

B · O · S · T · O · N

SENIORITY

SERVING BOSTON'S ELDERLY COMMUNITY

Volume 29

January/February

Number 1

Thomas M. Menino, Mayor of Boston

Mayor Menino Cuts Ribbon for Zelma Lacey House

Mayor Thomas M. Menino, elected officials, and developer Edward A. Fish Associates, along with non-profit partner Life Focus Center, a community-based multi-service organization, gathered recently to cut the ribbon for a new assisted living facility, Zelma Lacey House of Charlestown. The new housing was built at the site of a previously vacant 39,000-square-foot parcel of land formerly owned by the Boston Redevelopment Authority and the Mishawum Park Tenants Association Inc. (MPTA). This development was named in honor of Charlestown resident and community activist Zelma Lacey.

The mission of this development is to provide a high per-



Pictured (L to R) Charlotte Golar Richie, Director of Neighborhood Development, Zelma Lacey, Jack Millerick, Executive Director of Life Focus Center & Mayor Thomas M. Menino

centage of affordable assisted living housing units to area elders. With 33 of 66 units set at affordable rental rates, Zelma Lacey House represents the partners' continued commitment to providing facilities that foster an environment where aging-in-place for the city's elders means aging-in-Boston. The project has enjoyed broad based support

from Charlestown's community groups as well as local elected officials due to its high levels of affordability and the need for this type of housing in Charlestown.

"This housing development is so important because it will help our most vulnerable citizens - the elderly," said Mayor Menino. "Here in Charlestown, the housing market is especially tight. That's why we need places like this to provide our seniors with a safe, secure, and affordable place to call home."

In addition to the assisted living housing, the facility provides other services for area residents. The Life Focus Center operates a day health center in space

(continued on page 2)

located on the first floor that serves area residents as well as residents of the building. Community-based groups have been provided with meeting space on the first floor. An Interfaith Chapel was constructed on the second floor of the facility, with chaplains from all the churches of Charlestown and Rabbi Sam Shiels of Newton to provide counseling and support to residents. The chapel features artifacts from each of the historical churches in the community as part of the central design theme.

Zelma Lacey is an 87-year-old, lifelong resident of Charlestown who has been a ceaseless advocate for the senior population in her neighborhood. Ms. Lacey has been active in the Charlestown Healthy Aging Program, which she helped to found, to call attention to the needs of area seniors. She has also been a recruiter for the Charlestown Inter-Agency, a group of volunteers who run errands and provide companionship for the elderly. Lacey worked for nearly 15 years to enlist support for the creation of the assisted living facility that now bears her name.

Senior Medicare Patrols

Since 1997, the U.S. Administration on Aging (AoA) has worked in partnership with the Department of Health and Human Services' Office of Inspector General, the Centers for Medicare and Medicaid Services, formerly the Health Care Financing Administration, the Department of Justice, community-based grantees, retired professionals, service and health care providers, AARP, and other interested individuals and organizations to address the seriousness of Medicare.

Today, AoA provides grants to community-based agencies in nearly every state to train volunteers to educate Medicare and Medicaid beneficiaries and their families, on how to protect their Medicare number as they would their credit card; how to take a more active role in protecting their health care programs; and how to detect and report potential instances of error, fraud, and abuse.

For more information, call the Commission on Affairs of the Elderly at 617-635-4366 and ask to speak with a **SHINE** counselor.

For more information, you may visit the Administration on Aging website at www.aoa.gov or call 617-565-1158.



Boston Seniority Volume 29 Number 1

Published by the Mayor's
Commission on Affairs of the Elderly
City of Boston

Thomas M. Menino
Mayor

Eliza F. Greenberg
Elderly Commissioner

Tomas Gonzalez
Chief of Staff

Kathleen Giordano
Deputy Commissioner
Community Relations

Joanne Lee
Deputy Commissioner
Direct Services

Robert Ormsby
Deputy Commissioner
Advocacy & Planning

Greg Rooney
Deputy Commissioner
Transportation

Francis Thomas
Deputy Commissioner
Administration & Finance

Edward Laurenti
Editor

City Hall Plaza - Room 271
Boston, MA 02201
(617) 635-2712

Designed and Printed by the City of
Boston Graphic Arts Department
Paul Dennehy, Superintendent

Boston Seniority may be obtained at libraries, nutrition sites, senior housing sites, Social Security Offices, Senior Clubs, Health Centers & City Hall

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

Although all advertising 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

Mayor's Column



Last week, I announced with great pleasure and excitement my appointment of Michele P. Brooks to a four-year term on the Boston School Committee, which was recently nationally recognized for excellence, winning the first ever CUBE Award for Urban School Board Excellence. With her extensive experience in organizing parent involvement in education, Brooks will bring an important voice to the School Committee.

Ms. Brooks will join a school committee that has recently initiated more rigorous attendance and promotion requirements, the creation of pilot schools ("in-district charter schools"), the opening of new school buildings – including three early education centers, the first new K-8 school in

over 35 years and two middle schools – and investments in our high schools, such as resources for accreditation, small learning communities, and district-wide high school renewal.

I first met Ms. Brooks when she was serving as Family Center Director at the Burke High School in Dorchester and I was struck by her passion to help others and her strong support of the schools. Ms. Brooks has a solid history with the Boston Public Schools (BPS). Ms. Brooks, herself, graduated from the Burke High School and now, her children and grandchildren are graduates and current students at BPS. Ms. Brooks also founded the Family Center at Burke High School and served as its director, organizing other parents to support improvements at the school.

I was able to work once again with Ms. Brooks when she served as founding Director of the Boston Parent Organizing Network, a collaborative of 36 community based organizations and parent groups advocating for improvements at BPS. Ms. Brooks also served on the design team for the Orchard Gardens K-8 Pilot School, helping to craft a model to support the educational philosophy of the school.

Ms. Brooks has devoted her

time and energy to making Boston Public Schools a better place to learn and she has worked hard to get parents involved in that process. The Boston Public Schools have recently made great improvements, evident from the increase in students' MCAS scores and the narrowing of the achievement gap. We have a lot to be proud of with our schools and with dedicated people like Brooks leading BPS, our schools can only get better.



Commission business hours are:
Monday through Friday
8:30 a.m. - 5:00 p.m.
Boston City Hall, Room 271
Boston, Massachusetts 02201
617-635-4366

Senior Shuttle
617-635-3000

Mayor's Office
Constituent/24 Hour Service:
617-635-4500

INSIDE

| | |
|------------------------------|----|
| Mayor's Column | 3 |
| Just Browsing..... | 5 |
| Legislative Update..... | 6 |
| RSVP..... | 8 |
| Healthy, Wealthy & Wyse..... | 9 |
| Senior Companion..... | 11 |
| Senior Aides..... | 14 |

MEET THE COMMISSIONER

Commissioner Eliza Greenberg has been taking time out of her schedule to travel throughout the City's different and intriguing neighborhoods visiting Senior and Community Centers.

It is important to Mayor Thomas M. Menino, and the Commissioner, to know the seniors who attend these centers, and inform them of who they should call when situations arise. Mayor Menino stated "The Elderly Commission is here to serve your needs. But if we cannot directly assist you, your needs will be addressed by linking you with the right department."

The Mayor has made it a priority to ensure that the seniors of Boston are well informed and know who to call no matter what the problem may be. The Elderly Commission can assist seniors with all aspects of city, state and federal government services.

Elderly Commission staff have been accompanying the Commissioner to each site so that seniors get an opportunity to meet the Senior Advocates and Senior Shuttle scheduler for their area, as well as the editor of Seniority and a Deputy Commissioner they can talk to.



Commissioner Eliza Greenberg poses for a photo after meeting with the seniors of Symphony West, located on Massachusetts Avenue in the Fenway.



Commissioner Greenberg receives a Chinese New Year blessing from the Chinese Golden Age Center in Brighton.



Commissioner Greenberg meets with the seniors who live at Symphony East in the Fenway.



Seniors that at St. Anthony's Shrine 100 Arch St. Wellness Program.

JUST BROWSING

by Mel Goldstein

Firstly, allow me to read you a few lines referring to aging gracefully. These thoughts, written by "anonymouse", are so apropos that I felt I just had to share them with all of you:

1. Eventually you will reach a point when you will stop lying about your age and start bragging about it.

2. The older we get, the fewer are things worth waiting in line for.

3. How old would you be if you didn't know how old you are?

4. Age is only a matter of numbers.

5. When you are dissatisfied, how would you like to go back to your youth? Think of algebra.

6. You know you are getting old when everything either dries up or leaks.

7. One of the many things no one tells you about aging is that it is such a nice change from being young.

8. One must wait until evening to see how splendid the day has been.

9. Ah, being young is beautiful, but being old is comfortable.

10. Old age is when former classmates are so gray, wrinkled and bald, they don't recognize you.

11. If you don't learn to laugh at trouble, you won't have much to laugh about when your old.

12. First you forget names, then you forget faces, then you forget to pull up your zipper or you forget to pull your zipper down!

13. If you jog in a jogging suit, lounge in lounging pajamas and smoke in a smoking jacket, why would anyone want to wear a windbreaker?

14. Middle age is when broadness of the mind and narrowness of the waist change places.

And Best of All.....

15. I don't know how I got over the hill without getting to the top!

These bonmots of thoughts related to our generation just touch, in a nice way, how we may relate to aging.

However, the ideas, the remembrances, feelings of nostalgia that we engender are dredged up by those thoughts of yesteryear.

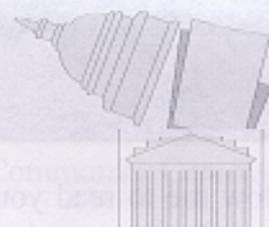
I often wonder what happened to the old neighborhood warmth? Can you recall walking down any street in your old neighborhood or going to the corner grocery or variety store without being called by name? It was really difficult to get away with anything in times gone by.

Can you imagine in present times driving down to the mall and seeing anybody that you can call friend or neighbor? It's practically nonexistent. Let's change all that. Do you think we can ever go back to those days with their the feelings of camaraderie? When you meet somebody from the old neighborhood, what a great sensation.

We now have a Mayor that epitomizes that feeling. A neighborhood guy that never forgot his roots and has done more than anyone in recent years to bring back those feelings. People now have no problems with city services and even though we are a citadel of diversity, all ethnic

(continued on page 7)

LEGISLATIVE UPDATE BEACON HILL



Bulk Purchasing of Prescription Drugs

The Massachusetts Senate 39-0, approved an amendment creating a single purchasing unit under which the state would buy prescription drugs in bulk for all its state agencies and programs that provide drugs to residents. The amendment also requires all drug companies to annually disclose the value and purpose of any gift or payment provided to any doctor, hospital, nursing home, pharmacist or any other person authorized to prescribe, dispense or purchase prescription drugs in Massachusetts. Another section creates the Healthy Massachusetts Discount Card Plan designed to allow residents without adequate coverage for prescription drugs to take advantage of discounted prices for these drugs. Amendment supporters said this landmark amendment is a major step toward lowering the skyrocketing cost of prescription drugs purchased by the state and would save millions of dollars. They said it is outrageous and fiscally irresponsible for the state not to pool its drug purchases in order to negotiate bulk rates from drug companies. They also noted

that the section requiring gift disclosures by drug companies would give the state more information on how some companies are manipulating health care providers into prescribing the company's drugs. Some said that the Healthy Massachusetts Discount Card Plan would help struggling residents who cannot afford to purchase prescription drugs.

Tenants' Water and Sewer Bills

Gov. Romney signed into law a bill allowing landlords to install meters and bill their tenants for the amount of water and sewer services used. The legislation would allow landlords to bill only new tenants and only if the landlords install water conservation devices for all faucets, showerheads and toilets in the unit. Tenants in public housing units would be exempt from having a meter installed in their units. Supporters said the measure would preserve resources by encouraging reduced water use by many tenants that often use more water when their landlords are paying the bills. Opponents said the bill is anti-tenant and would increase rents that are

already skyrocketing.

Elder Water Charge Abatement

The House approved an amendment to legislation allowing cities and towns to abate the first \$500 of water charges paid by low-income-seniors over age 65 who meet certain requirements. Under the bill, individual seniors would qualify for the exemption if their annual income equals less than \$16,000 while married seniors would qualify with a joint income of less than \$24,000. Another provision requires that these seniors have lived in Massachusetts for at least ten years and have owned property in the state for at least five years. Sponsors of the amendment noted that the key local option provision "allowing" cities and towns to offer the exemption is vague. The amendment adopted by the House provides that the exemption be allowed only if voters agree to it at a regular municipal election.

The information provided on this page is a courtesy of the South End News and contributing writer Bob Katzen.

*Just Browsing**(continued from page 5)*

groups have a voice in the city and are listened to assiduously by our Mayor.

What a distinct relief to know that there is somebody that will listen and extend themselves to aid those in need.

*Mel Goldstein
Mayor's Office of
Neighborhood Services
Boston City Hall, Room 708
Boston, MA 02201
Phone: 617 - 635 - 4834*

Mel Goldstein is the Elderly and Russian liaison for the Mayor's Office of Neighborhood Services. He serves as the Mayor's representative to the Area Agency on Aging (AAA) Advisory Council, BPOA Core Leadership Team Member, Mayor's representative to the Multicultural Council on Aging and Member of the Advocacy Committee.

Tongue in Cheek

The hardest years in life are those between ten and seventy.
~*Helen Hayes (at 73)*

Old age ain't no place for sissies. ~*Bette Davis*

"Edison failed 10,000 times before he made the electric light. Do not be discouraged if you fail a few times."
~*Napoleon Hill quotes (American author, 1883-1970)*

"Men do not quit playing because they grow old; they grow old because they quit playing." ~*Oliver Wendell Holmes*



Dr. Usana Wu Hon. Grad. Optom., O.D., M.Ed., T.P.A. Board Certified, P.C.

Medicare MassHealth will cover your

617.834.4810 HouseCall EyeExam & 2nd Opinion

From a family of health care providers. 1987 Honors graduate from the **London City University, England** followed by special training in the **London Refraction Hospital** for **Amblyopia**, and **Liverpool St. Paul's Eye Hospital** for **Geriatric Vision**. Further education was pursued and Doctorate degree received in **Boston** in the early nineties. Extensive experience in very many clinical settings and presentations. Researched in areas including refractive errors, retinopathies, and degeneration. Was **Director** of the **Eye Clinic** in a **Boston** based health center, and in vision programs with various state and national professional organizations.

Cordially look forward to doing my best for you.

Paid Advertisement

ANNUITY OWNERS READ THIS!

Some annuity owners lose as much as 70% of the value of their annuity to taxes! Will this happen to you?

It's true. Annuities and IRAs can be double-taxed assets (income taxes up to 35% PLUS estate taxes up to 49% on estate exceeding \$1 million). After estate taxes and income taxes, there can be as little **as 30% of the value remaining**. You can learn how to help avoid the loss in the FREE educational booklet "**Annuity Owner Mistakes.**" The booklet is free and shows how to help avoid double taxation and get more benefits from your existing annuity value.

For your FREE Copy

Call 1-888-485-0651 (24 hours)

RSVP

VOLUNTEER OPPORTUNITIES

The Retired and Senior Volunteer Program is federally funded by the Corporation for National and Community Services and is sponsored by the Commission on Affairs of the Elderly. Volunteering through the RSVP program offers seniors reimbursement for transportation costs incurred while doing volunteer work. Volunteer assignments coincide with the special interests of volunteers. Volunteers are assigned at non-profit agencies of their choice throughout the neighborhoods of Boston. If you are interested, contact Fran Johnnene, RSVP Director, at 617-635-3988.

WOMEN'S LUNCH PLACE

Food, friendship, resources, advocacy: that's what guests find at the Women's Lunch Place. Be part of a warm community at this daytime shelter for poor and homeless women and children. They offer guests: showers, laundry facilities, clean clothes, personal care items, a nap room, a resource room, and medical help. The site is also a link to hospitals and social service agencies, helping to break the cycle of poverty. The Women's Lunch Place needs volunteers to help in the kitchen Monday-Saturday between 7:00 am and 3:30 pm, for at least 8 hours per month, 6 months minimum.

It is located in a church basement at 67 Newbury Street (T: Arlington or Copley). If stairs

are a problem for you, an elevator is available.

STARLIGHT STARBRIGHT CHILDREN'S FOUNDATION

Do you have a background in bookkeeping or accounting? Use it at Starlight Starbright to help children who are in the hospital or seriously ill. The New England chapter of this organization is located in Charlestown, on bus and subway lines (near Sullivan Station). Programs range from donating teddy bears to granting wishes for kids and their families to showing videos to pre-schoolers with cancer and more, addressing the social, emotional, and medical aspects of living with a serious illness. Scientific research has shown that children who engage with these programs derive benefits that include a decreased need for

pain medication, a greater willingness to return for treatment, as well as reduced stress and isolation.

Please feel free to volunteer just for January 2005, but stay longer if you enjoy it. The site needs someone to process donations, conduct database entry, photocopy, file, and do other administrative tasks. You can volunteer just a few hours per week and make a huge difference in the lives of youth!

EYE OPENERS PROGRAM AT THE MUSEUM OF SCIENCE

Can you donate a few hours of your time on Tuesday mornings? Then the Eye Openers Program might be right for you. Work with groups of 2-5 second-graders from the Boston Public Schools, helping them to feel at home in the Museum. You would give two-hour-long, hands-on tours to the children, participate in training and support through weekly in-service workshops, and experience the delight of watching youngsters discover the joys of science!

The Museum needs people to volunteer from 9:30am - 12:30 pm.

(continued on page 12)

Healthy Wealthy & Wyse

By Gerry Wyse

Child Passenger Safety Week

How many times have you seen a child in a moving car, jumping in the back seat, hanging his head out a window or sitting on an adult's lap? Do you get angry when you see this behavior? Are the parents buckled in? Do you want to yell at the parents that Massachusetts has a law about buckling up children who are under 13?

Did you know that in 2003 motor vehicle crashes were the leading cause of injury and death for all children over the age of one? These crashes also accounted for 1,953 deaths of children under age 15 plus 253,000 injuries.

Yes, many of these injuries could have been prevented if the children were properly restrained in the vehicle.

According to (NHTSA) the National Highway Traffic Safety Administration, four out of every five child safety seats are misused.

In order for a child to be safely restrained in a vehicle, the child must be:

1. In an appropriate seat for his size and weight,
2. The safety seat fits correctly in your car, van or truck
3. Used correctly each time the child is in the vehicle.

Most people are aware of rear-

facing infant seats and forward-facing seats for toddlers. There are also belt-positioning booster seats for young children. These booster seats also raise the child a few inches so he can look out the window better.

Do you have child safety seats for your grandchildren? Do you know the correct placement of safety seats in a car? Do you know there are discounted and sometimes free car seats available in the City of Boston? Do you know there is a Child Injury Prevention Program at the Boston Public Health Commission?

States have child passenger safety laws. When you travel with grandchildren, do you know the law for the state you are visiting?

February 13 is Child Passenger Safety Week. You will see many PSAs and articles written about this very important topic. You can also get valuable information from AAA at their site aaa.com.

Emergency Equipment Kit for your car

Winter has arrived in Boston. Everyone knows that you should have the essential emergency supplies in your car at all times. The blizzard of 1978 taught Bostonians that an ice scraper and a chocolate candy bar are not the only emergency equip-

ment you should have. Most male drivers know this information. Many women do also. Yet, how well do you maintain/stock your car?

AAA has outlined some key issues:

1. Working flashlight with extra batteries inside the car. Why? When you leave the inside of the car, you will see any obstacles on the ground and oncoming cars will see you exiting your car. Remember, the breakdown lane is dark and many people use it illegally.

2. Jumper cables. These are very important tools to help start your car when your battery is weak or dead. Read the owner's manual and instructions before you need to use the jumper cables.

3. Abrasive material. Sand or non-clumping cat litter can be spread under the car wheels to improve traction when your car wheels get stuck in snow or ice. You can purchase special traction mats. You may be able to use the floor mats for traction.

4. Shovel. The shovel is used to dig snow away from the wheels.

5. Warning Devices. Flares or reflective triangles alert motorists that you are broken down and need help. These devices also give oncoming

(continued on page 15)



Mayor Thomas M. Menino
City of Boston
Commission on Affairs of the Elderly

**Seniors Training for Employment Program
(S.T.E.P.)**

STEP into action this winter!

- Are you 55 years or older?
- Low income? Unemployed?
- Live in the City of Boston?
- Are you ready, willing, and able to train 20 hours each week while looking for a permanent job?

***You can earn minimum wage while training and doing
job search!***

We offer **employment training and referral services** for individuals who are unemployed and want to find a permanent job (full or part-time).

For more information and to determine eligibility, contact Annette Richardson, Program Manager at 617-635-4858.



S.T.E.P. (Senior A.I.D.E.S.) is a Title V program federally funded by the U.S. Department of Labor and administered by Senior Service America, Incorporated (SSAI).

EMERGENCY

TELEPHONE NUMBERS

StormCenter.....617-635-3050

Police/Fire/Emergency
Medical Service

.....911

Mayor's 24-Hour
Service.....617-635-4500

No heat complaints
.....617-635-5322

Poison Center....617-232-2120

SENIORS! Don't get blown
away by Cold Man Winter...
for emergency assistance with
heating repairs, call
.....617-635-0338

UTILITY COMPANIES

NSTAR Electric
.....1-800-592-2000

Keyspan Energy
Delivery.....1-800-532-9600

NSTAR Gas
.....1-800-592-2000

Boston Water & Sewer
.....617-989-7000

Verizon.....617-555-1611

Massachusetts Water
Resources Authority
.....617-242-6000

OTHERS

Animal Control
.....617-635-5348

(continued on page 15)



SENIOR COMPANION

By Joanne Fanandakis

The Boston Senior Companion Program is federally funded by the Corporation for National and Community Service and is sponsored by the Commission on Affairs of the Elderly. For more information, contact Gloria Rice-Stuart, Senior Companion Director at 617-635-3987.

Joyce Bailey was born in the West Indies and came to America in 1960. After she graduated from Bryant & Stratton Business School, she worked at the Boston Progressive Credit Union for several years, and after many years as a senior accountant administrator she retired from the State Street Bank and Trust in 1996.

Shortly after retirement, she met Beulah Providence, and found out about the Senior Companion Program. Beulah and Gloria Rice-Stuart (Director of the Senior Companion Program) agreed that Joyce had all the qualities of a Senior Companion and she has been volunteering from the Caribbean Foundation since March of 1995. As of August 2004, she had 17 clients and has served 9000 hours of dedicated service.

On September 9th I met with

Joyce and her client Ellen Hamilton (73 years) who is afflicted with diabetes, kidney disease and emphysema. She lives at the Cardinal Medeiros Manor in Dorchester. Joyce has been seeing her since she began receiving services through the



Joyce Bailey pictured at the Senior Companion Recognition outing held on George's Island July of 2004

program. She helps her with errands, money management and light housekeeping. When I asked Ellen, "What is Joyce most helpful with?" she said, "Besides being a good com-

panion, she is a great problem solver. She loves solving people's problems. She is a good listener and I am very thankful to have her in my life," Ellen added.

The Senior Companion Program is gratefully appreciative and thankful of people like Joyce Bailey.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around.

Joanne Fanandakis is the Administrative Assistant for the Senior Companion Program.

RSVP

(continued from page 8)

This program runs from October to June, and the minimum commitment is four to six months. The site is extremely volunteer-friendly! Just be patient and sensitive to the children, focus on their interests, and know the emergency procedures (the Museum will tell them to you).

The Museum of Science is in Science Park, along O'Brien Highway. By MBTA, go to North Station and take the shuttle bus to the site.

SATURDAY'S/SUNDAY'S BREAD

For over 20 years, Saturday's/Sunday's Bread has been feeding Bostonians in need on the weekends! There is no paid staff; everyone who helps is a volunteer. You would need to commit four full hours at a time, from 12:30 pm to 4:30 pm. From 12:30 to 2:30, volunteers set up the dining room and cook the food; then, from 2:30 to 3:30, guests are seated and served restaurant-style. The final hour is spent cleaning up.

Many groups of people volunteer at this organization—colleagues, friends, parents with children, and organizations. The best way to start your service is to volunteer once and see if you like it. Plan to come as a group if you have eight to

ten interested people, or join an existing group if you prefer.

This interdenominational, all-volunteer organization operates from St. John the Evangelist Church on Beacon Hill. Parking in the garage is \$4-5, so you may want to carpool or take the T. Government Center (on the Green Line) is the closest stop, though Park St. (Red Line) is an easy walk, as well.

BETH ISRAEL DEACONESS MEDICAL CENTER

Are you in search of a social, fun volunteer opportunity? From 9:00 am to 2:00 pm on Tuesdays, the Volunteer Workshop meets at Beth Israel to put together patient charts and packets, get surgical packets ready for sterilization, make baby hats for the maternity ward, collate mailings, assist with celebrations, and more. Beth Israel Deaconess Medical Center is a Harvard Medical School Teaching Affiliate.

Lunch and free parking are included! This site is at 330 Brookline Avenue—accessible by many buses and the T (Longwood, on the Green Line).



Boston

Volunteer Opportunity

Become a Big Brother or Big Sister

Be a Big Brother Big Sister volunteer and rediscover the kid in you again! It's easy. All it takes to be a Big is sharing a little time with one great kid - just like someone once did for you. Bigs and Littles can visit a park or museum; ride bikes; play video or board games; go places or just hang out; swap CD's; make dinner; catch a movie or tell jokes. Matches also attend agency sponsored activities. It's simple, flexible and fun. Become a Big today. Call 1-800-412-BIGS or log onto: www.bigbrothersbigsisters.org

DID YOU KNOW

The elderly represent 12.4% of the total U.S. population.

4.2 million elderly are over age 85 (12% of the elderly)

By 2050 there will be 80 million people over age 65.

Elderly women outnumber elderly men by a ratio of 3 to 2.

There are 35 million people over 65 in the U.S.

Source: Bureau of the Census, Statistical Brief: 65+ in the United States, Little Brothers - Friends of the Elderly

ATTENTION

City of Boston
Commission on Affairs of the Elderly

BOSTON SENIORITY Advertisement Rate Card



Boston Seniority is **NOW** accepting advertisements! Let us help you get your message out to over 500,000 senior citizens in the Boston area annually! For more advertisement information please call Edward Laurenti, Public Information Coordinator, at 617-635-2712.

Cost of advertising in *Boston Seniority* is \$10.00 per column inch. With a special rate of \$8.00 for 4 or more insertions per year, payable in advance. Deadline for copy and advertisements is the 1st Friday of each month for the next month's issue. Make checks payable to *Boston Seniority*. All payments must accompany advertisement.



BOSTON SENIORITY

Advertisement Rate Card

| | Price | Special Price |
|-----------------------------|----------|---------------|
| Full Page: 3 column X 10 | \$300.00 | \$240.00 |
| 1/2 Page: 3 column X 5 | \$150.00 | \$120.00 |
| 2/3 Page: 2 column X 10 | \$200.00 | \$160.00 |
| 1/3 Page: 2 column X 5 | \$100.00 | \$80.00 |
| Business Card: 2 Column X 1 | \$20.00 | \$16.00 |

NOTE: *Boston Seniority* distributes 10 issues a year

Please send camera ready copy and check to:

Mail: Commission on Affairs of the Elderly
Boston Seniority
ATTN: Edward Laurenti
One City Hall Plaza
Room 271
Boston, MA 02201

Fax: 617-635-3213

Email: Edward.Laurenti@ci.boston.ma.us

Senior A.I.D.E.S. in Action

By Annette Richardson

The Seniors Training for Employment Program (STEP), formerly called the Senior A.I.D.E.S. Program, is nationally funded by the Department of Labor and administered by Senior Service America, Inc.

STEP assists low-income seniors, 55 years and older, who live within the City of Boston and are interested in returning to the mainstream work force. After each applicant has gone through the intake process, they are assigned, for a period of time, to a non-profit or government (host) agency for training; this enables them to receive training that will upgrade skills they already possess and, in

some cases, help them learn new skills. This training also helps them to update their resumes, especially in cases where they have not had any current work experience. Participants train at their "Host Agency" for a maximum of 20 hours a week. During their assignment, they are not allowed to "volunteer" at their site for any reason while on the STEP program.

All S.T.E.P. participants are required to attend quarterly meetings. These mandatory meetings provide updated information about the program and informs them of what is expected of each participant. They also learn about job search strategies

and health issues, i.e. hypothermia.

As obtaining a job in the mainstream workforce is the primary goal of each STEP participant, it is required by the program to sign-up with a "One-Stop" Career Center. This gives the enrollee access to current job listings as well as career-oriented workshops that are free of charge. All participants are required to apply to at least seven (7) "advertised" job openings, and provide contact information every week.

For more information about the STEP program, contact Annette Richardson at 617-635-4858.

Marie Polynice came to the Seniors Training for Employment Program (S.T.E.P.) in January 2001. She is originally from Haiti where she earned an Associate's Degree in Social work.

Marie at one time worked as an Assembly Line Supervisor at a firm in Somerville. She also worked as a Health Counselor, holding sessions with clients helping them to deal with STD's, HIV/Aids, drugs and alcohol.

As a S.T.E.P. participant, Ms. Polynice has held two community service assignments. Her

first training assignment was at Kit Clark Senior Center in Dorchester as a nutrition site assistant where she helped prepare and serve meals at an assisted living facility. She also provided emotional support and helped organize recreation activities for the seniors.

Marie's next assignment was at Neighborhood Involvement for Children's Education (N.I.C.E.), a daycare center in Roxbury, where she interacted with small children. Her supervisor praises her for being prompt and having a good relationship with the children and teachers. When an opportunity

came to upgrade her skills by attending a "Childcare Training Course," she took part and graduated with a Certification of Completion.

During her required job search, Marie filled out an application for Bus Monitor with the City of Boston Public School Transportation Department and was hired on November 1, 2004.

Good luck and Congratulations, Marie!

This was written by Annette Richardson, who is the Program Manager for the STEP Program.

Healthy Wealthy & Wyse
(continued from page 9)

drivers time to slow down and pass you safely. How many crashes do you hear about because the driver in the breakdown lane had no reflective devices to warn oncoming traffic?

6. Blankets. In New England, cold weather can turn a flat tire or a fender bender into a major situation when someone sitting in the car suffers from hypothermia. A weather change can happen within minutes. An emergency kit can include: hat, mittens and woolen socks, juice and

cookies to keep children occupied.

7. Snow brush/ ice scraper. Invest in a good quality scraper. Your job will be easier. Windows and lights are cleared of snow and ice for good visibility. Remember, the entire car should be brushed clear of snow. How often do you hear of cars in crashes because the snow on the roof fell on the driver's windshield. He crashed because he could not see. Blowing snow is also a hazard to other drivers.

8. Cell phone. This is the one time you are really glad you have a cell phone. Be sure you

have important numbers listed in your phone directory. Many people leave the phone in the car for emergencies. Be sure to recharge your phone frequently.

9. Personal Safety. If you breakdown away from the highway, stay in your car. Have the person assisting you, call or go for help.

10. Check off list. How many of these simple and obvious supplies do you have in your car. It is not too late to take a trip to the local hardware today. You will then be prepared for the next Boston Blizzard!!!

VETERANS AND WIDOWS

You may be eligible for financial and/or medical help

IF...

Single...monthly income less than \$1200

Married...monthly income less than \$1600

Call to Check on Eligibility:

City of Boston

Veterans' Services Department

43 Hawkins Street

Boston, MA 02114

617-635-3026

You will need:

Honorable Discharge, Proof of Income

(e.g. SS or VA Award Letter, etc.) and Expenses

(e.g. Lease or other proof of rent or household expenses),

Marriage/Death Certificates

If eligible, City of Boston Veterans' Services will pay you the difference from your monthly income to the amount above and/or pay all of your medical expenses including insurance payments and prescriptions.

Emergency Numbers

(Continued from page 11)

Boston Medical Center

.....617-638-8000

City of Boston Tow Lot

.....617-635-3900

Code Enforcement Police

.....617-635-4896

Logan Airport

.....1-800-23-LOGAN

MBTA

.....617-222-3200

Mass. Dept. of Conservation &
Recreation

.....617-722-1188

Smart Traveler (road and traffic
conditions)

.....617-374-1234

State Police

.....617-740-7600

Local Weather Service

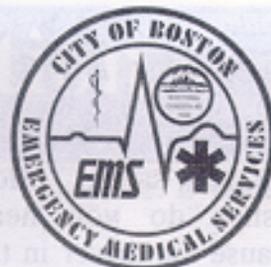
.....617-936-1234

National Weather Service

.....1-508-828-2672



Thomas M. Menino, Mayor
John Auerbach, Executive Director



Peter Moyer, MD, Medical Director
Richard Serino, Chief of Department

CITY OF BOSTON COLD-WEATHER “DOs AND DON’Ts”

DO

Layer clothing

Layer clothing using things like thermal underwear, undershirts, track suits, sweaters, snowsuits, boots, hats, gloves and scarves. Hats are important – 40% of body heat can be lost when the head is uncovered!

Cover Exposed Skin

In extreme cold conditions, frostbite can happen in under a minute. Wind only makes the risk greater – make sure to cover all exposed skin.

Keep Moving

Your body generates its own heat when you engage in physical activity – keeping moving will help to keep you warm.

Check on Elderly Family and Neighbors

The elderly are particularly susceptible to cold related illness. Ensure elderly family and neighbors have adequate heat and nutritious food.

Avoid Getting Wet

Moisture can speed the onset of hypothermia and can be very dangerous. If you expect to get wet, keep a dry set of clothing nearby – especially hat, gloves, socks, and boots.

Drink non-caffeinated Fluids

Dehydration occurs more quickly in cold, dry weather. Be sure to keep yourself well hydrated, especially if you are exerting yourself.

DON'T

Drink alcohol

Alcohol can speed the onset and worsen the effects of hypothermia.

Overexert Yourself

Cold weather can exacerbate underlying respiratory illnesses – be careful about exerting yourself in extreme cold.

Stay Out in the Cold!

If you have to stay out in the cold for work, be sure to take frequent breaks where it is warm.

REMEMBER

Look for signs of hypothermia

Including confusion, inappropriate behavior, extreme weakness or lethargy.

Look for signs of frostbite

Including pale and waxy skin - the affected areas feel cold, hard, and solid to the touch.

If you or anyone you know exhibits these symptoms, get in touch with a healthcare provider immediately.

If the symptoms are severe, do not hesitate to call 9-1-1.