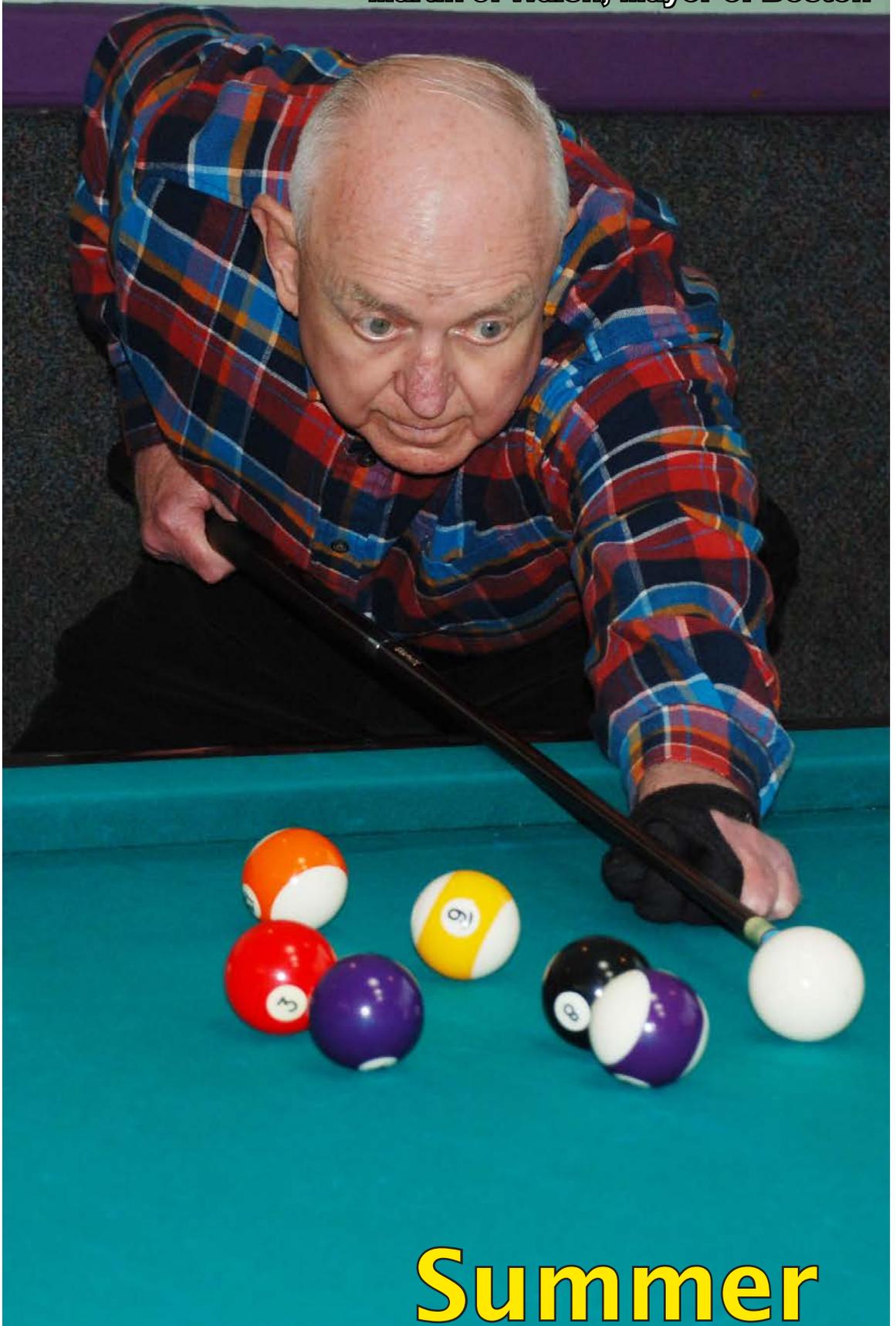
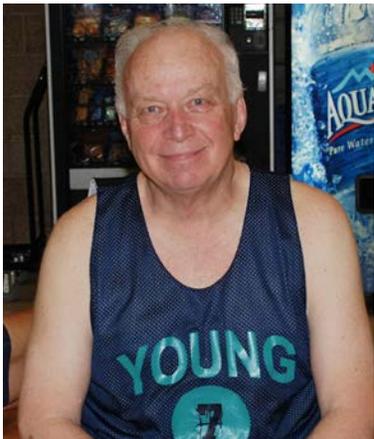


Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



FREE

2014
Volume 38
Issue 6

Summer

Table of Contents:

Page Number

3	Mayor's Spotlight
8	Healthy, Wealthy & Wyse
14	Healthy Recipes
16	Forever Fit
20	Don't Retire, Inspire



Free online subscription to Boston Seniority available. Check out our website at www.cityofboston.gov/elderly

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

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

Email articles and comments to Bostonseniority@boston.gov

Although all material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the City of Boston, Commission on Affairs of the Elderly.

Boston Seniority

Volume 38 Number 6

Published by the City of Boston

Commission on Affairs of the Elderly

Martin J. Walsh, Mayor
Emily K. Shea, Commissioner

Martha Rios
Tula Mahl
Editors

Eileen O'Connor
Martha Rios
Photographers

City Hall Plaza-Room 271
Boston, MA 02201
(617) 635-4366
www.cityofboston.gov/elderly

Karine Querido, Chief of Staff

Tula Mahl
Deputy Commissioner
Communication & Policy

Melissa Carlson
Deputy Commissioner
Advocacy & Planning

Michael Killoran
Deputy Commissioner
Transportation

Francis Thomas
Deputy Commissioner
Administration & Finance

Printed by Flagship Press Inc.

Boston Seniority is supported in part by The Executive Office of Elder Affairs.

Mayor's Spotlight

American Planning Association honors Norman B. Leventhal Park with "Great Places in America" recognition

The Massachusetts chapter of the American Planning Association (APA) joined community members and city leaders to celebrate the designation of Norman B. Leventhal Park in Post Office Square as a Great Public Space, part of the APA's national Great Places in America program.

On hand to accept the award were the park's founder and namesake Norman B. Leventhal and representatives from the Friends of Post Office Square, the civic organization that spearheaded the transformation of an above ground parking garage into an oasis of green space in downtown Boston over twenty years ago.



"These days, most visitors to Post Office Square could hardly imagine that this terrific park was once a hulking, unsightly garage," said Mayor Martin J. Walsh. "Whether you're looking for a place to relax for lunch or simply to get some fresh air, the park has become a real destination for everyone in our city to enjoy. I'd like to congratulate Norman B. Leventhal and the Friends of Post Office Square on this well-deserved honor."

Efforts to redevelop the former Post Office Square parking garage began in 1982 when a group of civic and business leaders discussed the possibility of creating a public park at the

site. The Friends of Post Office Square was incorporated in 1983, and the group purchased the garage and the remaining years on the operator's lease from the City of Boston with assistance from the Boston Redevelopment Authority (BRA) in 1987. The above ground garage was demolished in 1988, and a new underground facility was opened in 1990. The park was completed in 1992 and rededicated as the Norman B. Leventhal Park in 1997.

During warmer months, an estimated 1,500 visitors each weekday take advantage of the 1.7-acre park that features a beautiful lawn, promenade, fountains, and more than 125 plant species. Summer is a bustling time of year

for the park, which hosts midday musical performances twice a week and a series of free fitness classes. More information about the park and a complete calendar of activities are available at www.normanbleventhalpark.org.

Each year through the Great Places in America Program, which was launched in 2007, APA recognizes 10 Great Neighborhoods, 10 Great Streets, and 10 Great Public Spaces across the country. Authentic places like these have been shaped by forward thinking and planning that showcases diverse architectural styles, promotes community involvement and accessibility, and fosters economic opportunity. Additional details about each of the 2013 designees are available at www.planning.org/greatplaces.



The Elderly Commission

Be a Published Author!

The Memoir Project

A FREE MEMOIR WRITING CLASS RETURNS TO:

Dorchester!

Write the story of your life with us. **THE MEMOIR PROJECT** captures the stories of Boston's over 60 residents by teaching the basics of memoir writing. Learning these skills will give participants a practical and meaningful way to turn memories into coherent narratives with lasting value. An essay from each participant will be published in a book.

Presented by Mayor Martin J. Walsh's Elderly Commission and Grub Street, Inc.

DATES: Thursdays, September 18 - November 13

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

CLASS LOCATION: At a Dorchester venue to be announced

TO REGISTER, YOU MUST BE:

- Over 60 years of age
- A current resident of Dorchester

There is no writing experience necessary, just life experience!

To RESERVE a seat in the class:

Call: **617-635-4250**

Space is limited.

E-mail: gregory.josselyn@boston.gov

We're here for you.

617-635-3000



The Senior Shuttle

NOW OFFERS:



Accessible Vans!

The Senior Shuttle now has multiple wheelchair accessible shuttles offering free door-to-door transportation to Boston residents age 60 or over. Rides are offered to non-emergency medical appointments. We kindly request advanced notification of appointments.

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

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

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

Receive up to \$2,575.

Contact us at 617-525-8904 or email at

ShiftWork@research.bwh.harvard.edu if interested.



Generations
INCORPORATED



The young students of our community are in dire need of assistance to overcome current illiteracy rates. This year, 68% of Boston Public Schools' 3rd graders are reported as not reading proficiently, and there is a growing need for volunteer tutors to support this population in need. Generations Incorporated is Greater Boston's leading intergenerational literacy



Susan Faaland, a volunteer, reading with a student at the St. Stephen's After-School Program.

organization – utilizing the life experiences of volunteers (age 50+) to improve the literacy skills of young children through grade three. Our volunteer tutors work in our partner school and after-school programs in low-income communities, providing focused literacy support while building strong mentoring relationships with children they serve. Our research-based programs are proven to provide clear and positive impacts. By joining our organization, you will see firsthand the difference you are making in the lives of the children you serve.

Sandra McIntosh, one of our Team Leaders at St. Stephens After-School Program, recently described why she serves.

From the beginning, I have been inspired by the large gains children can make in their literacy skills in only a few short months. But more than that, I also highly value all of the relationships I have been able to forge with the students. Yesterday, Casey, age eight, came running up the stairs at St. Stephens, hugged me and said, “Ms. Mac, Thank you for helping me learn to read! I love you.” We have a lasting impact on our students – not only academically, but personally. It is what makes serving with Generations Incorporated so special.

Generations Incorporated works at 16 locations throughout Greater Boston. We are currently recruiting volunteers for the fall. If you are interested in a chance to make a difference in your community, please attend one of the following information sessions to learn more:

Location: South End Public Library
685 Tremont St., Boston MA 02118

Date/Time: Mon., August 18; 11am-12:30pm

Location: Grove Hall Public Library
41 Geneva Avenue, Boston MA 02121

Date/Time: Tues., August 19; 2pm-3:30pm

Location: Mattapan Public Library

1350 Blue Hill Ave, Mattapan MA 02126

Date/Time: Tues., August 26; 2pm-3:30pm

Location: Twelfth Baptist Church

150-160 Warren Street, Roxbury MA 02119

Date/Time: Thurs., August 28; 11am-12:30pm

For more information please contact Volunteer Recruitment at 617-778-0553 or email us at volunteerinfo@generationsinc.org and visit our website at www.generationsinc.org.



**BOSTON
PARKS &
RECREATION**
Martin J. Walsh, Mayor

THE BOSTON PARKS
S U M M E R
FITNESS SERIES

PRESENT

ZUMBA GOLD

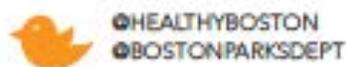
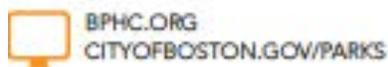
- Monday, July 28, 10:00 am -11:00 am, **McLaughlin Playground, Mission Hill**
Monday, August 4, 10:00 am -11:00 am, **Joe Moakley Park, South Boston**
Monday, August 18, 10:00 am -11:00 am, **Malcolm X Park, Roxbury**
Monday, August 11, 10:00 am -11:00 am, **Town Field, Dorchester**
Monday, August 25, 10-11, **Fallon Field, Roslindale**

THIS FUN ZUMBA CLASS ALLOWS PEOPLE TO MOVE TO THE BEAT AT THEIR OWN PACE. IT'S AN INVIGORATING, COMMUNITY-ORIENTED DANCE-FITNESS CLASS. ZUMBA GOLD CLASSES PROVIDE MODIFIED, LOW-IMPACT MOVES FOR ACTIVE SENIORS.

WITH SUPPORT FROM



MASSACHUSETTS



Pain

Everyone reacts to pain differently.

The usual medical questions, “On a scale of one to ten, how bad is your pain?” and “With one finger, show me the pain”.

Pain is subjective. What might be a mild pain for me- you might say it is awful!

Often times, patients are non-communicative/non-verbal.

- Facial expressions: frown, eyes closed, grimace
- Verbal expressions: breathe heavy, grunt, sigh, moan or grown, cry out in his/her native language
- Body Movements: pace, rigid, fetal position, tense
- Behavior changes: agitated, restless, poor sleeping, avoids food
- Mental status: “testy”, short tempered, irritable, cry, more confused, just looks “in distress”

Oftentimes with children or those who do not understand English, a person is shown the smile to crying photos.

Smiling no pain. Rate 0 for pain.

The faces progress to Worst pain imagined—Frown with many tears. Rate

10 for pain.

So you will understand the 0-10 pain scale, I have broken it down for you, to better understand pain’s ratings.

0 No pain at all.

1-2 Little pain. Minor aches and pains.

3-4 Pain that may interfere with fun things. “Annoying” pain.

5-6 Pain interferes with daily living, fun, work, shopping, etc.

7-8 Pain is present when you are doing nothing!! Sleeping is difficult. No relief when sitting quietly.

9-10 Worst pain ever! 911 type of pain.

Pain discussion should be one of the major issues you discuss with your doctor. Your doctor may recommend, x-rays or refer you to a specialist to further evaluate your pain.

No pain no gain!!

A serious mistake as you grow older. You are not supposed to have pain unless your cause of pain has already been given a diagnosis.

It is very important that you tell your doctor about the pain, even if you are embarrassed about where, why and how you received the pain.

GIVING SENIORS *New Tomorrows*



*I*t's a new day at Laurel Ridge and Presentation Rehabilitation and Skilled Care Centers, now owned and operated affiliates of Sheehan Health Group. Our Centers are pleased to offer Boston communities quality options for short-term rehab, traditional long-term care and specialized dementia and geri-psych care. With committed leadership and interdisciplinary care teams you know and trust, and renovations to our settings underway, our care and services are better than ever.

SHEEHAN TAKES PRIDE IN:

- Recently-completed, ongoing extensive renovations and upgrades to our Centers for a warm, welcoming environment
- Daily on-site management by owners directly involved in daily operations
- Implementation of post-admission satisfaction surveys and check-ins for all newly admitted patients for enhanced customer service focus
- 24-hour skilled nursing care with superior staffing levels
- Spacious, fully-equipped rehab therapy gyms with kitchenettes providing rehabilitative therapies available 7 days a week if indicated
- Designated short-term stay renovated accommodations offering spacious rooms with telephone, cable television and wireless internet access
- Traditional long-term care accommodations with dementia and geri-psych services and programming
- Accepting Medicare, Medicaid, Veteran Contracts, and Managed Care Insurances



174 Forest Hills Street • Jamaica Plain, MA 02130
617-522-1550
www.laurelridgerehab.com



10 Bellamy Street • Brighton, MA 02135
617-782-8113
www.presentationrehab.com

PROUD TO SUPPORT THE GREATER BOSTON SENIOR GAMES



**SUMMER in
BOSTON**
2014



Highlights include:

ARTS ON THE ARCADE

Fridays, July and August, 11 am
Sam Adams Park

WATERFRONT CONCERT SERIES

Featuring North End Music and Performing Arts Center
Thursdays, July 7-31, 7 pm
Christopher Columbus Waterfront Park

CALIENTE!

Thursday, August 28, 6 pm
City Hall Plaza

GOSPELFEST

Sunday, August 10, 4 pm
City Hall Plaza

BOSTON URBAN MUSIC FESTIVAL

Saturday, August 23, 4 pm
City Hall Plaza

(ähts) THE BOSTON ARTS FESTIVAL

Saturday & Sunday, August 30-31, noon - 6 pm
Christopher Columbus Waterfront Park

Protect Yourself: Always Ask for Identification

Before allowing anyone into your home or onto your property, always ask for identification. Boston Water and Sewer Commission (BWSC) employees and consultants are required to provide you with an official photo ID card.

BWSC employees on the road may never ask for money. Payments are only accepted by mail, at the BWSC main office, online at www.bwsc.org, or at a designated neighborhood payment location.

If you are unsure about letting a BWSC employee into your home, call (617)-989-7000 for verification. Ask for the Community Services Department.

Martin J. Walsh, Mayor
City of Boston



presented by



STATE STREET

Visual and Performing Arts

Saturday & Sunday, August 30 - 31,
12-6 pm

Christopher Columbus Waterfront Park

For more INFORMATION CALL (617) 635-3911
OR VISIT www.cityofboston.gov/SUMMER

Lunch Box Memories

By: John H. O'Neill II

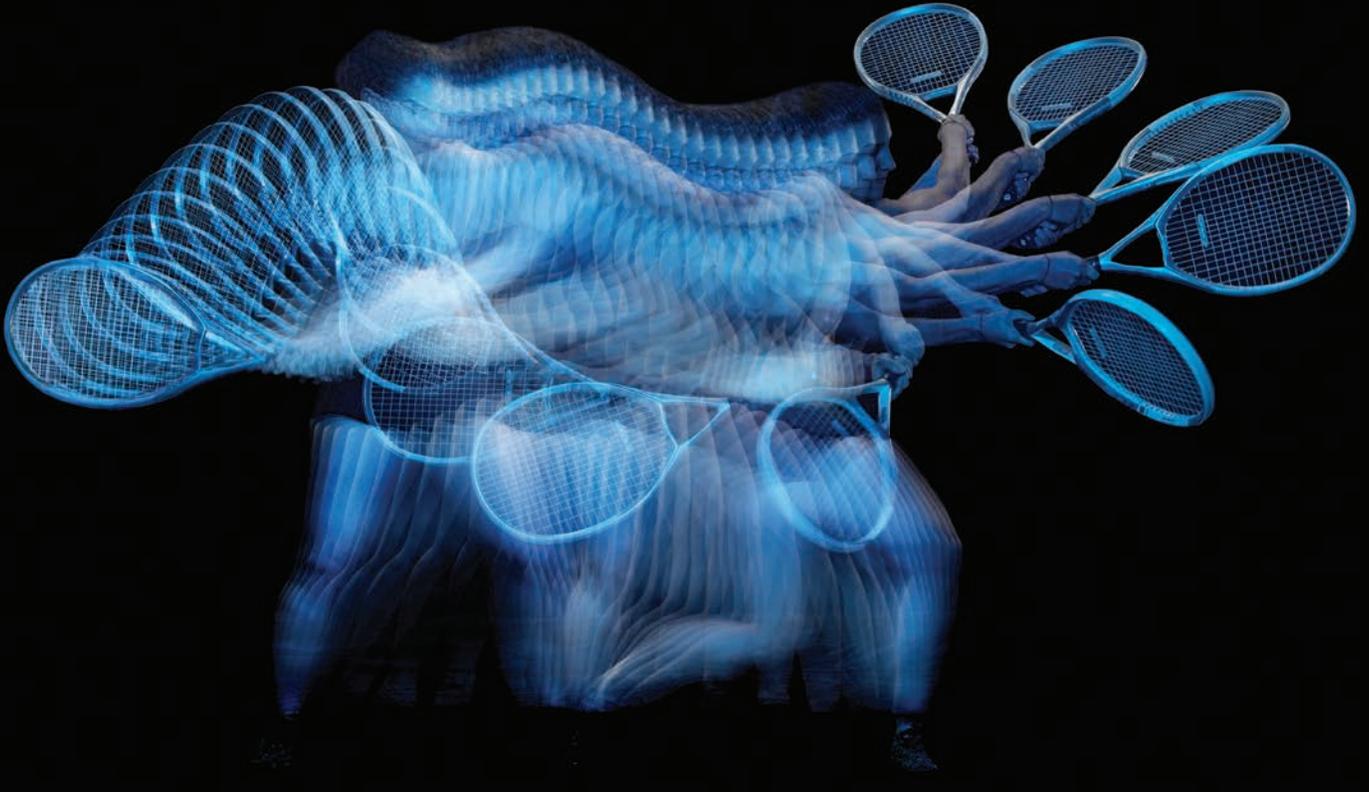


I remember, in grade school, at 12:00 noon, it was time for lunch. Ah, how I liked my lunch box. It was important to me. A sandwich, and maybe a cookie, was sure to be in there.

Of course, the other students had their lunch boxes and each day we would stop and have our midday meal.

The lunch box was my prized possession. So many different themes have been featured on lunch boxes from Barbie, Batman, Superman and countless others.

To *move freely* is to live freely.



New England Baptist Hospital is the only New England hospital that specializes exclusively in musculoskeletal care. As one of the best orthopedic hospitals in the country, we are 100% devoted to keeping you moving.

To find out more, call 855-370-NEBH (6324) or visit nebh.org.

Expertise in *motion*SM



NEW ENGLAND BAPTIST[®]
HOSPITAL



HOW TO BEAT THE HEAT



- ☀ **Drink plenty of fluids**
- ☀ **Avoid caffeine, alcohol and drinks high in sugar**
- ☀ **Take cool baths or showers**
- ☀ **Watch for signs of heat stroke: fatigue, headaches, nausea**
- ☀ **Seek indoor cooling centers**
- ☀ **Avoid exertion**
- ☀ **Avoid using a hot stove or oven and avoid hot beverages or hot or heavy foods**
- ☀ **Wear loose, light colored, light weight clothing**
- ☀ **Use a “Buddy System” - during a heat wave have a friend or relative call to check on you twice a day**

If you see any signs of heat stroke - call 911

Healthy Recipe

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

Bulgur Salad

Ingredients:

- 3/4 cup Bulgur
- 1 1/2 cup Cucumber, diced
- 1/3 cup Olives, chopped
- 1/4 cup Parsley, chopped
- 1 Orange, segmented
- 1/4 cup Orange juice
- 1 Tbsp Olive oil
- Salt and pepper to season

Directions:

Cook 3/4 cup bulgur as the label directs. Meanwhile, combine 1 1/2 cups diced cucumber, 1/3 cup chopped olives, 1/4 cup chopped parsley, 1 segmented orange, 1/4 cup orange juice and 1 tablespoon olive oil. Rinse the cooked bulgur under cold water; toss with the salad and season with salt and pepper.

source: www.foodnetwork.com/recipes/food-network-kitchens/bulgur-salad-recipe0.print.html?oc=linkback



Seniors Count

BNN-TV Channel 9

Boston Seniors Count
Cable Television Show

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

For more information call
Greg Josselyn
617-635-4250



German Centre for Extended Care



Welcome to the Centenarian Club!

Front row (l to r): Ida Myslik - 100,
Helen Knarr - 100, Anita Allen - 104, and
Francis Atkins - 100

Back row (l to r): Eleanor Manning - 100,
Gregory Karr, CEO; Carol Kelly, Dir. Resident Life,
and Mary Harrison - 101

Boston Seniority visits Hebrew SeniorLife Adult Day Health Program

For more information family members, health care professionals, and seniors themselves can contact Suzie Kaytis, Program Director, at (617) 363-8515 or email Kaytis@hsl.harvard.edu

Hebrew SeniorLife Adult Day Health Program offers a complimentary guest day for a more in-depth look at the program.



FOREVER FIT

"Improving lives of seniors through fitness"

By: Chris Parchmann, MS, CSCS, NSCA-CPT and Stefan Mogielnicki, M.Ed., ACSM – HFS

Forever Fit presents an in depth analysis into the Sit – to – Stand exercise. The Sit – to – Stand is a main focus in our exercise program and is suitable to individuals of all levels of fitness. The hip, leg, and core musculature is activated when performing this movement. As a result, individuals that consistently practice this exercise can expect improvements in strength and balance that will ultimately aid in improved function during daily activities such as walking or rising out of a chair. Improvements in Sit – to – Stand ability have also been linked to fewer falls.

Sit – to – Stand can be performed anywhere that provides enough space for a chair. Allow plenty of room for maneuvering in and out of the chair to assure safety. Forever Fit recommends the following exercise technique when executing this movement:

1. Begin seated in a chair with proper upper body posture that includes the eyes gazing directly ahead, neck neutral, chest up tall, and shoulders back. Feet are flat on the ground and shoulder width apart. Hands are on the arm rests.



2. Push through the legs and the arms to raise the body out of the chair into a standing position while maintaining upper body posture.



3. Slowly reach the hips back and down while reaching for the arm rests and lowering the body back into a seated position. Continue to maintain proper positioning throughout the upper body.

*Perform the exercise without the use of the arms to increase difficulty. Frequently implement the Sit – to – Stand exercise when performing personal fitness routines. Sit – to – Stand can be performed for 1 – 3 sets of 5 – 10 repetitions.

Learn more about Forever Fit at www.forever-fit.net , “Like” us on Facebook at www.facebook.com/foreverfit365, and follow us on Twitter @ForeverFit_365.

WE ARE NOW OFFERING IN-HOME PERSONAL TRAINING SESSIONS!

CONTACT US TODAY FOR 1 FREE SESSION.

Please call 617-901-4637 or email info@forever-fit.net to schedule your free session today.

Don't Retire, Inspire!

Hosted by Augusta Alban

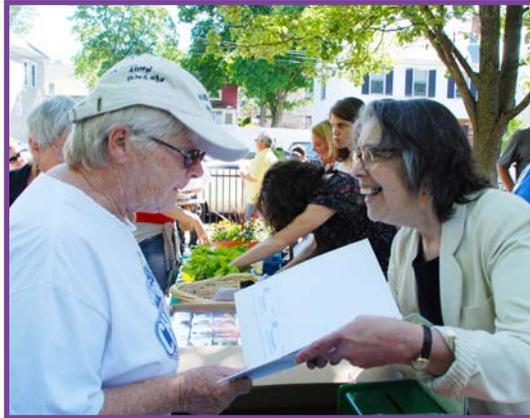
Tune in to find out how Boston seniors are INSPIRED everyday

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

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

Collaboration between Mayor Martin J. Walsh,
the Elderly Commission & Suffolk University

Mayor's Coffee Hour



Gene Mazzella, newly re-elected as Chair of the Multicultural Coalition on Aging MCA presented at the June 6, 2014 AAA Advisory Council on the mission and outreach efforts of MCA.

Tammy Sutton and Richard Morrison presented at the AAA Advisory Council on June 6, 2014 to inform members of the advocate services at the Commission on Affairs of the Elderly.

Social Self-Management of Parkinson's Disease Research Study

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

If you are interested in participating, contact:
Dr. Marie Saint-Hilaire, MD and
Cathi Thomas, RN at BUMC
617-638-7737



Reinvent your day at Hebrew Rehabilitation Center

At our adult day health programs, older adults socialize with their peers while taking part in a wide variety of activities in a safe environment.

Our participants enjoy:

- companionship
- carefully supervised fitness programs
- creative arts programs
- lively discussion groups

Their families appreciate:

- peace of mind
- our flexible schedules
- an onsite nurse
- access to HRC expert rehabilitative therapies

We welcome clients with early to moderate stages of dementia.

Two convenient locations:

1200 Centre Street, Roslindale & 30 Wallingford Road, Brighton

For more information or to arrange a tour,
please call 617 363-8515



Hebrew
Rehabilitation Center
Hebrew SeniorLife



HARVARD MEDICAL SCHOOL
AFFILIATE

Discounted TAXI COUPONS

at 1/2 Price

- Buy 2 books each month -

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



DOROTHY CURRAN CONCERT SERIES

City Hall Plaza
Wednesdays, 7pm

July 16 Tavares
July 23 Beatlejuice - Tribute to the Beatles
August 6 Stardust - Decades of Dance
August 20 Charlie Thomas' Drifters



BOSTON
PARKS &
RECREATION
Martin J. Walsh, Mayor

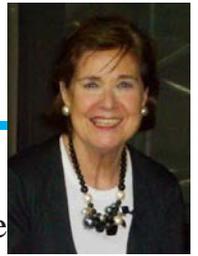
Bank of America



BE CLEAR, BE GRATEFUL AND BELIEVE

“Don’t Retire, Inspire”

By: Augusta Alban



Last fall I was in upstate New York with my family at a football game in which my grandson was playing. The stands were filled with proud parents. Some of these dedicated parents were selling raffle tickets to raise money for various needs of the not so winning football team. You know the drill: X amount of tickets for ten or twenty bucks and the prize is MONEY. My kind of raffle: money for money. My son bought \$20 worth and handed the strip of red tickets to me. I was sitting between my son and his wife, so I handed the tickets to her. "Keep them," she said. "I never win anything." "Fine with me -- I feel lucky tonight!" I said in turn. I offered them back to my son just to be sure. "One of these could be the winner," I said.

Suddenly I was reminded of a warm summer day last year with my family; the feeling of calm came over me. My daughter-in-law wanted to take me to one of her favorite places in the foothills of upstate New York. After a very pleasant drive, she pulled off the road and stopped in front of a falling down barn. "This is it," she said.

We walked out of the bright sunny day into a dimly lit barn. As my eyes started to adjust, I became speechless. I have never seen in one place, floor to ceiling, shelf upon shelf, so much beautiful European china and crystal. My daughter-in-law knew exactly what she was looking for, she always does. "This is something you would like," she said. She was right: a white simple lines blind embossed with violets Limoges china tea mug, I had never seen anything more beautiful. The tiny card beside it revealed the price. I did a double take. Maybe it was for half a dozen

mugs. No, JUST ONE. As is my custom, I looked up and said to the universe "Someday I would like one of these mugs. Thank you very much."

The sound of the announcers calling out the raffle number brought me back to reality of the football stadium. It was time for the winning numbers to be announced. I got my glasses out of my bag, red tickets in hand I was ready. The announcer was reading the numbers three at a time as if they were hyphenated I had the first three and the second and the third set of three. I was in the home stretch! I just needed three more. He said my numbers! I heard him. I turned calmly to my son and said, "I have it! These are the numbers!" With a bright smile, he said SURE MOM. "No, really!!! These are the numbers!!!" And again, the announcer started to read. This time, my son was checking along with me. "Right here!" he called. "We have the numbers!" I thanked the universe for the winning numbers and headed up to the announcer's booth at the top of the stadium.

I don't remember what I said, I just remember taking the roll of money and being very grateful. I handed it to my son. "Here," he handed it back, "it's yours." I was sure from the size of the bankroll there would be enough for one mug. "Will you take me to the china barn in the morning?"

The next day we went to the China Barn. I described the beautiful mug. The owner said she would check, the stock was very low. I told her I only wanted one. She came back with six. I asked how much it would cost. She told me, and then said she would

only take cash. "I only have cash" was my answer.

I counted my winnings and discovered I could buy all 6. It was like a dream. I asked for 5 to be wrapped together and one separately. I handed the bag with the single cup to my daughter-in-law. Enjoy! Happily I walked out into the sunshine trying to remember how it had all started. Clearly this must be one of the lessons in life: we make things much harder than they need to be. I knew what I wanted, it was very clear. I had asked the universe. I was grateful and I gave thanks, knowing there was nothing more to be done. I let go of the idea. It's my understanding you need only ask once and to be open to things coming in a different way. Remember what you ask for. I had asked for a beautiful tea mug. The generous universe had given me back six with enough winnings to cover the New York state tax. My lesson: Be clear, be grateful and believe.

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 at 617-635-2359.

You can also view our website online at www.cityofboston.gov/fire or visit the Boston Fire Department on Facebook.



Boston RSVP is currently seeking volunteers interested in:

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

No experience necessary!
Training provided

Take the Time, Make the Call
Help Out in Your Community!

For more information please call
617-635-1794

The Elderly Commission **Seniors are you eligible?**

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance no longer counts -

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

For more information or to complete an application contact:

Lorna Heron at
617-635-4335

or email lorna.heron@cityofboston.gov

The Elderly Commission

2014 Greater Boston Senior Games Medals



Basketball 3 on 3 Half Court – Female - Madison Park Community Center, May 17, 2014

Age	Gold	Silver	Bronze
50-60	Maine Triple Threat	Maine Menace	Mass Miracles
	Cyndi Bona	Robyn Bean	Barbara Cherecwich
	Lana Merchant	Gail Fitzmaurice	Rebecca Jones Bloom
	Adrienne Turner	Meg Lyons	Kris Krablin
	Mary Whited	Susan Pillsbury	Mal Lanrin-Cotton
			Lauren Lennerton

Basketball 3 on 3 Half Court – Male - Madison Park Community Center, May 17, 2014

Age	Gold	Silver	Bronze
50-60	Rhode Island Olympians	Konica	New Hampshire Infinity
	Clyde Adams	Larry Cook	Craig Anderson
	Mike Denel	Ken Potter	Steve Ellis
	Mike Herbert	Mark Powell	Dave Hersey
		Todd Ringelstein	Fred Malcolm
Age	Gold	Silver	Bronze
60-70	Dumbos	Black Bears	Over the Hill 60's #1
	Bill Looker	George Dern	Ed Conway
	John Sidik	Peter Haviland	John Howard
	Gary Sonnechin	Ed Reid	Rich Manewal
	Peter Sweet	Tom Winters	Hank Philbrick
			Allen Sneider
Age	Gold	Silver	Tied for Bronze
70-80	Berkshire Legends	ERA	Johnson Olympians Young Associates
	Bob Bense	Ray Carroll	Michael Akstin Dave Dansereau
	Jay Clapp	John Hunt	Donald Hiltz Peter Hutchinson
	Alton King	Robert Sansone	Richard Johnson Conrad Young
			Alfred Killiea
			Frank Monette
			Jack Strom

Billiards – Female and Male- Boston Bowl, Dorchester, May 13, 2014

Age	Gold	Silver	Bronze
60-69	George DeLosa	Jesse Hsu	Richard Carey
70-79	Tony Terrasi	Vern MacEachern	Edward Judice
80-89	Richard Tiernan	Donald Briand	George McInnis



Bocce – Female and Male - Langone Park in the North End, May 15, 2014

Inter Age	Gold	Silver	Bronze
Team	North End 4	North End 1	Chelsea 1
Member #1	Matt Norcia	Natale DeMarco	Hector Figarola
Member #2	Nick Salvino	Gaetano Federico	Rosario Figarola
Member # 3	Loreto Leone	Joey Federico	Gloria Rico
Member # 4	Frank Scala	Armando Sorane	William Roberts

Bowling – Female 8:00 a.m. - Boston Bowl, Dorchester, May 13, 2014

Age	Gold	Score	Silver	Score	Bronze	Score
60-69	Yolanda Allison	206	Sylvia Dowling	137		
70-79	Roberta McLaughlin	277	Diane Pallidino	269	Joan Cardoza	259
80-89	Mary Alice Bellow	249	Joan Sablock	245	Margaret Donaghue	227

Bowling – Male 8:00 a.m. - Boston Bowl, Dorchester, May 13, 2014

Age	Gold	Score	Silver	Score	Bronze	Score
60-69	David Haughey, Jr.	296	Richard MacArthur	169		
70-79	Paul Dunphy	286	Lawrence Madden	274	Salvatore Ferlito	269
80-89	Frank Murphy/ Joseph Nee	260	Walter Mulloney	239	Edmund Sablock	231

Bowling – Female 10:30 a.m. - Boston Bowl, Dorchester, May 13, 2014

Age	Gold	Score	Silver	Score	Bronze	Score
50-59	Jacqueline Crenshaw	144	Teresa Clune	135	Yim Sim Zhou	133
60-69	Deloris Pina	249	Regina Dennis	226	Xiago Liu	143
70-79	Mary Casucci	241	Carol Phillips	217	Mary Newsom	212
80-89	Jeannette Nemerowski	241	Lorretta Marino	225	Mary Limberskis	219
90+	Margaret Gurli	135				

Bowling – Male 10:30 a.m. - Boston Bowl, Dorchester, May 13, 2014

Age	Gold	Score	Silver	Score	Bronze	Score
50-59	Stephen Clune	184	Shu Hua	109		
60-69	John Clune	205	William Sullivan	199	Francisco Claudio	129
70-79	John Dennis	311	Zhao Xin	141		
80-89	Frank Chen	108				
90+	Salui Cifra	250	Anthony Marino	235		

Golf – Female - Permit Holders - William J. Devine Golf Course, May 14, 2014

Age	Gold	Score	Silver	Score	Bronze	Score
60-69	Marilyn Miller	92	Pam Brothers	99	Denise Dodds	102
70-79	Shirley Johnson	94	Rhoda Christmas	98		
80-89	Anna Bissonette	111				

Golf – Male - Permit Holders – William J. Devine Golf Course, May 14, 2014

Age	Gold	Score	Silver	Score	Bronze	Score
50-59	Eric Watson	86				
60-69	Rony Galigius	77	Erle Garrett, Sam Smith	83	John Carroll	84
70-79	Arthur McRae/ Joseph McQuaid	80	Rudy Cabral, Jr.	84	Lemuel Mills	85
80-89	George Jones	77	Lloyd Holford	92	Frank Murphy	96

Golf – Female – Non Permit Holders - William J. Devine Golf Course, May 14, 2014

Age	Gold	Score
50-59	Jeannette Gerald	91
60-69	Linda Wynn	94
80-89	Vera Butler	101



Golf – Male – Non Permit Holders – William J. Devine Golf Course, May 14, 2014

Age	Gold	Score	Silver	Score	Bronze	Score
50-59	John Crowley/ Michael Dean	88	Steve Ames	103		
60-69	Hector Lopez	83	Ernest Green	87	Thomas Whelton	93
70-79	Will Shaw	81	Jack Adamcheck Ross Niciewsky, Chester Placentini	81	Robert Anderson	99
80-89	Anthony Cibbotti	93	Jack Hartley	94	Albert Nourse	96

Back Stroke 50 M – Female – Holland Community Center, Dorchester, June 4, 2014

Age	Gold	Time	Silver	Time
60-69	Jeanne Kent	1:04	Peiyu Luo	1:19
70-79	Judith Hurley	1:17	Shuzhi Tang	1:23
80-89	Joy Di	1:13	Xie Chen	2:10



Back Stroke 50 M – Male – Holland Community Center, Dorchester, June 4, 2014

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	Yang Shi	:47				
70-79	Zi Yun Wang	1:05	Xiqing Liu	1:06	Nathanael Pegues	1:08

Back Stroke 100 M – Female – Holland Community Center, Dorchester, June 4, 2014

Age	Gold	Time	Silver	Time
60-69	Jeanne Kent	2:34	Peiyu Luo	2:56
70-79	Judith Hurley	2:52	Shuzhi Tang	2:54
80-89	Joy Di	2:55	Xie Chen	4:38



Back Stroke 100 M – Male – Holland Community Center, Dorchester, June 4, 2014

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	Yang Shi	1:41				
70-79	Zi Yun Wang	2:24	Nathanael Pegues	2:40	Xiqing Liu	3:06

Breast Stroke 50 M – Female – Holland Community Center, Dorchester, June 4, 2014

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	Jacqueline Crenshaw	2:18				
60-69	Peiyu Luo	1:14	Jeanne Kent	1:34		
70-79	Judith Hurley	1:30	Gnohua Jin	1:33	Carole Williams	2:08
80-89	Joy Di	1:43	Xie Chen	2:35	Yu Peng	3:31

Breast Stroke 50 M – Male – Holland Community Center, Dorchester, June 4, 2014

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	Yang Shi	:44				
60-69	Shuhai Feng	1:13				
70-79	Xiqing Liu / Nathanael Pegues	1:02	Bing Yao Xue	1:06	Zi Yun Wang	1:07
80-89	James Di	2:48				

Breast Stroke 100 M – Female – Holland Community Center, Dorchester, June 4, 2014

Age	Gold	Time	Silver	Time
50-59	Jacqueline Crenshaw	5:30		
60-69	Peiyu Luo	2:50	Jeanne Kent	3:29
70-79	Gnohua Jin	3:20		
80-89	Joy Di	3:50		



Breast Stroke 100 M – Male – Holland Community Center, Dorchester, June 4, 2014

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	Yang Shi	1:30				
70-79	Xiqing Liu	2:05	Nathanael Pegues	2:20	Bing Yao Xue	2:39

Freestyle 50 M – Female – Holland Community Center, Dorchester, June 4, 2014

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	Jacqueline Crenshaw	2:16				
60-69	Jeanne Kent	:55	Peiyu Luo	1:43		
70-79	Carole Williams	1:00	Judith Hurley	1:04	Shuzhi Teng	1:13
80-89	Joy Di	1:36				

Freestyle 50 M – Male – Holland Community Center, Dorchester, June 4, 2014

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	Yang Shi	:37				
70-79	Xiqing Liu	:51	Lian Shun Zang	:54	Bing Yao Xue	:55

Freestyle 100 M – Female – Holland Community Center, Dorchester, June 4, 2014

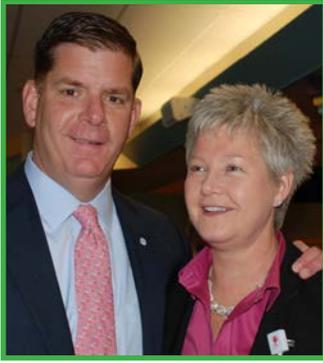
Age	Gold	Time	Silver	Time
60-69	Jeanne Kent	2:03	Luo Raiyu	3:58
70-79	Judith Hurley	2:23	Shuzhi Teng	2:43
80-89	Joy Di	3:38		

Freestyle 100 M – Male – Holland Community Center, Dorchester, June 4, 2014

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	Yang Shi	1:25				
70-79	Xiqing Liu	1:57	Lian Shun Zang	2:14	Bing Yao Xue/ Nathanael Pegues	2:40



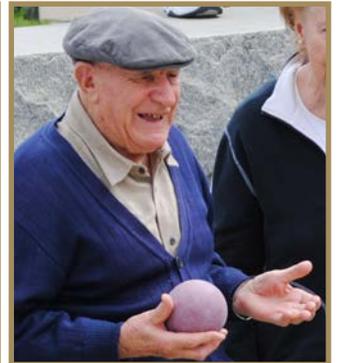
Bowling and Billiards



Golf



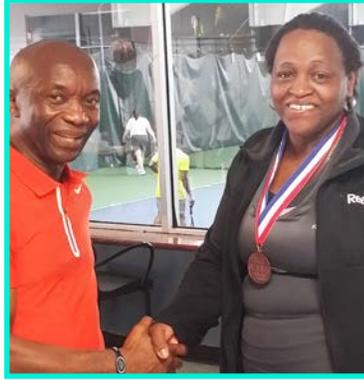
Bocce



Half Court Basketball



Tennis



Swimming



GBSG - Spring Into Fitness @ UMASS



Have a Beautiful and Safe Summer!

from
Mayor Martin J. Walsh
&
The Elderly Commission

