

Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston

FREE

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Winter

Table of Contents:

Page Number

3 Mayor's Spotlight
5 Elderly Commission Profile
6 Healthy, Wealthy & Wyse
14 Healthy Recipes
20 Don't Retire, Inspire



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

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Mayor's Spotlight

Mayor Walsh appoints three to the Boston Cultural Council



Mayor Martin J. Walsh has appointed Sarah Edrie of Dorchester, Ann Moritz of the North End, and Shawn Radley of Dorchester to the 15-member Boston Cultural Council.

With these additions, the Council now includes representatives from every City Council District and Boston's wide array of arts and culture disciplines.

"These women and men volunteer their time to the Boston Cultural Council to help the City of Boston determine how best to allocate funds to arts and cultural organizations that improve the quality of life for all of us in Boston," said Mayor Walsh. "We are very fortunate to have so much knowledge and experience on this year's council. I am confident the Boston Cultural Council will help the City of Boston have an even greater impact now that we have increased support from City Hall by matching the Massachusetts Cultural Council's funding."

The three new Boston Cultural Council members include:

Sarah Edrie, a Dorchester resident and Emerson College graduate. A North Dakota native, Sarah's arts advocacy started when she began a work-study job at the Cutler Majestic Theatre, helping

to restore it to its present glory. On some nights her alter ego, Edrie Edrie, plays the accordion for the local rock group Walter Sickert & the Army of Broken Toys.

Ann Moritz, a principal of Moritz Advisory Group where she has consulted to organizations with an emphasis on cultural and educational priorities. She co-designed the program Building Alliances across Race for Women Leaders. Ann serves on the Executive Committee of Commonwealth Compact, as well as the Steering Committee of Boston Busing/Desegregation Project. The annual Gospel Night at the Boston Pops began with the initiative of a BSO Diversity Committee that Ann helped design. Ann served as trustee for Outward Bound in Boston, where she developed and led the board's Diversity and Inclusion Committee.

Shawn Radley, owner of Developing Artist Management and Talent Buyer for Kendall Concerts, brings over 20 years experience in concert promotion, artist management and talent buying, having worked with local and regional artists as well as multi-platinum recording artists.

For additional information, visit: <http://bostonculturalcouncil.com/the-council/>.

SCP Highlight:

Edelweiss S. Vitale



**An Interview with Senior Companion
Ms. Edelweiss S. Vitale
By Annette Richardson**



Ms. Vitale was born in Boston, Massachusetts in September 1935, but due to all her travel back and forth from Italy she felt that she “was raised” in Italy. Even though she was just a young girl during World War II she strongly remembers her time in Italy during that time. She came back to Boston permanently in 1960 with her mother.

Edelweiss would return to Italy every 5 years or so to visit family and friends and vacation. Unfortunately,

Ms. Vitale has no surviving family members in Italy or America.

Ms. Vitale's career included working as a nurse's aide for several years, and then she worked at Logan Airport for 18 years as a screener, and then as a ticket reader.

“It’s good to sit and talk with elders, you can learn a lot...”

In 2013, she decided that she wanted to earn a little extra money, so she applied to the Senior Companion Program. She currently has three clients that she visits with weekly. She does their shopping, as well as offering them weekly companionship. Ms. Vitale says that she has always enjoyed working with older people, even from a very young age. “It’s good to sit and talk with elders, you can learn a lot, as well as keeping the feeling of loneliness away,” said Ms. Vitale.

Ms. Vitale is a very sweet person who has a gentle spirit. She is also, very soft spoken. I truly enjoyed our time together, and I know that her clients also cherish their time with her.

On behalf of the Senior Companion Program we would like to wish Ms. Edelweiss S. Vitale a very long and positive volunteer experience with us. We are so happy to have her.

Elderly Commission Profile



Beninson Pena
Finance Assistant



Erik Anderson
Senior Budget Analyst



Luis Tavarez
Grants Coordinator

Our programs and initiatives wouldn't happen without our hardworking Fiscal team! Meet our Grants Coordinator Luis Tavarez, Senior Budget Analyst Erik Anderson, and Finance Assistant Beninson Pena.

Is there older adult who inspires you?

Luis: That would be my father. My father was an excellent husband, excellent father, and excellent brother. He was always helping the family.

Erik: That would be my mother, Helen. She's 92. She was always there for me and now I'm trying to be there for her in her older years.

Beninson: That would be my maternal grandmother. She just turned 78. She's a very loving mother, grandmother, and great-grandmother. To me, she is very special.

Luis, tell us about your favorite meal.

Luis: I'm a food lover. I really like a prime rib with steamed vegetables. That's my favorite, favorite one!

Erik, what is your favorite travel destination?

Erik: I have a lot of favorite destinations because I travel all around the world, but I think one of my favorites is Thailand because of the exotic environment and the gold temples and good food.

Beninson, do you have a favorite movie?

Beninson: I actually have two. My favorite would be *Instructions Not Included*. It's actually a Mexican movie - a very, very nice movie. The other would be *Under the Same Moon*, also a Mexican movie that is really, really good - about immigration.

Common Cosmetic Surgeries

Oftentimes, when we hear cosmetic surgery we think of face lifts.

There are many different types of cosmetic surgeries.

Rhytidectomy face-lift surgery.

Removal of excess skin and fat and tightens the muscles to smooth the face, improvement is especially seen along the jawline and in the neck.

Blepharoplasty eyelid surgery.

Removal of excess skin, fat and muscles from the eyelids to correct drooping eyelids and remove bags and puffiness. Surgery can be done on the upper and lower lids.

Rhinoplasty nose job. Reshapes the nose by removing or rearranging its cartilage and bones. Rhinoplasty is done to change the appearance of your nose, improve breathing and nasal function or achieve a combination of both.

Augmentation breast enlargement.

Places an implant under the breast tissue or the chest muscle to make the breast larger.

Breast reduction. Removes the excess breast tissue and skin to reshape and lift the breast. Women may seek breast

reduction to change their appearance, reduce back pain and reduce limitations of activities caused by large breasts.

Liposuction. Uses suction, ultrasound or laser to remove stubborn fat that has not gone away with a healthy weight loss diet and exercise.

Abdominoplasty tummy tuck.

Removes excess skin and fat from the abdominal area and tightens abdominal muscles.

Varicose vein surgery. Removes large varicose veins. Newer therapies for vein stripping include foam sclerotherapy and laser or radiofrequency probes that use heat to destroy varicose veins.

Hair transplant surgery. Reduces the appearance of bald spots or hair loss by moving hair from one part of the head to another.

Not all cosmetic surgeries are for beauty reasons.

Be sure you have a board-certified plastic surgeon perform these procedures.

Done by an unqualified doctor, these procedures can be difficult to correct.

Get Winter Ready!

Mayor Martin Walsh and the Elderly Commission offer tips on staying safe in the snow and ice.

Winter is coming and Mayor Walsh wants to remind you how to stay safe during snow, ice and extreme cold conditions.

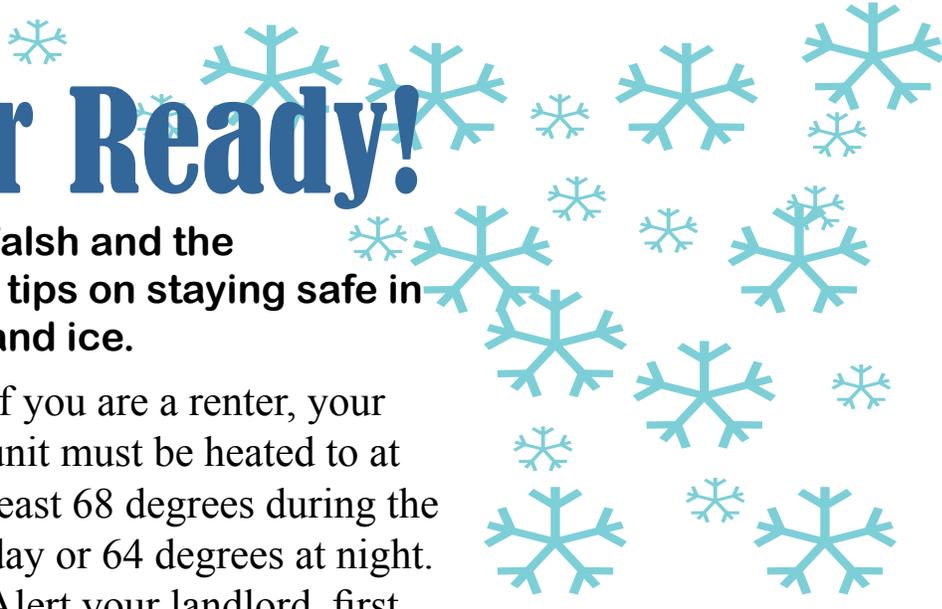
Please help us this winter by looking out for your neighbors, and following the rules and guidelines of snow removal, snow emergency parking, and cold weather safety.

The Mayor's 24-hour hotline is always available at 617-635-4500 if you have questions or are in need of services, including concerns regarding cold weather and elderly residents.

Shoveling snow can pose a serious health safety risk to persons with heart disease and older adults. If you need help seek the assistance of a family member, or a neighbor.

If you are a renter, your unit must be heated to at least 68 degrees during the day or 64 degrees at night. Alert your landlord, first, to address any heating problems. If the landlord is unresponsive, contact the Mayor's hotline.

If you need heating assistance, you can apply through the state's Low Income Home Energy Assistance Program. Contact ABCD for more information at 617-357-6012.



**BEST WISHES
FOR A HAPPY
HOLIDAY SEASON
AND VERY HAPPY
NEW YEAR!**

*From Your Neighborhood
Information and
Referral Specialists*

BEI Boston ElderINFO
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800-AGE-INFO

Help Us Learn More About Sleep!

If you are:

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



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

Receive up to \$7,775

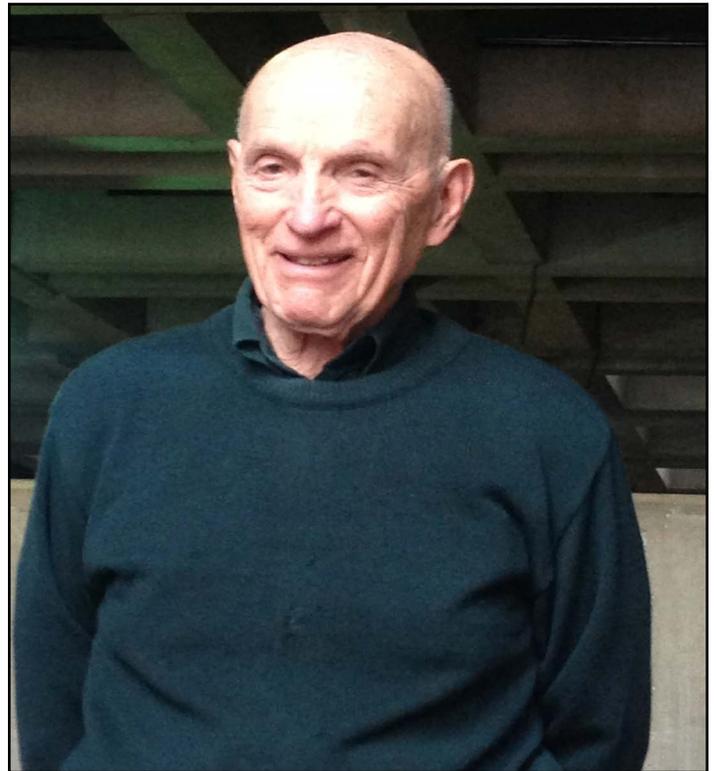
Call Gina Daniels at 617-525-8719
or email sleepstudy@partners.org

An Interview With **Chris Gussis**

The former health education instructor is still trying to help the world live better

Chris Gussis recently completed his 290th medical research study. After retiring from teaching health education in New Jersey he was looking for something to do. His interest in health and science lead him to look into participating in medical research studies.

The first medical research study he participated in was “The Effects of



Chris Gussis

“I feel I’m assisting seniors in living a longer and more fulfilling life...”

aging on Muscles & Nerves.” He has participated in every imaginable study, topics ranging from cardio vascular fitness, upper and lower body strength, blood pressure, blood flow, gum disease, dry eyes, diabetes, teeth whitening, cholesterol, balance, slips and falls, body composition, bone density, nutrition, sleep apnea, breathing, genetic testing for Alzheimer’s disease, prostate health and on and on. He has also participated

in research that evaluated his memory, attention, thinking, emotion, decision making, comprehension, forgetfulness, reaction time, and depression to name a few. He continues to participate in these studies because as he says “I feel I’m assisting seniors in living a longer and more fulfilling life, I’m learning more about my physical and mental health, and I’ve gained new experiences and friendships.”

His experience has changed some of his habits. He learned about nutrition

Continued from page 8

and then changed his eating habits. He learned about what he could do to improve on weaknesses in his physical body through exercise. He learned how to breathe properly. Overall he has learned small tips for better physical health and he has incorporated these tips into a weekly exercise regimen that includes swimming and progressive resistance exercises. This regimen has helped keep 87 year old Chris very healthy.

He encourages others to get involved in medical research studies, not only to learn about themselves but also for some pocket change. He hopes to continue to participate in them but feels that he may be aging out of the age requirements for the medical studies.



Boston Senior Companion
Program Director Gloria Stuart
and
Administrative Assistant
Annette Richardson
would like to wish you a
Happy New Year!

Catch the Senior Shuttle

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.

THE SOCK MARKET

Boston Seniority readers review new Heat Holders® socks to see if they live up to their name. Are they a "buy" or a "pass"?

Recently, Boston Seniority received a couple of pairs of Heat Holders®, creators of the warmest sock to trial and review. Here is what we heard:

REVIEWER NUMBER ONE:

I have washed and worn the Heat Holders socks for 2 days. They are, by far, the best and most comfortable socks I have worn. I have diabetic neuropathy so my feet are always cold, even in the summer.

My Evaluation:

Pros

- Excellent thermal sock, and I have tried many
- Feet do not perspire in the autumn: New England winter should be the same
- Soft cushion, important because from years of being a pedestrian, the soles of my feet have lost their padding
- Fits my size 12 feet comfortably - most female socks don't
- Wide enough for my 4E width foot without taking from the sock's length
- Elastic band on top does not dig deep into my swollen ankles at night
- Washed in cold water and dried in dryer without shrinking
- Fits comfortably into my sneakers without taking up too much space
- Feels like cashmere inside sock
- Wearing them to bed, complements my electric blanket heat
- Due to recent knee replacement surgery, I put socks on with special adapter put inside the sock and



the sock slips on foot without any problem

- No wool in sock, avoids my wool sensitivity

Possible cons:

- No price on packaging
- Navy color I thought was black
- Packaging shows no white or colored socks
- Back page is educational but too much red and weak contrasting orange and white print

Would I recommend these “Heat Holders”?

Yes.

REVIEWER NUMBER TWO:

The socks were beautiful, warm, and very comfortable. They fit easily into my sneakers and my regular shoes. They will keep me warm this winter. I washed them by hand. It was easy and they came out very well.

REVIEWER NUMBER THREE

The socks are so comfortable. I felt like I was walking on air! My floors are so cold, the socks did a great job at keeping my feet warm and cozy!

REVIEWER NUMBER FOUR

Very nice. Very warm. Love the color. Very lightweight, it doesn't feel like anything is on your foot. Yes, I like them, they're very nice.

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@boston.gov

Boston Fire Department

Free Elderly Fire Safety Program

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

Restrictions Apply

Please call the Fire Safety Program at 617-343-2022 or contact Ernie Deeb at 617-635-2359.

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

STATEPOINT CROSSWORD

THEME: YEAR IN REVIEW

ACROSS

- 1. Good for biceps
- 6. "___'___ alive!"
- 9. *Many Kurds did this from Syria in 2014
- 13. Unctuous Heep, of "David Copperfield"
- 14. Not pre-owned
- 15. It made Harry Potter's invisible
- 16. Common Thanksgiving Day action
- 17. ATM extra
- 18. Reduce, _____, recycle
- 19. *Captured drug lord
- 21. Zoo section
- 23. Go wrong
- 24. Hat part
- 25. Old age, archaic
- 28. Musical compositions for one
- 30. African equines
- 35. *Suspect in PA police ambush was denied this
- 37. Kosher establishment
- 39. Davy Crockett's last stand
- 40. Popular Creole vegetable
- 41. _____ Miss hot chocolate
- 43. Auditory
- 44. MC Hammer's "2 _____ 2 Quit"
- 46. Last two words of certain shoe company's famous slogan
- 47. "Rambling Wreck From Georgia _____"
- 48. *Beyonce and Jay Z performed in them together in '14
- 50. Antonym of #14 Across
- 52. "Big Island" flower necklace
- 53. Leave them behind for riches?
- 55. Grazing area
- 57. *Animated Oscar-winner
- 60. *Billboard Music Awards hologram guest
- 64. Indian restaurant condiment
- 65. Schiller's "___ to Joy"
- 67. Got up
- 68. Remove, as in a Pinterest post
- 69. A cool ____, as in money
- 70. Takes it easy
- 71. They're famous for being busy
- 72. Snake-like reef dweller
- 73. Arrogant one

CROSSWORD														
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64						65	66			67				
68						69				70				
71						72				73				

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CINEMAX **STARZ**

*Offer subject to change based on premium channel availability

DOWN

- 1. 27 is the ___ of 3
- 2. Russia's ___ Mountains
- 3. Reduced Instruction Set Computer
- 4. Wood-shaping device
- 5. Barn scissors
- 6. Facts and figures
- 7. Tiger's peg
- 8. Take an oath
- 9. Bloodsucking hopper
- 10. Displeasure on one's face
- 11. "Piece of cake!"
- 12. Obtain or create, barely
- 15. *Russia/Ukraine "apple of discord"
- 20. Cattle control, pl.
- 22. "That is to say"
- 24. Suffering from gastric distress
- 25. *It caused a scare globally in 2014
- 26. Kobe, e.g.
- 27. Sad song
- 29. Off-color
- 31. The Phantom ____, Mickey Mouse's nemesis
- 32. a.k.a. honey badger
- 33. White liturgical neckwear
- 34. *2014 Olympic site
- 36. Been in bed
- 38. *Infamous terrorist group
- 42. Type of monument
- 45. Jane's mate
- 49. Sigma Alpha Epsilon
- 51. Type of sticker, pl.
- 54. *Washington Nationals gave away a Jayson Werth garden _____
- 56. Ohio rubber hub
- 57. Olden-day temple
- 58. ____ for the picking
- 59. Elevator inventor
- 60. Come together
- 61. *Hope ____ set U.S. soccer record for career shutouts
- 62. Norse capital
- 63. Egg holder
- 64. Cause friction
- 66. Bond movie "Live and Let ____"

Solution on page 27

Parks records dating back to 1875 now online

Historians, scholars, friends groups, and open space advocates are among these who now have a window into the past as the records of the Boston Parks Commission have been digitized and put online through the Boston Public Library's digital services team.

The records, once confined to the original documents stored at the Roxbury offices of the Boston Parks and Recreation Department, date back to the 1850s and include annual reports, information about the formation of the Emerald Necklace, and the minutes of one of the oldest Parks Commissions in the country.

Copies of official Commission meetings, including many historical maps and plans, and annual reports are preserved in perpetuity and easily accessible to researchers and anyone else interested in this facet of Boston's history.

The collection begins with the handwritten minutes of the first Parks Commission meeting held July 21, 1875.

Boston Public Library's digital services team is responsible for digitizing and providing online access to the library's collections. The work is done at two state-of-the-art digitization labs in the Central Library in Copley Square.

The digitized collections can be found under the "online collections" tab of the BPL home page. To access the Parks Department records, go to the Archives section of the Department's homepage at www.cityofboston.gov/parks.

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
at 617-635-4250

Research Volunteers Needed

UMASS Exercise Study for
Seniors with Pain
Free Exercise Classes
in Newton Center

Call the HELP Study at

617-287-7394

Or email

thehelpstudyumb@gmail.com



Broiled Tilapia Parmesan

Ingredients

- 1/2 cup Parmesan cheese
- 1/8 cup butter, softened
- 3 tablespoons light mayonnaise
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon dried basil
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon onion powder
- 1/8 teaspoon celery salt
- 2 pounds tilapia fillets

Preparation

Preheat oven broiler. Grease broiling pan or line with aluminum foil.

Mix Parmesan cheese, butter, mayonnaise, and lemon juice together

in a small bowl. Season with dried basil, pepper, onion powder, and celery salt. Mix well and set aside. Arrange fillets in a single layer on prepared pan.

Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil for 2 or 3 minutes more. Remove fillets from oven and cover with Parmesan mixture on top side. Broil until fish flakes easily with a fork, about 2 minutes

Serves 8

Source: <http://allrecipes.com/Recipe/Healthier-Broiled-Tilapia-Parmesan/Detail.aspx?evt19=1> Accessed 11/28/14

Maple-Lime Roasted Sweet Potatoes

Ingredients

- 1 tablespoon pure maple syrup
- 1 tablespoon dark brown sugar
- 1 tablespoon unsalted butter, melted
- 1 tablespoon sunflower oil or olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- Pinch of cayenne pepper

- 2 pounds sweet potatoes, peeled and cut into 1-inch pieces
- Zest of 1 1/2 limes

Preparation

Preheat oven to 350°F.

Combine maple syrup, brown sugar, butter, oil, salt, cinnamon and cayenne

Continued from page 14

in a large bowl. Add sweet potatoes and toss until thoroughly coated. Transfer to a large rimmed baking sheet. Roast, stirring every 15 minutes, until tender, 45 minutes to 1 hour. Sprinkle lime zest over the sweet potatoes and gently stir to distribute.

Servings 12 about 2/3 cup each
Calories 138

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



Accessed 11/28/1

A photograph of an elderly woman and man sitting in the front seats of a car. The woman is leaning out of the window, smiling warmly. The man is sitting behind her, also smiling. The car is dark-colored, and the background shows a bright, sunny day.

**SEEKING
VOLUNTEER
DRIVERS**

**Age 55+ to
provide dignified
transportation to
Boston seniors**

**For more information, contact
Patricia McCormack at
617-635-1794 or email
Patricia.McCormack@boston.gov**

Happy Holidays

from

RenewBoston



As you make resolutions for the New Year, here are some suggestions from Mayor Martin J. Walsh's Renew Boston, the program to help you make your home more affordable and more comfortable – no matter the weather!

Start off by requesting your no-cost, no-obligation Home Energy Assessment. You might be able to save hundreds of dollars off your heating and electricity bills.

The way to find out how much you might save is to have a Home Energy Assessment with one of our certified Energy Advisors.

These professionals will walk through your home with you and give you a detailed report listing all the energy efficiency improvement projects for which your home can qualify.

The Energy Advisors' time with you and their report will not cost you a penny and there is no obligation to follow any of their suggestions for home improvements.

If you rent or own a building with less than 5 living units, start by calling 617-635-SAVE (7283). Just give them your name and address so they can check to see if you've already had an Assessment.

They may need your account numbers from your electric bill, as well as your gas bill if you have one, so if you can have those with you when you call, great.

We do not ask for any financial records when you request a Home Energy Assessment, but if you receive fuel assistance or the utility discount rate, please call ABCD at 617-357-6012 for even greater discounts than what Renew



Boston can provide.

Once the Energy Advisor arrives at your appointment, they will talk with you and check your energy bills to better understand your home's energy profile. Then they'll check your heating equipment and anything else that burns gas or propane.

They do this to make sure that these things are burning clean and not putting out any toxic gases. They'll also check to see if you have an old fashioned type of wiring called "knob-and-tube" or if you have a really old heating system wrapped

in asbestos plaster.

These two safety hazards have prevented Renew Boston from helping these homes in the past, but now there are funds that help subsidize the cost of remediating these barriers.

The funding for these grants is coming from a special federal grant, and it's being distributed on a "first-come-first-serve" basis.

Don't miss out on this opportunity! Call today!

Don't Be Left In the Cold!



Call **617-635-SAVE(7283)**
or visit **www.Renewboston.org**
to make your home more comfortable
NOW!



Quaker Love

Celebrating the holidays in a different way

By: Joan Borowitz

Many people celebrate the holidays in very different ways. For some, it is a time of reflection and memories of childhood joy. But for others, especially as we age, it can be a time of loneliness.

I have been a practicing Quaker since I was 17, and I am now approaching 60. Many people confuse the Quakers (also known as the Religious Society of Friends, founded in the 1600's in England by George Fox) with the Amish, Mennonites or other groups.

I am a member of Friends Meeting at Cambridge. Ours is a very large group, with very diverse theologies or lack thereof. Everyone is united by our five "testimonies": simplicity, pacifism, integrity, community, and equality. Quakers are simple, loving, folks best known for seeking that of God in everyone, referred to as "The Inner Light."

We are also unique in that our worship is mainly silent marked by brief vocal ministry if a worshipper is moved by the spirit.

I have made many life long friends in my meeting. It was there that I met my spirit mother, Emily. Emily was completely selfless, helping the Meeting and everyone whose lives she touched in a kind and loving way. We became, truly, mother and daughter.

I had spent much of my teen years searching for strong women figures to guide me. She was a watercolor artist, an avid gardener, birthright Quaker of several generations, mother, wife, grandmother and nurturer and called me nightly for lengthy talks. She spent her professional career as a psychiatric social worker at MGH. She brought her wisdom to helping others with their struggles. Emily lacked any sort of pretense.

Sadly, after having survived two bouts of Breast Cancer, Emily died of Brain Cancer in June of 2010. During treatment, she had a "vision" of creating healing gardens all over the planet, serene spots for grieving or ill folks to pray or meditate.

I have helped in the creation of healing gardens in her memory all over the

world through the simple way of giving friends rocks from the ocean to put in special places in their homes or faith communities.

With all of the violence and terror we face in these challenging times, my hope for the New Year is that we can comfort our souls and spirits by creating healing gardens within, and with our families, friends, and faith communities. As Emily once said “God takes small acts of kindness and makes them great.”

In respect of her loving legacy, my home community of Standish Village in Dorchester is planning on creating a Community Healing Garden on our grounds. As a group, Standish has made, and continues to make, trips to Emily’s official Healing Garden located at the assisted living where she spent her last few years – Newbury Court in Concord Massachusetts. Sitting amidst the plants, wildlife, and breathtaking view of the Sudbury River is healing for all who visit.

Keep Wipes Out of Pipes



There are many new disposable wipes that claim to be “flushable” and “sewer safe.” However, these wipes do not break down as they travel through pipes and into the sewer system.

Wipes can create clogs in both household plumbing and the public sewer system and result in sewer backups. Do your part and keep these wipes out of the pipes!



Boston Water and Sewer Commission • 980 Harrison Avenue, Boston MA 02119 • 617.989.7000



Don't Flush “Flushables”



Disposable wipes, even those labeled ‘flushable’ should be disposed of in the trash, not flushed down the toilet.

Most wipes, including:

- Bathroom wipes
- Baby wipes
- Disinfecting wipes
- Towelettes

do not degrade and can clog pipes and cause sewer backups.



Boston Water and Sewer Commission • 980 Harrison Avenue, Boston MA 02119 • 617.989.7000



FASTER IS NOT BETTER, FASTER IS JUST FASTER

"Don't Retire, Inspire

By: Augusta Alban



The fastest growing part of our population are those over age 90. What comes to mind when you read that? You want to tell me about your great grandmother's old friend Edna who, as your recall, lived to be well over 99. Wake up and smell the coffee! This truly is a different world now. Lots of people are living well into their 90's and beyond. It's not remarkable any more and it's not newsworthy. What IS newsworthy is what these people are DOING with their lives. For one thing, they are taking part in studies that may help us understand why and how we can live longer and better.

Living Longer — "LL" as I call it — has still not been recognized as it should. In days gone by, reaching a certain age we were given a rocking chair, knitting needles and a warm place in the corner near the fire. If on the other hand, our thinking was not "inside the box" at the time, you could be placed in the attic. The appearance of the attic is more upscale now: beautiful buildings, well-groomed landscaping, hair salons, barber shops, even gift shops, all and every amenity one could ask for. The colors of the dining halls are chosen to be pleasant and calming, transportation to the closest mall is right outside the front door. It's all brought to you: speakers, movies, even bingo! Why get dressed? Just mosey on down the hall.

We have made it too easy. We suggest

what is needed now are motorized carts, and a cane that can stand on its own. Get up and keep moving. The saying "if you don't use it you lose it" couldn't be more true. Now to frighten us even more, we hear on TV "I've fallen and I can't get up." We have let this happen to us. We are not supposed to go from one sitting position to another. We are made to move.

I must tell the story of my 92-year-old neighbor who lives in my building on the 15th floor. I am on the third floor overlooking a beautiful garden. Last winter at it coldest, I was amazed by the appearance of this neighbor in the garden. She had trouble walking without the support of a walker or cane, but continued to visit the garden daily, disregarding the below-zero temperature and howling winds. It was a slow process for her. What determination! I wonder what is her motivation?

Learn to strengthen yourself by yourself. The world is getting older and we are part of it! There is a life to be lived! Get out and enjoy it. We need a new image!

I am pleased to be part of the "Don't Retire, Inspire," show that is trying to do just that: change our image. We film at Suffolk Studio 73 and I am proud to say the students produce the show. It's a real TV show and it is broadcast throughout

most of Massachusetts. We all work as a team. Depending on the students' schedule and the availability of our guests, the youngest may be 16 and the oldest could be 99 or more.

Each brings to the studio their unique talent, life experiences and great humor. It works like it is supposed to. Everyone is respected for what they bring to the show, regardless of age.

We should take lessons from the English. I am most fond of how they honor their old talented countryman. They knight them and celebrate their lasting appeal. They respect talent and hard work and age, like Maggie Smith, Judith Dench and Paul McCartney. So what do we truly want? Not to be judged one way or the other by the number of candles on a birthday cake. What we truly want is to be given the same chances as anyone else. We may stumble once in a while, but we won't come to work drunk or on drugs. We truly believe in the value of hard work and giving of our talent and energy to make where ever we find ourselves a better, safer place for all, regardless of age.

I should stop right now. We have talent, we have ambition, we have resources, we have the will and desire to give back. We are not afraid of technology. We don't want to just sit back and watch the world go streaming by on a handheld device. We stand up and hold our heads high.

We need an image change! If you don't have an attitude, get one!

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.

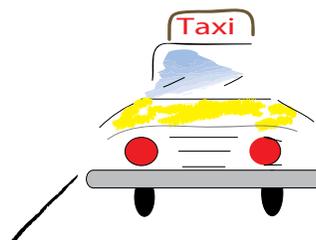
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Health Care Matters

The Importance of Getting a Flu Vaccine

As we age, our immune systems start to weaken. These changes in the body's ability to defend itself against bacteria and viruses increases risk for illnesses like the flu. This is a main factor in why it is strongly recommended that people over the age of 65 get the flu vaccine.

Every fall/winter season has the potential for a flu epidemic, which can mean different things to us all, but generally includes being home sick in bed. Add to that the general sensation of feeling miserable for the better part of a week - high fevers, body aches, headaches, stuffy nose, and cough, otherwise known as the I-Just-Got-Hit-By-A-Bus syndrome.

Influenza may sound like a nag but it actually can cause serious illness, hospitalizations, and even death. Those affected the most severely include young children, pregnant women, the elderly, and those with chronic medical conditions such as asthma, diabetes, or weakened immune systems. Some of the increased complications facing seniors include pneumonia, bronchitis, sinus infections and ear infections.

The Center for Disease Control

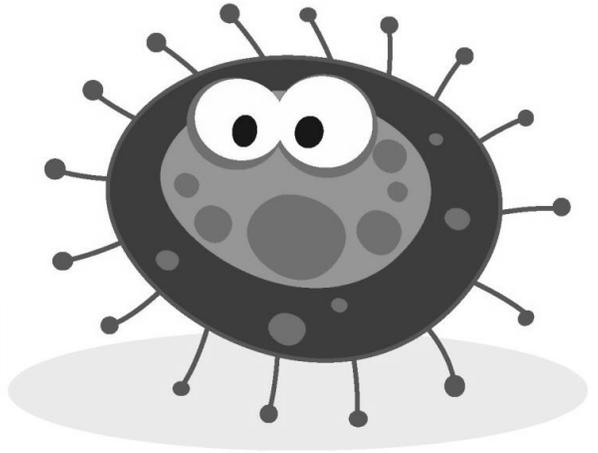
recommends that anyone 6 months of age or older get the flu vaccine. Older adults who get the flu shot reduce their risk of hospitalization, and death. In addition to protecting yourself by getting the flu shot, you can boost your immune system by eating healthy, exercising regularly, and getting enough sleep. Prevention is the best course of action because antibiotics are completely ineffective against the flu.

The flu season can begin as early as October and last until mid-spring. Getting the shot in early fall allows the body a chance to build up immunity to the flu virus; it takes two weeks for the flu vaccine to start working. Even if you've gone this far without getting the shot, doing so as soon as possible is still a wise decision.

\ Help protect yourself, your loved ones and our community this flu season. Get your flu vaccine today! Flu shots are covered by Medicare and most major insurance.

Article contributed by CareWell Urgent Care.

Fight the Flu

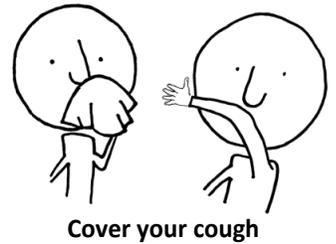


Keep your family healthy this flu season!

- ✓ **Everyone 6 months of age and older** should get a flu vaccine *every year*.
- ✓ **Cover your coughs and sneezes** to prevent the spread of germs.
- ✓ **Wash your hands often** with soap and water or use hand sanitizer.
- ✓ **Stay home if you feel sick** and contact your doctor if symptoms become severe.



Get Vaccinated



Cover your cough



Wash your hands



Stay home when sick

Ask your doctor for the flu vaccine today!

For public flu clinics, go to www.bphc.org/flu

Need help finding a doctor or getting health insurance? Call the Mayor's Health Line at **617-534-5050**.

For more information, please contact:

Boston Public Health Commission

Infectious Disease Bureau

(617) 534-5611 or www.bphc.org/flu



Aging In Places: Holiday Evolving

By: Marian Leah Knapp



For me, autumn is a time for reflection. This year I'm thinking about how my holiday celebrations have evolved.

First, my family has changed. We have increased with new daughters-in-law and grandchildren, but decreased as members of the older generation have died. Last year we had one "oldest old." This year we have none. I feel their loss. Significantly, I have graduated to the "most senior" position. I am one of the last remaining parents among my children and children-in-law, and the only grandparent here in the States. Being in this position is slightly scary. I'm the next person in line for my kids to wonder whether I will make it to the festivities. Fortunately, I am healthy. I try to dismiss these thoughts and focus on the things I must do tomorrow.

Another shift is that the location for our dinner has moved away from my place. We now gather at a son's and daughter-

in-law's house. She does the main course, and others, including me, fill in what's needed. This second evolution seems straight-forward, but it is not because, in my head, I see a third change about who's in charge.

I used to organize everything and I liked having all of us at my place. Also, being in control was good for my ego. I created the menu, decided where to buy the turkey (if that was the choice), cooked it my way, and decided when to say "let's eat!" I tried not to be a dictator and asked for suggestions.

But it was mainly my day. When talk began about having our holiday someplace else, I was grumpy. I felt I was losing authority. "What about respect for the past?!" I grumbled to myself. But, I went along with it. Guess what? After the first couple of times, it felt fine. "Why was I troubling my brain?" The goal of togetherness still

existed and I didn't have all of the work. Great!

Finally, our family has evolved to become more diverse. We have foods that are different - special dishes of Wisconsin or Japanese origin. Not only have the food choices expanded, but we have ideas from varied cultures about what it means to be together. I wish I could say that it has been easy to add new rituals. It's been challenging at times. Still, I try to understand each person's viewpoint. If I didn't do this, the holiday (and I) would not continue to evolve and mature.

The upshot is that I no longer have a standard family feast picture in my

head. The image of a time when what was served was fixed, when everyone looked similar, and when grandma was in charge, no longer applies.

Now I see the holidays as a progression in tradition. It is an opportunity to pass on old and new customs for the next generation to decide what to do with. So, to all of us, let's gather, celebrate each other, continue to evolve, and eat!

Marian Leah Knapp is a resident of Newton, MA, serves on Newton's Council on Aging, and writes about her own experience on what it is like to get older. At age 70 she received her Ph.D. which was focused on the total environment in which people age.

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Three simple ways to trim monthly expenses

(StatePoint) Everyone seems to be looking for ways to save more money, especially as the cost of living is on the rise. By trimming expenses on the things you need, you can devote more toward the things you want, as well as save more for the future.

Home Maintenance

If you're paying a professional to perform simple home maintenance tasks and keep up the lawn, consider doing it yourself. Many such duties are simple to perform with inexpensive tools and a free afternoon.

By frequently changing your heating, ventilation and air conditioning (HVAC) filters, you may be able to lower your electric bills by improving your unit's performance, as well as help keep it free from pollution and debris. A new filter can cost as little as a dollar, whereas a new HVAC unit will come with a heftier price tag.

Also, consider swapping your traditional incandescent bulbs for LED light bulbs, which typically use 85 percent less energy, saving you potentially over \$130 in energy costs over the life of the bulb.

Healthy Habits

Healthy habits can save you money down the line, from lost work time to doctor visit copays.

Start with a well-balanced diet, daily exercise and a good night's rest. In the cooler months consider soups and hot tea.

Stock up on vitamins, minerals, hand soap and disinfected wipes and sprays to help prevent a cold or flu.

Disinfecting wipes make it easy to clean commonly-touched household items, such as door knobs, telephones, refrigerator handles and TV remotes.

Digital Coupons

Coupons can save money every day, but they can be time consuming to clip. They are also often forgotten at home. However, digital coupon programs can help you avoid these hassles.

With a bit of planning, maintenance and savvy consumerism, you can save more on the items you purchase frequently.

Seeking Community Café Volunteers



Help bring a smile to a senior's face by volunteering to serve lunch at one of our Community Cafés in the Boston area. Kit Clark Senior Services is looking for volunteers to serve lunch at the historic Beacon House located behind the State House, Unity Towers in the South End, and the East Boston Social Center in the heart of East Boston. For more information, please contact Jeniece at 617-533-9215 or email jdeschild@baycove.org

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at 9:00 AM streaming on zumix.org

WJIB 740 AM on

Sundays at 7:30 AM

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

Solution to Crossword Puzzle on Page 12

C	U	R	L	S		I	T	S		F	L	E	E	
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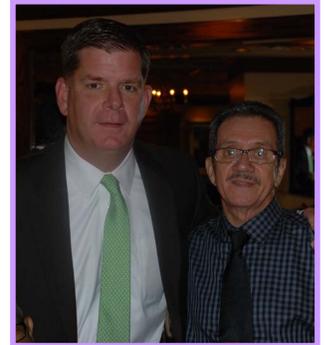
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