

Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

**2013
Volume 37
Issue 1**

Winter

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

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

Email articles and comments to Bostonseniority@cityofboston.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.

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Mayor's Spotlight

Winter Weather Message

As cooler days arrive, Mayor Thomas M. Menino and the Elderly Commission want to be sure you are prepared and safe from snow, ice, and extreme cold.

Parking & Transportation:

During a Snow Emergency (REMINDER: Only Mayor Thomas M. Menino can authorize a snow emergency) cars cannot be parked on an emergency artery. You can go online to www.cityofboston.gov/snow to find a full list of snow emergency arteries. You can also call the Mayor's 24-hour hotline at 617-635-4500.

Shoveling:

It is your responsibility to remove snow, slush and ice from sidewalks and curb ramps abutting your property within 3 hours of the snowfall ending (or 3 hours from sunrise if snow falls overnight). Violators will be fined.

The snow and slush must be removed from the full paved width of the sidewalk and curb ramp or a minimum path of 42 inches wide.

Remove ice to bare pavement or as level as possible and treat with sand, sawdust or similar material.

Please clear fire hydrants and catch basins in your area.

Don't shovel or plow snow into the street. Violators can be fined. (REMINDER: The Elderly Commission does not offer snow shoveling. If it is difficult for you to shovel your property we recommend asking a family member, friend or neighbor.)



Trash & Recycling:

Trash & recycling is rarely canceled and only done during the most extreme storms. For updates you can go online to www.cityofboston.gov/snow or call the Mayor's 24-hour hotline at 617-635-4500. If a cancelation is ordered, please hold your materials until your next normal scheduled pickup.

Do not place trash barrels behind snow banks. Either place in front or clear an area at the curb for the barrels.

Home Heating:

If you are a tenant, your unit must be heated to 68 degrees during the day or 64 at night. Alert your landlord first to correct any heating problems. If the landlord is unresponsive, you may contact the Mayor's 24-hour hotline to request that Inspectional Services Division (ISD) investigate.

For heating assistance, you can apply through the state's Low Income Home Energy Assistance Program (LIHEAP). You may contact ABCD for more information at 617-357-6012.

For concerns regarding elderly residents you can contact the Elderly Commission Monday - Friday 8:30 a.m – 5:00 p.m. at 617-635-4366.

For more information you can always go to www.cityofboston.gov/snow or call the Mayor's Hotline at 617-635-4500. We also recommend you sign up for phone, email, and text message alerts at: www.cityofboston.gov/alertboston



Senior Companion Program

Become a Senior Companion and become a friend.

Senior Companions bring a friendly face into the homes of homebound elderly.

For more information on how you can brighten a senior's day call 617-635-3987.



The Boston RSVP Program has an array of volunteer opportunities to choose from. Call us today to receive an informational packet on the RSVP Program, a volunteer opportunities booklet, and directions on how to sign up for the program. Take the time, make the call, help out in your community.

For more information on the RSVP Program or to sign up, please call RSVP at 617-635-3988.

Headed Home

By: John H O'Neill III

At last, I was headed for home. What a great feeling. First, second, third, I had gone to each, and at last, I was headed for home. I started out and made it to first. There was still much to be done. I could hear Don Orsillo: "The runner advances from First to Second." At second, they often change the signs. I was halfway home.

Sure enough, I made it to third. I was not going to be stranded at third. Somehow, I would make it to home. At long last, I was headed for home.

My efforts were really starting to take effect. Even I had quite a glow, and today, my three-legged table looks shiny and new.

How about some FUN!

FUN is Lush's moldable multi-purpose soap available in 5 colors.

Great gift idea for your grandkids and friends.

**Available at LUSH
166 Newbury St. Boston**



**MOMENTS LIKE THESE ARE PRECIOUS.
DON'T LET THEM FADE AWAY.**

Age-related macular degeneration, or AMD, is the leading cause of blindness in people 55 and older.

Don't miss life's precious moments because you or a loved one didn't recognize the warning signs, like blurry vision or needing more light to read. AMD is a chronic disease affecting more than 10 million Americans, and early detection is key to saving your sight.

Protect your vision from fading away.

Contact the Foundation Fighting Blindness today for a free information packet about preventing and managing AMD. We're funding promising research that will lead to more effective treatments and a cure.

**FOUNDATION
FIGHTING
BLINDNESS**

**A CURE IS IN SIGHT
800-610-4558
FightBlindness.org**



Community Service Advocates

Serving the 60+ community of Boston

Advocates provide one-on-one assistance to the 60+ community of Boston. They can help with government benefits, tenant & homeowner issues, city services, and information & referrals. Advocates can be found at the Elderly Commission either by phone or walk-in visits or they can visit you in your home or neighborhood.

Go Ahead Call One & See How They Can Help



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E-cigarettes - Electronic Cigarettes

We have all seen the commercials on the television for electronic cigarettes.

You may know someone who is planning to try them. You should give them some general information before they buy these cigarettes.

Electronic cigarettes, also called e-cigarettes, are battery operated products designed to turn nicotine, flavor and other chemicals into a vapor. They turn nicotine, which is highly addictive, and other chemicals into a vapor that is inhaled by the user.

These products are made to look like

- Cigarettes
- Cigars
- Pipes
- Pens
- USB memory sticks

You have no way of knowing what chemicals are in these cigarettes. The Food and Drug Administration (FDA) has not approved these cigarettes.

The e-cigarettes may contain ingredients that are known to be toxic to humans.

Also, to this date, the manufacturers of these e-cigarettes have not submitted their clinical studies about the safety to the FDA.

Because the FDA has not approved them, you do not know if they are safe, what harmful chemicals they contain and how much nicotine you are inhaling.

We know that nicotine is highly addictive. Curious younger children may be attracted to e-cigarettes, then progress to other tobacco products, like conventional cigarettes. Cigarettes are known to cause diseases (examples, COPD and cancer) and lead to premature death.

FDA - Regulation of E-cigarettes

Currently, e-cigarettes that are marketed for therapeutic purposes are regulated by the FDA Center for Drug Evaluation and Research (CDER). The FDA Center for Tobacco Products (CTP) currently regulates

- Conventional cigarettes
- Cigarette tobacco
- Roll-your-own tobacco
- Smokeless tobacco

In the future, FDA intends to regulate other nicotine-containing products, including electronic cigarette products that do not make a therapeutic claim.

There are a number of FDA approved quit-aids available to smokers:

- Nicotine skin patches

- Nicotine gum
- Nicotine lozengers
- Nicotine oral inhaled products
- Nicotine nasal spray
- Zyban
- Chantix

For more information about tobacco issues, contact the

- Boston Tobacco Prevention and Control Program at 617-534-4718
- 1-800 Quitnow (1-800-784-8669)
- Visit Smokefree.gov for online resources to help you quit



Basketball



Seniors over age 60 who are interested in playing Basketball are welcome to join us every Thursday from 10:30 a.m. to 12:30 p.m. at the Roslindale Community Ctr, 6 Cummings Hwy

You can just shoot around or you can participate in 3 on 3 Half Court games.

For more information call Ed Conway at (617)327-6831 or e-mail him at edconway14@yahoo.com

**BOSTON
UNIVERSITY**

Was your knee joint replaced over the last 5 years?

Are you having trouble doing things you need to or like to do around your home and in your community?

Are you at least 50 years old?

If it's been at least 12 months since your knee joint surgery, you might be interested in a Boston University study on daily activities after knee replacement.

Participants will be paid \$50 and your travel costs will be paid. To find out more about this study call toll free 866-269-1027 or email enact@bu.edu

Don't Miss

The Elderly Commission

On Radio



Tune into:

Zumix Radio

on Wednesdays at 2:00 p.m.
and Mondays at 9:00 a.m.
Streaming on the internet at
www.zumix.org

WJIB 740 AM on Sundays
at 8:30 a.m.

For more information please
contact: Greg Josselyn
at 617-635-4250

OLIVER!

January 25 –
February 24, 2013

Friday nights at 7:30;
Saturday & Sunday
matinees at 3:00;

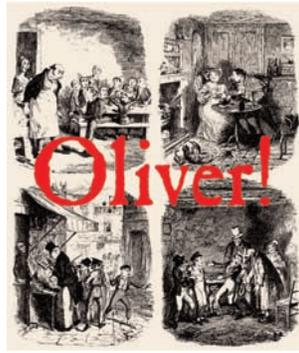
School vacation week
matinees (Tue 2/19-Fri
2/22) at 1:00

ASL/AD: Tuesday February 19 at 1:00, Friday
February 22 at 7:30 & Sunday February 24 at
3:00

All performances offer Open Captioning

**Adapted from the novel *Oliver Twist* by
Charles Dickens. Book, music, and lyrics by
Lionel Bart.** Directed by Susan Kosoff. Musical
direction by Jon Goldberg. Choreography by
Laurel Conrad. Scenic design by Anthony
Hancock. Lighting design by Franklin Meissner,
Jr. Costume Design by Charles G. Baldwin.

Charles Dickens's England was not an easy
place to be left on your own. Oliver, a young
boy with no apparent family, learns quickly how
unwelcome children can be in a world rampant
with poverty and hunger. Lionel Bart captures
perfectly the boisterous, comic, and tragic
characters of *Oliver Twist*, infusing this classic
tale with a feast of memorable songs. Lighter
in mood than the original novel, the musical's



themes remain the same: the search for love, the
triumph of right over wrong, and the hope for a
better world.

Wheelock Family Theatre is a professional, non-
profit theatre associated with Actor's Equity, the
union of professional actors and stage managers.
Located on the campus of Wheelock College,
Wheelock Family Theatre seeks to improve the
lives of children and families through the shared
experience of live theatre.

- Tickets: \$30, \$25, \$20; Teens take-over
Fridays: \$15
- Box Office: 617-879-2300; tickets@
wheelock.edu
- Website: www.WheelockFamilyTheatre.org
- Location: 180 The Riverway on the campus
of Wheelock College in Boston's Fenway
district
- Parking: Discounted parking at MASCO
garage at 375 Longwood Avenue
- MBTA: Fenway or Longwood on Green
Riverside Line (D train); CT busses to Beth
Israel
- Access: The Theatre is wheelchair accessible.
All performances are Open Captioned. Final
weekend performances are interpreted in
American Sign Language and Audio-described.

Volunteer Opportunities
At One Of Boston's Premier Historic Sites

Castle Island Association

~ 617-268-8870 ~
www.bostonfortindependence.com

Aging & Transitioning: Caring for Ourselves and Others as We Age

Boston
Public
Library



CONNOLLY BRANCH OF THE BOSTON PUBLIC LIBRARY
433 Centre Street, Jamaica Plain 617.522.1960 www.bpl.org

How to Have “The Conversation” About End of Life Care

We have many meaningful conversations in our lives, including talking with family and loved ones about our own—or their—wishes for care at the end of life. Despite the inevitability of death, this is the last conversation many of us either want or know how to have. Yet, without these discussions, we run the risk of getting care we don’t want, or not getting the care we do. Come share your questions and experiences with Martha Hayward of *The Conversation Project*, who will present ways to make having “the conversation” easier.

Monday, January 14, 6:30 p.m.

Family Story Time

Grandmas & Grandpas:
Come hear stories and songs
about the elders in our community.

Monday, January 28, 6:30 p.m.

Adult Book Discussion

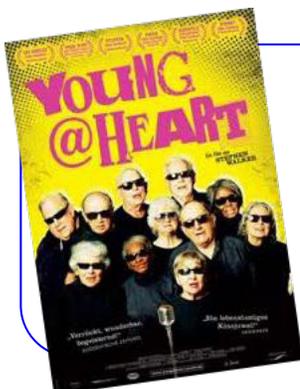
The Widower’s Tale
by Julia Glass
Copies of the book are available at the library.

Monday, January 28, 7:00 p.m.

Author Reading: Myra Love

Local Jamaica Plain author Myra Love will read from her new book, *Other People’s Dreams*. In the novel, Virginia Carr and her partner Carolyn are drawn back to Virginia’s hometown of Grant’s Hill when her former girlfriend is accused of committing murder and her aging father refuses medical treatment. Ms. Love speaks to the changes that parents and grown children confront when age and illness shift their dynamic.

Monday, February 4, 7:00 p.m.



Film Screening: Young@Heart

This “must-see” spirited documentary chronicles the Young at Heart Chorus in Northampton, MA—whose average age is 81—as they rehearse for a local concert. Singing classic rock greats by such artists as Jimi Hendrix and Coldplay, they have toured Europe and performed for royalty. A humorous, inspirational film.

Monday, February 11, 6:30 p.m.

All events are free and open to the public.

Support for Alzheimer's Found at Upham's

Alzheimer's is the most common form of dementia and is most often diagnosed in people over 65 years of age. One of the most profound effects of Alzheimer's is the effect on the caregiver.

Upham's Elder Service Plan (UESP) in Dorchester, Roxbury, and Jamaica Plain offer programs for the Alzheimer's patients, their families, and caregivers.

Upham's Elder Service Plan offers an educational program to support and educate Alzheimer's caregivers.



The program, known as "Savvy Caregiving," is a six week course offered at the center to increase the skillset of caregivers of UESP participants. The program offers help for caregivers to recognize the scope and impact of their work, reduce caregiver stress, improve self care and family and life balance, and better understand the behaviors caused by the disease.



The Savvy Caregiver group also helps people taking care of Alzheimer's patients by helping them understand the disease and their own role within tending to a person afflicted with it. It works in helping the caregiver understand methods to take care of themselves, including identifying and dealing with feelings, taking time for oneself, involving other family in caregiving, and making decisions.

UESP also offers supportive rooms for Alzheimer's and other dementia patients in the PACE day centers. These are known as quiet rooms. Specially trained staff tend to the needs of participants in specialized rooms with personalized treatments.

For more information about the Savvy Caregiving group or enrollment for the PACE program, contact the Enrollment Coordinator at 617-288-0970, extension 33.



New eBook Helps Families Navigate the Aging Process

*Hebrew SeniorLife Experts Provide
Valuable Insights, Advice and Resources
for Aging*

Hebrew SeniorLife, the largest provider of senior health care and housing communities in New England and an affiliate of Harvard Medical School, recently released “You & Your Aging Parents: A Family Approach to Lifelong Health, Wellness & Care,” a comprehensive eBook designed to serve as a resource for aging parents and adult children as they confront the often difficult decisions families face when their loved ones age. The eBook is available for **free** download now at <http://AgingRedefined.org>.

Within the eBook, Hebrew SeniorLife’s experts address the full spectrum of issues confronted by today’s generation of seniors to help families prepare for and have the necessary conversations about healthcare and housing needs as their loved ones age. These insights include how to recognize the changes and symptoms that impact care options, such as the 10 early warning signs of dementia, and how to speak with the doctor so the adult child is in a better position to support the aging parent.

“Family discussions about aging can be overwhelming, but with the proper information and direction, it doesn’t

have to be so daunting,” said Ruth Stark, Corporate Director of CCRC Marketing for Hebrew SeniorLife. “This comprehensive resource provides direction for families faced with decisions about housing and healthcare in later years, as well as advice from trusted industry experts and resources to help seniors and their families learn more.”

Coupled with the recent launch of Hebrew SeniorLife’s ReAge movement, signaling a new way of thinking about aging in America, this eBook provides families with the tools and information necessary to navigate the aging process in today’s changing healthcare landscape and better prepare for the future. A list of national resources is also available at the back of the book for reference.

Download the “You & Your Aging Parents” eBook at:
<http://AgingRedefined.org>.

About Hebrew SeniorLife
Hebrew SeniorLife, an affiliate of Harvard Medical School, is a national senior services leader uniquely dedicated to rethinking, researching and redefining the possibilities of aging. Based in Boston, the non-profit, non-sectarian organization has provided communities and health care for seniors, research into aging, and education for geriatric care providers since 1903. For more information about Hebrew SeniorLife, visit www.hebrewseniorlife.org or connect on Twitter, Facebook or our blog.

STATEPOINT CROSSWORD
THEME: WINTER FUN

ACROSS

1. Mt. Everest, McKinley and such
6. Cleopatra's cause of death
9. Crack in a lip
13. *Hot toddy, e.g.
14. Former Chinese communist leader
15. Glowed or beamed
16. Pronouncements
17. "___ to Joy"
18. Bird of prey weapon
19. Hungarian composer Bela _____
21. *Popular winter sculpture
23. Thus far
24. Greenish blue
25. Former refrigerant
28. *A snow ___ is one for trekking on snow
30. Astronomer's sighting
35. Miners' bounty, pl.
37. One who "___ on the safe side"
39. Start eating!
40. Heaven's Gate, e.g.
41. 1:3, e.g.
43. Captured in fun
44. "Well-___ machine"
46. Falls behind
47. Like tiny print
48. Like number 1 to hydrogen
50. Cuzco valley empire
52. Jack Kerouac's Paradise
53. Pottery oven
55. Everybody or everything
57. * ___ break
61. Done after a trip
64. Wombs
65. Gas station abbreviation
67. Florida Key, e.g.
69. Turf, as opposed to surf
70. Unagi
71. *Heard on sleigh ride?
72. Cab blower
73. *Snow falls from it
74. Irregularly notched

10. River islet
11. Dwarf buffalo
12. In the Ivy League
15. Pitted peach, e.g.
20. Not the same one
22. Indian restaurant staple
24. Feeling no doubt
25. *Hot treat
26. *Ingredient in infamous cake
27. Played by Yo-Yo Ma
29. Kind of surgeon
31. Marty McFly's antagonist
32. Tangerine-grapefruit hybrid, pl.
33. Tarzan's swing rope
34. *Snow impression
36. Kind of cell
38. *Capricorn or Aquarius, e.g.

DOWN

1. Sum it up
2. Where a baby goes
3. Maryland Institute College of Art
4. Diary note
5. *Used for gliding
6. In a frenzy
7. "___ but true"
8. Literature in metrical form
9. Tobacco mouthful

10. River islet
11. Dwarf buffalo
12. In the Ivy League
15. Pitted peach, e.g.
20. Not the same one
22. Indian restaurant staple
24. Feeling no doubt
25. *Hot treat
26. *Ingredient in infamous cake
27. Played by Yo-Yo Ma
29. Kind of surgeon
31. Marty McFly's antagonist
32. Tangerine-grapefruit hybrid, pl.
33. Tarzan's swing rope
34. *Snow impression
36. Kind of cell
38. *Capricorn or Aquarius, e.g.
42. Extinct Italic language
45. Tiny antelope
49. Result of Truman's National Security Act of 1947
51. *Kind of skiing
54. Ancient Greeks' harps
56. Lightsaber beam
57. Be quiet!
58. "The Simpsons" palindrome
59. Malicious look
60. Ayatollah's home
61. Pre-swan state?
62. Greek muse of history
63. Party casks
66. Expresses mild alarm or surprise
68. "___ End" by The Doors

CROSSWORD														
1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
	19				20			21	22					
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25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46					47			
48					49		50			51		52		
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64						65	66			67				68
69						70				71				
72						73				74				

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esurance[®]
an Allstate company

*National average annual savings based on data from customers who reported savings by switching to Esurance between 1/1/10 and 5/19/10.

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got hands?

wash them.

Wash your hands often with soap and water or an alcohol-based hand cleaner, especially after coughing or sneezing. For more information, go to www.bphc.org/flu.

Building a Healthy Boston



Mayor Thomas M. Menino

The Christmas Feast of the Seven Fishes

By: Alice Palumbo

Part I Night before Christmas Feast of the 7 fishes

Our Catholic Italian tradition, the day before Christmas, was a strict fast day NO meat. The whole day was spent preparing the gourmet menu of fish. I remember the fried appetizers called Zepples, they are deep fried bread dough balls, some plain to take the place of bread some with raisins, sprinkled with sugar as a dessert. Other appetizers served were battered fried cauliflower, battered fried cod fish balls, and some anchovy balls.

Other courses included breaded fried haddock, flour dredged golden brown smelts. I loved those smelts, those were my favorite. The shrimp were the last to get fried, they were huge and expensive. My mom a widow with eleven children had to count them out to make sure we all got our share.

I can recall the stuffed calamari baking in the oven with just a trickle of red for color. They were so small and plump and the spaghetti with red lobster sauce. Mom would get one or two lobsters depending on the state of our finances and cut them up. She would also make red clam sauce with fresh grated Romano cheese. Plus we had to have some kind of macaroni.

Part II The Christmas Vigil: Feast of the Seven Fishes

I WILL NEVER forget one year Mom made baked eels!

In the 1930's there were no supermarkets around Hyde Park and Readville Massachusetts. We had to go to the North End in Boston to get specialty foods for the different Italian Holidays. The day before the Christmas Vigil also called the Feast of the Seven Fishes. (This stands for the seven sacraments or the 12 fishes for the 12 Apostles. It was a very strict Holy fast day. We did not eat meat.) We took the train to the North End in Boston for the Italian specialty foods. I went with Mom. I was about 13 years old.

The one fish I would not taste was the EELS. They looked like black snakes and were about 10 inches long "ugh". They scared the daylights out of me. The eels had to be purchased alive and cooked right away. My first memory of them was coming home on the train and watching as they wiggled in the double padded brown bag at my mom's feet.

Mom went to put the eels in the large deep pot and one of them got out of the bag. It was so fast. It slithered all over the kitchen floor. I had to quickly run to shut the dining room and parlor door. In the 1930's the stoves had legs on them we had a new beautiful gray and white enamel stove. I could see the eel dashed under the stove. It slithered around. I

was screaming. Mom was laughing and swearing "Suma na bitcha." Armed with a long two pronged macaroni fork she was in full pursuit of that eel. She finally stabbed it to the floor.

Mom cut the eels into two inch pieces and put them on a baking sheet in the hot oven, when the heat hit the nerve on them, they wiggled and stood at attention. I laughed so much. No one would eat the eels, I don't remember her ever cooking them again. Amen

Other courses: Dry cod "baccala salad, homemade baked stuffed Santa Nickola" vinegar peppers. Fennel and celery sticks dipped in seasoned olive oil salt and black pepper, that was in little saucers scattered around the table. Italian garden salad, roasted chestnuts, mixed nuts, dry figs, dry dates Italian Christmas nugget candy with a wafer like holy communion wrapped around it. All kinds of Italian cookies, demitasse' coffee, anisette. And homemade wine. The under age kids had orangeade with a dash of wine.

We played, checkers, dominos and cards. There was always someone playing the Pianola. We sang the Christmas carols and the Italian songs, the older brothers and sisters went to the midnight mass. Mom loved to play cards for pennies. As for me - The Vigil of Christmas is the most memorable happy time of the year. I carried it on for years and now my daughter Lorna carries on the tradition. Lorna loves having it, with a house full

of family and friends. There's always someone to play her piano especially "Tu chende Del La Stela" the beautiful Italian Christmas carol. Boun Natale

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

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
Deputy Commissioner
Tula Mahl, Producer at
617-635-1922



Healthy Recipes

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

Easy Oatmeal Recipes

Add the following to at least 1/2 cup of dry oatmeal and 3/4 cup water or milk. Heat on the stove or microwave. Stir frequently.

Apple Cinnamon: Add chopped apple or a few teaspoons of natural, unsweetened applesauce to oatmeal and cook. Sprinkle with cinnamon.

Maple & Brown Sugar: Use sugar-free pancake syrup and a dash of cinnamon or artificial brown sugar replacement by Sugar Twin that is now available.

Fruit & Cream: Add a little milk or vanilla protein powder and a few strawberries, blueberries, peaches, or a teaspoon of sugar free preserves.

Maple Walnut: Add 1 tbsp sugar-free pancake syrup and a few chopped walnuts.

French Vanilla: Add 1 tsp vanilla, a splash of low-fat milk, and a packet of artificial sweetener.

Cinnamon Raisin: Try using a few dashes of cinnamon, a splash of sugar-free maple syrup and a teaspoon of raisins.

Protein Boost: Stir in 1 scoop of your favorite protein powder.

Butter Pecan: Add a splash of imitation butter flavor, teaspoon of Promise fat-free butter replacement or a few dashes of Butter Buds and a teaspoon of chopped pecans.

Other Grains: Try a multi-grain hot cereal, 5 or 7-grain hot cereal, oat bran, or get even fancier and splurge on some imported McCann Steel Cut Oatmeal for a little change of pace when you are bored with regular oatmeal. Any of the flavor varieties listed above work well with these complex carbohydrate hot cereals.



Source: <http://www.stellaskitchen.com/recipes/oatmealforbreakfast.html> 1/4/13

Boston Senior Home Care

Boston Senior Home Care hosted its Annual Celebration and Fundraiser on Wednesday, November 7th at the Fairmont Copley Plaza. Jenny Johnson, Co-Host & Executive Producer of NECN's "TV Diner" served as the MC and Auctioneer for the event that featured a live and silent auction, and music by Jazz in the Air. Boston Senior Home Care (BSHC) is a private, community based, non-profit corporation established in 1974 to provide care management services and programs to low-income elders and disabled individuals who wish to remain in their own homes and communities as safely and independently as possible.

For the past 38 years, Boston Senior Home Care has provided hope to thousands of low income elders living in the neighborhoods of Boston by giving them the choice to stay at home. BSHC signature programs such as Home Care, Boston Elder Info, Caregiver Alliance, Group Adult Foster Care and Adult Foster Care are designed to support elder's changing needs and their ability to age in place and BSHC Case Managers also develop individual care plans that appropriately meet the needs of elders and provide information to help them navigate through complex medical and social support systems.



Mike Maggiacomo, outgoing Board President, Boston Senior Home Care, Linda George, BSHC Executive Director, William and Mary Jane Restuccia, owners, Emily's Family Foods and event Platinum Sponsors, Paul Wong, incoming BSHC Board President, Andrew Brown, BSHC Board Secretary, Sol Sidell, BSHC Board Second Vice President.



Joanne McMahan, BSHC Director of Development and Quality Assurance, Boston Senior Home Care; Jenny Johnson, Co-Host & Executive Producer of NECN's "TV Diner with Billy & Jenny;" and Linda George, Executive Director, Boston Senior Home Care.



Susie and Sol Sidell, owner, South Street Diner and BSHC Board Second Vice President, and Merle Sidell.



Ruth Palumbo, Asst. Secretary, Executive Office of Elder Affairs, Emily Shea, Commissioner, Abby Mojica, Director of Client Services, Boston Senior Home Care.

SHIFT YOUR FOCUS

“Don’t Retire, Inspire”

By: Augusta Alban



When I got up yesterday, I was overwhelmed with the sad memory of a newly-departed loved one. We all have those thoughts of why we are here, or why some people live only a short time while others seem to live forever (please let me be one of the latter!). I e-mailed a dear friend who had recently lost someone close to her. She appeared to be handling her life very well. "You are not alone" she e-mailed back. "These can be tough times. I learn the most when times are the toughest." Why do we keep asking ourselves those same old questions? I could read and study the rest of my life and still not know the answers. I just want to feel better now!

"You are not the first to lose a loved one," my friend assured me. I have discovered what Joseph Campbell said in those exceptional shows he recorded with Bill Moyers 15 or 20 years ago: My friends are not gone – they have not left me! What we shared is still in my heart so, in effect, they are still with me.

My friend's e-mail continued: "When those thoughts come (and they do) of the good times and the gifts those loved ones have given me, the adventures we have had together, how grateful I am to have had the time I did with them! The things they taught me and what I have

learned from them I still use to this day! I still know the laughter we shared, because when a child is laughing anywhere, I can still laugh too. I thought of my loved one everyday when he was with me, so why won't I want to think of him everyday when he now lives in my heart?"

As with all parts of our lives, we can choose to see it anyway we like. Louise Hay, an author of several books about healing your life, suggests that we replace negative thoughts with happy ones. It's not so hard to do: It's YOUR life! It's YOUR story! Tell it the way you want it to be!! Most of us tend to think about what we do not have. I blame that on TV: it keeps telling us to buy this and that, and if we rush our order now they will send us twice as much of that same stuff we did not need in the first place.

There are 3 questions I ask myself when I have worked myself up into that troubled state of mind:

1. Do I have a life-threatening illness?
2. Have I missed any meals lately? (Yes, we all know the line about missing a meal), and

3. Am I sleeping in the streets?

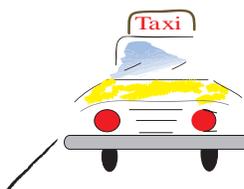
Clearly the answer is NO to all and I am grateful. So then, we are in control of what we can do. The first thing to do is not to compare ourselves to others: when you compare anything to any other thing, something or someone has to lose. STOP COMPARING!

Life is just the way you look at it. Nothing goes on forever but the love in our hearts we give away could go on almost forever!!



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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

Do you have knee pain?

Interested in taking part in a Research Study?

We offer a **Strength Training Program** for persons with knee arthritis at **Boston University**

To take part in this research study you must ...

- have **knee arthritis**
- be 55 years or older
- be willing to participate in a **Strength Training Class** 2 x per week for 6 weeks
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THE MANY BENEFITS OF MASSAGE AS WE AGE

By: Mass Mobile Massage



Due to its many physical and mental benefits, massage for seniors is gaining importance as an alternative therapy. Aside from relaxation, massage is a treatment and a preventative measure for many conditions that show up in the golden years.

Professional Massage Provides:

Stress Reduction

- Promotes a relaxed state of mind
- Helps relieve mental stress
- Reduces anxiety

Pain Reduction

- Helps relieve muscle pain and stiffness
- Pain decreased in many medical conditions such as back pain, migraines, Carpal Tunnel, Rotator Cuff injuries, Fibromyalgia and more
- Reduce tension related headaches



Preventative Maintenance

- Boosts the immune system
- Improves circulation
- Promotes deeper and easier breathing
- Reduces the effects of anxiety, depression, and hypertension
- Enhances the youthful appearance of skin

Recovery of Injuries

- Quicker healing of all injuries including, sprained ligaments and strained muscles
- Reduction of pain and swelling
- Encourages proper formation and alignment of scar tissue
- Facilitates rehabilitation after injuries and surgery

Improves Flexibility & Range of Motion

Devotees of massage are aware of the “feel-good” factor but there is more to massage than just working out the kinks of a long day. Massage has benefits that far surpass the obvious and Mass Mobile Massage has been bringing the benefits of massage to the doorsteps of Bostonians for nearly five years. The company has

been a godsend for busy business travelers as a means of relaxation and stress reduction when traveling.



However, many do not realize that massage also has health boosting benefits that are specifically of interest to seniors. “That’s where we come in,” says Houston, Owner of Mass Mobile Massage “we make massage a convenient and relaxing way to help heal your body because we come to you and make it affordable.”

While massage is not meant to replace your regular exercise routine or medications, it is the perfect complement to being rested, listening to your doctor, drinking lots of water and other preventative measures.

Mass Mobile Massage is the premier Boston area mobile massage company for in-home massages, hotel, work, spa parties, trade shows and many other events. With over 25 licensed and insured Massage Therapists and a focus on quality, customer service and education makes us the best in Boston. For more information on Mass Mobile Massage, visit:
www.massmobilemassage.com

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.

Solution to Crossword on page 14

A	C	M	E	S		A	S	P		C	H	A	P	
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Healthy Heart, Healthy Communities!

Hispanic adults 40 years or older who are living in the Boston Metro Area are invited to participate in bilingual The Heart Healthy Initiative Program (HIP).

Developed by Dr. Carmen Sceppa at Northeastern University, HIP is partnering with the Boston Centers for Youth and Families and community members to offer free classes and group sessions designed to target four key goals:

1. Regular exercise – attend sessions that will make it easy and fun to achieve 30-45 minutes of moderate to vigorous activity four times a week.
2. Eating a balanced diet – take cooking classes to learn how to incorporate fresh fruits and vegetables, lean meats, nuts, beans and dairy into your daily meals, while lowering your intake of sugar, salt, and alcohol.
3. Health education – learn how to prevent diseases before they start to reduce your health.
4. Stress reduction – enjoy courses incorporating breathing techniques, meditation, or yoga.

To learn more, contact Shirley Tejada, Program Manager at s.tejada@neu.edu or call (617) 373-2505. Bilingual staff is available to explain the program's details and benefits.

¡Corazones Saludables, Comunidades Saludables!

Adultos hispanos mayores de 40 años de edad que viven en el área de metro Boston están invitados a participar en la Iniciativa para un Corazón Saludable (HIP).

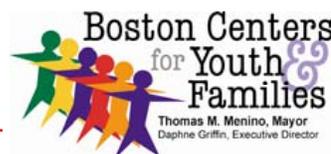
Desarrollado por la Dr. Carmen Sceppa en la Universidad de Northeastern, el programa HIP unido con Boston Centers for Youth & Families y miembros de la comunidad de Boston ofrecerá clases gratis de ejercicio y educación diseñadas para mejorar las siguientes áreas:

1. Actividad física – participa en clases divertidas que te ayudaran a acumular 30-45 minutos de actividad física moderada cuatro veces por semana.
2. Dieta balanceada – tomar clases de cocina para aprender a incorporar el consumo de frutas y vegetales, carnes con poca grasa, nueces y legumbres y lácteos mientras reduces el consumo directo de azúcares, sal y alcohol.
3. Educación de la salud – aprende a prevenir enfermedades antes de que reduzcan tu calidad de vida.
4. Reducir el estrés – disfruta de cursos que te enseñan técnicas de respiración profunda, yoga o la meditación.

Si desea saber más, comunícate con Shirley Tejada, Manejadora del Proyecto al s.tejada@neu.edu o llámela al (617) 373-2505. Personal bilingüe estará disponible para explicarle el programa y sus beneficios.



Northeastern



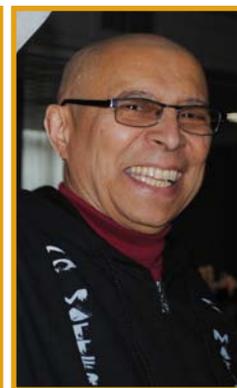
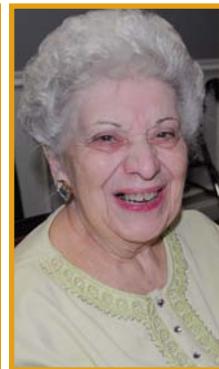
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Celebrating the 100th show for
Don't Retire, Inspire



Italian Heritage Luncheon



Thank you to the following for making the Italian Heritage Luncheon a Success!

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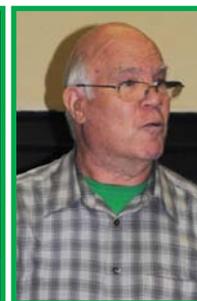
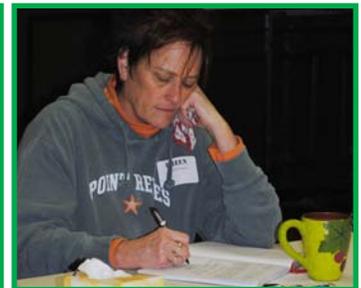
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Caterer Spinelli's

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Celebrate Your Health Day at City Hall



Celebrate Your Health Day - A Big Thank You to Property Management



Blackstone Christmas Party

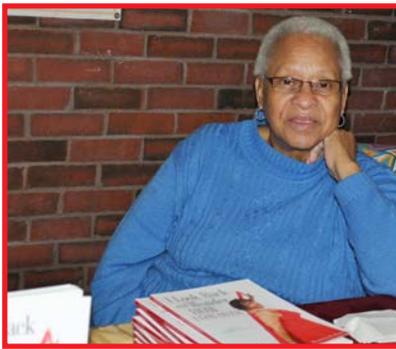
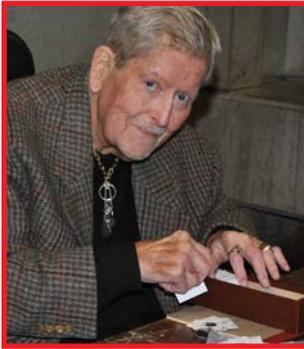
Photos courtesy of: Rochelle Willis



50th Anniversary



Craft Bazaar



Happy
Holidays
&
Happy
New Year



from
Mayor Thomas M. Menino
&
The Elderly Commision