

Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston

FREE

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September

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

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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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Mayor's Spotlight

Mayor Walsh Announced City of Boston Alzheimer's Initiative

In July, Mayor Martin J. Walsh announced the City of Boston's Alzheimer's Initiative, which includes "dementia capable" training for city employees and volunteers and the city's membership in the national Alzheimer's Association® Workplace Alliance. The multi-faceted initiative will offer information and support services to people with Alzheimer's and their caregivers, and raise awareness about the importance of early detection of the disease. Mayor Walsh will also serve as the honorary chair of the Greater Boston Walk to End Alzheimer's® September 28th.

"This is personal for me -- my grandmother had Alzheimer's and I saw firsthand the toll it takes on a family, and the love and patience that is required to care for someone with the disease," said Mayor Walsh.

"Together we can make Boston a supportive place for people affected by Alzheimer's, and give family members the knowledge, understanding, and tools to cope with what can be a difficult situation."

As part of the initiative the City of Boston has joined the Alzheimer's Workplace Alliance a group of nearly 2,000 leading companies and organizations that have stepped up as leaders in the fight against Alzheimer's disease. As a member, the City of Boston is committed to connecting its 17,000 employees to support and information on the disease, educating employees about the warning

signs of Alzheimer's, the importance of early detection, and the resources available to help them.

Boston Medical Center, Northeastern University and the Building and Construction Trades Council of the Metropolitan District are also part of the Alzheimer's Workplace Alliance.

"Mayor Walsh and the City of Boston have taken a huge step in addressing a health care issue that increasingly impacts us all," said James Wessler, president/CEO of the Alzheimer's Association, MA/ NH Chapter. "Since Boston is an international hub for Alzheimer's research and programs, it's only fitting that Boston become the first major American city to join the Workplace Alliance. Education and support can make a significant difference in the quality of life for those living with the disease, and their families."

The City of Boston is also committed to working with the Alzheimer's Association to provide training to city employees that have direct and regular contact with individuals that may have Alzheimer's. Over the next two years the City of Boston will train staff at the Boston Police Department, Emergency Medical Services, the Boston Fire Department, Boston Housing Authority, and the Elderly Commission to be "dementia capable." Volunteers with the Elderly Commission's 55+ RSVP program, will also be trained to provide respite services to caregivers of people with Alzheimer's disease.



Martin J. Walsh
Mayor



Emily K. Shea
Commissioner

Commission on Affairs of the Elderly
Presents the Annual

Mayor Martin J. Walsh
Health & Fitness Walk for Seniors



Wednesday, September 17, 2014
11:00 a.m. - 2:00 p.m.

Joe Moakley Park
on Old Colony Avenue, South Boston

Near the **Red** T Line at JFK-UMass
Pre-registration Deadline is September 10, 2014

Please see registration form on back cover.
For more information, please call 617-635-4168
or email michael.mccolgan@boston.gov

Parkinson's Disease

Social Self-Management Research Study

- Tufts University, in collaboration with Boston University Medical Center, is excited to announce a new study exploring how social activities, relationships, and health change over time for people with Parkinson's disease.
- Participate in-person and telephone interviews individually or with your care giver over a 3-year period.
- You will receive a maximum of \$350. This payment will be broken down by interview (\$50/interview).

If you are interested in participating, contact:

Dr. Marie Saint-Hilaire, MD and
Cathi Thomas, RN at BUMC
617-638-7737



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
617-635-4250



It's that time of year gain!

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: it is important to review, understand and save this information.

During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call Ethos at 617-522-9270 or email shine@ethocare.org

Adult Mid-week Getaway

October 26-31, 2014

Activities include:

Apple Wine Making Demo

3D Needle Felting

Genealogy Workshop

Tai Chi

Geology & Sociology of
Grand Monadnock



5 nights lodging, 3 meals daily,
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Elderly Commission Profiles

Hello from Boston RSVP!

We sat down with our Retired Senior Volunteer Program Director Patricia McCormack and Program Assistant Tyissha Jones-Horner to learn why they love their jobs!



Q: Patricia, what do you like most about your job?

A: I love that my job involves placing people in volunteer opportunities. Individuals 55 and over come into my office looking to volunteer to make life better for other people. In doing so, they find out that they make life appreciatively better for themselves as well!

Q: Is there an older adult who has made an impact on you?

A: My grandmother is the older person in my life who made the most difference. She died when I was very young, but her idea of what a woman should be shaped my family.



Q: What you love about your role, Tyissha?

A: I enjoy being able to talk to people of diverse backgrounds — especially Seniors. I learn so much from them!

Q: Describe an older adult who inspires you.

A: Fulani Haynes. She reinvented herself on numerous occasions — once being an R.N, a local Jazz artist, and most recently (well into her seventies), she became a culinary artist. She's a true testament to the adage that it's never too late to start something new.



Please Come to Celebrate

International White Cane Day

Celebrate the independence of white canes and raise public awareness of the White Cane Law!



Wednesday October 8, 2014

State House, Boston MA

10-Noon-Great Hall of Flags

Show Your Independence!

White Cane & Guide Dog Users Bring Family, Friends, Orientation & Mobility Specialists, Vision Professionals and Others to raise White Cane Awareness!

For more information on this Celebration contact the Orientation and Mobility Department at the Massachusetts Commission for the Blind

617-626-7581 or 800-392-6450x 7581

Thinking an Odor is Harmful....

Interesting research....

According to a study by author Cristina Jaen, a physiologist at Monell Chemical Senses Center, patients with asthma, just believing an odor is potentially harmful, is enough to trigger airway inflammation for at least 24 hours. You may know people who react to these smells. Asthmatics are often anxious about scents and fragrances. If a person thinks an odor is harmful, the body reacts as if the odor is harmful!!

Twenty five million Americans have asthma, more and more every day. Asthma is a chronic inflammatory disorder that affects the airways (to the lungs) and it can interfere with daily life and quality of life. There is no cure for asthma but it can be controlled with good management.

Asthmatics are familiar with the term “triggers”. Triggers can inflame and constrict the airways, making it hard to breathe. Asthmatics know what triggers the attack. They must first identify the triggers, avoid the triggers and learn to manage the symptoms. Common triggers are: pollen, dust, chemicals and allergens. Research shows that stress, emotions and fragrances can aggravate asthma symptoms.

Does the smell of a certain cologne, trigger wheezing in you? Truck fumes, tree pollen, paint? The list of triggers could be endless. Does the thought of sitting on the bus next to a woman wearing cheap perfume, make you anxious? That is both a physiological and psychological response.

What should you do? Contact your doctor, to be evaluated for a respiratory workup and asthma. Be sure to tell your doctor when you notice asthma symptoms. There may be a pattern. Your doctor may refer you to a respiratory specialist for further testing and treatment.

Hot Flashes and Coffee

Most of my female readers have passed menopause. Your daughters may be of menopausal age (45) so you may want to pass on this information to them.

Researcher Dr. Stephanie Faubion, Director of the Women’s Health Clinic at the Mayo Clinic in Rochester, Minn., states that her preliminary study suggests that “limiting caffeine intake may be useful for those postmenopausal women who have bothersome hot flashes and night sweats”.

There is a long list of things to avoid during menopause: hot beverages, spicy food, caffeine, alcohol and tobacco. Caffeine seems to trigger hot flashes and night sweats in a lot of women. There may be a pattern to a woman’s hot flashes and night sweats, example, a glass of wine before bed. It is documented that 85% of Americans drink caffeine every day!!

- 2-3 cups of coffee at breakfast,
- a can or two of soda every day? The caffeine adds up.

Your doctor may recommend a nutritionist to help you identify the caffeine food and drink you use every day.

**Volunteers age 50+ needed
for Shift work study!**

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



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

**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.

Help Us Learn More About Sleep!

If you are:

- 55-70 years old
- Non smoker
- Healthy and taking no medication



You may be eligible for a 37-day sleep research study at Brigham & Women's Hospital. There will be a 4-6 week screening period. Must be willing to spend 37 consecutive days and nights in our facility.

Receive up to \$7,775

Call Gina Daniels at 617-525-8719 or email sleepstudy@partners.org

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH: ARE YOU PREPARED?

As the most seasoned Boston residents, you have survived the harshest weather-related emergencies to impact the City over the past century. From the Hurricane of 1938 to the winter storm of 1978, you truly have weathered the storm. The impact and severity of these hazards shows us that there is an increased need to prepare for emergencies in advance.

Emergencies come in all shapes and sizes; being ready fits them all.

Preparation is key in the City of Boston. The Office of Emergency Management (OEM) coordinates **READYBoston**, the City's community preparedness campaign. READYBoston is designed to engage residents in emergency preparedness. Our goal is to ensure that every Boston resident, especially our more seasoned ones, are *educated*, *encouraged* and *empowered* to prepare for emergencies.

EDUCATE

We educate residents through outreach, year-round across the City, by facilitating educational workshops that outline the steps residents can take to get prepared. For older residents these steps include:

- Learn about the hazards you may experience and how to prepare yourself, family and home
- Create personal support network of family, friends and neighbors to assist you during an emergency
- Develop an emergency communications plan
- Make copies of important documents (such as: marriage certificates, house deeds, identification cards; prescription list) and store in a waterproof container
- Discuss medical preparedness with your doctor and include important information in your emergency go-bag

ENCOURAGE

We encourage action! Today we want to encourage you to begin preparing for emergencies by assembling your Emergency Go-Bag, to be used in the event you have to evacuate. This bag will consist of small items that may be needed if you are temporarily displaced from your home. Go-Bag items should include:

- Copies of important documents in a waterproof container
- Extra set of car and house keys
- Credit and ATM cards and cash
- Bottled water and non-perishable food
- Flashlight
- Battery-operated AM/FM radio and



**Location: Tobin Community Center,
1481 Tremont Street**

Date: September 27, 2014

Time: 10AM

This is a great time to come learn about emergency preparedness, get trained in bystander CPR, and get familiar with Boston OEM.

We care about your safety and want you to feel supported. If you want to learn more about the Office of Emergency Management you can find us in person or online.

In person: Boston City Hall, Room 204
Phone: 617.635.1400

Website: www.boston.gov/oem

Twitter: www.twitter.com/ready_boston

Facebook: www.facebook.com/readybostonma

extra batteries

- Medication information and other essential health supplies
- **Don't forget to include supplies for your pets and service animal**

EMPOWER

We empower residents to be informed and maintain situational awareness. This is accomplished by subscribing to **ALERTBoston**, the City's emergency notification system. This service is free-of-charge and voluntary. Subscribers can receive messages through a phone call with voice recording, text message, email or TTY. Knowledge is power and will keep you safe during an emergency.

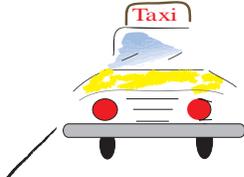
We're holding an event to celebrate National Preparedness Month!

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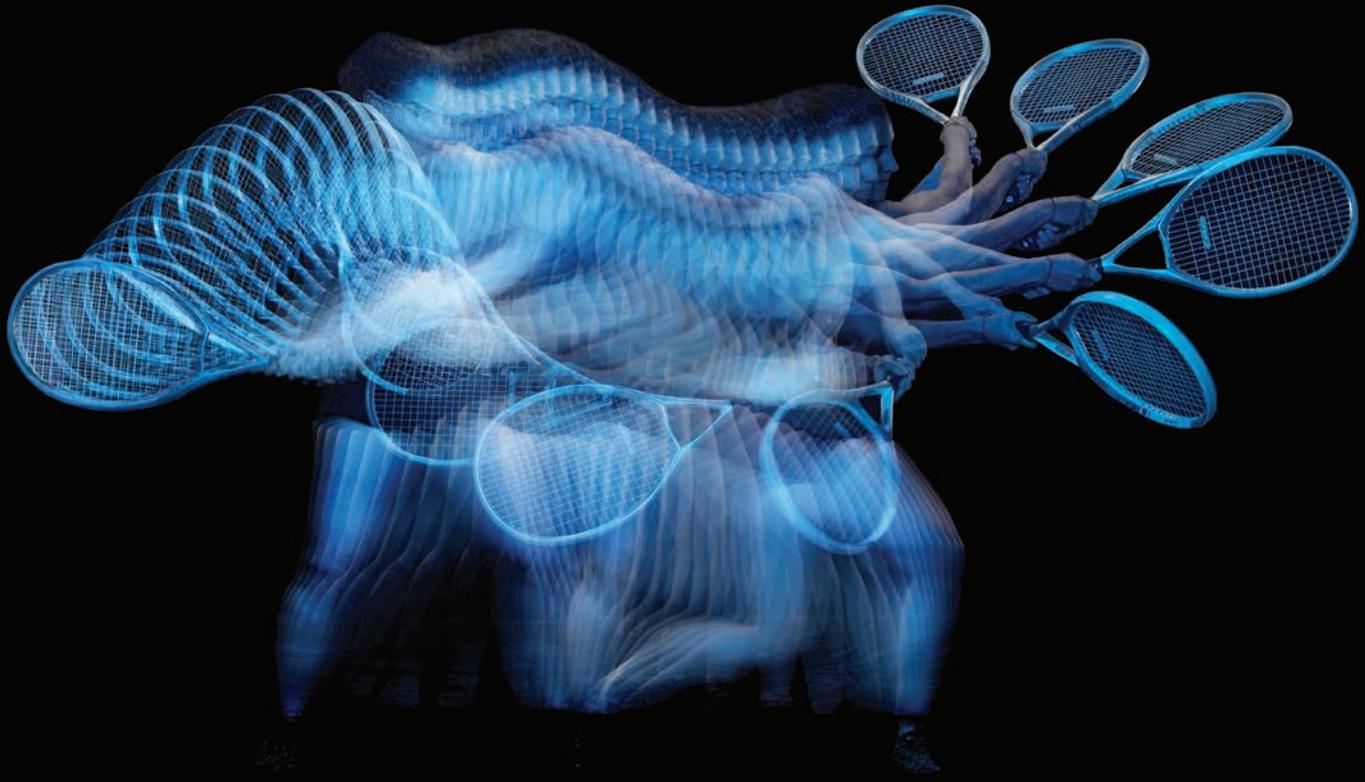
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Tula Mahl at 617-635-1922
Or by email Tula.Mahl@boston.gov*

Join Today!

Healthy Recipes

All Healthy Recipes are carefully selected by our expert nutritionist

Melissa Carlson, MS, RD

Skillet-Seared Tomatoes with Melted Gruyere

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 4 large ripe but firm plum tomatoes, halved lengthwise (about 1 1/4 pounds)
- 2 tablespoons finely chopped flat-leaf parsley
- 1 medium clove garlic, minced
- 1/2 teaspoon sugar, (optional)
- 1/2 teaspoon kosher salt
- Freshly ground pepper, to taste
- 3/4 cup shredded Gruyere, Comte, fontina or mozzarella cheese

Preparation:

Heat a 12-inch heavy stainless-steel or cast-iron skillet over medium heat until hot enough to sizzle a drop of water. Add oil.

Arrange tomatoes cut-side down in the pan and cook, uncovered, until just tender and the undersides are darkened, 10 to 15 minutes.



Mix parsley and garlic in a small bowl.

Using a wide spatula, carefully turn each tomato cut-side up. Reduce the heat to medium-low. Sprinkle each tomato with sugar (if using), salt and pepper, followed by equal portions of the parsley mixture and shredded cheese. Cover and cook until the cheese is melted, about 2 minutes. Serve warm.

Serves: 4 servings **Calories:** 178

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

Nectarine and Radish Salsa

Ingredients:

- 2 1/4 cups (1/4-inch) diced nectarines
- 1 1/2 cups radishes, halved lengthwise and thinly sliced
- 1/2 cup chopped cucumber
- 1/4 cup finely chopped red onion
- 1 tablespoon fresh lime juice
- 2 teaspoons chopped fresh cilantro
- 1 1/2 teaspoons sugar
- 1/4 teaspoon salt

Preparation:

1. Combine all ingredients in a medium bowl; toss well. Let the salsa mixture stand 30 minutes.



Serves: 12 at 1/3 cup each **Calories:** 18

Source: <http://www.myrecipes.com/recipe/nectarine-radish-salsa-10000001898553/>

Alzheimer's Disease Center



ADC University is a free classroom-learning environment that focuses on providing community members of all ages with engaging and up-to-date information on aging.

ADC University Fall session will begin in September with an eight-week course called AGEWISE



- Do you want to have a better understanding of how the brain ages normally and how this is different from disease of brain aging, such as Alzheimer's disease?
 Yes No
- Are you interested in learning about lifestyle practices that might improve the odds of successful brain aging?
 Yes No
- Would you like to learn some techniques for reducing some common problems that result from normal brain aging, such as forgetting names?
 Yes No

If you answered YES to any of these questions, the AgeWISE class is for you! AgeWISE meets for 90 minutes weekly for an eight week period. Classes will cover topics in brain aging using both lecture and class discussion. Students will be assigned homework to help increase the value of the class. There are no grades! Homework will enhance learning and facilitate discussion.

AgeWISE is designed for healthy older adults without a diagnosis of dementia.

Register today at www.bu.edu/alzresearch/agewise/
or contact Christina DiTerlizzi Education Programs
Manager at 857.364.2140 or by email at cditerli@bu.edu



Class Location

Boston University Alzheimer's Disease Center
Boston University School of Medicine
72 East Concord Street, B-7800
Boston, MA 02118

Class Start Date & Time

Fall Session: Every Wednesday from September
17th to November 12th from 5:30-7 pm

In observance of National Courtesy Month, a Boston senior resident shares her thoughts on courtesy.

National Courtesy Month

By: Dolores Urciuoli

How do you define courtesy? Well the dictionary defines it as good manners; polite behavior. I know that I try to be courteous all the time to all people. I have given someone the signal to pull out and get in front of me only to find this person has a phone to their ear and I don't get a courtesy wave. I then say I wish I hadn't let them go.

We cannot control what other people do; we can only control what we do. But I did ask many people what they would like people to do to show them a courteous gesture. I got many different responses and I'll share the most repeated.

1. Remember to slow down at yellow lights, don't tail gate, and use the directional lights.
2. If you ask someone to do something for you, thank them afterward.
3. Hold the door open for the person behind you. Don't let the door close in someone's face.
4. When someone smiles at you, return

the smile.

5. Pay attention to people around you on the side walk and be careful not to push people off the curb.
6. Do not ask personal questions without permission.
7. Offer your seat to an elder or a person with a disability.
8. Use the "magic words" thank you, please, your welcome, excuse me, etc.
9. Offer help to someone in distress.
10. Be kind.

Remember it doesn't cost anything to be nice.

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 Martin J. Walsh, the Elderly Commission & Suffolk University

MATURE WORKERS FALL JOB FAIR

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

SEPT 23, 2014—9:00 AM to 1:00 PM

174 Portland Street, 5th Floor, Boston, MA

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Call to Reserve Your Place: (617) 542-4180

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- ◆ Harvard University
- ◆ Mass. General Hospital
- ◆ MIT/Lincoln Labs
- ◆ Northeastern University
- ◆ Rockland Trust Company
- ◆ State Street Corporation
- ◆ Tufts Health Plan



CITIZENSHIP DAY IN BOSTON

Free Citizenship Workshop Saturday, September 20, 2014

To be eligible, you must be:

- Be 18 years of age
- Be a legal permanent resident for 5 years or 3 years if married to a U.S. citizen
- Read, write, and speak basic English
- Have a good moral character



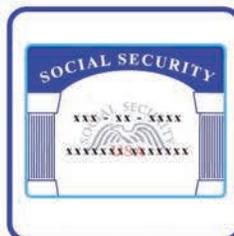
What to bring to the workshop:



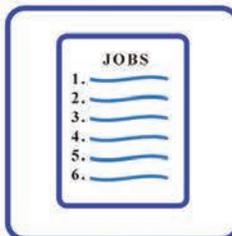
Green Card



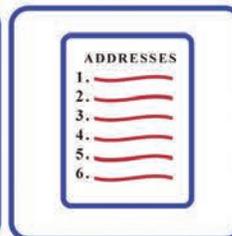
All Passports



Social Security #



List of employment for past 5 years



List of addresses for past 5 years



\$680.00 money order

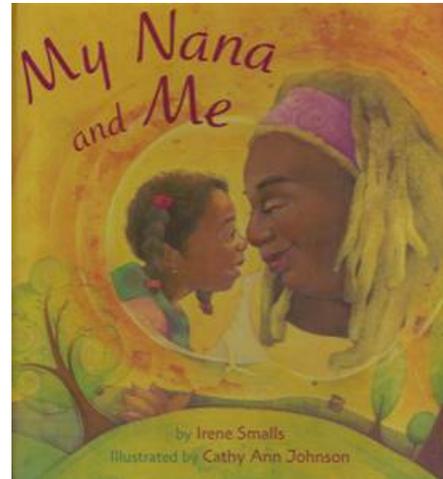
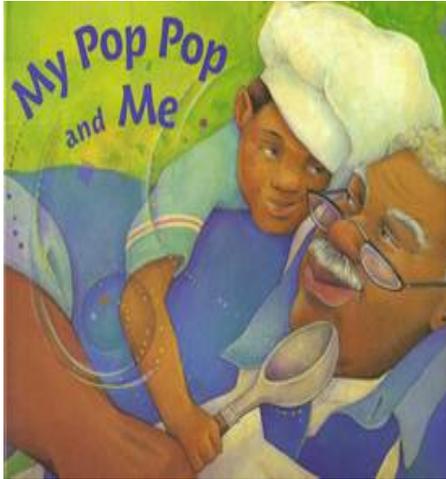
FOR REGISTRATION AND MORE INFO, CALL
617-694-5949

Media Partners



Grandparent/Grandfamilies Storytelling Event

Saturday, September 6, 3-4:30 p.m.



Author Irene Smalls leads a grandfamilies storytelling event in honor of Grandparents Day.

Join us for free tours and free book giveaways.



www.bpl.org

Dudley Branch of the Boston Public Library
65 Warren Street • 617.442.6186

THE "WHAT'S GOOD" GAME

I have decided never to watch the news again - well, not in the morning and not ever before bedtime. During the middle of the day, I have the ability to push things out of my head. I don't want everything to go - just the bad stuff. But at bedtime, I have used up all my push, and it just sits there burning into my brain until I lose consciousness.

I am reminded of a game I invented to help people attending my workshops release the negative and clear their minds to make room for the positive. I call this activity the "WHAT'S GOOD" game. Here's how it works: Each person is given a certain amount of time, let's say a minute. GO! Name all the good things in your life!! It's a beautiful day! A new grandchild has been born! I found enough change in my gym bag for lunch! I walked 2 miles today with an old friend! No one spilled anything at the breakfast table this morning! The new puppy went in the back yard instead of the living room carpet!

You may think this is trivial. That may be true, but reminding ourselves of good things, however trivial, still makes a difference. Studies show that a steady stream of stuff runs through our heads from the time we get up until bedtime and beyond, perhaps even into our dreams. Why not remind ourselves of WHAT'S GOOD to start a positive direction of thinking?

The negative news we hear, people we encounter, and daily events can wear us

"Don't Retire, Inspire"

By: Augusta Alban



down, make us unhappy, and create a vision of a very negative world. The reverse is also true: positive thoughts create a brighter, friendlier place for us. Mahatma Gandhi said,

Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.

Well it's been proven and it's like magic! But this kind of magic can go either way, creating our heart's desire or lowering our self-esteem. It's up to you. Positive thoughts are one way to create a better world for ourselves and others. Positive actions are important too. I love to watch 2-year-olds. They are so whole and perfectly aware of life. Their response to their world is very honest. They don't hide it. But we do, and that adds to our feelings of disgruntlement. How can we express our feelings and still remain in a positive state of mind? My doctor friend Jerry tells me we can say anything, as long as we say it without anger. When we respond to people in anger, anger becomes the issue, and the real subject of the conversation is lost.

We need to remind ourselves that we don't have to be like Bounty paper towels that soak up every spill. We are only responsible for our own mess. Clean up your own spills and let the other guy clean up his. You can't fix anyone else - just fix yourself. How can

we fix ourselves?

1. Choose a positive mental attitude.
2. Make positive choices to stay physically and mentally fit.
3. Let go of fear.
4. Have faith in yourself; don't ask others to do it for you
5. Open your mind to new things. Small changes get you going in the right direction.
6. Believe in yourself: see yourself successful.
7. Expect good things to happen every day.
8. Practice self-discipline. Don't procrastinate because you don't "feel like it." Life is short. Do it now.



**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
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The Senior Shuttle
NOW OFFERS:  **Accessible Vans!**

The Senior Shuttle now 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.



Clarendon Hill's Treasure...

Lois Christina Newsome

By: Lee Manoogian

July 6, 1927 – January 13, 2014

Lois passed while I was away this past winter. Lois passing meant losing my best and late-night friend in Clarendon Hill. Most nights, if I worked in my upstairs office, I would look out my window across the parking lot to see her lights on and know I could call over, no matter the hour, and it was the same for Lois. We thought of ourselves as the “Clarendon Hill night life.”

Lois Newsome was the first person I met when my husband and I moved to Clarendon Hill. We had attended a Saturday afternoon ‘Pot Luck’ gathering under a tent behind her condo. It seemed as if everyone from the community had decided to party together that summer day. Lois and I spent most of the afternoon together, just talking, becoming good friends, and she sharing her friends with me.

Even though Lois had retired from her position at City Hospital, she was not one to sit around. No, no, not our Lois. Instead, she went back to UMass, Boston and earned her undergraduate degree in

Geriatric Studies. Lois learned how to use computers, both PC’s and MAC, and she loved to search the Internet. Lois was inquisitive, having an active mind, always in search of knowledge.

For this community, Lois was one of the few trusted members that everyone confided in. Everyone knew that Lois was on their side. She never had any illusions of grandeur or ulterior motives for her decisions. Lois’ primary concern was always for her community. And more important, she had a vision for Clarendon Hill. Lois wanted to create an active community, diverse and unified. And, being a very smart and clever lady, she enlisted those people who she knew not only saw her vision but would work to see it come about.

Lois created a monthly newsletter in which residents were the primary story, where information important to their lives was published. It was her first step in creating a community. She knew that without communication, there could be no common ground. She then planned events that would be inclusive of the entire community. Bringing in the Tuskegee Airmen for a presentation was our best idea. Of course, having two residents who were airmen did help while putting together this event. We had a full house and it was considered one of the best events held in the Community Hall.

All of her accomplishments

demonstrated her ability to bring her dreams to reality. She was a born leader, who knew that leading meant having the fellowship of others joining her, not trying to be all-powerful and demanding. Lois was a strong, take-charge, self-reliant personality who at the same time was kind, understanding, loving and forever wise in her dealings with everyone.

Lois was one of the finest ladies I have ever been blessed to know as well as have as a close friend. Our friendship did not require daily conversations; our friendship was from knowing the other person was always there, always present,

and always without question, loyal to the other.

Lois was that rare friend with whom there were no barriers. She was the woman to whom I could share all those secrets and know they were protected, with whom we shared similar humor, keeping us both laughing throughout our conversations. Lois and I shared sadness and joy equally. There is so much more to say but some of my memories and feelings I need to keep in me. I will miss Lois not being in my life. And, I wish for all of you that you have a friendship like the one we shared.

Ellis

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ADULT DAY HEALTH PROGRAM (ADHP)

A quality medical-model day program in Boston's South End promoting the health and overall well-being of elderly and disabled adults.

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- Meet new people and make new friends
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adhp@ellismemorial.org

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Transportation can be arranged using The Ride, our Ellis bus or a private transportation company.



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- File a Dispute of a Parking Ticket
- Apply for a Residential Parking Permit*
- Renew a Residential Parking Permit*
- Request a Handicap Parking Space*
- Sign up for Street Cleaning Alerts
- Sign up for Snow Alerts
- Order a Meter Card
- Pay Excise Taxes

family

- Request a copy of Birth Certificate*
- Request a copy of Death Certificate*
- Request a copy of Marriage Certificate*
- Register to Vote
- Request Absentee Ballot
- Get an e-Library Card
- Pre-register for School
- Register for Summer Jobs

City Clerk

- Claims
- Domestic Partnerships
- Raffle Applications
- Marijuana Citations
- Physician Registration
- File a Business Registration
- Get Something Notarized

home

- Pay Property Taxes
- Get Recycling Bin Stickers
- Sign up for Renew Boston
- Sign up for Ready Boston
- Sign up for Alert Boston

pets

- Get a Dog License

plus

- Ask Questions
- Submit Service Requests
- Seasonal Services
- If you don't see a service you need, just ask us!



All requests for official documents will be processed promptly.
*Birth, marriage, death, and residency certificates, and parking permits will be mailed.



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NEEDS CHANGE,
THEIR COMMUNITY
SHOULD TOO.**

Not all cities know how to keep pace with the changing needs of their residents. That's why we're thankful for Mayor Martin Walsh for committing to make this great city even better for people of all ages. Congratulations and welcome to the AARP Network of Age-Friendly Communities. Learn more by calling 1-866-448-3621 or visiting aarp.org/agefriendly

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Cruising the Harbor on the Regency



Cruising the Harbor on the Regency



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@cityofboston.gov

Mayor Walsh's Garden Contest

Photos by: Melissa Carlson



1st Place:

Tom Kane, South Boston



2nd Place:

Carole Williams, Roxbury



3rd Place:

Clara Agouda, Back Bay



Finalist:

Henry Pearson, Back Bay



Finalist:

John Wicker, Jamaica Plain

Profile of Bettye R. Harris



Bettye is a retired teacher and as she says she is “living the luxury life.” She volunteers one day a week at her church; it’s her way of giving back to

her community. She also likes to travel. She mostly goes to the Cape and to New Hampshire.

She often attends Elderly Commission events. She especially loves the boat trips because they help her relax; and they are enjoyable events. Her favorite thing to do in the summer is golfing. She was born in the South End and she says “I love Boston.” She also wants to tell Mayor Walsh, “Keep doing a wonderful job.”

Mayor Walsh's Wednesday Night Concerts



Roslindale Senior Basketball Awards 2014

Seniors over age 60 who are interested in playing Basketball are welcome to join.

Tuesdays and Thursdays from 10:30 a.m. - 12:30 p.m. at the
Roslindale Community Center, 6 Cummings Hwy

For more information contact Ed Conway at (617)327-6831 or
email him at edconway14@yahoo.com



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Recognitions / Reconocimientos

Ana Rivera, Leyda Cruz, María Pabón, Iris González, Carmen Rosado, Reyito Santiago, Ana González, Domingo Meléndez, Sonia Andújar, Héctor Soto, Paula Rodriguez

Thank you to all of the volunteers who helped with this event
Gracias a todos los voluntarios que ayudaron con este evento

Special Thanks / Agradecimiento Especial

La Coral Criolla de Caguas, PR - Mónica Peña Lozada



Registration Form

Mayor Walsh's Fitness Walk

at Joe Moakley Park, South Boston

Wednesday, September 17, 2014, 11:00 a.m. – 2:00 p.m.

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

Boston	<input type="checkbox"/> Blackstone Apts, 33 Blossom St <input type="checkbox"/> Harriet Tubman Hse, 566 Columbus Ave	Matt	<input type="checkbox"/> Church of the Holy Spirit, 535 River St <input type="checkbox"/> Foley Apartments, 249 River St
Brighton	<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	J P	<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.
Dor	<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	Rox	<input type="checkbox"/> Council of Towers, 2875 Washington St <input type="checkbox"/> Reggie Lewis Ctr, 1350 Tremont St <input type="checkbox"/> St Joseph Com, 86 Cripus Attucks Pl <input type="checkbox"/> 285 MLK Blvd
E. Bos	<input type="checkbox"/> East Boston Social Center, 68 Central St	West Rox	<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
Hyde Park	<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		

Note: Joe Moakley Park is near the Red Line's JFK/UMass

Pick-ups between 9:00 a.m. & 10:00 a.m.

*Sites may be deleted based on # of people registered at each site.

For more information, call 617-635-4168

Please return completed form by **Wednesday, September 10th** to:

Commission on Affairs of the Elderly

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

Or fax to 617-635-3213, or scan and email to michael.mccolgan@boston.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 Walsh's 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 Walsh's Fitness Walk. I am in good physical condition, and have no medical restrictions which would prohibit my participation in Mayor Walsh's Fitness Walk.

Signature _____ Date _____