

# Boston Seniority

## Elderly Commission

Thomas M. Menino, Mayor of Boston



**FREE**

**2013  
Volume 37  
Issue 7**

# Summer

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# *Boston Seniority*

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# Mayor's Spotlight

## ANNE FRANK SAPLING UNVEILED ON BOSTON COMMON



In June, Mayor Thomas M. Menino unveiled the planting on the Boston Common of a sapling descended from a horse chestnut tree which stood outside Anne Frank's home in Amsterdam. "It is an honor and a privilege to have this sapling from the same tree that gave Anne Frank so much peace and hope", Mayor Menino said

The Anne Frank sapling project came to life in 2009, when The Anne Frank Center USA awarded Boston and ten other sites saplings derived from the nearly 200 year-old horse chestnut tree that towered behind the Secret Annex where Anne Frank and her family hid from the Nazi's from 1942 to 1944. As Anne gazed out the attic window, the tree not only comforted her throughout their seasons in hiding, but stood as a symbol of all that she was missing in the outside world: "From my favorite spot on the floor I look up at the blue sky and the bare chestnut tree, on whose branches little raindrops shine, appearing like silver, and at the seagulls and other birds as they glide on the wind...I firmly believe that nature brings solace in all troubles."

- Anne Frank, "The diary of a young girl"

Despite efforts to shore it up, the aged, diseased tree toppled in a windstorm in 2012. Thirty-four organizations responded to the centers 2009 request for proposals to plant saplings in their communities. The winning locations were selected because they embody Anne's

unwavering belief in equality, demonstrate the horrific consequences of intolerance in all of its forms, or showcase historic events in civil rights and social justice in the United States.

"We are excited that we can now move forward

with planting the saplings and launching a national education initiative called "Confronting intolerance today: Lessons from Anne Frank," noted Anne Frank Center USA Executive director Yvonne Simons. "As the saplings take root, they will become living symbols of justice and tolerance in America for many years to come. The message of tolerance will spread from these 11 communities across the country, joining these historical examples of hatred and discrimination with contemporary issues."

The Boston Common planting, coordinated by the Mayor's office and the Boston Parks and Recreation Department, is the culmination of a student project initiated by 15-year-old Aliyah Finkel. "I am pleased to have played a small part in bringing the sapling to Boston Common," Finkel said. Further information on the Sapling project can be found on The Anne Frank Center USA's Sapling project website at [annefranktreeusa.com](http://annefranktreeusa.com)



## Boston Early Music Festival June 2013

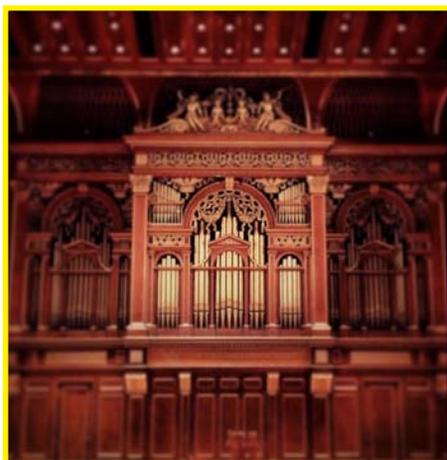
### *Review of the Royal Wind Music Concert*

By: Tula Mahl

If you didn't get a chance this season to check out the Boston Early Music Festival, I recommend you don't miss out next time. Even if you don't know what "early music" sounds like, the experience is unique.

Boston Seniority was able to review the Royal Wind Music concert on June 16 at the New England Conservatory's Jordan Hall. This was only one of over 40 concerts and performances of the June Festival.

The experience of the concert started when I entered the hall. Jordan Hall is a majestic venue. It has a beautiful organ that is as large as the back stage wall. The walls are made of a rich wood that assist in distributing the sound and the decoration is ornate without being



garish. The instruments were laid on the stage like cradled children, each in its own spot, carefully arranged.

The instruments ranged in size from approximately 6 inches long to 7 feet tall.



But that was only the beginning. Then the performers came on stage and choose their instruments. As if the visual beauty wasn't enough to grab your attention then the music started to emanate from the instruments. It was a quiet sound, a music that gets your attention not because it is loud and boisterous; but because it requires you to quiet your mind to be heard. The sounds conjured up images of Shakespeare's "A Mid-summer Night's Dream," fantasy scenes in a wooded area, or quiet walks in the forest.

Performance after performance I felt transported to an earlier time. A time when kings and queens ruled the world and court jesters danced in their halls. I could imagine a grand ballroom filled with lords and ladies in their finest eating dinner and enjoying this music.

For more information about the Boston Early Music Festival go to [www.bemf.org](http://www.bemf.org) or you can call 617-661-1812.



**Boston RSVP is currently seeking  
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## Don't Retire, Inspire!

**Hosted by Augusta Alban**

Tune in to find out how Boston seniors  
are INSPIRED everyday

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

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

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

## Summer Concerts

By: John H. O'Neill III



Seniors can enjoy various concerts during the summer; musicians perform, playing well-known songs. “Hello Dolly” comes to mind.

Jennifer Honen Galea, of the Boston Conservatory, used the term: “technique” when describing how music is performed. Each band is different and you can definitely notice the different technique each one uses.

The sounds of summer can often be heard on City Hall Plaza and at the Copley Library in Copley Square. You can have a very enjoyable time attending them. To view a list of free concerts taking place check out pages 6 and 7.





# Free Summer

## **BPL Concerts in the Courtyard - Central Library in Copley Square / Fridays 12:30 p.m.**

**August 2** - Fernando Holz Band

**August 9** - Boston Lyric Opera

**August 16** - Sarah Borrello

**August 23** - American Century Music Wind Quartet

**August 30** - Arni Cheatham and Synergy

## **Mayor Menino's Wednesday Night Concerts on City Hall Plaza / 7:00 p.m. - 9:00 p.m.**

**August 7** - Strictly Sinatra featuring Michael Dutra

**August 21** - Charlie Thomas & The Drifters

**August 28** - Roberta Flack

## **Roslindale Park Series at Adams Park / Thursday 6:00 p.m.**

**August 8** - La Sandinista

## **Tito Puente Latin Music Series / Thursdays 7:00 p.m.**

**August 8** - Jesus Pagan, Mission Hill Playground, Sheehy Park

**August 15** - Latin Heartbeat Orchestra, East Boston Greenway - Caboose  
*with family activities presented by Boston Children's Museum's Pop Up Museum*

## **Chinatown August Moon Festival / Sunday 10:30 a.m. - 6:00 p.m.**

**August 11** - At Harrison and Beach Street

## **Boston Greenfest 2013 on City Hall Plaza**

**August 15** - Thursday 5:00 p.m.

**August 16** - Friday 12:00 p.m.

**August 17** - Saturday 11:am

*Please Note: \* Events are subject to change*



# Go Out &



# me Events

## The Boston Harbor Hotel

### Rat Pack

**Mondays 6:00 p.m. - 10:00 p.m.**

**August 5** - Adrian Sicam Group

**August 12** - Niki Luparelli & the Gold Diggers

**August 19** - White Heat Quintet

**August 26** - Rich DiMare Band

## The Boston Harbor Hotel

### Summer Soul

**Tuesdays 6:00 p.m. - 10:00 p.m.**

**August 6** - World Premier Band

**August 13** - Good Will & Them Apples

**August 20** - Manhattan Touch

**August 27** - Ray Greene & Innervisions

## The Boston Harbor Hotel

### Country Pop

**Wednesdays 6:00 p.m. - 10:00 p.m.**

**August 7** - Walkin' The Line

**August 14** - Greg Burroughs

**August 21** - Whiskey Wild

**August 28** - Digger Dawg

## The Boston Harbor Hotel

### Blues Barge

**Thursdays 6:00 p.m. - 10:00 p.m.**

**August 8** - James Montgomery Band

**August 15** - Toni Lynn Washington

**August 22** - Jeff Pitchell

**August 29** - Bruce Marshall Group

## The Boston Harbor Hotel

### Music & Movie

**Fridays 4:30 p.m. - 10:00 p.m.**

**August 9** - Rear Window

**August 16** - Mary Poppins

**August 23** - From Here to Eternity

**August 30** - Anchors Aweigh

*For more information or to view more events please visit the Boston City Calendar at [www.cityofboston.gov/calendar](http://www.cityofboston.gov/calendar)*



# Enjoy!!!

## COLONOSCOPY

The thought of our doctor mentioning to us that we are due for our colonoscopy, makes most of us moan. Oh!!, the prep is worse than the procedure!!!!

You may have procrastinated for years but now your doctor says you must have a colonoscopy as a baseline to see how your bowels are doing and/or it is time to be re-evaluated (every 2, 5 or 10 years).

Why do we have to have colonoscopies? Colonoscopies are a very effective way of preventing colon cancer. How? A doctor can remove precancerous polyps during the procedure-before they are a problem.

Why the miserable colon cleansing prep? It ties up a whole day.... This colon cleansing preparation is the best way to be sure the bowel is completely cleaned out. If your bowel is not completely cleaned, you will have to come back for a repeat colonoscopy and no one wants that!

Remember, doctors are looking for very small precancerous polyps and the doctor may miss them if the bowel is not completely cleaned out. These polyps are sometimes only 3 millimeters to 1 centimeter (very small growths).

According to the journal *Gastrointestinal Endoscopy*, a study found that as many as a third of polyps are missed when people fail to clean their bowels out correctly.

### Why do people not prep correctly?

- Some preps use a lot of irrigating fluid that must be drunk - especially a problem for those with reflux problems
- Prep solutions are not tasty
- They think they won't get caught if they skim on drinking all the fluids

At one time, the drinking solution was salty and a gallon had to be drunk for the prep. Today, this prep is seldom used. Today's liquid preps are more palatable with some flavoring used, yet still, a lot of clear fluids are needed to flush the prep through the bowels. Refrigerating the prep and fluids make it easier to swallow.

Pills and over the counter laxatives can also be used, still with plenty of clear fluids.

The goal to clean out the entire bowel means diarrhea. You will be in the bathroom for several hours so don't plan any phone calls, family visits or cooking meals!!! You are on clear liquids only. Your doctor will give you directions and a list of clear liquids you can have.

Your doctor may discuss a virtual colonoscopy with you. This test uses a C-T scanning technology to capture images of the bowel. Yes, you still need the prep. If your doctor discovers polyps, you will still need a traditional colonoscopy.

There are other prep techniques that your doctor may discuss with you.

# Celebrating the 41st Annual GBCGAC Banquet at China Pearl Restaurant in Chinatown



Elderly Commission Commissioner  
Emily K. Shea (center) with Ruth Moy, Executive  
Director, Greater Boston Chinese Golden Age  
Center (GBCGAC) and Kun Chang, Executive  
Director Assistant GBCGAC



Collective members of the Multicultural Coalition on  
Aging (l-r) Gene Mazzella, Chair - Lili Mei, Michael  
Kincade, Gloria Pasqual, Tamy-Fee Mendeide, Bonnie  
Espino and Wee Lok Ooi.

## Continued from page 8

The procedure only takes a few minutes, you are under sedation, you then return to the recovery area until you are alert and family/friend can take you home.

Remember be sure to discuss with your doctor:

- Any concerns you have prior to the colonoscopy
- Diabetic issues, doses, food, timing of meds, fasting
- Spinal problems with lying on your side
- Allergies, sensitivity to anesthesia
- Follow the written directions you are given

The nursing staff will call you the following day to see how you are doing. Be sure to give them a contact phone number. It is important to have a follow up meeting with your doctor. Call the office the next day for an appointment.

## The Elderly Commission

### Seniors are you eligible?

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance no longer counts -

- \* savings or retirement accounts
- \* your car \* your home
- \* or other assets

For more information or to complete an application contact:

Lorna Pleas at  
617-635-4335 or email  
lorna.pleas@cityofboston.gov



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

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



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

MASCO 120213\_173411  
H2226\_120213\_173411 CMS Accepted

CST2196\_240593

# Roscommon – Extended Care Center Featuring a New Asian Unit



Roscommon – Extended Care Center would like to introduce its new Asian Unit. This unit is dedicated to serving the short-term and long-term care needs of the Asian population by employing a multilingual staff speaking: Cantonese, Mandarin, and Taishanese. Additionally, the staff is culturally sensitive; the unit offers Asian cuisine and Asian entertainment. This allows the clients to feel the most comfortable and at home in the unit. Just opened in March of 2013, this unit is already serving the needs of 18 clients. It has the capacity to serve 20.

cake had 9 candles, which in Chinese culture means long life. The cake was shared by clients and staff alike.

On the day of my visit, the son of client Choi Cheung brought in a Chinese style cake to celebrate her 85th Birthday. The cake was decorated with peaches, which in Chinese culture signifies health and wealth and instead of 85 candles the

The unit is led by Jennie Zheng RN. She has more than 16 years of experience and she is very friendly and adds cheer and happiness to her work. If you are interested in learning more about the new Asian unit, you can reach her at 617-325-1687 extension 33.

Roscommon Healthcare is a privately owned and operated healthcare facility whose mission it is to provide the best quality of care to residents who need both short-term and long-term care.



# The Elderly Commission

Mayor Thomas M. Menino  
Commissioner Emily Shea

*Write the story of your life.*

## The Memoir Project

A FREE MEMOIR WRITING CLASS COMING TO:  
**Beacon Hill and West End**

The **Memoir Project** is a joint venture between Mayor Menino's Elderly Commission and Grub Street, Inc. that aims to teach Boston residents 60 and older the rudiments of memoir writing. By capturing stories of older adults we intend to document the living history of Boston and, by doing so, provide a greater understanding of the city's past and present for all its residents.

**DATES:** Thursdays, September 12 - November 7\*

\*NO CLASS OCTOBER 10

**TIME:** 10am - 1pm (with a complimentary lunch from 12-1)

**LOCATION:** Beacon Hill/West End\*

\*SPECIFIC LOCATION WILL BE ANNOUNCED

To register, you must be a *current resident* of Beacon Hill or West End. **There is no writing experience necessary, just life experience!**

Space is limited. To **RESERVE** a seat in the class, call Greg Josselyn at 617-635-4250 or e-mail [gregory.josselyn@cityofboston.gov](mailto:gregory.josselyn@cityofboston.gov).

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PHONE • 617-635-4366 • FAX 617-635-3213

WEBSITE: [www.cityofboston.gov/elderly](http://www.cityofboston.gov/elderly)



# La Alianza Hispana 8th Annual BBQ at Northeastern



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With Augusta Alban



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Contact Us:  
 617-635-4250  
 gregory.josselyn@cityofboston.gov

DontRetireInspireShow.com



## Senior Count



BNN-TV Channel 9

Boston Seniors Count Cable Television Show

Thursday at 3:30 p.m.

Repeated Sundays at

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

For more information call Greg Josselyn

617-635-4250

## Boston Fire Department

### Free Elderly Fire Safety Program

Photo Electric Smoke Alarm and Carbon Monoxide Detector available for owner occupied single family homes/condos

### Restrictions Apply

Please call the Fire Safety Program at 617-343-3472 or contact Ernie Deeb directly at 617-635-2359.

You can also view our website online at [www.cityofboston.gov/fire](http://www.cityofboston.gov/fire) or visit the Boston Fire Department on Facebook.

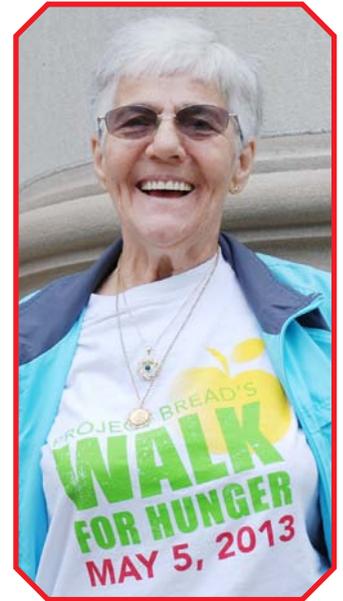
## A Profile of

# Barbara Russo

By: Tula Mahl

- *Blake Estate Breakers*

Barbara Russo is proud of many things and one of those things is her involvement with the Blake Estate Breakers. What is this? You may ask. The Blake Estate Breakers are a group of seventeen women living in Blake Estates Hyde Park that participate weekly in karate classes. These are a diverse group of women ranging in age from 55 to 90 years old. There are black, white and Hispanic women in the group. Currently the Blake Estate Breakers have either an orange or a yellow-orange belt. This is up nine levels from a white belt; which is the first belt. They are currently working on getting their purple and orange belts. This process takes about six weeks. They are led by their Sensei Tony Hanley who has two black belts.



As Barbara tells it this is a hardworking and dedicated group. They come every single week regardless of how they feel. They have members with disabilities such as Annette who recently had a stroke but can still break wood with her bad hand. There is also the story of Dorothy that was in a wheelchair when she started with the group but now doesn't use one. Claudia wears very heavy knee braces and she was taught how to defend herself with her cane.

The goal of the group is to of course, earn their black belts but also to inspire other older adults to stay active.

- *walking*

Barbara doesn't only do karate to stay active; this year she accomplished walking the Walk for Hunger for the 40th



year in a row. For those that don't know, the Walk for Hunger is a 20 mile walk. Barbara starting walking for this event when she worked with handicapped children, but has continued to walk on her own or with friends. This year she couldn't find her friends but she ended up meeting a woman who had recently shattered her knees but was walking because this was her forty fifth time walking at this event.

Some other walks she has done are: the Dana Farber Breast Cancer Walk and the Nancy Komen three day walk, which is a walk from Barnstable Maine to Cambridge Massachusetts. Barbara and her sister were diagnosed with breast cancer within a year of each other and each had a breast removed, so these walks are very important to both Barbara and her sister.

Barbara did these walks as recently as 2005. I asked her how she stays entertained during the walks and she says that she has always loved walking and wandering around and just looking at the scenery.

- *Travel*

Some of Barbara's best memories are about the trips she has taken. The most recent trip she took was to Italy with her friend Nina Russo. They went to visit Nina's family in Sicily. Coincidentally, Barbara's last name is also Russo and her father was from Sicily. Barbara said that because her last name was the same as her friend's Nina's that her family treated her just like family and gave her a million kisses on the cheeks. Barbara's favorite part of the trip was going to the bakery and trying all the delicious cookies and gelato. Her favorite flavor was pineapple coconut. What she didn't like was Rome. She said, "It was too flashy." She tried going to confession multiple times on her trip but none of the priests could speak English.

Barbara also went to Ireland with a friend. She said she never saw so many shades of green. It was beautiful and she ate the best shepherd's pie of her life there.

Barbara also likes to drive and any time anyone needed to go on a trip she would offer to drive. In this fashion, she has been to Florida, New York, South Carolina, North Carolina, and Tennessee to name a few. In Tennessee she went to Graceland and saw Elvis Presley's home.

# Franklin Square House Art Exhibition

The Franklin Square House in the South End is full of artist and aspiring artist.



Check out artist Hal Trafford and his students' art at the Franklin Square House. Hal teaches painting every Thursday at 10 o'clock.



Yong Zhong



Art students



Cecil Gopau, from Trinidad, only the second painting he has ever done



Wenxi Zhou

(left to right) Wenxi Zhou, MaryLou Walker (resident coordinator), Mr. Huang



You can also find master of calligraphy Mr. Huang. He teaches calligraphy to the Chinese residents in the building on Wednesday's at 2 o'clock.



# Charlestown Pride Luncheon



# Healthy Recipes

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

## Baked Parmesan Tomato's

### Ingredients:

- 4 tomatoes, halved horizontally
- 1/4 cup freshly grated Parmesan cheese
- 1 teaspoon chopped fresh oregano
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil

### Preparation:

1. Preheat oven to 450° F.
2. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.



**Servings:** 4    **Calories:** 91    **Source:** [http://www.eatingwell.com/recipes/baked\\_parmesan\\_tomatoes.html](http://www.eatingwell.com/recipes/baked_parmesan_tomatoes.html)



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# Greater Boston Chinese Golden Age Ctr Father's Day Luncheon



# Rose Garden Luncheon at Veronica B. Smith Senior Ctr





Mary Shelley the writer started her story with “It was a dark and stormy night.” For my group of writers and TV producers it was a rainy, blustery cold work weekend in the hub. We had chosen Boston because of its significant past and its powerful links in forming the history of this great country. It is well known a few of our elected leaders have relied on unexplained and unseen guides. We were here to write about such things.

Our base camp was my small but cozy condo. First up on the agenda had been to walk the Freedom Trail, but the weather had forced us to stay inside.

Paula opened with some current news. David, a dear old friend from Ohio jumped up and shouted, "NO, NO, NO! I have not gone through airport security and traveled all this way to talk current crap. Let's say we put on another pot of tea, ice the drinks, open another bag of low fat potato chips and get started by telling GHOST STORIES!" or life is more than ATM's and Starbucks.

The rule: the narrative has to be true. You must have experienced the happening or know who did.

Norm started first. He talked about living on Goat Island in Maine. "Living out there in the middle of the ocean all by myself was not the time to let my head play tricks on me. Things happened in that old lighthouse. When I would be upstairs, I could hear voices and sounds coming from the

kitchen which was under my room. The clink-clink of china, chairs scraping on the floor and the clatter of pots and pans on the stove. Looking back on the old place, I still wonder about the kitchen cabinet doors they had snug latches and won't open unless pressure was applied to the handle. Each night I would clean the kitchen, put everything away, latch all the cabinet doors. Each morning when I got up, the doors would be standing wide open and a clean coffee mug would be sitting on the counter waiting for me. I knew that was strange, but there was never any harm done, so I thought who or whatever was just being kind to me. Remember I was on an island living in an old lighthouse by myself and going through a really bad divorce. There was just too much else to think about." Last year the “lighthouse keepers” had a reunion it was surprising to learn the kitchen cabinet doors continue to be a curiosity problem.

Then David spoke up "this takes me back a few years to my house in Ohio during a February blizzard. I can't remember the exact writing project. Winds were blowing 45 -50 mph and the branches on the huge oak trees were cracking and scraping the windows."

We were trying to keep warm sitting on the floor in front of a roaring fire wrapped in heavy woolen blankets. As I remember it said David, "suddenly there was a cadence, the measured rhythm of a person in heavy

boots going up the outside stairs of the house and slamming a heavy fire door. David asked, who is that? THE GHOST you replied. David, who is it really, the ghost. David was born in the house and the ghost had always been with him as long as he can remember. I wrap the woolen blanket tightly around me ran outside, I know what I heard, but there were no outside steps or metal door to be seen.

I have lived on this island for almost 20 years now, Lisa said. It is a well known fact that Nantucket is a gathering place for ghosts. When I first arrived here I took a job as a night clerk at one of the island's oldest hotels. It was a warm summer evening a perfect night for a walk on the beach. I never thought much about the late hour until I saw a man walking towards me. He was dressed as a colonial servant, as if he had just come from a costume party. His long white sleeves billowed in the evening breeze.

He looked directly at me and nodded, I did the same. It was only then the thought crossed my mind: this was a foolish thing to be out at this hour by myself. As he passed me, the air felt freezing. I turned my head to get a better look, but there was no one on the beach. The air changed and became pleasant once again. I stood quietly trembling for a scary moment than I quickly headed toward the lights of the street and my home.

We have all had experiences we can not explain or understand. Who is to say, but I still think we have a lot to learn about the workings of the human spirit.

## Senior Companion Program



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

**Thank you!**

## Need a Ride?



**Senior Shuttle**  
**617-635-3000**

Scheduling Available:

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

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

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

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

# The Elderly Commission

## 2013 Greater Boston Senior Games Medals



### Basketball 3 on 3 Half Court – Men - University of Mass Clark Athletic Center, May 11, 2013

Age	Gold	Silver	Bronze
50-60	<b>Konica/ Minolta</b>	<b>Infinity Sports NH</b>	<b>Lowell Legends</b>
	Mark Porter	Craig Anderson	Bill Donald
	Ken Potter	Blue Kearns	Andrew Kennedy
	Todd Ringelstein	Michael Young	John Parsons
	Mike Thomas	Ralph Wade	Bill Scott
Age	Gold	Silver	Bronze
60-70	<b>NY Legends</b>	<b>New Kids</b>	<b>Bennett and Walsh</b>
	Bradd Biggs	Patrick Dowdall	Bob Bence
	Andy George	Robert Ferman	Douglas Fisher
	Angel Rodriguez	Stephen Leonard	Jack Walsh
	Vinnie Rua	Thomas Powers	Jim Walsh
	Garfield Zeitler		
Age	Gold	Silver	Bronze
70-80	<b>Berkshire Legends</b>	<b>ERA</b>	<b>Johnson Olympians</b>
	Bob Barton	Raymond Carroll	Michael Akstin
	Jay Clapp	Ron Francesone	John Hunt
	Alton King	Gordon Gibson	Dick Johnson
	Jim Thompson	Donald Koopman	Frank Monette
		Robert Sansone	

### Basketball 3 on 3 Half Court – Women - University of Mass Clark Athletic Center, May 11, 2013

Age	Gold	Silver	Tied for Bronze	
50-60	<b>Connecticut Classic 60</b>	<b>Maine Quick Silver</b>	<b>Maine Menace</b>	<b>Mass Miracles A</b>
	Debra Di Gangi	Laurie Bjorn	Gail Fitzmaurice	Barbara Cherecwich
	Linda Plankey	Anne Dunne	Lauren Lennerton	Kris Krablin
	Nancy Popeleski Smith	Tammie Higgins	Meg Lyons	Joan O'Donnell
	Nancy Smith Tefft	Janice Pendleton	Susan Pillsbury	Tina Quick

### Billiards – Men - Boston Bowl, Dorchester, May 10, 2013

Age	Gold	Silver	Bronze
60-69	Juan Bravo	William Yang	Jack Nason
70-79	Ralph Lupica	Vern MacEachern	John Harney
80-89	Ralph Lupica	Joe Raia	



### Billiards – Women - Boston Bowl, Dorchester, May 10, 2013

Inter	Gold	Silver
Age	Kathy Dwyer	Hui Yue

### Bocce – Men and Women - Argeo Cellucci Jr. Bocce Courts, May 9, 2013

Inter Age	Gold	Silver	Bronze
Team	Lenny Raiders	Watertown 2	Chelsea 6
Member #1	Bob Moreschi	John Cardarelli	Pasquale Barone
Member #2	Lloyd Pedersen	Romeo Cardarelli	Natale DeMarco
Member # 3	Lenny Saltzman	Julio Cupola	Gaetano Federico
Member # 4	Jerry Valley	Gina Salvucci	Ralph Masciari

### Bowling – Men 8:00 a.m. - Boston Bowl, Dorchester, May 10, 2013

Age	Gold	Score	Silver	Score	Bronze	Score
60-69	David Haughey, Jr.	269				
70-79	John Dennis	322	Antonio Gentle	292	Lawrence Madden	286
80-89	Joseph Monterisi	299	Walter Mulloney	271	John Reilly	259

### Bowling – Women 8:00 a.m. - Boston Bowl, Dorchester, May 10, 2013

Age	Gold	Score	Silver	Score	Bronze	Score
60-69	Susan Donovan	218				
70-79	Margaret Dorngoffer	273	Mary Alice Bellow	247	Faith Fiore	245
80-89	Joan Sablock	238	Anne Fitzgerald	220	Majorie Murphy	218

### Bowling – Men 10:30 a.m. - Boston Bowl, Dorchester, May 10, 2013

Age	Gold	Score	Silver	Score	Bronze	Score
60-69	David Tierney	263	John Clune	246	Bill Sullivan	199
70-79	Timothy Peare	223				
80-89	Cisco Orisini	202	Wing Chin	175		
90+	Anthony Marino	254	Salui Cifra	249		



**Bowling – Women 10:30 a.m. - Boston Bowl, Dorchester, May 10, 2013**

Age	Gold	Score	Silver	Score	Bronze	Score
50-59	Teresa Clune	152	Jacqueline Crenshaw	109	Judith Johnson	87
60-69	Charlene Reese	281	Deloris Pina	246	Clara Lander	239
70-79	Sheba Barboza	249	Mary Casucci/ Veronica Stanley	236	Barbara Melvin	234
80-89	Mary Limberskis	241	Lorretta Marino	229	Eldonir Lewis	215
90+	Margaret Gurli	182				

**Golf – Men - Members – William J. Devine Golf Course, May 8, 2013**

Age	Gold	Score	Silver	Score	Bronze	Score
50-59	Paul Covington	89	Frank Williams	105		
60-69	Romeo Galiguis	80	Patrick Gall	83	Erle Garrett	84
70-79	Lemuel Mills	84	Robert Bell	89	Jerry Helvitz	90
80-89	George Jones	88	Frank Murphy	100	Lloyd Holford	106

**Golf – Women - Members - William J. Devine Golf Course, May 8, 2013**

Age	Gold	Score	Silver	Score
50-59	Denise Dodds	103		
60-69	Pam Brothers/ Linda Wynn	99		
70-79	Shirley Johnson	96	Rhoda Christmas	105
80-89	Vera Butler	101	Anna Bissonette	118



**Golf – Men – Non Members – William J. Devine Golf Course, May 8, 2013**

Age	Gold	Score	Silver	Score	Bronze	Score
50-59	Steve Ames	86	John Crowley	87	Michael Dean	91
60-69	Barry Ware	88	Thomas Whelton	89	Rafael Badia/Ernest Green/James Kimble	95
70-79	Ross Niciewsky	90	Will Shaw	92	Edward Quinn	93
80-89	Richard Ghelfi	93	Anthony Cibbotti/ Timothy Murphy/ Gilberto Peralta	100	Albert Nourse/Frank Storer	102
90+	Roy Vickery	96	Paul Hasgill	112		

**Golf – Women – Non Members - William J. Devine Golf Course, May 8, 2013**

Age	Gold	Score
60-69	Carolyn Hasgill	111



**Horseshoes – Men – U-Mass Field Day, May 11, 2013**

Age	Gold	Silver	Bronze
60-69	Rui Jin Li	Yan Po Ng	Xing Chen
70-79	Zhang Hua Yong	Yong Man Chi	Bo Ping Luo
80-89	Qinghan Wang	He Wen	Zufan Ren

### Horseshoes – Women – U-Mass Field Day, May 11, 2013

Age	Gold	Silver	Bronze
50-59	Lizhu Li	Zhaogun Lin	Wan Lanzhen
60-69	Yu Li Yan	Chun Xiang Chen	Jirong Wu
70-79	Chun Fu Zhao	Shu Haa Gong	Ling Qiu
80-89	Fug Fug Gong	Bonglun Ji	Zhiguang Du



### Soccer Kick – Men – U-Mass Field Day, May 11, 2013

Age	Gold	Silver
70-79	Ming Zahn/ Yong Chi / Liu Hua Quan	Xivwen Xie/ Weixnan Zhan/ Shen Sheng Wu/ Jin Chi Huang/ Xing Chen
80-89	Quighan Wang	



### Soccer Kick – Women – U-Mass Field Day, May 11, 2013

Age	Gold	Silver	Bronze
60-69	Hong Ci Xi	Zerui Yang / Cui Yu Litan/ Sue Lin Lui/Chun Xiang Chen/ Jiong Wu	
70-79	Yi Hu	Zhun Zhao/Xiuying Gong/ Amy Szeto	Lian Zhen Cui/Yanggui Zhong/ Nufeng Zhao/Cuittian Liu/Jun-Hui Shi/ Hong Ying Yu/Fan Nong Liang/ Shuzhen Yuan
80-89	Sue Chin		

### Softball Throw – Men – U-Mass Field Day, May 11, 2013

Age	Gold	Silver	Bronze
60-69	Shi Lin Wang	Rut Jian Li	Song Xiang Guang
70-79	George Mallett	Kai Cheng Wang	Hong Bin Li
80-89	Chang Qing Yang	Qing Hue Wang	Reng Zeng Lin



### Softball Throw – Women – U-Mass Field Day, May 11, 2013

Age	Gold	Silver	Bronze
50-59	Li Zhu Li	Zhao Q Lin	
60-69	Charlene Reese	Ze Rui Yang	Ying Yan Tan
70-79	Yan Hui Tan	Amy L. Szeto	Nu Feng Zhao
80-89	Fenglian Li	Zhi Guang Du	Yue Yan Tan



### Swimming Breast Stroke 50M – Men – U-Mass Field Day, May 11, 2013

Age	Gold	Silver	Bronze
60-69	Ming Jie Song	Yan Po Ng	
70-79	Xi Qing Liu	Bing Yee Xue	Nathanial Pegues
80-89	James Di		

### Swimming Breast Stroke 50M – Women – U-Mass Field Day, May 11, 2013

Age	Gold	Silver	Bronze
50-59	Dung Tran		
60-69	Gang Liu	Jean Chen	Kate King
70-79	Xiu Juan Bai	Pam McCarron	Zhaolan Tang
80-89	YeYing Chen	Yu San Peng	



### Swimming Breast Stroke 100M – Men – U-Mass Field Day, May 11, 2013

Age	Gold	Silver	Bronze
60-69	Ming Jie Song	Michael Wang	Yan Po Ng
70-79	Xi Qing Liu	Nathanial Pegues	Baolin Zhang



### Swimming Breast Stroke 100M – Women – U-Mass Field Day, May 11, 2013

Age	Gold	Silver	Bronze
50-59	Dung Tran		
60-69	Jean Chen	May Wang	
70-79	Xiu Juan Bai	Kim Wong	Joy Di
80-89	YeYing Chen	Yu San Peng	



### Swimming Freestyle 50 M – Men - U-Mass Field Day, May 11, 2013

Age	Gold	Silver	Bronze
60-69	Ming Jie Song	Peter Skipper	Michael Wang
70-79	Xi Qing Liu/ Lian Shun Zhang	XiBing Yen Xue	Nathanial Pegues
80-89	Biaocai Yan		

### Swimming Freestyle 50 M – Women – U-Mass Field Day, May 11, 2013

Age	Gold	Silver	Bronze
50-59	Dung Tran		
60-69	Gang Liu	Kate King	Eleanor Walcott
70-79	Pam McCarron	Xiu Juan Bai	Joy Di
80-89	Yu San Peng		



### Swimming Freestyle 100 M – Men – U-Mass Field Day, May 11, 2013

Age	Gold	Silver	Bronze
60-69	Ming Jie Song	Peter Skipper	
70-79	Xi Qing Liu	Lian Shun Zhang	Nathanial Pegues

### Swimming Freestyle 100 M – Women – U-Mass Field Day, May 11, 2013

Age	Gold	Silver
50-59	Dung Tran	
60-69	Kate King	Eleanor Walcott
70-79	Pam McCarron	Xiu Juan Bai
80-89	Yu San Peng	



**Track 100 Meters – Women – U-Mass Field Day, May 11, 2013**

Age	Gold	Silver	Bronze
50-59	Zhu Kai Huang		
60-69	Charlene Reese	Kate King	Mo Chiu
70-79	Karen Wespice	Joan Porter	
80-89	Yu Sam Peng		



**Track 1500 Meters – Women – U-Mass Field Day, May 11, 2013**

Age	Gold	Silver	Bronze
60-69	Pam Jones	Sharyn Moss	Kate King

Note: All other track events including all men's track events were canceled due to weather conditions.



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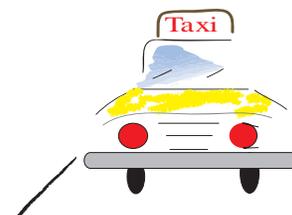


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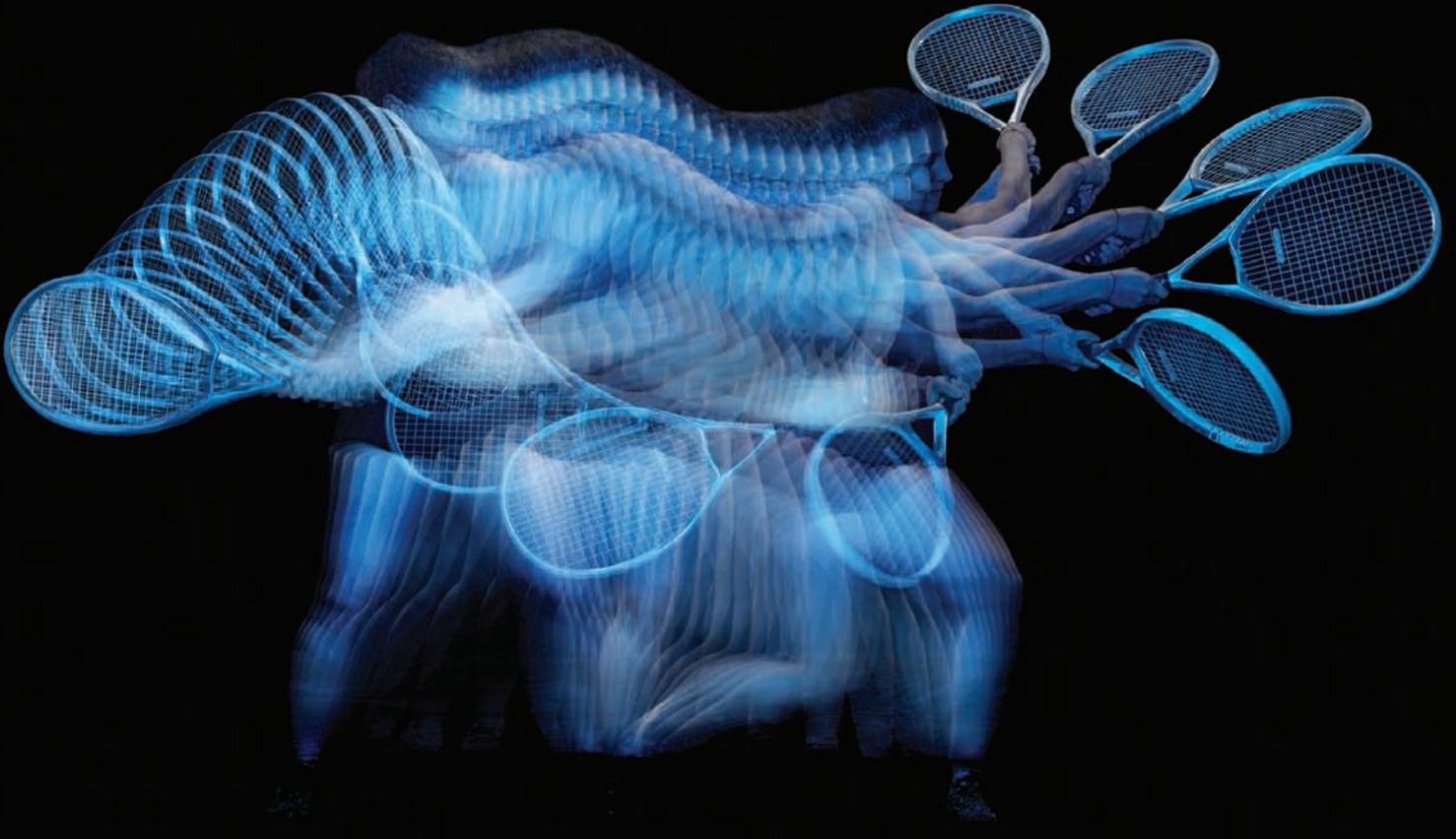
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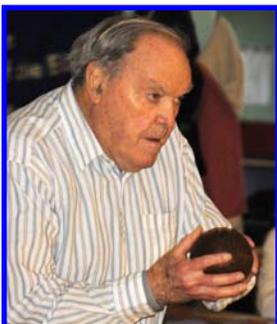
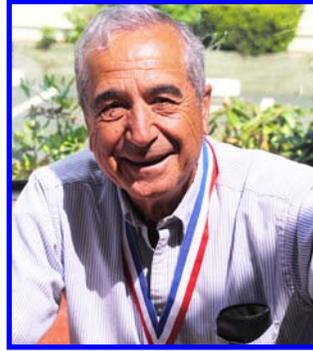
# Golf



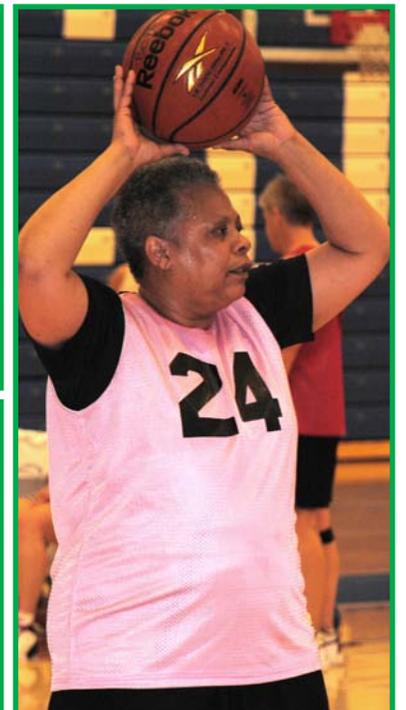
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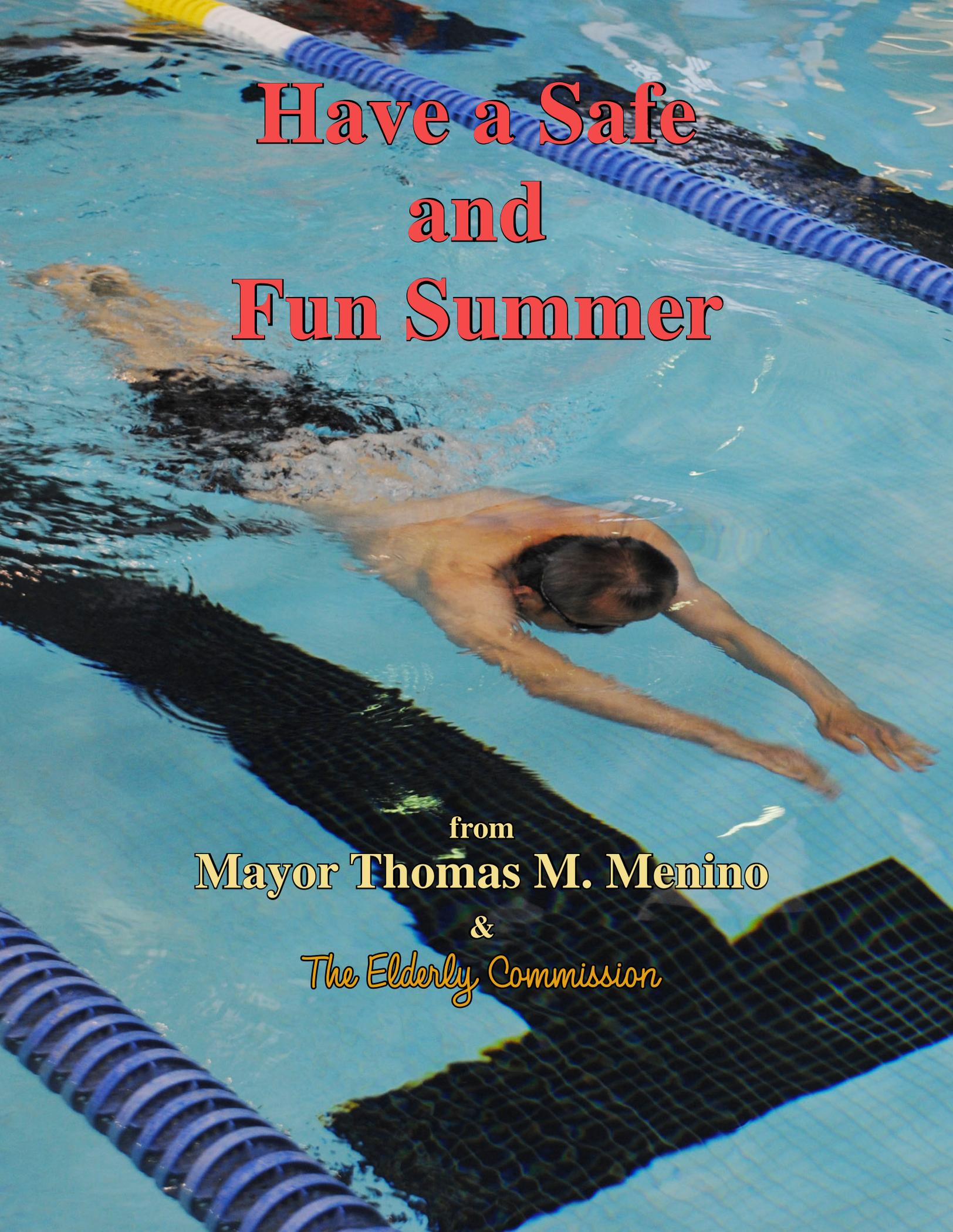


# Bowling and Billiards



# 2013 Senior Games at UMASS BOSTON



A photograph of a person swimming in a pool, viewed from above. The swimmer is in a streamlined position, moving through the water. Blue lane lines are visible in the pool. The text is overlaid on the top half of the image.

# Have a Safe and Fun Summer

from  
**Mayor Thomas M. Menino**  
&  
*The Elderly Commission*