

BOSTON SENIORITY SERVING BOSTON'S ELDERLY COMMUNITY

Volume 29

Spring 2005

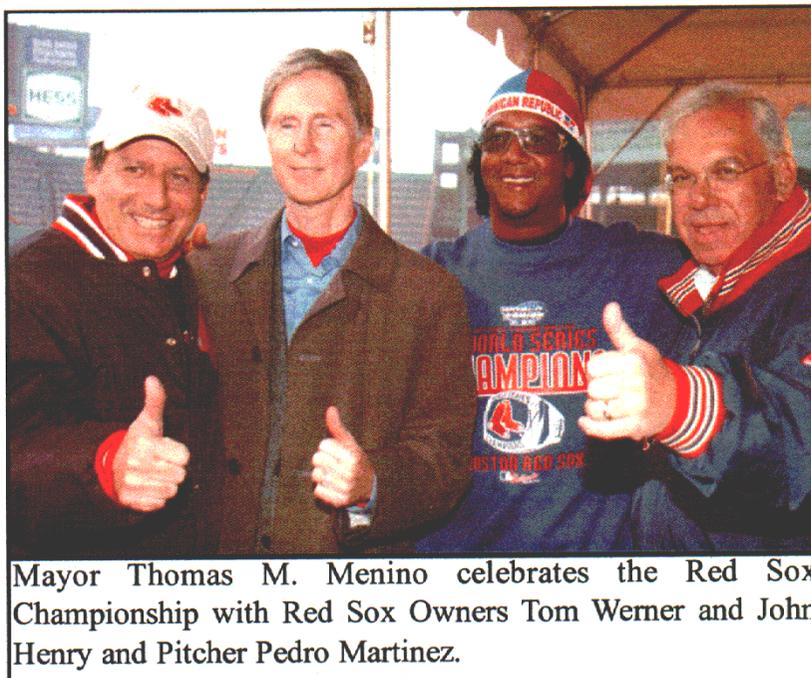
Number 3

Thomas M. Menino, Mayor of Boston

Mayor Menino Shares World Series Trophy with Seniors of Boston

We all remember those excited and smiling faces sprouting up in front of cameras throughout the World Series. Youthful exuberance poured forth as each testified how they had waited much too long to see the Red Sox win the pennant. I remember chuckling to myself, thinking that they didn't know the first thing about patience.

Our grandparents and parents cheered through hundreds of games, ever hopeful, but always disappointed. I can still see my grandfather sitting in front of a silent television with his radio turned up, the sports page open and a cup of hot tea by his side. Meanwhile across town my other grandparents were rooting for the Boomer, their favorite player. Since my



Mayor Thomas M. Menino celebrates the Red Sox Championship with Red Sox Owners Tom Werner and John Henry and Pitcher Pedro Martinez.

husband's dad was a pitcher for the Braves' farm team, my future in-laws ate, slept and lived baseball while traveling with the baseball great, Warren Spahn. They experienced a very different Impossible Dream, when at the age of 31 he died, leaving so many unfulfilled hopes in a life where baseball, work and family intertwined.

Like countless other fans he never got to see the final vindi-

cation of the Sox. This series brought back treasured memories, as we thought of the generations who waited decades to finally witness this monumental triumph, and thankfully, so did our Mayor. So with the help of Red Sox executives and Amarack, Mayor Menino invited members of the

Greatest Generation to Fenway, to finally share in the celebration that they had waited a lifetime to see.

On Friday, April 8, at the Veronica B. Smith Senior Multi-Service Center, the smiles were wide and bright as our local seniors boarded the bus to Fenway Park for the Pre-Opening Day Red Sox Senior Celebration. Alongside friends and spouses they

(continued on page 15)

DIABETES: CONTROL THE ABC'S

A is for A1C

The A1C (A-one-C) test - short for hemoglobin A1C - measures your average blood glucose (sugar) over the last 3 months.

Suggested target: below 7

How often should you test: at least twice a year

B is for blood pressure

High blood pressure makes your heart work too hard.

Suggested target: below 130/80

How often should you test: at every doctor's visit

C is for cholesterol

Bad cholesterol, of LDL, builds up and clogs your arteries.

Suggested LDL target: below 100

How often should you test: at least once a year

Ask your health care provider these questions:

1. What are my ABC numbers?
2. What should my ABC target numbers be?
3. What actions should I take to reach my ABC target numbers?

Source: National Diabetes Education Program.

HOW CAN I CONTROL MY DIABETES?

Some of the things you can do to control your diabetes include:

- Staying at a healthy weight that is right for you
- Having your feet, eyes, and kidneys checked regularly
- Becoming more active (physical activity three or more times a week)
- Eating low-fat meals that are high in fruits, vegetables, and whole grains

- Eating less fat and salt
- Monitoring your blood sugar levels regularly
- Limiting your alcoholic beverages
- Taking your medicines as prescribed
- Asking other to help you manage your diabetes
- Using the health care system

Source: City of Boston Public Health Commission



Boston Seniority

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Number 3

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Mayor's Column



As Mayor, I have always been concerned about quality of life issues for senior citizens. The seniors in our city deserve the very best medical care and Boston certainly has the resources to provide it. Some of our seniors need long-term care and while our area boasts several excellent long-term care facilities, seniors should have a say in where they receive treatment. With the help of local home care agencies, it's possible for seniors to receive long-term care in the comfort of their own homes. However, current Medicaid restrictions prevent seniors from having this choice.

This week, legislators at the State House are debating this very issue, as they examine An Act Regarding a Choice of a Long Term Care Setting. If passed, this legislation would

allow seniors receiving Medicaid to make their own long-term care decisions. They could choose to enter a nursing home or they could choose to remain at home and have the services come to them.

At my request, Eliza F. Greenberg, City of Boston Commissioner on Affairs of the Elderly, testified on Monday before the Joint Committee on Elder Affairs at the State House advocating in favor of this important legislation. Under this act, the Medicaid entitlement could be used as the senior and their caregiver see fit. The dollars would follow the person. And after a lifetime of paying into a system, shouldn't the consumer have some influence over their treatment plan?

Enabling senior citizens to have a choice in their care setting is not just the decent thing to do, it's the cost effective thing to do. The average cost of a nursing home placement is \$56,000 whereas the average annual cost of home care is half that--\$28,000. For half the cost, a senior could stay at home – being cooked for and bathed, receiving physical therapy and nursing visits instead of being forced to move into an institution. Massachusetts already has an extensive network of home care agencies providing these services and they do an excellent job. The systems are

already in place--the only change needed is the addition of choice.

Our state places seniors on Medicaid in nursing homes at a rate 65 percent above the national average. More than 90 percent of Medicaid long term care dollars are spent in nursing homes.

In a time where every dollar counts, it would be fiscally responsible for the legislature to go forward with this bill. Our tax dollars could work "smarter" if the Commonwealth promoted community care and extended the time that an individual spends in the community, minimizing the length of stay in an institutional setting.

A number of other states have already passed similar legislation, allowing seniors to make choices like these for themselves. If a senior is eligible for a Medicaid-funded nursing home bed, those same dollars should be available for that person to stay in their home if they so choose.

I support this bill for Boston's seniors. We should honor their preferences, respect their rights and allow them to choose where they receive their care. It is their money – it should be their choice.

Simply The Best

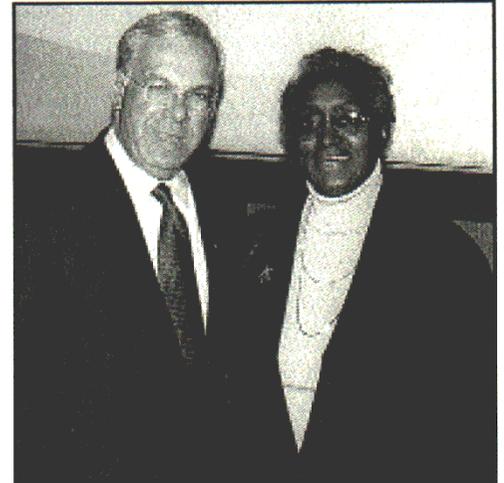
In her 30 years with the Elderly Commission, **Joella Thomas** is more than the Office Manager, she is perhaps the Commission's most valuable asset. A woman who has consistently gone above and beyond the duties of her job, she is involved in all the operations that allow the Commission to function day in and day out and service the community effectively for the past three decades. Throughout her tenure at the Elderly Commission, Joella has endeared herself not only to the staff but to each and every person with whom she has come into contact. Her warm and caring manner, shy but authoritative, is her trademark.

In her role as Office Manager, she assists every unit within the Commission to run smoothly and efficiently. Her job responsibilities include purchasing and maintaining office supplies, materials, furniture and equipment; obtaining and scheduling computer software training for employees; and serving as the liaison between each department within the Commission, as well as with Property Management and the Printing Department. In the performance of her job she demon-

strates considerable knowledge of office practices and procedures.

Most impressive, however, are the tasks outside her job description that she handles on a daily basis. Not only does she manage the office, she knows how each piece of equipment works, where materials are kept, and how to work effectively with City departments. She even knows the likes and dislikes of fellow staff members. She doesn't know this information because she has to, but because she truly cares about her colleagues.

These attributes alone make her truly deserving of this award. There's a lot more that Joella does that makes her especially deserving of this recognition. For example, over the last two years, when several employees of the Commission left their positions, Joella picked up their duties on top of her own job responsibilities. At one time Joella served as the personnel director, payroll clerk, grants writer and timekeeper, all in addition to her role as Office Manager. Not once did she complain or ask for extra compensation. Her efforts went unknown by most and unap-

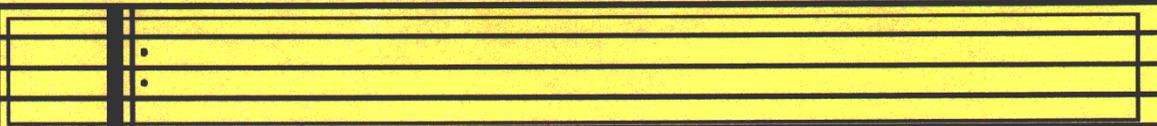


Mayor Thomas M. Menino and Joella Thomas, Office Manager for the Elderly Commission, after Ms. Thomas graciously received the Henry L. Shattuck Award for Public Service.

preciated by others.

Those who do know the depth of her contributions to the Commission not only marvel at her accomplishments, but they are also equally impressed with the competence, professionalism and kindness that she demonstrates. Joella has proven her ability to serve the public efficiently and productively, and possesses an exceptionally cooperative attitude with other employees and the public at all times.

With Joella now approaching retirement age, she will soon be able to take it easy and enjoy herself. However, for the Commission, its employees, and the public it serves, it will be a great loss and a role that will be hard to fill.



32nd Annual Dorothy Curran Wednesday Evening Concert Series

Presented by **Mayor Thomas M. Menino** and Boston Parks Department.
And title sponsor **Foxwoods**. Night series sponsors include **Laborers' Local Union No.22, International Consulting Services, Inc.**, the **Iron Workers' Union**, **Macy's**, the **Michael Francis Cahill Fund/City of Boston**, and the **Millennium Bostonian Hotel**. Series sponsors include **WCVB-TV channel 5**, the **Boston Herald**, **Easy 99.1 WPLM FM**, **Aruba Tourism Authority with TNT Vacations**, **DePalm Tours** and **Prime Travel/American Express**.



DATE

EVENT

July 13th

Johnny Maestro & The Brooklyn Bridge

July 20th

TBA

July 27th

The Glen Miller Orchestra

August 3rd

Herb Reed and the Platters

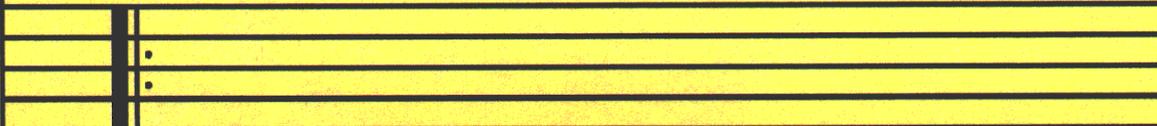
August 10th

U.S. Air Force Swing Band of Liberty with special guest artist **Michael Maguire**, Tony Award winner from Broadway's **Les Miserables**

August 17th

US Air Force Band of Liberty with special guest Broadway and jazz sensation **Ann Hampton Callaway** with **Sam Arlen**, featuring "A Centennial Celebration of Harold Arlen's Greatest Hits"

All concerts are from 7:00 P.M. till 9:00 P.M. on City Hall Plaza.
For more information please call 617-635-4505.



Mayor Menino Presents The 11th Annual African American Achievement Awards

The 11th Annual African American Achievement Awards was a memorable night for five citizens of Boston. Approximately over five hundred attendees turned out for the ceremony held at the Strand Theatre in Dorchester.

Robin Hamilton, a reporter for CBS-4, served as Mistress of Ceremonies, and gave the opening remarks and thanked everyone for joining together for the ceremony. She then introduced Bishop Gilbert Thompson of the Jubilee Christian Center, who delivered the invocation.

Special guests in attendance included living legend, Mary Wilson, and former New England Patriot, Andre Tippett.

Event host, Mayor Thomas M. Menino recalled when the first ceremony was held in a small room in The Parkman House with only about thirty people in attendance. "It has grown because more people are doing things in our community and city." Mayor Menino continued on, "The five people being honored come from different walks of life. They are out there making a difference in our city, and making our community proud. These awards are a way of say-



Thomas M. Menino presents Mattie Arkord with the African American Achievement Award.

ing, "Thank you for leading the way."

Mayor Menino then presented the Community Service Award to the following honorees: Glynn Lloyd, Founder and Chief Executive Officer of City Fresh Foods; Carol Bradley Moore, Headmaster of the Jeremiah E. Burke High School; Minister Don



Mattie graciously accepts her award.

Muhammad of Grove Hall, and Karen Holmes Ward, Director of Public Affairs and Community Services.

The Lifetime Achievement Award was received by 93-year-old Mattie Arkord, senior companion since 1992 for the Commission on Affairs of the Elderly. Mattie was born in North Carolina, but came to Boston in 1932 in search of more job opportunities. When World II began, she



The Holy Tabernacle Choir performs for the audience.

became a defense worker in the Navy Yard and continued her career working for Raytheon, and then in nursing and private homes providing direct care.

She has dedicated her life to providing volunteer services for Central Boston Elder Services. "I enjoy the work, it is what is keeping me going," Mattie said.

JUST BROWSING

by Mel Goldstein

Although in the past I have touched on the diverse air that now permeates Boston, I have not delved into it as fully as I should have.

In the past 10 years the changes in the population of this city have been astronomical. The main thrust of this change is manifold. First, we have Mayor Thomas M. Menino, who has made this city welcoming. The majority of these people came from repressive societies. They have never experienced freedom and the services that are now available to them.

Within the past five years the tremendous influx of people from East and West Africa has been overwhelming and contrary to popular belief, these new immigrants are extremely well-educated. They are also culturally as much, if not more, advanced than the average American. For example, they are very respectful to their elders and even the younger siblings listen and heed their older brothers and sisters. Isn't that just the same as American teens?

This is present-day Boston. Now, what about our fair city as it once was? Can any of you remember the glory of that wonderful throughfare of shopping

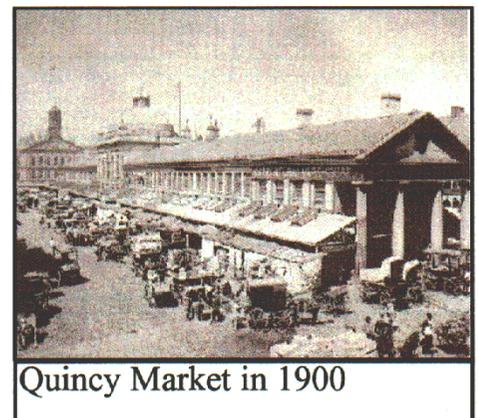
pleasure that comprised Tremont Street in the early 20th century? Every so often I am reminded of a paper that was distributed in all neighborhoods of the city. It usually came out on either Thursday or Friday and was aptly titled *The Shopping News*. It was comprised of ads from all of the major stores in Boston. They made up not only department stores, but also speciality shops and upscale grocery stores, such as S.S. Pierce, Cobb Bates, and Yerxa Market--all of them now gone. Can you imagine that these entities existed during and after the Depression? Most of them were delivered in the neighborhoods by horse and wagon. Chief among them was S.S. Pierce, which sold everything from its own brand of food products to cigars and tobacco sundries.

Tremont Street, which before the turn of the century was all impressive houses of the well to do, was turned into upscale shopping stores, such as, C. Crawford Hollidge, RH Stearns, the Guild House, Sawyer's Mens Shops, and Rogers Peet. These retailers catered to Boston Brahmin tastes. I was just given a circular from the turn of the century (1898) featuring furs of the north country and men's hats which in those days were made from genuine beaver. The facili-

ty was called Jackson and Co., and it also featured canes, silk umbrellas, and opera hats. Men's shops like C.F. Hovey specialized in men's custom made shirts, and Hubbard and Mason, were tailors and makers of custom-made suitings starting from \$30.00..

Who bought their men's clothes at Hyman Brothers on the 2nd floor at 611 Washington Street? Even perhaps from Lebow Bros. next door, or Bond's Clothing across the street, corner of Washington and Essex streets and diagonally catta-corner at Boylston and Washington stood Commercial Clothing. Then there was Adams Hats and Sarnoff Irving where you bought your hats.

My, have places changed, styles have changed, people have changed, but Boston remains constant. They all change, but the good people of our city stick and stay. They are all coming back. There is no city like Boston.



Quincy Market in 1900

RSVP

VOLUNTEER OPPORTUNITIES

The Retired and Senior Volunteer Program is federally funded by the Corporation for National and Community Service and is sponsored by the Commission on Affairs of the Elderly. Volunteering through the RSVP program offers seniors reimbursement for transportation costs incurred while doing volunteer work. Volunteer assignments coincide with the special interests of volunteers. Volunteers are assigned at non-profit agencies of their choice throughout the neighborhoods of Boston. If you are interested, contact Fran Johnnene, RSVP Director, at 617-635-3988.

Boston Center for Rehabilitation and Subacute Nursing Care

The Boston Center is looking for volunteers to call bingo numbers, help transport residents to and from activities, do arts and crafts and sing-a-longs, play cards and/or games, help pass out meals, and do room visits and social groups. Weekday and weekend hours are available, during the day and in the evenings. Volunteers get a free meal in the staff cafeteria! There is free parking; by public transportation, the Center is accessible by the #38 bus from the Forest Hills T station on the Orange Line. The address is 1245 Centre Street, Roslindale! Please call Jessica Sorgi, Recreation Director at 617-363-2209.

The Samaritans of Greater Boston

Their office is in Kenmore

Square (T: Kenmore; Green B, C, or D lines). Offers the following volunteer positions:

- **Befrienders** Answer calls to their helpline for people who feel alone, depressed, or in crisis.

- **Safe Place** Volunteers who are "survivors"—who have had a loved one commit suicide—work with individuals and families in the aftermath of a suicide.

- **Speakers Bureau** Go into the community with Samaritans staff to improve the public's understanding of suicide and suicide prevention, plus speak at events and presentations.

- **5K Run/Walk and Family Fun Festival** You can run, walk or jog the annual race!

- **Breakfast for Hope** It's a fundraising breakfast that happens every year. Volunteers are table hosts; the breakfast is held in May.

- **Board Teams** Volunteers work with the board in Programs,

Marketing, Strategies, Human Resources and Finance.

For more information or to sign up, please call Katie Mae Simpson, Volunteer Coordinator at 617-536-1380.

Museum of Fine Arts Art Gallery Instructors

If you enjoy working with children and are interested in art, this position could suit you. You would guide young students from Greater Boston schools through the galleries of the Museum, which will train you. The Museum of Fine Arts encourages applicants who reflect the diversity of the children.

In terms of time commitment, Gallery Instructors who are in training should plan to be at the Museum for at least three hours weekly from January- June, 2006. There is no planned training in the summer, but volunteers can continue to train themselves during that time. In September, 2006, Gallery Instructors will start giving one tour weekly to students in grades 2-12. If the volunteers wish, they may continue a more in depth training of the
(continued on page 12)

Healthy Wealthy & Wyse

by Gerry Wyse

Your doctor is not happy with the results of the medication that you are presently taking. Your doctor may want to try you on a new, more effective medication. Probably she/he will give you a free sample to start. It is more practical for the doctor to give you some samples than to have you spend a few dollars or more than a hundred dollars at the pharmacy and then find out the new medication does not give the results your doctor wanted.

Most of us have medicine cabinets with several prescriptions that did not work. We refuse to throw these meds away. We just hate to waste these meds in case we might need to try them at a later date!!!

It is great to get free samples from your doctor. There are some drawbacks that you may not realize at the time.

At the pharmacy, all medications are labeled with your name, medication name, dose, patient information/side effect fact sheet, number of refills, pharmacy telephone number, etc.

At your doctor's office, the free sample has the medication name on the box. There are no directions or dosage, etc. When you get home, sometimes you forget

what time your doctor said to take the medication.

Before you leave your doctor's office, be sure you know:

1. Why you are taking this medication (blood pressure, infection, anemia, etc.)?
2. The amount to be taken (for example, one pill, 2 puffs, 5cc)?
3. When should you take it and for how long?
4. Precautions: on empty stomach, diluted, before bedtime, no alcohol, not mixed with milk, etc.
5. Side effects you may experience.
6. Can you mix this medication with other medications you are presently taking? Many medications don't interact well with herbal or over the counter medications.
7. Do you have enough samples to take until your next doctor's visit?
8. Look at expiration dates. Samples may have been in the doctor's office for many months.
9. Ask your doctor how much

this prescription will cost you at the pharmacy. Doctors often do not know the price of many medications in the pharmacy!! Doctors may assume all your medications are covered under your health plan. Under certain incomes, some pharmaceutical companies will give you free prescriptions. Ask your doctor if you qualify for this program.

10. Ask your doctor to write down the medication name, dose and time you should take this new medication. Understand any new directions you need to follow, for example: daily weights, daily blood pressures, wearing sunglasses outside, frequently testing blood sugar.

11. Be sure your doctor's writing is legible, for you will use these directions to take the new medication correctly.

12. Book a follow-up appointment before you leave the doctor's office. Your doctor needs to evaluate the success of the new medication.

13. Remember: when new medication does not agree with you, call your doctor. Do not discontinue the medication or change the dose without notifying your doctor first.

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News From the Veronica B. Smith Multi-Service Senior Center

Waves of Young Energy Flowing Through the Veronica B. Smith Senior Center

When the early buds on our forsythia begin to burst forth into sprigs of flowering yellows, you start to feel an energy change in the air. A transformation occurs that often fosters interest for all ages and infuses new life into annual events as well as those that plan them. In our careers we all need to change and develop so that we can feel enthusiasm and even a passion in our daily tasks.

Such was the case this morning when I met with Alison Fahey, a vibrant UGBC (the undergraduate government organization for students at Boston College) sophomore who will work side by side with me over the next month to plan a splendid affair that will excite students and seniors alike.

Mrs. Angela Menino, wife of Mayor Thomas Menino, and Commissioner on Affairs of the Elderly Eliza F. Greenberg joined some wonderful Boston College students including UGBC, the Bop Band and Swing Kids with our terrific senior citizens of Boston on one of the most exhilarating nights of the year.

I started showing Alison the building and discussing the event's theme, *Boston Nights*, as well as possible design elements that would add to the flavor of

the evening. I insisted on keeping color schemes and the set-up from the previous year, and building on that which worked. While I was showing her our auditorium there was a moment when we clicked. She took my initial plans and breathed energy into them that I could not find by myself.

It was so contagious that we formulated our ideas, quickly feeding off one another, as well as the very elements of Boston that are loved and cherished by all of us: the buildings, bridges, swan boats, Fenway Park, Newbury Street and even the Citgo sign in Kenmore Square.

Our thoughts spilled over to the art teacher who happened to be sitting right next to us.

In ten minutes we finalized our general design, and decided to enlist the services of art students and set designers studying at Boston College.

Dawn, our art teacher, knew just where to go for the supplies and the energy kept flowing. **Sometimes we forget that the young students in our midst are exposed to Boston with all its glory and imperfections as they enter the most idealistic time of their lives.**

All at once I realized that they also loved Boston, and created

memories here, in my hometown that they would take back home with them to cities and towns the world over.

Twenty minutes later I sat at my desk staring at an upcoming newsletter with the energy still flowing. Before the art teacher left that day, we also changed our annual art exhibition, an event that we adapt each year to keep folks coming back. This year we hoped to drop the exhibition in favor of a *Senior Art and Music Fest*, maybe with a multi-cultural or intergenerational element.

I would love to mix it up with Carol O'Shaunessy, our favorite singer from Providence House, some classical or Brazilian music or favorite Broadway tunes.

I didn't know how these events will evolve but I do know that I was very grateful for the interest and vitality that Alison brought to me that day. Now if you compound that with the entire BC Bop Band, swing dancers along with student and senior artists and musicians, we should really be cooking by May.

(continued on page 12)

14. Be sure to let your other doctors know that you are on a new medication.

15. Keep an updated list of your medications in your wallet and their doses. In an emergency, a list of your doctors' names, telephone numbers and updated medication lists may save your life.

Medications, samples or prescriptions, are an important part of good medical care. It is your responsibility to be an active member of your medical team.

Grapefruit juice and statin therapy

Grapefruit juice has long been considered a part the American diet. It is a good source of vitamin C, low calorie, low cost fruit, and a good substitute for orange juice.

For those who are taking chole-



Dr. Usana Wu O.D., M.Ed., T.P.A. Board Certified
GERIATRIC EYE HEALTH DIAGNOSIS & TREATMENT

Medicare MassHealth will cover your
617.834.4810 HouseCall EyeExam & 2nd Opinion

sterol-lowering "statins," please beware. You probably should not be drinking grapefruit juice with your medication.

Why?

The chemical composition of grapefruit juice slows the metabolism of some statin drugs and potentiates the statin's systemic effects. This means elevated blood levels of your medication. You could be at a higher risk to have liver and muscle damage. This was documented in a small study of participants who drank a glass of grapefruit daily for several days.

Remember:

Avoid grapefruit juice until you know for sure because not all

statin type medications are affected by grapefruit juice.

Check with your pharmacist and doctor to see if your medication is on the list. Read the patient information insert that comes with your medication.

Notify your doctor if you have any unusual muscle aches or pains.

Both you and your doctor are the best judges of what is the best medication to treat your high cholesterol.

Continue your regime of exercise and diet along with your daily "cholesterol-lowering" medications and frequent blood tests.



**BOSTON
PARKS AND
RECREATION**

**Best Wishes,
Mayor Thomas M. Menino
and the Boston Parks and Recreation Department**



Antonia M. Pollak, Commissioner
Boston Parks and Recreation Department
1010 Massachusetts Avenue, Boston, MA
02118

Tel.: 617-635-4405/ Fax 617-635-3173

VB Smith, Senior Center
(Continued from page 10)

I wondered who would be crowned King and Queen this year? Remember it's never too late for Senior Proms, learning to paint or just having fun.

The Veronica B. Smith Senior Center is located at 20 Chestnut Hill Avenue in Brighton. Please call us at 617-635-6120 if you would like to attend one of our upcoming events or learn more about our classes.

RSVP Volunteer Opportunities
(continued from page 8)

Museum's collection then. These Gallery Instructors will start to give two tours weekly in September, 2007. If you are interested, please email Galleryinstructors@mfa.org.

Generations, Inc.

Has three types of tutoring/mentoring volunteer positions. Classroom literacy volunteers serve in kindergarten through second-grade classrooms twice a week, one and a half hours at a time, helping the students understand the basic reading skills taught by the teacher. Each lunchtime mentor meets with a third- through fifth-grader to play games, read, and form a supportive relationship. The time commitment for that is one hour per week, per child. Reading coaches meet two to four times per week for 40 minutes each to improve children's

reading skills and develop meaningful relationships. Generations, Inc. has volunteers at several Boston Public Schools, all of which are accessible by public transportation. No teaching experience required—the organization will train you! For more information, please call Volunteer Recruitment, 617-778-0553.

Educational Surrogate Parent (ESP) Program

This program is run out of the Massachusetts Department of Education. These volunteers represent children with their special education decisions. The students are between the ages of 3 and 22, living in foster homes, residential schools, group homes, and pediatric nursing homes. They have disabilities or are waiting to be evaluated for them. As an ESP, you would go to a three-hour training. The commitment is only 10-20 hours per student per school year; you can help one or more students at a time. As an ESP through Boston RSVP, you would travel to schools and courthouses within Boston city limits. For more information, please call 508-792-7679 or send an email to espp@earthlink.net.

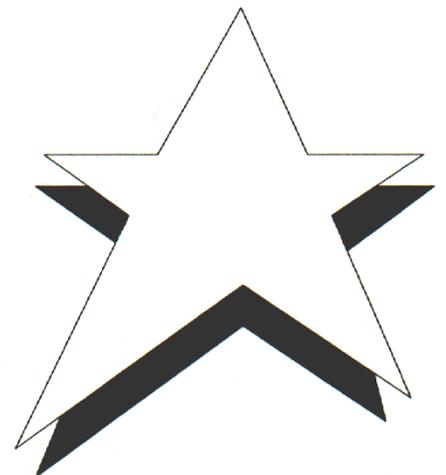
Saturday's/Sunday's Bread

This organization has been serving meals to the homeless for over 21 years! It is open only on the weekends so people can have the chance to eat everyday.

They need people who can help serve, then clean pots and pans from 12:30-4:00 p.m. To volunteer, you would try it for a day by joining an existing group, e.g., college students, a business, a church or a temple. If you like volunteering there, you keep helping out! It operates from 35 Bowdoin St., downtown (T: Government Center, Green or Blue line). Please call Mike Lee, Kitchen Executive at 617-461-7377.

Sargent College of Health and Rehabilitation Sciences, Boston University

The Neural Control of Movement Laboratory needs volunteers who have no neuromuscular disorders in the knee or elbow. You would visit the lab twice, for 1-2.5 hours each, depending on what tests you choose to partake in (one is for knees, the other for elbows). If you are interested, please contact Dave Clark at 617-353-2304.



Boston needs its own taxing powers

by Thomas M. Menino

In February, 1.5 million people went to New York City to see the 16-day public art project, "The Gates." I asked my economic team to study what the fiscal impact of a Gates-like public art project would be if held here instead of New York. My team came up with some troubling numbers. If 90,000 visitors came to New York and stayed in hotels overnight to see the project—as the New York City Economic Development Corp. had estimated—then New York reaped some \$2.4 million in estimated tax revenue. If the same number of visitors came to Boston to see a similar project here, our city would garner a lower proportion of the proceeds, roughly a half-million dollars.

Special events, such as "The Gates" or the 375th birthday celebration we will hold for our city this year, drive cities forward. They have value in and of themselves in attracting visitors to our city. They reflect the progress we have all made in making Boston a city that works in the 21st century. Boston is a global leader in biotechnology, life sciences, and financial services. While we have embraced the knowledge economy and capitalized on the brainpower nurtured in our institutions of higher education, we subsist on a revenue structure created in the 18th century.

Even as the city and its economy have seen dramatic change, the city has been held captive under a revenue system forged along with the state constitution in 1780. Within our municipal borders, doctors performed the first surgery aided by anesthesia and Alexander Graham Bell placed the first telephone call. In the time since these advances took place, the city has seen the advent of the personal computer, the rise of the Internet, and the development of vaccines for crippling diseases, such as polio. And still nothing has happened to alter Boston's fundamental revenue structure.

Now, it is time to change all that. I have asked the Boston Municipal Research Bureau to conduct a special report on the local revenue structure in Massachusetts. This complex issue requires thoughtful economic analysis. It also deserves new and independent thinking. Together, we need to identify the 21st-century revenue tools that will sustain Boston today and fuel our success in the future. We need to create a revenue structure that will support this world-class city--the city that propels our state's economy.

Thanks to the state-imposed revenue structure, Boston must derive a significant portion of its

annual revenue from property taxes. In fiscal year 2005, nearly 58 percent of the city's revenues came from property taxes, followed by state aid at 24 percent. Excise taxes, permits and fees, and other departmental revenue represent the remaining 18 percent.

Outside factors make it difficult to keep up with rising costs. Energy prices continue to outpace our efforts to conserve, collective bargaining agreements handed down to us by arbitrators drive up our personnel costs, and employee and retiree health care costs have skyrocketed by double-digit increases each year. Insurance costs alone for FY06 will exceed \$200 million. Further, state aid to Boston has been cut by \$80 million over the last three years. (Even as the city has faced these increasing pressures, our fiscal management has won us a bond rating of "Aa1," the highest in city history.) Meanwhile, as Boston continues to thrive, the demand for city services grows in size and scope. Thousands of commuters travel to Boston each day to work in our businesses.

Millions of tourists visit our city each year. And nearly 600,000

(Continued on page 16)



Tips for Preventing Heat-Related Illness

The best defense is prevention. Here are some prevention tips:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. **Warning:** If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - Infants and young children
 - People aged 65 or older
 - People who have a mental illness
 - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. **Warning:** If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

This information provided by NCEH's Health Studies Branch (www.cdc.gov/nceh/hsb).

For more information, visit www.bt.cdc.gov/disasters/extremeheat, or call the CDC public response hotline at (888) 246-2675 (English), (888) 246-2857 (español), or (866) 874-2646 (TTY).

May 18, 2004

Page 1 of 1

Red Sox Nation

(continued from page 1)

sparkled with the same exuberance as the kids did in front of those cameras, for many of these folks had given up cherished trips to Fenway in favor of doctor's visits and Little League games. To be given an opportunity to be up close and personal with Red Sox Nation and Larry Luchinno, was a once in a lifetime experience and a reminder that Boston really is a city of champions.

Our senior citizens understood how special it was, just to be there, to enjoy a hot dog and have their picture taken with the World Series trophy, a true testament of hope in an era when waiting for anything is seen as old-fashioned. These people were part of Red Sox Nation long before it became a nation. Thanks, Mayor Menino and Go Sox!



Some very excited Seniors on their way to Fenway

Meet the Men of RSVP

by Sarah Vollmann, AmeriCorps*VISTA

Women live longer than men, says conventional wisdom. That is more than reflected in the Boston Retired and Senior Volunteer Program's gender breakdown: 26% of the volunteers are men and 74% women. But according to the Boston Partnership for Older Adults' study, 100,000 Voices On Growing Older in Boston, 60% of Bostonians over age 60 are women and 40% men. This gap, which has long existed, may decrease with time. Where are the men volunteers in Boston RSVP? What do they do?

The station with the most men volunteers is the VA Boston Healthcare System, West Roxbury, with 22 of them. Hebrew SeniorLife (formerly HRCA) comes in second, with 14. Jewish Community Housing for the Elderly (JCHE) is third, with 12; the Museum of Science is fourth, with 10; and the station with the fifth highest number of volunteers is the U.S.S. Constitution Museum, with all six of its volunteers men.

The men do everything from giving information to hospital patients to transporting older adults in wheelchairs to talking with school groups about building ship models.

Some stations, such as WGBH,

Beacon House, and Beth Israel Deaconess Medical Center, have small groups of men or even just one man at each site.

This article will focus on men volunteers at VA Boston Healthcare System, Jamaica Plain.

Bob Lydon, a retired meathouse worker, volunteers at the VA Boston Healthcare System, Jamaica Plain-pulling files in the Eye Department and sometimes taking patients to clinics. He describes his volunteer service as "something to do, make myself useful, keep my mind active. Live longer. If you don't do nothing...what do you accomplish?"

In Bob's view, volunteering is like helping someone go up in an elevator if you have gone up in it 15 minutes before, and the person is still there when you return. That sounded like something Booker T. Washington once said: "If you want to lift yourself up, lift up someone else."

"When you help somebody, you feel good, besides," he adds. Bill Nevins volunteers at the same site.

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*Mayor Menino on taxing powers
(continued from page 13)*

people call Boston their home. Together, commuters, businesses, tourists, and residents make up the backbone of our vibrant city. To keep the city working for everyone, we must provide the public safety, education, and basic services that everyone expects and needs. And to keep the city attractive to the tourists, businesses, and residents of tomorrow, we must foster the activities that help make our city special and unique.

The fundamental mismatch between Boston's sources of revenue and the public services that are demanded in the 21st Century is worsening. Historically, property determined value and wealth. Today, the value of a great idea, the value of an innovation in science or technology, is likely to be disproportionate to the value of the building or space in which it was developed. The knowledge economy has arrived, and human and intellectual capital have replaced personal, industrial, and commercial property as the drivers of our city's success.

Boston must develop the tools to tap into these successes to diversify the city's revenue streams--income streams that other cities already possess. For example, almost 50 percent of cities have their own sales tax, *The Boston Globe* reported in 2003. Many cities have other revenue-gener-

ating mechanisms—parking garage fees in San Francisco and Philadelphia, a meals tax in Denver and Atlanta. Getting tools like these will give Boston a level playing field with our urban competitors. This is what will help us maintain our hard-won status as a world-class city.

Boston's business community understands the pressure on the property tax to deliver revenue for the city. It is an imperfect tool, but currently it is the best one we have. A year ago, dozens of businesses stood with the city as we worked to pass legislation that would allow a temporary change in the tax classification formula and ease the dramatic effect of a soft commercial real estate market on Boston's homeowners.

The city, and the country, benefited greatly from the boom years of the 1990s as we saw office towers and hotels break ground and housing stock appreciate beyond all expectations. When commercial values began to suffer under the recent recession, however, residents were forced to bear more of the burden of the tax levy, providing evidence of Boston's over-reliance on the property tax.

Our restricted revenue structure creates challenges for the city, as we work to manage well and lead Boston into the future. And it creates challenges for busi-

nesses, as unfair loopholes in the state's tax laws enlarge their property tax burden.

State agencies such as the MBTA and Massport are leasing space to commercial businesses on land that Beacon Hill has made tax-exempt. And telecom companies are using loopholes and antiquated exemptions to shelter an estimated two-thirds of their property from the local property tax.

When a select few don't pay their fair share, Boston's businesses and residents end up paying more. Given the financial challenges facing cities and towns, it is imperative that the state closely examine any and all property tax exemptions. I have filed legislation that addresses this issue, and I will be looking once again to Boston's business community to support this measure, as businesses and residents alike will benefit from the closing of these loopholes.

This city stands here welcoming people from across the state and around the globe—giving them access to opportunities for employment, education, culture and healthcare. To continue to do that—regardless of economic cycles—we need to modernize and diversify Boston's revenues.

Senator Kennedy Hosts Town Hall Meeting to Protect Social Security

Boston, MA- Senator Edward M. Kennedy held a Town Hall meeting to discuss how to strengthen and protect Social Security for future generations. Kennedy was joined at the Veronica B. Smith Multi-Service Senior Center by college students, seniors, disabled citizens, and community leaders, including City of Boston Commissioner on Affairs of the Elderly Eliza Greenberg and AARP State Director Deborah Banda. Senator Kennedy engaged them in a lively conversation that underscored the enormous impact that Social Security has on the Commonwealth.

Over one million citizens in Massachusetts rely on Social Security. The safety net it creates ensures that 316,000 Massachusetts seniors are lifted out of poverty. Nearly half of all Massachusetts Seniors would be living under the poverty line without their monthly check from Social Security. Nearly 200,000 Massachusetts residents receive disability security payments through the program benefits that many families rely upon to take care of their disabled loved ones.

Senator Kennedy conveyed his commitment to protecting the

program for generations and warned of the dangers of the Bush Administration's privatization plans. Kennedy said, "Make no mistake: the President's plan would jeopardize the health of every senior citizen in this country, and starve Social Security of the resources it needs to protect future generations. President Bush wants to change all that, and privatize Social Security.

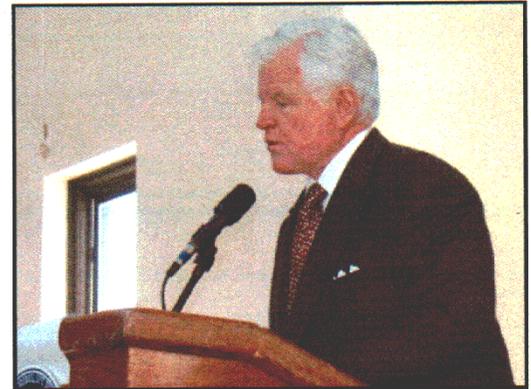
"With few families able to save for retirement and with increasingly unstable pension plans, Social Security is the one great guarantee that retirees and disabled Americans have left. Yet the President would take that



Thelma Burns an advocate of elder issues and active member of the Mayor's Advisory Council.

guarantee away."

Boston Mayor Thomas M. Menino expressed his support for the event. "This is an important discussion regarding the future of Social Security. Since



Senator Kennedy presents the issues that Social Security is facing if we don't begin advocating for improving the current system.

1935, Social Security has provided a safety net for retirees and their families. As elected officials, we must engage in a dialogue that addresses the concerns of the seniors of today, tomorrow, and future generations," he said. "I want to thank Senator Kennedy for hosting this town hall meeting today."

Senator Kennedy and fellow Democrats are speaking in cities, towns and communities across America in an effort to save Social Security from President Bush's plans to privatize it. Kennedy circulated a petition at the Town Hall Meeting that will be presented to President Bush next week. Kennedy said, "It's a powerful message from some New England Patriots to the White House!"

Mayor Menino Celebrates the 22nd Annual Tribute to Reverend Dr. Martin Luther King, Jr.

Throughout history there have been many people who have tried to change the world, but very few have succeeded. One person who changed not just the world, but also its future, was the Reverend Dr. Martin Luther King, Jr. He offered the world a dream of equality that will hopefully become a reality in the future.

On January 17, 2005, Mayor Thomas M. Menino and the City of Boston proudly presented the 22nd Annual Tribute to Reverend Dr. Martin Luther King, Jr. at Faneuil Hall. Despite the inclement weather,

there were well over 700 people in attendance, including 400 seniors from across the city.

The Mistress of Ceremonies, Pam Cross of WCVB channel 5, began the day by welcoming everyone to the tribute. Following was Reverend Robert J. Perry of Kingdom Builders' Church who offered the invocation, and Dana Whiteside who beautifully sang the National and African-American Anthems. The New Covenant Jubilee Choir provided a variety of music throughout the tribute.

Joining Mayor Menino on stage was keynote speaker, Anita Hill, who serves as an activist and attorney, is also a professor of social policy, law, and women's studies at Brandeis University. Hill's speech was followed by a benediction from Reverend Roberto Miranda of the Congregation Leon De Judas.

The Mayor commenced the tribute by thanking everyone for joining together in honor of Reverend King.

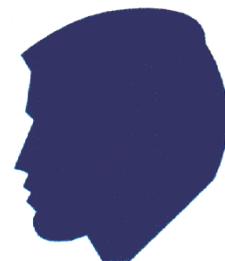
Men RSVP Volunteers (continued from page 15)

Once he retired from the VA Medical Center as a warehouseman eight years ago, he started to volunteer in the escort service, delivering patients in wheelchairs to appointments at the hospital. For the past four years, he has worked the front desk, answering questions and giving directions to patients and their families. Having served in the Air Force from 1953-57, he like most of the other VA hospital volunteers-is a veteran. Like many volunteers I spoke with, though, he mentioned that one volunteer might have fought in World War II.

Eighty-three-year-old Paul Bartlett greets me at the coffee stand in the high-ceilinged, windowed lobby. Despite staying up nights with his wife recently, who, at age 80, has been in poor health, Paul has made time to come decked out in a gold and blue US NAVY cap and large DEPARTMENT OF VETERANS AFFAIRS VOLUNTARY SERVICE patch, as well as the photo nametag clipped to his vest. He served the country from August 3, 1942 until 1947, when he was honorably discharged. Now also a retired U.S. Postal Service employee, he volunteers at the hospital some mornings-keeping up the reading room, serving coffee,

and talking with patients and their families. "It's a diversion," he explains why he volunteers. "It brings back the spirit and fellowship of serving."

He echoes many RSVP volunteers by saying he has read that people who volunteer tend to live longer. "I think the best quote I've ever stolen off anybody is, 'There is nothing more powerful than the heart of a volunteer.'"



Senior A.I.D.E.S. in Action

by Annette Richardson

The Seniors Training for Employment Program, formerly called the Senior A.I.D.E.S. Program, is nationally funded by the Department of Labor and administered by Senior Service America, Inc.

STEP assists low income seniors, 55 years and older, who live in the City of Boston and are interested in returning to the mainstream work force. After each applicant has gone through the intake process, they are assigned, for a period of time, to a non-profit or government (host) agency for training; this enables them to receive training that will upgrade skills they already possess and in some cases, help them learn new skills. This training also helps them to update their resumes, especially in cases where they have not had any current work experience. Participants train at their "Host Agency" for a maximum of 20 hours a week. During their assignment, they are not allowed to "volunteer" at their site for any reason while in the STEP program.

All STEP participants are required to attend quarterly meetings. These mandatory meetings provide updated information about the program and informs them what is expected of each participant. They also learn about job search strategies and health issues, i.e. hypothermia.

Although obtaining a job in the mainstream workforce is the primary goal of each STEP participant, they are also required to sign up with "One-Stop" Career Center. It gives the enrollee access to current job listings as well as career-oriented workshops that are free of charge. All participants are required to apply to at least seven (7) "advertised" job openings, and provide contact information every week.

For more information about the STEP program, contact Annette Richardson at 617-635-4858.



I arrived in Boston from New York City in 1970. Due to previous experience as a toll collector on the George Washington Bridge I was able to get a job on the Mass Turnpike (the first Afro-American female to hold that position) as a toll collector.

My experiences after that were telephone operator for New England Telephone Co., Z.M.T. operator (zip mail translator) for the United States Postal Service, receptionist and clerk-typist for the City of Boston, drove buses and worked in the token booth for the Mass Bay Transit Authority, drove mini buses and vans for several transportation companies, and worked in residential houses for girls, such as Crittenton-Hastings House, and Growing Minds.

The most rewarding experience I had was being a volunteer through R.S.V.P. where I tutored young people to read at the Taylor School for a program called Leaps in Literacy.

Through all this I managed to rear five children along with my husband who was a cook for D.Y.S., and has since passed. I am the proud grandmother of nine grandchildren, and the great-grandmother of five great grandchildren. I am also glad to have a living eighty-one-year-old mother.

My life in Boston has been very full and busy. It is for this reason that I am not ready to just sit around and waste away. I am sure that some of my past experiences or maybe something new would enable me to continue to live a happy and active lifestyle and become gainfully employed at the same time.

2005 Greater Boston Senior Games

The official opening of the Eleventh Annual Greater Boston Senior Games was held on Wednesday, May 11 at the William Devine Golf Course in Franklin Park. Boston Emergency Medical Technician Richard McCready sang the National Anthem to begin the ceremonies. His fabulous performance has become a tradition within the Senior Games.

Golf

For the fifth consecutive year, the golfing competition had a shotgun format. Two teams of four golfers started at each of the 18 holes simultaneously. Ninety-eight participants over the age of 50 had a spectacular time playing 18 holes.

The fees were able to be kept at a minimum thanks to a major supporter, Commissioner Antonia M. Pollak and the *City of Boston Parks and Recreation Golf Fund*. The Golf Tournament also had support from *New England Baptist Hospital* who was the sponsor of hole #10, and the *Big Brothers of Massachusetts Bay* who sponsored hole #1.

Thanks to the sponsors, golfers enjoyed a continental breakfast and a delicious lunch. Our gratitude also goes out to the volun-



A senior swimmer stays afloat during a swimming competition in the 2005 Senior Games.

ter team of Donna Townsend of Allston and Sally Johnson and Pamela Brothers both of Dorchester. For many years they have put their hearts into organizing and coordinating this event, and have always looked out for the best interest of the seniors of Boston. Also appreciated, were the efforts of Jesse Hodge and Matt Edgerly of the Parks and Recreation Department, whose leadership and attention to detail were in all aspects of the organization of this tournament

Bocce

The sixth annual Bocce Tournament took place on Thursday, May 12th at Langone Park in the North End. Thanks to the venue supporter *SENA (Salaried Employees of North America Local 9158 - United Steel Workers of America)*, 80 seniors from throughout the greater Boston area formed a record twenty teams and joined Mayor Thomas M. Menino and

Commissioner Eliza F. Greenberg for a very festive day of team sports. *SENA* has been supporting the Bocce venue since 2000.

SENA President Kathleen Kelley and Treasurer John F. Bailey were present to watch Mayor Menino play his favorite sport against

very tough competition. A large thank you goes to our Bocce coordinators, John Roberts and Mike Flynn, both of whom did a fabulous job. Also to Angelo DiGirolamo who made sure that the courts were groomed and that we had the right equipment. Commissioner Greenberg extended her congratulations to the three championship, four-person teams who won Gold, Silver and Bronze medals. The Bronze medal winners were a trailblazing all women team.

Special thanks to the staff of the *Boston Center for Youth and Families*, especially Mike Devlin, who made sure participants had tables and chairs on which to enjoy their breakfast and lunch. Finally, acknowledgement to the efforts of Peter O'Sullivan of Neighborhood Services and Martin McDonough of Wall Outdoor Furniture, who together made

(continued on page 21)

Senior Games

(Continued from page 21)

sure that our participants had free access to clean state-of-the-art restrooms at Langone Park.

Billiards and Bowling

The third venue of the Games, the Billiards and Bowling Tournaments convened on Friday, May 13th, at Boston Bowl, Morrissey Boulevard, Dorchester. The 137 participants at this venue enjoyed their day immensely. Nearly ¼ of the bowlers were over the age of eighty. Special thanks are extended to Paul Fabianski of Boston Bowl who coordinated Bowling and Rocky Kinteris and Michael Flynn who coordinated Billiards.

The Grand Finale

The Grand Finale took place on Saturday, May 14th at the Clark Athletic Center at the University of Massachusetts, Boston. This was a full day of competitive and non-competitive events and other activities, which began with a continental breakfast of Juice, Bagels and Coffee, which were donated by Dunkin Donuts.

The Greater Boston Senior Games (with the exception of Billiards and Bocce) were divided into age categories of 5-year increments, from 50 to 90+ years of age, allowing seniors the opportunity to compete with those of their own age. The four-day/ four-venue event included

competitive sports with an award ceremony on each day to the winners of Gold, Silver and Bronze medals.

The Greater Boston Senior Games are held through the cooperation of the Boston Parks and Recreation Department, Boston Center for Youth and Families, The University of Massachusetts Clark Athletic Center, and Boston Bowl. In addition to the *City of Boston Parks and Recreation Golf Fund* and *SENA Local 9158*, *AARP Massachusetts* has been a major supporter since 2002. This year we were happy to welcome a fourth major supporter, the *International Brotherhood of Electrical Workers AFL-CIO Local 103*

Other supporters include *Zelma Lacey House of Charlestown* (Peabody Resident Services since 2001), *Perini Corporation* (since 2000), *New England Baptist Hospital* (since 2001), *State Street Development Management Corporation* (since 2001), *Big Brother Association of Massachusetts Bay* (since 2004) and *City of Boston Credit Union* (since 2004). Joining these supporters this year are *Boston Teachers Union* and *Ironworkers Local Union No. 7*

The Games also got financial assistance from *The Residences at Snow Place* (since 2003) who was joined for the first time by *Saint Elizabeth Medical Center of Boston* and *Roxbury Highland*

Bank of Jamaica Plain.

Employees International Union Local 888 and *Tedechi Food Shops* also contributed to the Games.

The two major in-kind supporters were *Dunkin Donuts Corporation* who provided the continental breakfast at the Finalè and *Bill Rodgers Running Center* who provided all the Games participants with beautiful t-shirts.

The Elderly Commission was fortunate to have additional support from several City of Boston agencies. City Hall Copy Center staff members Gerry Kenneally and Frank Duggan were very patient about last minute demands. As always, Boston's EMS were aware of all of the Game events and were ready to respond to any potential emergencies. Thank you to EMS Special Events Coordinator Deborah Acres for arranging this. Also to Larelle Bryson and Barbara Hamilton of the Boston Center for Youth and Families for making sure that we had the right equipment for both golf and softball.

The Boston Police Senior Response team were ever present and looking out for the safety of our participants. Thank you to officers: Debra Blandin of A-7 (all four venues), Jean Carroll of B-6 (Bowling & Billiards), Robert Minton of E-6 (Bowling

(continued on page 22)

Senior Games

(Continued from page 22)

& Billiards), Michael Charbonnier of A-1 (Bocce) James Nelson of E-18 (Games Finalè), Wanda Tredway of D-4 (Golf and Bowling & Billiards), Patricia Bennette of B-3 (Golf), Lena Julien of B-2 (Golf), Wayne McNamera of E-13 (Golf), Raquel Vega of D-4 (Golf), Linda Lyons of D-4 (Golf) Sergeant Antone Fonseca (Bowling & Billiards and Games Finalè), Dan Daley of D-14 (Bowling and Billiards). Gratitude goes out to Sergeant Antone Fonseca for coordinating the Senior Response team effort.

The 2005 Greater Boston Senior Games could not have happened without the following people: Mayor Thomas M. Menino, Commissioner Eliza F. Greenberg, Parks & Recreation Commissioner Antonia M. Pollak and the Games Steering Committee members: Chief of Staff Tomas Gonzalez, Deputy Commissioners Kathleen Giordano, Joanne Lee, Greg



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Rooney and Francis Thomas, BCYF Director of Recreation Garin Veris, Event Coordinator Michael McColgan, Event Planners Michael Flynn and Mary Beth Murray, Golf Coordinators Sally Johnson, Donna Townsend, Pamela Brothers and Jesse Hodge, Bocce Coordinator John Roberts, Bowling Coordinator Paul Fabianski, Billiards Coordinator Rocky Kinteris, Basketball Free Throw Coordinator Jane Good and Ruth Scully, Softball Throw Coordinator Ken Lynch, Swimming Coordinators Alice Houlihan and James Houlihan, Track Coordinators David Cahill and Christine Kloiber

A special mention should be made for the efforts of volunteer

Angela Hatch who the with assistance of Joella Thomas and volunteers Helen Young, Phyllis Ferola, Teresa Chiuchiolo, Phyllis Ferola, Barbara Gumes, completed the important behind-the-scenes tasks, including mailings and the massive goodie bag compilation.

Volunteer Jonathan Macy labored for weeks inputting the entire database of the Games in a streamlined manner. We appreciate Mr. Macy's work and ingenuity which will serve to save time and labor for staff and volunteers involved with future Games registrations.

The sponsors, volunteers and staff demonstrated great teamwork.

Results of the 2005 Greater Boston Senior Games are listed on pages: 31-35



*Best Wishes from the
Officers and Members of
Iron Workers Local 7*



Events are listed below with the names of the coordinators, many of who were recruited through the efforts of Mary Beth Murray, and all of whom did an amazing job:

Awards Ceremony	Deputy Commissioner Kathleen Giordano, Garin Veris, Athletic Director for Boston Center for Youth and Families, Gar Chiang and Christine Chan of Castle Square Apartments, Bernadine Joslin and Vilma Valentin of the Elderly Commission
Basketball Free Throw:	Jane Good and Ruth Scully of South Boston and Richard Andrade of the Elderly Commission
Continental Breakfast & Lunch Distribution	Gloria Rice-Stuart, Edith Haskins, Patricia McNeil and Carolyn Barnes of the Elderly Commission
Health Screenings:	Maria Gavao and Melinda Sullivan of the Boston Public Health Commission's Health Connection Van and Anita Hudson of the Elderly Commission
Horseshoes:	Edward Walsh and Nancy Wilson of Dedham
Keep Moving Walk:	Mary Beth Murray and Anita Hudson of the Elderly Commission
National Anthem	Breaghan Houlihan of Charlestown
Public Relations	Kathleen Giordano, Eileen O'Connor and Edward Laurenti of the Elderly Commission with assistance from volunteer Horst Langer who promoted the Games on the Elderly Commission's television program; <i>Seniors Count on BNN Live</i> on April 19 th
Registration	Gar Chiang and Christine Chan of Castle Square Apartments and, Erik Andersen, Jean Evans, Cynthia Lui, KaySea Cole, Sheila Lehane all of the Elderly Commission
Set-up	Edward Walsh and Nancy Wilson of Dedham
Softball Throw	Ken and David Lynch of Dorchester
Swimming (four events)	Alice, Brigid, Breaghan and James Houlihan of Charlestown
Track (four events)	David Cahill and Christine Kloiber of the New England Track Club with assistance Garin Veris of the Boston Center for Youth and Families
Water Stations	Malana Gleason of Dorchester, Ann Hartstein, Executive Director of the Massachusetts Association of Older Americans and Constance Mohammed of the Elderly Commission

St. Patrick's Day in South Boston

On Saturday, March 19th, the Commission on Affairs of the Elderly and the Mayor's Office of Neighborhood Services celebrated St. Patrick's Day at the 22nd Annual Senior Celebration Luncheon in South Boston. A special thank you to Father Kennedy, for allowing the celebration to be held at St. Monica's Parish Hall, due to the unfortunate closing of St. Augustine's Church.

Mayor Thomas M. Menino and Mt. Washington Bank sponsored

this wonderful event. The annual luncheon gives over 400 seniors the opportunity to enjoy an afternoon of socializing with old friends, listening to, singing along with, and dancing to Irish music, and feasting on a delicious dinner of corned beef and cabbage, complete with a slice of Irish bread.

DJ Mike Sineady and The Peggy Woods School of Irish Step Dancers provided entertainment. Each senior also received a pot of shamrocks to take home from the City of Boston, Parks

Department.



Mayor Thomas M. Menino and The Peggy Woods Irish Step Dancers.



Many seniors dressed festively for the occasion.



St. Monica's Parish Hall was beautifully decorated for the celebration.



Seniors celebrating with friends.

The 28th Annual Xerox Celebration



Mayor Thomas M. Menino greeted seniors upon his arrival.

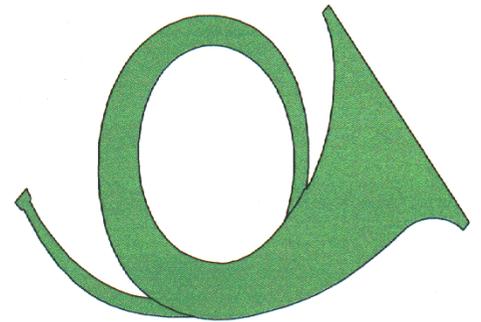
The 28th Annual Xerox Senior Dinner and Dance for Boston Seniors was held on Saturday, March 12th at Our Lady of Cedars of Lebanon Hall in

Jamaica Plain. Not only does The Xerox Corporation financially support this event, the members of their staff attend, serve dinner, dance, and socialize with the seniors.

Over 400 seniors from across the city were invited to an afternoon filled with dinner, dancing, fun, and laughs. Inside the hall, everything was festively decorated for St. Patrick's Day, with green, gold and white. Each table was adorned with shamrock plants, donated by the Parks Department. Seniors were entertained by the well-known band,

Galaxy, which always gets them off their feet and dancing.

Mayor Thomas M. Menino and Mrs. Angela Menino were on hand to help celebrate and thank Xerox's dedication and hard work in organizing this event.



Mayor Menino spoke with many seniors before dinner.



Seniors dancing the night away.



Attendees enjoyed delicious cake for dessert.



Mayor Thomas M. Menino
City of Boston
Commission on Affairs of the Elderly

Seniors Training for Employment Program
(S.T.E.P.)

Kenya Elisa-McLaren, Program Director

STEP into action this summer!

- Are you 55 years or older?
- Low income? Unemployed?
- Live in the City of Boston?
- Are you ready, willing, and able to train 20 hours each week while looking for a permanent job?

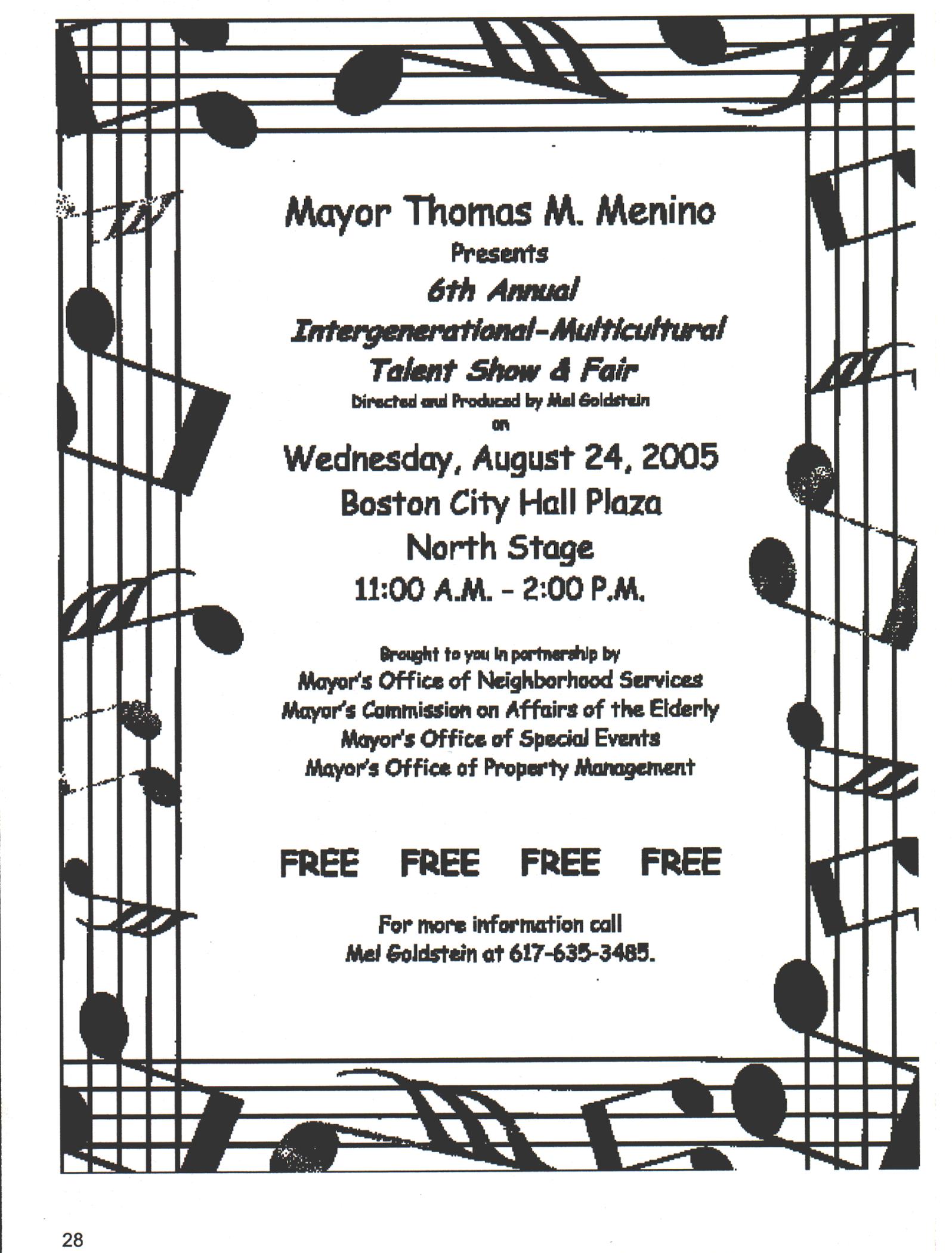
You can earn minimum wage while training and doing job search!

We offer **employment training and referral services** for individuals who are unemployed and want to find a permanent job (full or part-time).

For more information and to determine eligibility, contact Annette Richardson, Program Manager at 617-635-4858.



S.T.E.P. (Senior A.I.D.E.S.) is a Title V program federally funded by the U.S. Department of Labor and administered by Senior Service America, Incorporated (SSAI).



Mayor Thomas M. Menino

Presents

6th Annual

Intergenerational-Multicultural

Talent Show & Fair

Directed and Produced by Mel Goldstein

on

Wednesday, August 24, 2005

Boston City Hall Plaza

North Stage

11:00 A.M. - 2:00 P.M.

Brought to you in partnership by

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Mayor's Commission on Affairs of the Elderly

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For more information call

Mel Goldstein at 617-635-3485.

New Knitting Group in Boston's RSVP

by Sarah Vollmann
AmeriCorps* VISTA



Displaying what is accomplished through this knitting club.

For years, the Hooks and Needles and Happy Hands Knitting groups have warmed up Boston Retired Senior Volunteer Program. They provide not only socialization for members, but also beautiful blankets, hats, and other items for newborn Bostonians through the Family Nurturing Center. This winter, the city is fortunate to have a new group, in Charlestown!

This group was founded by sen-

ior Charlotte Connors and has been together for nine years: seven at the Charlestown Community Center, and two years before that you could find this group at the John F. Kennedy Family Service Center on Ferrin Street. This group meets each morning from 10:00- 12:00, but the volunteers are so eager that they stay much longer than they need to. Charlotte arrives at 9:00 a.m., and everyone else arrives around 9:30 a.m.

"We were very lucky that you people supplied the yarn," said Loretta Connolly. The Boston RSVP donates the yarn and picks up the completed items which are then delivered to the Family Nurturing Center in Dorchester.

What do the knitters think about while they are working on their items? "When will I finish?"

joked Kay Sheehan, another member of the group. Although the group has finished



Charlestown Knitters at their workbench.

so many items already, families in Boston's neighborhoods will never forget how the items have touched their lives.

The Knitters of Charlestown include: Loretta Connolly, Charlotte Connors, Celia Powers, Jo Parrotti, Mary O'Haire, Marion, Jo Ward, Teresa Mac., and the phantom knitter who wishes to remain anonymous.

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2005 Greater Boston Senior Games

Medals and Results

Basketball Free Throw - Men

Age	Gold	Silver
65-69	Ho Huk Chuen	Allan Sneider/ Zhu Yurv
70-74	Charlie Dickerson/ Wang Zhenpeng/ Jihai Wang Yongsui Su	
75-79	Horst Langer/ Hu Dagang	Chuan Lin
80-84	Peili	Zizong Jin



Basketball Free Throw - Women

Age	Gold	Silver	Bronze
60-64	Su Yuan Chang		
65-69	Shu Song Li	Alice Chan/ Chen You Zhen/ Shului Liu	Kingling Kwok/ Qiu Bo Wu
70-74	Xi L Chen	Feng Llan Li	
75-79	Ying hua Fu	Knig Meng Yu/ Ci Tan	Brigitte Langer
80-84	Wen zhang Xiu	Elizabeth Wong	

Billiards- Men

Division	Gold	Silver	Bronze
50 - 69	Arnold Gatto	Robert Cheffro	Fred Voellmeckie
70 +	George Simmons	Gene Lozzi	Robert Rose

Bocce - Men and Women

Inter Age Team	Gold	Silver	Bronze
	North End 1	North End 5	Chelsea 13
Member # 1	Frank Ania	Pasquale Barone	Grace Giorano
Member # 2	Domenic Fedrico	Domenico DeSantis	Maria DiSlvo
Member # 3	Gaetano Fedrico	Eraldo DeSantis	Mary Frangiamone
Member # 4	Michele Gurino	Armando Gilano	Gloria Rico

Bowling – Men 8:00 a.m.

Age	Gold	Silver	Bronze
60-64	Paul Tenney		
65-69	Dino DeSantis	Dominico DeSantis	Dominico Federico
70-74	John English	Edward Burns	Jack Luisi
75-79	Walter Mulloney	Joseph Monterisi	Frank Esposito
90-94	Herbert Sise		

Bowling – Women 8:00 a.m.

Age	Gold	Silver	Bronze
55-59	Joanne DeGeorge		
60-64	Barbara Wirtz		
70-74	Grace Kiley	Faith Fiore	Virginia Luisi
75-79	Mary Esposito	Mary Mulvey	Frances Conlon
80-84	Arline Atwood	Catherine Quinlan	Agnes Cassano

Bowling – Men 10:30 a.m.

Age	Gold	Silver	Bronze
60-64	Michael Langone		
65-69	John Dennis Sr.	Sal Marchese	James Marchese
70-74	Carlton Anderson	Eward Ruka	Leo Page
75-79	Joseph Laughlin	Cecil Orsini	Robert Heine
80-84	Felix Zullo	Tony Marino	Silvano Pacchielat
85-89	Stanley Paxton	Joseph Prendergast	Sal Cifa

Bowling – Women 10:30 a.m.

Age	Gold	Silver	Bronze
55-59	Judith Adelizzi		
60-64	Helen Stone	Carol Bearse	Helen Davis
65-69	Sheba Barboza	Maureen Devine	Rita Orsini
70-74	Kathleen Palmer	Barbara Anderson	Joan MGrath
75-79	Eldoner Lewis	Patricia O'Shea	Ann Maloney
80-84	Mabel Folino	Mary Rizzo	Florence Adelizzi
85-89	Eunice Conley		
90-94	Grace Giordano	Mary Schlitz	

Golf - Men - Members

Age	Gold	Silver	Bronze
50-54	Tie: Russell Boone/ Ray Cheek		
55-59	John Chaney		
60-64	John Wilcox	Jerry Hayes	Robert Bell
65-69	William S. Howel	Tie: Rudy Cabral Sr. /Arnold Armstrong	Larry Edwards
70-74	Prince Gonsalves	George Jones	Robert Jones
75-79	Andy McGhee	Moses McBrayer	William Rhinehardt
80-84	Wesley Alston		
85-89	Leon Jackson		

Track 1500 Meters - Men

Age	Gold
60-64	William McLeod
70-74	Don Murray

Track 800 Meters - Men

Age	Gold
60-64	William McLeod
70-74	Don Murray
75-79	Horst Langer



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Golf - Women - Members

Age	Gold
50-54	Pamela Brothers
55-59	Donna Townsend
60-64	Rhoda Christmas
65-69	Shirley Johnson
70-74	Vera Butler



Golf - Men - Non Members

Age	Gold	Silver	Bronze
50-54	Steve O'Donnell	Earl Garrett	Curtis Jones
55-59	Earl Thomas	Paul Doherty	Cyrill Kavanagh
60-64	Hughie Bligh	Ernie Green	Joseph Maguire
65-69	Chester Piacentini	Joseph Curran	John Adamchek
70-74	John Kirksey	Richard Ghelfi	William Davis
75-79	Gilberto Panama	Edward Welsh	Tony Cibbotti
85-89	Paul Hasgill		

Golf - Women - Non Members

Age	Gold	Silver
50-54	Linda Wynn	
60-64	Cecilia Holmes	Judith Hurley
80-84	Dorothy Yancy	

Horseshoes - Men

Age	Gold	Silver	Bronze
70-74	Hal Jacobs	Tiangnang Zhang	Zhennena Wang
75-79	Cuthbert Downey	Tie: Horst Langer/ Shaucheng He	

Horseshoes - Women

Age	Gold	Silver	Bronze
55-59	Lijia Wen		
60-64	Anita Sperber	Jianhua Zheng	
65-69	Yingna Xie (Double Ringer)	Bao Rong Wan	Qiu Bo Wu
70-74	Dolores Hufnagel/Zhu Hua Li/Soo Sim Moy		
75-79	Rita Mulkern	Du Zhi Guang	Huijun Xiang
80-84	Carmela Saia		

Softball Throw - Men

Age	Gold	Silver	Bronze
65-69	Allen Snyder	Xiu Xug Yu	Baolin Zhang
70-74	Charles Dickerson	Hal Jacobs	Tiexiang Zhang
75-79	Horst Langer	Chang Ching Yang	Chuan Shou Lan
80-84	Zu Fan Ren	Pei Li	Jin zi Tang
85-89	Weng Ju Tseng		
90+	Joseph Saia		

Softball Throw -Women

Age	Gold	Silver	Bronze
50-54	Velmo Cook	Ying Ling Mai	Rosemary Hurley
55-59	Constance Mohammed	Jiawen Li	Evelyn Debellis
60-64	Jiahua Zheng	Mozan Hu	Xi Chen
65-69	Mary Jones	Youzhen Chen	Xiygin Zang
70-74	Dolores Hufnagel	Huafang Yu	Yue Yan Tan
75-79	Brigitte Langer	Maria Wong	Bao Ji
80-84	Wen Xiu	Xiao Zhong Zhang	Rita Allen

Swimming Breast Stroke 100 M - Men

Age	Gold	Silver
50-54	Jim Houlihan	
55-59	Mingjie Song	
60-64	Shi Lun Lai	Michael Langone
65-69	Kim Sit	
70-74	Xi Qing Liu	Chenya Sui
75-79	You Yi Mo	Qinghi Li

Swimming Breast Stroke 100 M -Women

Age	Gold	Silver
60-64	Judith Hurley	
65-69	Ling Qiu	
70-74	Fen Hwa	Joy Di

Swimming Breast Stroke 50 M - Men

Age	Gold	Silver	Bronze
50-54	Jim Houlihan		
55-59	Mingjie Song		
60-64	Shi Lun Lai	Michael Langone	
65-69	Baolin Zhang	Kim Sit	
70-74	Xi Qing Liu	Yun Zhong Xie	
75-79	You Yi Mo	Chenya Sui	Qingbi Li
80-84	Xue Li		

Track 800 Meters - Women

Age	Gold
60-64	Suyvan Chang
65-69	Karen Wepsic
75-79	Brigitte Langer

Track 400 Meters - Men

Age	Gold
60-64	William McLeod
70-74	Don Murray
75-79	Horst Langer

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We are pleased to announce a **Senior Final Expense Plan**, to help pay what the government does not. At present, the government pays \$255. If you qualify, this Senior Plan will pay up to \$15,000 to your family. **For more information with no obligation call (781) 461-0203** and leave your name and address and we will have information to you within a week.

Swimming Breast Stroke 50 M -Women

Age	Gold	Silver
60-64	Judith Hurley	
65-69	Ling Qiu	
70-74	Joy Di	Fen Hwa
75-79	Xiu Yun Liu	

Swimming Freestyle 100 M - Men

Age	Gold	Silver
50-54	Jim Houlihan	
55-59	Mingjie Song	
60-64	Shi Lun Lai	Michael Langone
65-69	Lian Shin Chang	Kim Sit
70-74	Xi Qing Liu	Chenya Sui

Swimming Freestyle 100 M -Women

Age	Gold	Silver
60-64	Judith Hurley	Shighi Teng
70-74	Joy Di	Fen Hwa

Swimming Freestyle 50 M - Men

Age	Gold	Silver
50-54	Jim Houlihan	
55-59	Mingjie Song	
60-64	Shi Lun Lai	Michael Langone
65-69	Lian Shin Chang	Kim Sit
70-74	Xi Qing Liu	Chenya Sui

Swimming Freestyle 50 M -Women

Age	Gold	Silver
60-64	Judith Hurley	Shighi Teng
70-74	Joy Di	Fen Hwa
75-79	Xui Yun Liu	
80-84	Hsia Fei	

Track 400 Meters - Women

Age	Gold
50-54	Ann Hartstein
65-69	Karen Wepsic
70-74	Dolores Hufnagel
75-79	Brigitte Langer

Track 100 Meters - Men

Age	Gold
60-64	William McLeod
70-74	Don Murray
75-79	Horst Langer

Track 100 Meters - Women

Age	Gold	Silver	Bronze
50-54	Ann Hartstein		
60-64	Jianhua Zheng		
65-69	Karen Wepsic	Mary Ann Jones	Zhing Tie Duan
70-74	Dolores Hufnagel		
75-79	Brigitte Langer		
80-84	Betty Wong		
90+	Wen Zhang Xin		



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