

Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



Welcome
Mayor Walsh!

Winter

FREE

2014
Volume 38
Issue 1

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Mayor's Spotlight

Personal interview with **Mayor Martin J. Walsh**



1. Describe an older adult that had an impact on your life and why.

My grandfather had a big influence on me. He was hard working, he took good care of his family, he never complained and he had a very strong belief in his faith.

2. What senior initiative you are looking forward to working on first?

As Mayor, I have a responsibility to every generation in the City of Boston. I've committed to understanding the difficulties so many of our seniors face and finding solutions to those challenges. Next month, we'll start a new survey by the Boston Housing Authority to understand the needs of seniors and the disabled living in city housing. We know we've got to find new options for creating more housing for seniors.

We will also release a new comprehensive study on Boston seniors: about where

and how you live, employment and income, nutrition and health, mobility and language.

I've also committed to joining the Alzheimer's Early Detection Alliance and releasing a Blueprint for Action for the city to raise awareness through education and outreach. My grandmother and our family suffered from this disease, so for me this one is personal.

3. What ignited your passion in politics?

As a kid I used to go to political rallies with my father and my uncle and those experiences really made an impression on me. First and foremost, politics is about helping people, and that's why I was drawn to it at such an early age. I love politics and rallies. I love bumper stickers and the smell of campaign offices. And I love being involved in the political process.

4. What is one of your favorite places in Boston and why?

My home in Dorchester: It's mine and it's comfortable.

5. If you could ask advice from one historic figure that lived in Boston, who would it be and what would you ask?

John F. "Honey Fitz" Fitzgerald. I would ask him about life in Boston as it entered the 20th century. He would give such a good glimpse into the past, and would probably have a lot of lessons that would still apply today.



The Elderly Commission

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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, running late **March** - early **May**.

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

LOCATION: Announced upon registration.

TO REGISTER, YOU MUST BE:

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- A *current resident* of Dorchester.

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To **RESERVE** a seat in the class:

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Representatives are available Monday - Friday 8:00 a.m. - 8:00 p.m.
(From Oct. 1 - Feb. 14 representatives are available 7 days a week, 8:00 a.m. - 8:00 p.m.)

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, copayments/coinsurance may change on January 1 of each year.

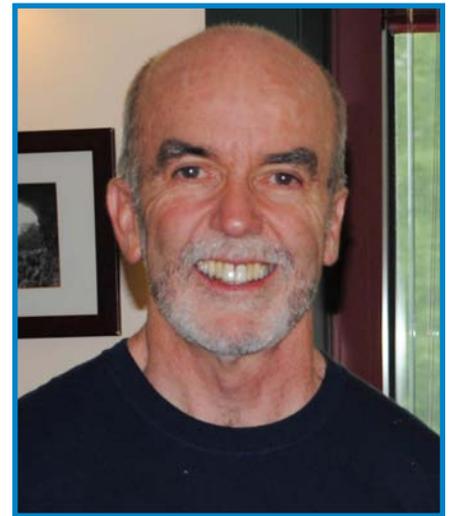
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Michael J. McColgan, Health and Fitness Advocate

In 3 sentences or less what is your job?

I am the Health and Fitness Advocate. Tasks include

- 1) Making presentations and advocating for the establishment and maintenance of walking clubs and other exercise groups within the City of Boston
- 2) Acting as staff liaison to the monthly meeting of the Health and Long Term Care Task Force which includes taking minutes, recruiting speakers, making meeting space available
- 3) Coordinating and organizing the five day/six venue Greater Boston Senior Games for 800 Seniors in May of each year (2014 will be my sixteenth year).
- 4) Coordinating and organizing the Mayor's Annual Health & Fitness Walk for 750 Seniors in October of each year (2014 will be my sixteenth year).



What do you most enjoy about your job?

The ability to assist in providing opportunities for seniors to improve their lives through health and fitness events and activities as well as through other social events and resources that the City of Boston Elderly Commission offers Boston's seniors.

What one thing has surprised you about your job?

The resilience of seniors who may actually be very old chronologically, but are in fact very young in terms of their energy, determination and spirit.



Describe an older adult that had a direct impact on your life.

The person who comes to my mind immediately is Gareth Kinkead who recently passed away on November 12th. For the very few of you who did not know Mr. Kinkead, he had many community oriented titles and roles. This included being a member of the Elderly Commission's Retired Senior Volunteer Program Advisory Board. But much more than this, Mr. Kinkead was a long time Mattapan community activist who started "Shangri-La" in the Colorado Street section of Mattapan forty two years ago. The many components of "Shangri-La" were a crime watch group, a civic association, a walking club, a garden club, a bowling league and a travel club.

As busy as Mr. Kinkead was with all of these endeavors, I could always call on him to go out and speak to a senior group or agency who might be considering forming a walking club. If I needed advice on how long an exercise walk should be, he would size up the participants and advise me on the length of the walk.

Mr. Kinkead in his role as a civic leader inspired me to continue my involvement in my own Polish Triangle neighborhood of Dorchester. Because of his inspiration I know that a neighborhood is only as good as the commitment of the residents. Therefore, I continue to serve on the executive board of the John W. McCormack Civic Association. I am presently in my nineteenth year in that position.

**To view a short video clip of this profile go to:
www.facebook.com/BostonElderlyCommission**

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.

Flushables: Maybe Not!!

I don't often read all the inserts that come with my bills. This month's recent Boston Water and Sewer Commission bill had an interesting insert. They strongly recommend "Don't Flush Flushables." Many wipes are advertised as disposable and "sewer safe."

There are wipes advertised for many reasons; disinfecting wipes, bathroom wipes, baby wipes, towelettes for cleaning hands when out to eat even towelettes to wash off your eyeglasses!!

Most of these wipes are labelled "flushable" but they may not be degradable (break down). They can clog your sewer pipes and they can cause sewer backups in the larger pipes and importantly, they can cause a fortune if you need to call a plumber, especially on a weekend or holiday.

Plan: Think twice before you discard any of these into your toilet. The newer toilets use less water when flushing and therefore do not flush as well.

Place all towelettes in regular household trash. Changing diapers? Always place disposable baby wipes with diaper when discarding.

For more information or if you have any questions call Boston Water and Sewer Commission at 617-989-7000.

Neti Pots

Neti pots have become very popular the last few years.

Neti pots look like little teapots with long spouts. They are used to rinse nasal passages, often with a saline (salt water) solution. They are used to treat congested sinuses, colds, allergies and for moisturizing nasal passages when exposed to dry indoor air, especially in wintertime.

There are several important things to remember when using a neti pot to avoid serious infections.

1. Label: Use water with a label that says "contains distilled or sterile water."
2. Boil: If you use tap water, you must boil it for one minute, let it cool. Above 6500 feet, boil for 3 minutes.
3. Filter: Use a filter designed to remove germs that grow in the water. The label may read "NSF 53 or NSF 58."
4. Disinfect: You may want to disinfect the water and neti pot with chlorine bleach if you think they may be infected with ameba/ parasites or other germs.
5. Check with your doctor or pharmacist. They are familiar with neti pot irrigations. They can tell you what solutions you should use, how often to irrigate, signs of infection and potential dangerous situations.

Continued from page 8

6. Be sure to clean and air dry the neti pot after each use.

If you have any questions, call your doctor before purchasing the neti pot. Not all nasal infections are minor. You may need a diagnosis before irrigating your nasal passages, especially if you have a fever, headache or facial pain. You may need antibiotics prior to irrigations.

I wish all my readers
a
Healthy and Happy 2014!

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20th Annual

Health & Fitness Walk for Seniors

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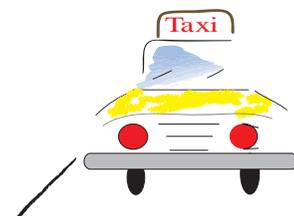


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New Year/New Station

By: John H. O'Neill III

Spring of 2014 is sure to bring changes. The MBTA decided it was time to update Government Center Station where the Blue and Green Lines intersect. Travelers often ride the Green Line to Government Center Station, then transfer to the Blue Line and continue to Logan Airport.

Barletta Heavy Division has worked on numerous projects connected with the MBTA. It is important to note that the projects were massive undertakings, not just regular maintenance. Charles/MGH MBTA Station is an example. Kenmore Station is another. The Project manager,

Kevin Huie, is often on site. He feels the workers are: "doing well." One part of the project involves reshaping the nearby streets. That has started, closing one lane and opening another lane of Cambridge St. Utility lines are in many places. The workers have studied the location of the different lines. They need to be moved before excavation starts.

The MBTA is planning to have a shuttle bus once the construction of a new subway station starts. It is due to make four stops at Haymarket, State, Government Center, Bowdoin, and return to Haymarket Station. The shuttle should make things easier during the construction. In two years a new Government Center Station will be more accessible for riders.



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FREE Services include: dental and oral cancer screenings, examinations, x-rays, cleanings, fillings, dentures, root canals and oral surgeries

Monthly dental screenings will be held from **10am to 2pm:**

February 19th: Bell Flower (24 Bellflower St, Dorchester)

March 12th: Codman (784 Washington St, Dorchester)

April 8th: JJ Meade (5 Melville Ave, Dorchester)

May 15th: Lower Mills (2262 Dorchester Ave, Dorchester)

June 18th: Ashmont (350 Ashmont St, Dorchester)

All services are provided FREE of charge regardless of insurance or ability to pay.

**For more information, please contact:
Joyce at (617) 638-5036**

Reduce Your Risk of Heart Disease



One of the nation's top cardiologists tells how you can reduce your risk of dying from heart disease by 25 percent or more---and improve many other aspects of your health—with one effortless step.

By: Dr. Dennis Goodman

It's almost certain that one question has crossed the minds of countless seniors in Boston this winter: "Will pushing all this snow around make me stronger, or bring on the big one?" It's a reasonable thought, given that statistics show that one-in-two Americans will die from heart disease.

Norm Nelson is a fifty-something-year-old mechanic who loves the outdoors. He was physically active much of his life, but in recent years spent most of his time indoors rather than in the woods. This fall he went on a much-anticipated camping trip. On the third morning of his adventure, he woke up feeling funny. Rather than going hiking, Norm went to the doctor. Tests showed that he had suffered multiple heart attacks. "If I had gone out that morning as I had planned to do, it would have been my final hike," Norm says. "You hear it all the time, but I never thought it would happen to me."

The good news is that there is a common mineral that can help reduce your risk of heart disease, including heart attack and stroke, by as much as 25 percent or

more—magnesium. The bad news? Like Norm, you're more than likely magnesium deficient.

According to reports published by the World Health Organization, nearly 80 percent of all Americans are magnesium deficient. Seniors are even more likely to be in that category since they're more likely to have illnesses or be on medications that deplete magnesium. Diabetes, arthritis, increased stress and, yes, heart disease, are all culprits. So are drugs like diuretics and those that treat acid reflux.

Magnesium is one of the most important minerals in our bodies. It's required for 350 enzyme systems, including converting ADP to ATP, the body's fuel supply similar to the gas in your car. Simply put, we need ATP to create muscle action (including the beating of our hearts) and we need Mg to create ATP.

Common signs of Mg deficiency

It doesn't necessarily mean you have a Mg deficiency, but these are some of the more common symptoms: fatigue, back or neck pain, muscle cramps, palpitations, weakness, loss of appetite, insomnia, and loss of balance. Many seniors accept these as conditions of old age, but they very well may be symptoms of Mg deficiency. While easy enough to treat, if Mg deficiencies go on long enough, they can end up as diseases like obesity, diabetes and heart disease.

How to tell if you're Mg deficient

The common signs of magnesium deficiency are one indication that you might be deficient. But ultimately you'll want to talk to your doctor and ask him or her to

test you. I do an RBC Mg (Red Blood Cell magnesium) test on all my patients. I like to see a level of 5.5—anything below that, I consider suboptimal. Alarmingly, but in accord with statistics from the World Health Organization, I find most of my patients to be deficient.

How to increase your Mg levels:

Magnesium is found in leafy green vegetables. It's also in such foods as avocado, pumpkin seeds, almond butter and spices like basil and coriander leaf. Ironically, you could eat all these foods and still be Mg deficient. That's because the levels of Mg in food is dependent on the levels of Mg in the soil where that food was grown. Unfortunately, much of our soil has been depleted of Mg due to commercial farming practices. That's why I recommend organic foods or those grown in local gardens.

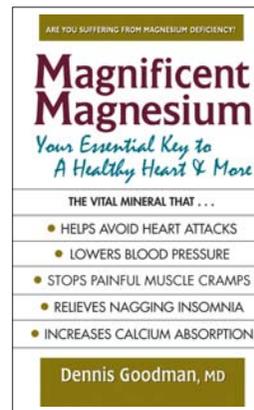
If you realize you need to supplement

There are a wide variety of supplements on the market. There is no such thing as a 100 percent Mg supplement. Mg must be bound with another substance so it can be absorbed. Some of those combinations include: magnesium carbonate, magnesium hydroxide and magnesium sulfate. Each combo has its own characteristics. For instance, magnesium carbonate has antacid properties, while magnesium hydroxide and sulfate have laxative properties, like Milk of Magnesia. Unless my patient is dealing with constipation, my personal favorite is magnesium malate, by Jigsaw Health, which has slow release characteristics. So, instead of getting a bolus of Mg in your gut, which

could cause diarrhea, you'll get a slow, steady release and absorption, with minimal if any GI side effects.

If you do decide to take Mg, you'll need to talk with your doctor first. Mg can potentially interfere with certain medications and can even be dangerous to those with kidney problems. On the flipside, you may be able to get off other meds by supplementing. Many times I've reduced or completely discontinued my patient's meds because of the benefits of Mg. That's what I'm hoping can happen with Norm now that he's stable and back at work.

Dennis Goodman, M.D. has been named one of "America's Best Doctors" and just authored a new book from Square One Publishers, "Magnificent Magnesium" available on amazon.com. For more information, go to www.dennisgoodmanmd.com.



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BBB Offers 10 Resolutions For A Safe, Scam-Free New Year

Marlborough, MA - With the New Year at hand, Better Business Bureau (BBB) has 10 resolutions that can help you fight scammers, prevent identity theft and save money in 2014.

Consumers can save themselves time, trouble and money by creating a budget, researching businesses before they buy and learning to recognize the red flags of common scams. BBB Business Reviews offer verified information on businesses and charities, and they're available 24/7 at bbb.org.

The following resolutions can help consumers have a safe, scam-free 2014:

1. Always check a business out with BBB before you buy. Nearly 400,000 businesses meet BBB standards and are qualified to use an Accredited Business seal on their websites and at business locations. Visit bbb.org to find BBB Business Reviews for nearly 4 million businesses across North America.

2. Be skeptical of “job offers” that promise easy money. With high unemployment and long job searches common, scammers are targeting people desperate to find jobs. Beware of any job offer, work-at-home scheme or business opportunity that promises big money for little work and no experience.

3. Always read the fine print - especially with “free” trial offers. Thousands of consumers complained to BBB this year after signing up for a “free” trial offer online that resulted in repeated charges to their credit or debit cards, sometimes amounting to hundreds of dollars every month. Read the terms and conditions of any “free” trial offer before handing over credit or debit card numbers.

4. Keep your computer safe. If you haven't already done so, install anti-virus software on your computer and check regularly for software and operating system updates and patches. Don't open attachments or click on links in emails unless you can confirm the email came from someone you trust.

5. Never wire money to someone you don't know. Many scams require that the victim wire money back to the scammers. Scammers know that tracking money sent via MoneyGram or Western Union is extremely difficult. Once you've wired the money, it's nearly impossible to get it back.

6. Fight identity theft. Shred paper documents that include sensitive financial data and dispose of computers, cell phones and digital data safely. BBB offers tips and checklists on what to shred.

7. Ask BBB for help. File a complaint with BBB if you have a disagreement with a business or have been ripped off by a scammer.

8. Create a budget and stick to it. Setting

a budget can help you stay afloat in 2014. The BBB has advice on how to create a budget to help you get out of debt and stay out of debt at bbb.org.

9. **Fight fake check fraud.** Thanks to advances in printing technology, scammers have the ability to create professional-looking phony checks. Educate yourself on the common types of check fraud and be extremely wary of checks that come with claims that you've won the lottery, are eligible for a government grant or have landed a job as a secret shopper. These are almost always scams.

10. **Get everything in writing.** Don't just take a business' word for it. Get every verbal agreement in writing to limit miscommunication and misunderstandings between what you expect and what the business delivers.

For more information you can trust, visit bbb.org.

For more than 100 years, Better Business Bureau has been helping consumers find businesses, brands and charities they can trust. In 2012, consumers turned to BBB 124 million times for Business Reviews on more than 4.5 million companies and Charity Reports on 11,000 charities, all available for free at bbb.org. The Council of Better Business Bureaus is the umbrella organization for 113 local, independent BBBs across the United States and Canada, as well as home to its national programs on dispute resolution and industry self-regulation.

BBB Serving Eastern Massachusetts, Maine, Rhode Island & Vermont, 235 West Central Street Suite 1, Natick, MA 01760-3767
United States

Boston Fire Department **Free Elderly Fire Safety Program**

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

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

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

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. & Tuesdays at 8:30 p.m.

For more information call

Greg Josselyn
617-635-4250



Platinum Singers concert at United South End Settlements



The Senior BBall Players found this lovely sign hanging in the gym for them from Mariellen and the Roslindale Community Center.

Seniors over age 60 who are interested in playing Basketball are welcome to join. You can just shoot around or you can participate in 3 on 3 Half Court games. Every Tuesday and Thursday from 10:30 am - 12:30 pm.

For more information call Ed Conway at 617-327-6831 or email him at edconway14@yahoo.com

Memor Project Reading in West Roxbury



George McCormack at Grub Street's fundraising gala *Lit Up*. Representing the Memoir Project with his reading of "I'll See You At Ma's".

George performed in a program called "10 x 2," which featured 10 writers from Grub Street community doing 2-minute readings of their work.

Healthy Recipes

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

Pear and Apple Galette

Ingredients:

Pastry Dough

- 3 tablespoons butter
- 1 cup white whole-wheat flour
- 1 cup all-purpose flour, plus more for rolling
- 1 tablespoon sugar
- 1 1/2 teaspoons freshly grated lemon zest
- 1/2 teaspoon salt
- 2/3 cup reduced-fat cream cheese
- 3 tablespoons canola oil
- 2 tablespoons cold low-fat milk

Gingersnap Layer

- 2/3 cup old-fashioned rolled oats
- 1/2 cup all-purpose flour
- 1/2 cup sugar
- 3/4 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Pinch of ground cloves
- Pinch of salt
- Pinch of freshly ground pepper
- 2 tablespoons molasses

Fruit Layer

- 1 pound firm ripe pears, such as Bartlett or Bosc
- 1 pound tart apples, such as Granny Smith or Pippin
- 2 tablespoons fresh lemon juice
- 1/3 cup sugar

- 1 tablespoon all-purpose flour
- Pinch of salt

Garnish & Glaze

- 1 tablespoon coarse or granulated sugar
- Pinch of ground nutmeg
- 1/4 cup apple or apricot jelly or fruit spread

Directions:

1. To prepare pastry dough: Melt butter in a small saucepan over medium heat. When it starts bubbling, cook, stirring and watching carefully so it doesn't burn, until golden brown, 2 to 6 minutes. Transfer to a metal bowl and refrigerate until solid again, 25 to 30 minutes.
2. Combine whole-wheat flour, 1 cup all-purpose flour, 1 tablespoon sugar, lemon zest and 1/2 teaspoon salt in a food processor. Pulse once or twice to mix. Cut the butter and cream cheese into pieces; add and pulse until the mixture resembles coarse meal. Add oil and pulse until it looks like wet sand. Add milk and pulse until small clumps form.
3. Transfer the dough to a sheet of parchment paper and press into a ball, then press the ball into a disk about 8 inches wide. Wrap in the parchment and refrigerate for at least 1 hour and up to 1 day before rolling out.

4. To prepare gingersnap layer: Combine oats, 1/2 cup flour, 1/2 cup sugar, ginger, cinnamon, nutmeg, cloves, pinch of salt and pepper in a food processor; pulse until the mixture looks like fine gravel. Add molasses and pulse briefly. Set aside.

5. To prepare fruit layer: Peel, quarter and core pears and apples. Cut into 1/2-inch-thick slices. Toss in a large bowl with lemon juice, 1/3 cup sugar, 1 tablespoon flour and pinch of salt.

6. To roll out pastry: Dust a sheet of parchment paper, and the dough, with flour. Roll the dough out into a 15-inch circle. Go slowly and if it cracks just press the pieces together. Dust with flour as needed and keep the circle as even as you can, but don't worry about rough edges.

7. Preheat oven to 375°F.

8. To assemble & bake: Spread the gingersnap mixture over the pastry, leaving a 2-inch border. Arrange overlapping slices of fruit in a concentric circle over the gingersnap layer. Drizzle any syrup left in the bowl over the fruit.

9. Use the parchment to lift the edges of the pastry and fold loosely over the filling in 2- or 3-inch sections. It may crack as you fold it, but that's fine. Combine 1 tablespoon sugar with a pinch of nutmeg and sprinkle on top. Transfer the galette, parchment and all, onto a baking sheet. Trim off overhanging parchment.

10. Bake the galette until the edges are

lightly browned, 40 to 45 minutes.

11. Heat jelly (or fruit spread) in a small saucepan,

stirring, until it looks like a thin glaze. Brush the glaze over the warm fruit with a pastry brush.

12. Let cool at least 15 minutes on the baking sheet. Lift parchment and galette onto a platter; slide the parchment out. Serve hot, warm or at room temperature.

Serves: 12 Calories: 325

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



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-Heron at
617-635-4335

or email lorna.pleas@cityofboston.gov

MY LIFE BOXES

“Don’t Retire, Inspire”

By: Augusta Alban



I wrote this article for the first time some years ago, but it bears repeating at least once a year. I choose to remind myself at the beginning of each New Year the wake does not drive the boat, so to say it another way the past is just that - the past.

It's a clearing out of sorts, kind of like spring cleaning the difference is we don't have to move a muscle, just use our minds to remember. Unlike spring cleaning nothing is ever thrown away. These are moments of our life and all in life is truly amazing. For me as the years roll on there is more and more to be packed in each box. Pick your beginning date: a holiday, a birthday, a divorce even. Now this will be the beginning of your year. Get started!

In my mind I picture my beautifully wrapped dated boxes of years past on a high shelf, but the shelf is not too high should I ever want to open any of them. The boxes are wrapped in sunshine, joy, and flowers. They are tied with all the colors of the rainbow. Next year's box sits close by it is empty and has no emotional color as of yet. Looking over things from the year just passed some things automatically transfer some require more thought before a decision is made. Some places, people and events will definitely be left behind with love and thanks. My challenge is to grow and learn from this life I am living. For me that challenge is to share my new knowledge with others traveling on my path. I give thanks for all I have learned from each and every opportunity that has been presented

to me. Letting go of parts of my life I wished had been different have been very difficult for me and require lots of practice. I have to remind myself not to go too those place. By placing these events in the box and lovingly tying them up with the most beautiful life ribbon one can imagine I am able to know and remember without the hurt and anger. We can always open any box we wish. They are ours to do so, but sometimes just letting it stay in the box is all I need.

These boxes are my life's lessons and however I have handled them; I have always done the best I could do at any given time. That way I have no regrets, and I don't need to review it over and over in my head, I am able to let go of it. After all, I remind myself it's in the box, should I ever need it.

I remember one particularly hard year as a single parent with an out of control teenage daughter. When it came to transferring my daughter to the next box I STOPPED. Did I really need this aggravation in my life? I had to really think about it. But somehow thinking about choosing her to be in my life was different, you will be pleased to know she made it to the next box and so did I.

Life is a gift and I am grateful for it, this is a gift to be used not misused or abused. We can always open any box we want at any time. It is ours to do so, but sometimes just remembering without the hurt and anger is all we need.



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On Boston City TV, Comcast channel
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Collaboration between
Mayor Martin J. Walsh,
the Elderly Commission &
Suffolk University

Central Boston Elder Services 39th Annual Meeting



The early stages of communication disorders are easier to spot when you know the signs.

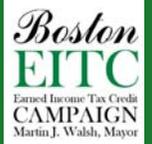
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My Money

Written by: Willie Wideman-Pleasants

After listening to eight-year-old Mary's conversation with Deacon Marks, her answer resonated with me. I had to write her story to share it with you.

On a Sunday evening after church the Senior Deacon, Deacon Marks, saw Mary take the money out of the church's offering plates. He pulled her aside and said, "Child, I saw you take that money."

"Yes, I did," Mary told Deacon Marks, "Every Sunday we sacrificed to give money to the church, this time my grandma and I need the money otherwise I would have let the church keep it."

Mary explained to Deacon Marks that her grandma was laid off and that her only income was unemployment. Mary had overheard her grandma telling her church friends, "Honey, you know those unemployment check are not worth a hill of beans." Mary understood that to mean she would be eating lot of beans, which she hated.

Mary also said, "My grandma let me stay with her after my mother experienced a sickness that could not be fixed and my father's money wasn't enough to support us." Mary had tears in her eyes as she continued to explain her case, "I hate the

fact that my parents sent us away; I hated the fact that my other sisters and brothers had to stay with other people, but I love my grandma and she needs the money more than the church."

Deacon Marks said, "God will provide. But stealing breaks one of the Ten Commandments (Exodus 20-15), once you give money to the church the money belong to God's house, and if you take it back, you are a hypocrite."

Mary thought about it for a few minutes and said, "Well, if this is God's house, and this is God's money, then God would want me to keep it."

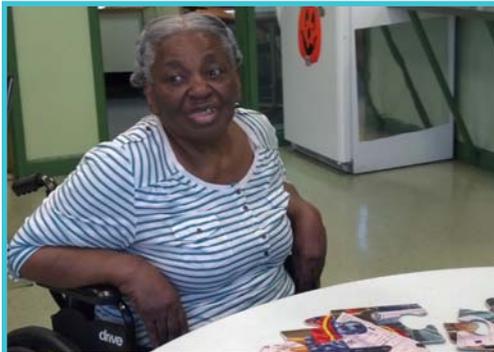
Give me feedback at:
Willieaweb@gmail.com

Senior Companion Volunteer Highlight: Marsha Colbert



SCP Volunteer Marsha Colbert received the Chester A. Sherman Volunteer of the Year Award from CBES. The award is given to a CBES Volunteer who has demonstrated a high level of commitment and support for its clients.

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First Realty
Management

First Realty Management salutes all the participants in the Mayor's Health & Fitness Walk, especially our senior residents of the following apartment communities:

- Brandywyne Village, East Boston • Burbank Apartments, East Fenway
- Camelot Court, Brighton • Canterbury Place, Roslindale
- Stony Brook Commons, Roslindale

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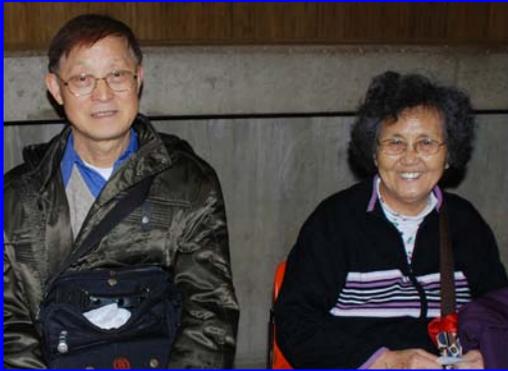
Member
FDIC



Advisory Council Luncheon at Antico Forno



at&t Phone-A-Thon



Craft Bazaar



20 Year Veteran of Craft Bazaar Mary Newmark



1. What have you enjoyed most about being a part of the Craft Bazaar?

I have enjoyed working with the people at City Hall and the Elderly Commission. They have all been fantastic.

2. How would you describe the crafts that you make?

I make miniature Christmas trees, kitchen angels (crochet decoration for the kitchen) and guest soap holders made with face cloths. But I only sell the miniature Christmas trees at the Mayor's Craft Bazaar.

3. When did you start crafting?

I started crafting over 25 years ago.

4. What inspires you to craft?

When I stopped working I needed something to keep me busy.

5. When do you start making the miniature Christmas trees?

I start working on the Christmas trees right after Christmas; I work on them all year long.

6. How long does each one take?

I honestly don't know. I work on more than one at a time and there are so many steps.

Welcome Breakfast for Mayor Walsh at Northeastern University



12th Annual Three Kings Day Luncheon Celebration

Recognizing 3 Latino Employees



MC: Felix Arroyo,
Chief of Health and
Human Services



Awardee:
Wilson Aleman,
Boston Transportation Department



Awardee:
Edna Rivera-Carrasco,
Boston Housing Authority



Awardee:
Officer Javier Pagan,
Boston Police Department



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Happy Valentine's Day!

From

Mayor Martin J. Walsh

&

The Elderly Commission



Celebrate Black History Month

with
Mayor Martin J. Walsh

&
The Elderly Commission



Boston Public Library will observe Black History Month in February with a series of activities and events for all age groups. Highlights from the month's programming include a variety of music programming, crafting, and themed talks:

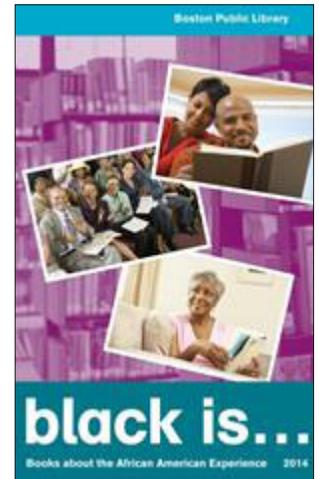
Family Movie Nights. The Mattapan Branch hosts a Tuesday night film series at 5:30 p.m. honoring Black History Month. Movie titles include *The Wiz*, *Ruby Bridges*, *Princess & the Frog*, and *Akeelah and the Bee*. The Mattapan Branch is located at 1350 Blue Hill Avenue.

Sidney Poitier Film Series. The Lower Mills Branch hosts a Friday film series at 1 p.m. featuring Sidney Poitier films. Movie titles include *To Sir, with Love*, *A Raisin in the Sun*, *Guess Who's Coming to Dinner*, and *In the Heat of the Night*. The Lower Mills Branch is located at 27 Richmond Street in Dorchester.

Epic TV & the Epic Black Experience. John De Vito, BPL staff member and author of *Epic Television Miniseries* explains the important role of African Americans in TV films and miniseries on Thursday, February 13, at 6 p.m. at the Uphams Corner Branch, located at 500 Columbia Road in Dorchester.

Hubert Harrison Talk. Dr. Jeffrey B. Perry gives a talk on Hubert Harrison, the voice of Harlem radicalism. Hubert Harrison (1883-1927) was the foremost organizer of the Socialist Party of New York, and the principal radical influence on the Garvey movement. Saturday, February 15, at 2 p.m. at the Dudley Branch, located at 65 Warren Street in Roxbury.

Creating Textile with Adinkra Symbols. A program for all ages, create your own craft using adinkra visual symbols, which represent proverbs or concepts on Saturday, February 15, at 2:30 p.m. at the Mattapan Branch, located at 1350 Blue Hill Avenue.



The complete schedule of upcoming events at Boston Public Library locations, for Black History Month and beyond, is available at www.bpl.org/calendar.

Also in February, Boston Public Library publishes its annual Black is booklist, a staff compilation of recent books by and about African Americans for adult readers. The 2014 list includes a variety of genres and works by authors such as Maya Angelou, Alice Walker, and Sidney Poitier.

About BOSTON PUBLIC LIBRARY

Boston Public Library has a Central Library, twenty-four branches, map center, business library, and a website filled with digital content and services. Established in 1848, the Boston Public Library has pioneered public library service in America. It was the first publicly supported municipal library in America, the first public library to lend books, the first to have a branch library, and the first to have a children's room. Each year, the Boston Public Library hosts thousands of programs and serves millions of people. All of its programs and exhibitions are free and open to the public. At the Boston Public Library, books are just the beginning. To learn more, visit www.bpl.org.