i>Entertainment</i>	<i>Lunch</i>	<i>2/3 Mile Walk</i>	<i>Warm-Up Stretches</i>	<i>Rain or Shine</i>	<i>Mini Health Fair</i>
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If you are interested in participating, please complete this form and return by **Tuesday, September 24** to:

Commission on Affairs of the Elderly

One City Hall Square, Room 271 – Boston, MA 02201

Attention: Michael McColgan

Or fax to 617-635-3213, or scan and email to [michael.mccolgan@cityofboston.gov](mailto:michael.mccolgan@cityofboston.gov)

***Please Print Clearly***

Name	Street Address	
Neighborhood and Zip	Telephone	Email

### ***Waiver of Liability***

I hereby agree to hold harmless the organizers and sponsors of Mayor Menino's Health and Fitness Walk from any and all claims of whatsoever kind and nature which I have or at any time in the future may have or any injury arising out of my participation in Mayor Menino's Health and Fitness Walk. I am in good physical condition, and have no medical restrictions which would prohibit my participation in Mayor Menino's Health and Fitness Walk.

Signature \_\_\_\_\_ Date \_\_\_\_\_