

BOSTON SENIORITY

Thomas M. Menino, Mayor of Boston

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City of Boston Commission on Affairs of the Elderly
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MAYOR'S COLUMN



As part of this year's Black History Month, I helped celebrate the City of Boston's 12th annual African American Awards held at the Strand Theatre. Though we acknowledge community leadership and service throughout the year, this award ceremony is a special night where deserving individuals are honored. It was an excellent show with performances by the Roxbury Young People Dance Company, Silver Leaf Gospel Choir, the Berklee College of Music Band tribute to New Orleans, and a hip hop showcase by Metro City and the Floor Lords.

The African American Awards are a way to celebrate the hard work and dedication by certain individuals in the Boston neighborhoods. This year, for the first time, the City of Boston was able to honor someone in the name of the late Rosa Parks, the extraordinary civil rights activist. I am very proud to say that Charles Ogletree, a Professor at Harvard Law School is that special honoree.

Professor Charles Ogletree of Harvard Law School is a prominent legal theorist who has earned an international reputation by taking a hard look at complex issues of law and by working to secure the rights guaranteed by the Constitution for everyone equally under the law. He has written or co-written many important books concerning race and equality. Professor Ogletree has been honored with several prestigious awards. Savoy Magazine named him as one of the 100 Most Influential Blacks in America and Black Enterprise Magazine named him as one of the legal legends among America's top black lawyers.

The city's Lifetime Achievement Award went to Bobbie J. Johnson, Superintendent and Commander of the Bureau of Field Services of the Boston Police Department who will be retiring at the end of this month. His exemplary performance within the Police department gained him the promotions through the ranks. His diligence, love for the community, and respect for the law gained him the trust and cooperation of the entire community. Working with local residents he helped make community policing a reality in Boston, prepared young people for a brighter future and secured financial resources for the community.

Three community service awards were also given to outstanding community leaders: Rev. Hurmon Hamilton, the Sr. Pastor of Roxbury Presbyterian Church, who has helped to raise millions of dollars to build affordable housing and empower communities of color; Dr. Azzie Young, PhD, MS, MPA, the Chief Executive Officer of the Mattapan Community Health Center, under whose leadership patient volume has increased by more than 40 percent and the operating budget by more than 50 percent, programs and services have gained international recognition through its faith-based Health Care Revival Initiative that was published in American Journal of Public Health; and Cleve Killingsworth, President and CEO of Blue Cross Blue Shield (BCBS) of Massachusetts, a founding member of the Executive Leadership Council – an independent corporation established to provide African American executives with a leadership advisory forum on business, economic and public policy issues.

The Youth Service Award went to 15-year-old Wendy Lima, a student at Snowden High School. An outstanding active participant in Boston Centers for Youth and Families' Urban Youth In Leadership program. The program is a leadership development and service-learning tool that allows its participants to develop their leadership skills, learn about their community, and participate in enrichment activities.

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Mayor's Pharmacy Program

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Mayor Menino's Medicare D Enrollment Kick-off Event



In an effort to make the transition into the appropriate Medicare Part D prescription drug program smooth for Boston's seniors, Mayor Thomas M. Menino and the Commission on the Affairs of Elderly introduced its Boston Medicare Part D Enrollment Program. This free program was created to address the fears and anxieties felt by many seniors facing the daunting task of choosing and enrolling in the Medicare Part D prescription drug plan that is right for them. The Kick-off event was the first day of this initiative and is now taking place in the neighborhoods. On Friday February 10, from 9:00a.m. until 3:00p.m. in City Hall, there was an enrollment clinic staffed by 14 people individually assisting seniors to enroll in a Medicare Part D plan. Pharmacists and representatives of both the Social Security Administration and Prescription Advantage were on hand to trouble shoot. There were also translators available to help seniors in

Spanish, Vietnamese and Russian.

Seniors now have the opportunity to make a one-on-one appointment with a program staff member throughout the enrollment period (ending May 15, 2006). During this appointment, the program staff member and senior will choose the Medicare sponsored prescription drug plan that best fits the senior's prescription drug needs and economic capabilities.

The Elderly Commission has set up locations, primarily in community centers throughout Boston (see schedule of the 13 sites on page 32), where a senior and a program staff member can meet confidentially to discuss, choose, and ultimately enroll that senior into the best Medicare prescription drug plan. Many of these sites will also be staffed by a SHINE certified volunteer who, like enrollment program staff members, will assist in enrollments and be available to answer other health care questions and

concerns. Special consideration will be given to seniors who are homebound. These individuals will receive assistance in the comfort of their own homes by a program staff member. This program has the capacity to accommodate seniors who speak a number of languages, including English, Spanish, Russian, Cantonese, Mandarin, Italian, Vietnamese, Cape Verdean Creole, and Haitian Creole.

In assisting seniors to choose a plan, it became clear that we should develop the capacity to enroll them as well. Many seniors do not have access to the internet and we felt that many would benefit from our ability to walk them through the whole process – soup to nuts. Since November, the Elderly Commission has conducted 50 presentations to 2,527 seniors and fielded 2,012 requests for Med D assistance.

The Mayor also announced that local pharmacies can call the Mayor's 635-MEDD line to

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The City of Boston 12th Annual African American Achievement Awards



On February 28, 2006, Mayor Menino hosted the Annual African American Achievement Awards in recognition of Black History Month at the Strand Theater in Dorchester. The free annual event

was open to the public. The theater was packed and the night was complete with entertainment featuring jazz bands, soloists, an a cappella group, talented youth shows and much more.

Awards were presented to Cleve L. Killingsworth, Dr. Azzie Young and Reverend Hurmon Hamilton for their outstanding achievements in community service. The Mayor presented an award to Wendy Lima for her remarkable work in youth services. Charles Ogle-tree was the well-deserved recipient of the Rosa Parks award. Lastly, Bobbie J. Johnson was honored with the lifetime achievement award.



J U S T B R O W S I N G

By Mel Goldstein



Acorn Street, Beacon Hill

It's election time again and Boston has once again proved that it is discerning when it comes to leadership. Mayor Thomas M. Menino triumphs once again and we give thanks to a Mayor that encompasses all the goodness that one does not find in many political people. We are truly blessed to have, as our leader, an individual of such tremendous stature in both a local and national level. He is truly a man of the people. One who has never allowed these honors to overly enlarge his ego. He can still be a gracious and grateful person and never has hesitated to thank those that surround him.

There are so many thoughts that one has when being involved in so many ways that you hope will be worthwhile projects. These are just a few that were given to me years ago, before I could appreciate them. If you don't learn to laugh at trouble, you don't have anything to laugh at when you are old. First, you forget names, then you forget faces, then you forget to pull up your zipper, then you forget to pull your zipper down. Just a couple of pertinent thoughts, especially when

the doctor says "these are your golden years", and you reply, "the only thing about the golden years that is golden (guess what) is a bodily function."

Your days are spent not in dreaming, but in doing. There are darn few seniors who are not included in some worthwhile pursuit. Between doctor's visits, various volunteer efforts and being part of a once vibrant and vital neighborhood, the days do not hold enough hours.

If you have the time let's take a trip back to what once was. Do you have it on your memory bank what once went on in the Boston Common. I can recall where they had pie eating contests near the bandstand and of course ice skating in the winter. How about the American Legion Convention in 1936 or 1938 marching down Tremont Street. The schoolboy parades and the crowning glory Jordan Marsh, Christmas parades which didn't last long. Who can forget those holiday displays? In Filene's, Jordan's, Gilchrist's, R.H. White, not only Santa Claus, Buck Rogers' rocket ship with Dale Arden and Dr. Huyer. Even Raymonds had those displays, featuring Uncle Eph and Aunt Molly. Holidays in Boston have always been great, but better than in the autumn. The city always show that time of year. Pie Alley aromas filled the air on Newspaper Row (Washington Street and Milk Street). The illuminated news light Thompson Spa, and apple cinnamon pudding for 25¢. Who could afford Thompson's Spa? Only a night on

pie alley from 9 o'clock on. Pies were 25¢. Huge sandwiches were 15¢. Every cab driver in the city knew about Thompson's on Pie Alley. Not only did you get great food, but the latest news.

What about the Daily Record newspaper that came out at night. Three cents and you could figure out the daily number that you invested in with the neighborhood betting commissioner. The record was the most popular newspaper in Boston. Every neighborhood corner had the crowd waiting for the news and their daily nickel or dime investment. Did you hit your number today??

My have time, people, and prices changed. Walking around was so much simpler then. Do you now know your next door neighbor??? Can you remember bringing over a new neighbor a home baked cake, cookies, bread, or pot of soup??? I'll bet it hasn't even crossed your mind. Have we lost that feeling?? Can we find it once again??? Let's hope so. We always unite in despair. Maybe we can do so when things are going well, wouldn't it be wonderful if we could bring back the closeness that once was. That feeling of caring for, not fearing, your fellowman. Life was much simpler there in a different world. However, here we are now!! Let's make the most of it. Let's enjoy, let's cash in on those senior discounts, and party as God knows we've earned it. As they say, you've paid your dues, let's get with it.

Now, here we go with a trip to Foxwoods or Mohegan Sun. Do any of you remember an attorney general by the name of Francis E. Kelly who pushed for a lottery for years; would he be surprised, to see what

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Remembering Mary

A tribute to the heroic life of Mary Scrivano

Mayor Menino, Commissioner Eliza Greenberg and all of the Staff of the Elderly Commission want to say thank you to Mary Scrivano, who will be missed dearly. Mary's eyes sparkled even at 96. Her love for life, compassion and advocacy work was like no other. Mary, who was an integral part of the Mayor's Advisory Council, opened every meeting with a poem that we all looked forward to hearing. Mary was a founding member of the Massachusetts Silver-Haired Legislature and served as a Senator for her district for more than 25 years. She was a former President of the Cpl. Francis Barbieri Lodge OSIA. Mary spearheaded the drive to enact the law, which allows seniors and disabled persons to ride the MBTA at a reduced rate. Amongst her many volunteer activities, Mary served on the Advisory Councils for the Boston Elderly Commission, Chelsea, Revere, Winthrop Elder Services, and the Salvation Army. Additionally, Mary was an active member of the Chelsea Youth Commission for over 40 years, a member of the Women of the Moose, the Tri-City Council on Aging, the Joint Session Governor's Conference, the VFW, the DAV and for many years, an organizer of the Mayor's Charity Field Day celebrations in Chelsea. Those who knew her could tell you that her advocacy and human rights accomplishments were astounding. There was a presence you felt from being around Mary that was comforting and strong. Those of us who were close to Mary have benefited from knowing her and will carry a piece of her with us always. Through her work, Mary has made the future better for generations to come.

S o t h a n k y o u M a r y !

Donations in Mary's memory may be made to the Salvation Army, 258 Chestnut St., Chelsea, MA 02150 or the charity of your choice.

Boston Golden Couples Celebrate Valentine's Day in Style



On February 26, 2006, Mayor and Mrs. Thomas M. Menino and Commissioner Greenberg joined Boston Couples married for over 50 years at Anthony's Pier 4 Annual Valentine's Day lunch. Ten couples were treated to a three course meal overlooking Boston Harbor. A special thank you to Anthony's Pier 4 for hosting and sponsoring this event for the seventh year! This year's couples were married for a total of 555 years and had a combined total of 65 grandchildren and 26 great grandchildren.

Joe and Carmella Saia - Married 65 Years
Lawrence and Joan Headle- Married 50 years
Paul and Marlis Schratter - Married 58 years
Mary and Bobby Colleameno- Married 56 years
Barbara and Oswald Fitzpatrick - Married 50 years
Ralph and Wilma Brown - Married 54 years
Thelma and Edward Burns - Married 51 years
Hyman and Rebecca Zamansky- Married 62 years
Irina and Ilya Magid - Married 51 years
William and Dorothy Blaney- Married 56 years

Elders Left Out of Health Care Debate

By Al Norman, Mass Home Care

Over the past several months, seniors across Massachusetts have been watching the health care reform debate on Beacon Hill, and assuming that the bill had nothing to do with them. They are right.

Legislative leaders decided early on that "health care reform" only affects people under the age of 65. But ignoring the elderly is a costly mistake—at a time when cost savings are a major desired outcome.

One of the largest line items in the state budget is the MassHealth (Medicaid) program. There are an estimated 987,867 people on MassHealth in Massachusetts, and 118,900 (12%) of them are over the age of 65. But that 12% minority costs taxpayers \$2.1 billion a year—or 33% of the MassHealth budget. When you add in the disabled, the cost is 69% of the MassHealth budget. 33% of the enrollees in MassHealth (the elderly and disabled) account for 69% of the MassHealth budget—yet most of these costs are being ignored on Beacon Hill—to be dealt with at some later date. When Beth Waldman, Governor Romney's Medicaid Director for MassHealth, testified recently before the Ways & Means committees, she

gave lawmakers a chart that showed nursing home expenditures account for \$1.56 billion—75% of total MassHealth spending on long term care. There are 30,100 seniors on MassHealth in nursing homes. By contrast, the 88,800 seniors on MassHealth living in the community cost \$531 million, or 25% of the total. In other words, 3 out of 4 dollars spent on long term care for seniors in this state go to nursing homes. Waldman said that nursing home costs have been rising at an annual average rate of 6.3% over the past five years—nine times faster than the rate increases for acute care hospitals.

The good news is that expansion of home care services targeted to the elderly and disabled has reduced the number of MassHealth nursing home bed days by 17% since the year 2001, or 2.1 million fewer nursing home bed days in FY 2006. By reducing nursing facility growth, Massachusetts can invest more in home and community based long term care. More seniors will enjoy their civil right to be cared for in the least restrictive setting appropriate to their needs, without adding to the state's bottom line. Cost savings and increased home care case-load will be the result. Other

states have demonstrated that for every one elder in a nursing home, two elders can be kept at home.

Ironically, Congress and the White House just passed the Deficit Reduction Act with a number of new incentives for states to "rebalance" their long term care spending. Our state MassHealth plan can now provide home and community-based services for people who cannot independently perform two activities of daily living (like bathing and dressing) without requiring that they be eligible for a nursing home, and without applying for a lengthy federal waiver review process. Congress is also making available to states \$250 million in new "Money Follows the Person" grants for people who have been in nursing homes for at least six months, but who now want to return home. Massachusetts could receive 75% federal match to help these elders return home.

Other states have moved far ahead of Massachusetts in expanding community-based care. At a time when leaders on Beacon Hill are looking for cost-savings, ignoring the "equal choice" bill in the health care debate is like leaving money on the table. All seniors want is an "equal choice" to live at home.

Nutrition Eyed for Blindness Prevention

By Elizabeth Johnson, PhD Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University

By the age of 65, one person in three has some form of vision-reducing eye disease. Cataract and age-related macular degeneration (AMD) are the major causes of visual impairment and blindness in the aging US population. Certain food choices may help to prevent these diseases.

A clinically significant cataract is present in about 5% of Americans aged 52- 64 years and rises to 46% in those aged 75-85 years. While cataracts are often surgically corrected, this procedure is costly (accounting for 12% of the Medicare budget). Unlike cataracts, there is currently no effective treatment for most patients with AMD. So scientists are focusing their efforts on prevention of this disease.

Cataracts and AMD share common risk factors such as sunlight exposure, excessive alcohol consumption, and smoking. Of particular interest is the possibility that nutrition might reduce the incidence or slow the progression of these diseases. Two components of the diet that may be important in the prevention of cataracts and AMD are lutein and zeaxanthin.

Lutein and zeaxanthin are plant pigments found in foods

such as spinach and kale. Other good sources include egg yolks, peas, broccoli, collard greens, Swiss chard, and Brussel sprouts. Lutein and zeaxanthin are the only plant pigments that are detected in the eye. They are thought to act like sunglasses that protect the lens and retina against potentially damaging sunlight. They may also act as antioxidants that prevent free radicals from damaging eye tissue. Therefore, a diet rich in fruits and vegetables, especially leafy greens, may be more important than ever when it comes to eye health.

Lutein is available in supplemental form, but its safety and effectiveness needs to be further explored. The National Eye Institute (NEI) — according to Emily Chew, MD, NEI's Deputy Director of the Division of Epidemiology and Clinical Research — will be starting a large clinical trial in the coming year. In the meantime, there is probably no advantage to supplements over food sources. In fact, food sources are substantially lower in cost and at the same time provide other important nutrients. In other words, go for the green!

Scientists at the Jean Mayer USDA Human Nutrition

Research Center on Aging at Tufts University are leaders in the field of nutrition and aging. Results from their research have greatly contributed to information on the prevention of osteoporosis, heart disease, degenerative eye diseases, and muscle loss. For a list of current study opportunities, call our recruitment line at **1-800-738-7555** and request a general study packet.

Medicare D
Enrollment and Outreach
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report information about any patients who need additional assistance managing the transition to part D. Further, the Mayor will be sending an auto call in multiple languages, to all Boston seniors 65 and older, and encouraging them to call the City for help.

617-635-MEDD

Where Are All the Mints?

by Kali Borrowman

L'Osteria



If there were ever a contender ready to over throw baseball as America's favorite pastime, it would be eating. In fact, Americans eat while doing just about everything. So to celebrate our love of food and good company, I introduce "Where Are All the Mints?"

In upcoming issues of the Seniority I, and a featured senior of the month, will be reviewing a Boston restaurant. This new entertainment piece comes directly to you by inspiration of three important people in my life. My aunt, for whom this idea would have never blossomed without, my father who cannot help but take as many mints as possible on his way out of a restaurant, and John, a senior, and fellow regular at my favorite restaurant in Columbia, Missouri, who never leaves without asking for the mints.

For our second venture, I set out into the North End to L'Osteria for lunch. Located at 104 Salem Street, L'Osteria has been family owned and operated since 1985. Mary Frasca, a North End resident for life, accompanied me. To work up an appetite, Mary was kind enough to take me on a walking tour of the North End before ending up at L'Osteria. Open from 12:00 p.m. to 10:00 p.m. Sunday through Thursday, and 12:00 p.m. to 11:00 p.m. on Fridays and Saturdays you can enjoy their Italian cuisine for lunch or dinner.

As we arrived, we were greeted by our server and then gracious host Nicky DiPietrantonio (co-owner, with wife Paolina). The atmosphere was casual and quaint. Mary described the atmosphere as friendly, and I would certainly agree. Mary chatted up everyone in the North End from the beginning of our walk to the end of our meal. It's quite evident that she is a fixture in the community. To start, Mary had the Fedelini in Brodo (angel hair pasta in a chicken broth) and I had a cup of Minestrone (vegetable soup). Both came out of the kitchen piping hot and delicious- with a pinch of salt. Mary noticed that the angel hair pasta in her zuppa was broken in small pieces, "just the way I'd make it," she told me. We enjoyed fresh bread and oil with our soup and through the remainder of our meals.

For my main course I decided to try a classic dish: Chicken Parmigiana (bread chicken cutlet with a light marinara sauce and mozzarella cheese). The huge portions overwhelmed my eyes, but I had no problem eating half of the delicious dish. I rated my overall meal (on a scale of one to five mints, with five being the highest) a four. Mary had the Veal Marsala (veal sautéed with sweet marsala wine and mushrooms) and also rated her meal a four saying, "if the wine is over powering it's not good, but this is good." We rounded our meal out with coffee and Tiramisu a true Italian pick-me-up. Mary described the dessert, "picks me up so beautifully you go to heaven."

This restaurant didn't have much of a lunch crowd, which gave the two of us a great place for conversation and a good meal. Service was attentive but not pushy (a four on the mints scale for me, but a five for my partner), and the host was more than welcoming to a neighborhood regular, Mary. Portions were more than generous leaving us with boxes to take home. L'Osteria is a clean, warm, delicious place to eat if you're looking for Italian comfort food. By averaging our ratings of atmosphere, food, service, value, cleanliness, accessibility, and overall experience, we gave L'Osteria 4 1/2 mints!

Do you want to review a restaurant? Write to the Seniority and tell us where and why.



SENIOR COMPANION PROGRAM

BY KALI BORROWMAN

The impact and outcome of the Boston Senior Companion Program can be best illustrated by the story of Ms. Eddie Blakely. Although Ms. Blakely has been part of the Boston SCP since its inception in 1988, she and her clients have been providing an immeasurable service to one another for over 40 years.

Ms. Blakely is one of few individuals who possesses the unique ability to recognize community needs independent from an organization. In this case, the need was respite services for family caretakers and support for frail older adults for independent living. Since Ms. Blakely moved into a senior living facility at the age of 40, she (now age 80) has been willing to fulfill the service activities of a senior companion to attend to these community needs. By taking over the daily routines caregivers normally undertake (cooking, medical appointment escorts, and especially companionship and emotional support) or helping seniors live independently by assisting with money management, translation, light housework, and even advocacy, Ms. Blakely epitomizes what a senior companion can accomplish.

Winter 2005 was a record-breaking season for the New England area, with the January blizzard that dumped over 20 inches of snow in just two days (NOAA National Weather Service Office). With all of the snow, home-care nurses were not able to reach their clients in

Ms. Blakely's building for seven days. During this time Ms. Blakely took it upon herself to care for her 102 year old client for the entire week; bathing her, providing breakfast, lunch, and dinner, as well as companionship everyday. Although this client is frail, she is not sickly, and very mentally sound. Without the care and dedication of Ms. Blakely, this woman would have been transported to a local hospital, instead of being able to remain in the comfort of her own home. With this example it is very clear the outcome of just one Senior Companion.

With this in mind, 47 Senior Companions across the City of Boston are making waves of impact amounting to 1,040 hours per week. By the year's end close to over 525 elders will have been provided in-home care. Because Senior Companions are also helping others live on their own, the cost of living can be reduced by half. Commissioner Eliza F. Greenberg states, "The average annual cost of a nursing home placement is \$56,000, whereas the average annual cost of home care is half that-\$28,000". The cost of 20 hours of a senior companion's care for one week is \$53.00 making the year total for one senior companion \$2,756.

Estimated cost of living per year for one nursing home patient (\$56,000) was based on a daily living cost of

\$155.00 per day for one nursing home patient in fiscal year 2004 as cited by the Massachusetts Division of Medical Assistance which is a total of \$56,575. The cost of community based care for one elderly person (\$28,000) was taken from the Executive Office of Elder Affairs who calculated the figure based on a program called "Community Choices". This specific program was used because the Choices elders must be nursing home eligible meaning that this represents all the necessary support services.

An important note: Not only does the Senior Companion Program impact the lives of frail seniors and their families, but it also impacts the Senior Companions themselves. Ms. Blakely has received tremendous benefits. She has expressed that it keeps her physically active, and alert. Her SCP volunteer work also helps her get out of the house and think of other people.

For more information on the Senior Companion program please call:

617-635-2844

Want to be a published writer?

We are looking for articles for Boston Seniority Magazine.

or more information please call

617-635-4366

Kaysea Cole or Teresa O'Connor

Free Legal Services for Seniors

by Kristen Labbe

**Are You A Senior in Need of Free Legal Services?
Well, now you have two options!**

Greater Boston Legal Services

OR

Volunteer Lawyers Project

(These legal services are completely free of charge for all seniors in Boston)

Greater Boston Legal Service

- Housing/ Tenant Rights
- Elder Abuse
- Nursing Home Issues
- Social Security
- SSI
- Medicaid/ Medicare
- Defense against Guardianship
- Immigration

Volunteer Lawyers Project

- Homeownership Issues/ Evictions
- Probate of Small Estates
- Bankruptcy
- Wills
- Health Care Proxies/ Medical Directives
- Unemployment Compensation/ SSI
- Guardianship of Minors
- Family Law

Both of these non-profit agencies are culturally diverse with interpreters for all languages. If you need an interpreter and the agencies do not have one on site, they will accommodate as needed.

Greater Boston Legal Services

197 Friend Street
Boston, MA 02114
Telephone Number 617-371-1234

Volunteer Lawyers Project

99 Chauncy Street
Boston, MA
Telephone Number 617-423-0648

The AAA (Area Agency on Aging department in the Elderly Commission provides funding to these legal services programs with IIIB Older Americans Act dollars. These two legal service agencies collaborate to create protection for all seniors in the City of Boston with any legal matters. If one agency does not specialize in your particular case, they will refer you to the other agency to resolve your matters. If you have a legal problem and would like it solved by one of these agencies, please do not hesitate to call. They are a great legal resource for seniors in the City of Boston.

For more information on the other agencies the Elderly Commission funds thru the AAA with Older Americans Act Dollars please call 617-635-3979

***Did you move the sofa yesterday and your back hurts today?**

***You played basketball for the first time in 10 years?**

***You lifted your grandchild off the floor and now you can barely get out of bed today?**

At one time or another, about 85% of Americans have lower back pain. In fact, about 2% of American workers are compensated for disabilities caused by back pain.

What causes lower back pain? Frequently the pain is triggered by overuse and muscle strain, or injury to the muscles and ligaments that support the spine. Spinal deformity or illness can also cause lower back pain. Some lower back pains are more serious than others.

One extremely painful lower back pain is called spinal stenosis. It is often seen in people over 60.

What is spinal stenosis? Spinal stenosis occurs when there is a narrowing of the spinal canal. This narrowing is caused by excessive bone growth, thickening of the tissue (i.e., cartilage) in the spinal canal or both. This narrowing can squeeze and irritate the spinal nerve roots in the area where they leave the spinal cord or the spinal cord itself.

What are the symptoms to look for with spinal stenosis in the lower back? This narrowing can cause pain, numbness, leg, buttocks or foot weakness and these symptoms are common. Cervical (neck) stenosis can cause stiffness, pain

and numbness in the neck, arms and legs.

Important: stenosis should be treated. It can squeeze the spinal cord and lead to serious nerve damage and paralysis.

The main cause of spinal stenosis is the degeneration (breakdown) of tissue caused by the normal aging process.

Talk to your doctor if you have developed these classic symptoms:

*Leg pain when walking or standing. You feel better when you sit down.

*Lower back pain that you haven't experienced before.

*Your back has never bothered you before today.

Tell your doctor about the type, duration and severity of your pain. Your doctor may want to order x-rays to rule out other back conditions or refer you to an orthopedic doctor for further evaluation and treatment.

Often symptoms can be controlled with pain medication, physical therapy to include strengthening and flexibility exercises and cortisone injections.

Surgery may be a choice if there is no improvement in back pain or the pain becomes intolerable.

You and your doctor should work as a team to treat this disabling and serious condition. There is treatment available. Do not suffer needlessly.

we now have. Every senior club has trips to casinos. From Montreal to the California desert. Foxwood and Mohegan Sun are the hot items. The days of whist parties and bingo are fast disappearing. Even the fruits on the slot machines are changing. Now, instead of lemons and cherries, honoring elderly patrons, they have substituted figs and prunes. If you get three in a row watch out. It won't be long I am sure before Massachusetts is blessed with its own casinos. Folks on the North Shore have floating casinos on boat trips out of Gloucester. How about swimming casinos out of Carson Beach? It would be tough in the winter but, you could play on the ice and in the rest of the year convert one street bathhouse into a South Boston casino, what a spot.

Speaking about South Boston: who amongst us can not remember the bashing of top shelf entertainment Blinstraub's? What a showcase- great shows, terrific food and a congenial atmosphere. It was the gathering place of the political and social life of Boston. The shows there featured the stars of show business and when it burnt down there was a period of mourning throughout the city.

When I think of the night life that once existed in Boston and are now all gone. The Latin Quarter, the Mayfair, the Coconut Grove, and of course Blinnies. But, we're still here. Hip, hip hooray!!!!

Laughter Lifts the Heart for Caregivers

by Leslie Ahern

"Laughter is probably the most economical and easy to practice stress-reducing method," said Certified Laughter Leaders (C.L.L.) Paul Antokolsky and Leslie Ahern at the Northeastern Conference for Family Caregivers held in March. They went on to explain, "recent research has proven that laughter is one of the best muscle relaxants. Laughter actually expands blood vessels and sends more blood to your heart and the muscles all over the body. It has also been shown that hearty laughter reduces the levels of stress hormones while increasing pain –reducing endorphins."

The physical and emotional stress and strain on caregivers has been well documented. Depression and anxiety often go hand-in-hand with a progressive illness or acute condition that requires care giving. The challenge to the caregiver is to maintain their own physical and mental health during this time. A regular routine of laughter can help a caregiver do that. But "how can I laugh," you ask, "when I feel more like crying?"

Laughter is really about breathing. If any of you were in choir or took singing lessons you learned about diaphragmatic breathing. That is breathing deeply so that your belly, not your chest, rises with each intake of air. You might want to place a hand on your chest and one on your belly –take that deep breath in and check to make sure you are getting a rising belly not chest. Then your exhalation becomes a "belly" laugh as you exhale with the words ha-ha- ha- slowly and softly at first.

Repeat this exercise, allowing yourself to take larger breaths and make louder ha-ha-ha's. Now repeat the exercise a little faster so those ha ha's have start to run together. It's like when you start your car and you can hear the motor start to turn over. Let those ha-ha-ha exhalations start to roll, that's right, now you're getting your laughter motor going.

Learning how to "laugh when you want" is easier with others and a little instruction from a laughter leader. Therefore, seniors and caregivers are invited to join Leslie and Paul's Laughter Sessions on March 28, 2006 at 10:00 a.m. in Jamaica Plain; on April 20, 2006 at 6:00 p.m. in Roslindale; and at the Ethos Senior Palooza on May 16, 2006 at 4:00p.m. Sponsored by Ethos and the Caregiver Alliance, there is no charge, but you must pre-register by calling Family Care Advisor, Leslie Ahern at **617-522-6700x376**. Laughter exercises can be done seated or standing and all sites are handicapped accessible. Directions given upon registration. For More information go to **Laughterforhealth.com**.

SENIOR PROPERTY OWNERS, TAKE NOTICE

City of Boston

Taxpayer Referral and Assistance Center

Personal Exemptions

Elderly Exemption

(M.G.L. Chap. 59 s. 5, clause 41c)

The elderly exemption 41c* provides assistance to elderly taxpayers who meet the age, income, whole estate and residency requirements below. Please inquire about other personal exemption programs.

What is the exemption amount?

Taxpayers who are eligible for personal exemption 41c will receive a reduction in their tax liability of \$500. In addition, the City of Boston has elected to provide additional relief of up to \$500, provided that the additional amount does not:

1. Reduce your final tax bill below the amount of tax you owed in the previous year; and
2. Reduce the taxable value of your property below 10 percent of the assessed value.

How do I apply?

Application must be filled out with the Tax Referral & Assistance Center (TRAC) within three months of the mailing of the FY 2006 Third Quarter tax bill.

Renewals:

If you were granted an exemption last year, the TRAC will send you a renewal application. However, it is your responsibility to ensure that a renewal is filed each year.

New applications:

If you think that you qualify, notify the TRAC at (617) 635-4287. Supporting documentation, including a birth certificate and all other materials that will help the board of assessors make a determination, will be requested. NOTE: the filing of an application does Not mean you can postpone the payment of your tax.

Requirement:

*Reached the age of 65 as of July 1 of the tax year;

*Owned and occupied the property as of July 1 of the tax year;

* Ownership

A qualified applicant must possess a sufficient ownership interest in the domicile. To satisfy this ownership requirement, the person's interest must be worth at least \$4000. The person may own this interest solely, as a joint owner or as tenant in common.

*The holder of life estate satisfies the ownership requirement.

If the domicile is held in a trust, a person can only satisfy the ownership interest if he/she:

- a. Is a trustee or co-trustee of that trust, and
- b. Possesses a sufficient beneficial interest in the domicile through that trust

A COPY OF THE TRUST AND A NOTORIZED COPY OF SCHEDULE OF BENEFICIARIES IS NECESSARY TO PROCESS THE APPLICATION

- Owned and occupied any real property in Massachusetts as least 5 years; or a surviving spouse who has inherited the property and occupied it for at least 5 years;
- Resided in Massachusetts for the past 10 years;

A gross income not exceeding:

\$20,000.00
(+3,571.00) SSI Allowance
\$23,571.00 If single,

or

\$30,000.00
(+5,357.00) SSI allowance
\$35,357.00 if married;

· A Whole Estate**, excluding the value of the property,* not exceeding:

\$40,000 if single
\$55,000 if married.

**Whole estate

Residential properties containing more than four units or commercial units will have a portion of the value of these units included in the whole estate calculation

**If you think that you may be eligible for an Elderly 41c*
Exemption contact:**

Taxpayer Referral & Assistance Center (TRAC), Room M5, Mezzanine, City Hall, Boston, MA 02201 at (6 1 7) 6 3 5 - 4 2 8 7 .

Office hours are Monday - Friday, 9:00 a.m.-5:00 p.m.

Note: If you or your spouse own property jointly with other person(s), you may apply for your portion of the personal exemption. However, each joint owner must meet the above financial requirements.



Remembrances

By Annette Richardson

I can recall when my mother took me to downtown Boston, we would go to Dudley Station, climb the rickety old stairs and stand on the green painted platform- waiting for the train to arrive, so I could rush in and kneel on the seat with my head pressed to the window, looking down at the ground. If you got on the right side, it always looked as if the train was flying because you couldn't see the tracks.

I can recall going to Kreskies store on the corner of Summer and Winter Streets, riding up the escalator to the second floor where my mother would be in search of socks and things, and if I was well behaved, she would buy me a hot dog from the food stand on the first floor.

I can recall one Easter, my great Aunt Lois taking me to Bailey's Ice Cream Parlor, where we would indulge in a scoop of Ice Cream, as a child this was a magical place; not only were you getting a treat, but it was served in a silver bowl with a long handled silver spoon.

My mother is gone now, but I can still look back and recall with a smile my remembrances of times long gone but never forgotten.



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Store Hours: Monday - Saturday 10 am - 9 pm Sunday 12 noon - 6pm

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ANIMALS I HAVE KNOWN

By Paul Schratter

In the course of my many years, I had the good fortune to travel widely on business and to use vacation time in many lands, accompanied by my wife. Our interest in tribal culture and wildlife brought us into closeness with animals, in situations worth telling about. Some of these occurred in Asia.

A tiny island in the South China Sea, off the coast of Borneo, is a place where the female giant green sea turtles come ashore to lay their eggs under the cover of darkness. It was late one night when we observed a turtle, about five feet in length, some thirty feet above the shoreline. Facing toward the sea, she was digging a sizable cavity in the sand with her powerful hind flippers. Two rangers were with her, stationed on the isle to protect the visiting turtles and their eggs. With a flashlight, we watched as she began to lay about fifty eggs into the hole, the size and color of ping-pong balls. Exhausted from her task and breathing heavily, she rested a while, then began to close the cavity by shoveling sand back over it. The rangers swiftly turned her ninety degrees so that her waves of sand missed the hole. Without delay, they quickly

excavated the eggs, placing them into a ready bucket. They banded and inspected the mother, removing some parasites from the corners of her eyes and her carapace. Evidently satisfied that she had done her duty, the turtle slowly made her way toward the shore. I touched her warm, soft flipper, as she passed. Reaching the water line, she raised her head and quickly vanished. Her eggs were immediately reburied in a location where they would be safe from predators until ready to hatch in about six weeks. Nearby, where a clutch of eggs had just hatched; tiny, rubbery turtles about the size of a half dollar were emerging from the sand, instinctively moving toward any spot of light. Collected in a bucket that was emptied at the edge of the calm sea, they waddled as fast as their tiny flippers would carry them toward the faint light over the water and swam away into the dark. Of the few that would survive the many dangers, the females when mature, would return to the same beach to lay their eggs. They males would never visit land again.

On the mainland of Borneo, we visited a station where young orangutans that had

been freed from illegal captivity, were re-introduced to their proper wild homes. When ready, the immature long-armed red apes were freed in the nearby forest. As orphans whose mothers had likely been killed to catch their young for sale, they are at first unable to find food in the jungle. To assist them, government rangers had built a high platform, accessible by ladders or from nearby trees, where the free-living apes could come every morning for a helping of milk and bananas. They arrived, some singly, some as pairs with arms around each other, some close enough to be gently touched on a furry red shoulder. Sometimes, tree-shaking adults come for a helping, holding on with their powerful arms and legs. Occasionally, grown females come from the jungle and adopt one of them. One mother with a tiny baby got a food ration, then let the little one roam. It carefully descended a small tree near where I stood. I approached very slowly with my camera until the curious fellow pointed a long finger to touch the lens before returning to mama in the tree. It was an experience never to be forgotten.

Reinventing Your Wheels

By Kali Borrowman

Ahh, driving- the open road ahead, a warm summer breeze in your hair – sounds nice, doesn't it? Now add a speeding Semi behind you, a mini-van braking to make a turn in front of you, and a tiny little sports car passing on your left who just so happens to be in your blind spot. What do you do? Move into the left lane before slamming into the mini-van loaded with kids. But wait, the sports car appears from out of nowhere (your blind spot), so your only choice is to jerk the car back into the right lane, slam on your brakes and hope that the Semi is doing the same. Add some honking and screaming, and you've got yourself a typical urban driving scenario. Now, imagine that your reaction time has slowed, and your eyesight isn't what it used to be...

For many seniors, driving presents no problems: they're pros, experts, aficionados. However, there are seniors who have trouble driving. In fact, according to the American Geriatrics Society's Foundation for Health in Aging, crashes are the number one cause of injury-related deaths in adults between the ages of 65 and 75. Scary! So why are there seniors who ignore the warning signs and

continue to drive? INDEPENDENCE!

Being founded on the very idea of independence, the American culture celebrates and idealizes being autonomous. We celebrate freedom, independence and self-reliance. We are individualists. For many people, young and old alike, driving is the most coveted symbol of their independence. This value is one in which is instilled in us from beginning to end: from when you are 15 and three-quarters and can't wait for your driver's license until you are 85 and refuse to turn in your license. Our wheels define us. Whether it's a pick-up truck, mini-van, or coupe, the American love affair with the car has long defined Americans culturally and individually. The problem with defining our independence with our vehicles is that it becomes dangerous. For example, if you are an edgy rebel you might exhibit this in your automotive life by breaking the speed limit, not by just 5 mph, but maybe even 15 mph. Or if you're an independent person you might not want to stop driving. I challenge you to redefine your independence. Reinvent Your Wheels.

There are many other modes of transportation besides personal vehicle: the MBTA system, Senior Shuttle, taxicabs, friends and family. But who would rather utilize these instead of driving? At first, I thought- not me. But after researching all of the options, I am reinventing my wheels and here's how:

The taxi is a fixture in city life. Yes, they can seem expensive, but a recent 50-state analysis done by Runzheimer International tells us that average annual operation (including fuel, oil, tires, maintenance, insurance, depreciation, financing, taxes and licensing) cost in Massachusetts is \$13,412. If you look at this figure monthly, on average you are paying \$1,118 a month to own and operate a vehicle – not including parking. So, instead budget that money for taxis. They give you door-to-door service AND you don't have the hassle of finding and paying for parking. If these numbers are shocking to you (you're not alone, I was amazed too) and you'd like to save some money on transportation, you're in luck! The city has many transportation programs for seniors.

The City of Boston has a Taxi Discount Coupon Program. To

be eligible for the taxi coupon book at a cost of \$5.00 but worth \$10.00, you must be a Boston resident, age 65 or older, or a person with a disability. These coupons can be purchased in the office of the Commission on Affairs of the Elderly in Boston City Hall, Room 271. The taxi coupon coordinator maintains regularly scheduled visits to local senior centers, housing complexes and senior club meetings where coupon books are available. Homebound seniors may purchase coupons from Community Service Advocates. The best part about this program is that all Boston licensed taxi drivers are mandated to accept the coupons.

If taxis aren't appealing to you, use the MBTA. The MBTA not only provides quick and cheap transportation but also has a program called *THE RIDE* for those who qualify. You might remember an article from the last issue of the *Seniority* outlining *THE RIDE*. You can become a part of this program through the MBTA.

The city also provides a program called the Senior Shuttle. The Senior Shuttle provides free transportation within the City of Boston to non-emergency medical appointments, food shopping, social and recreational events. Several

Senior Shuttles are wheelchair accessible! They provided curb-to-curb service to your destination and return home. Keep in mind that priority is given to seniors needing transportation for medical appointments, then food shopping groups and lastly, social or recreational activities. Make sure when you call to request the Senior Shuttle to give AT LEAST three business days notice. The telephone number is (617) 635-3000. They are available from 8:00 a.m. to 4:00 p.m. Monday through Friday.

Even though all of these examples are wonderful driving alternatives, my favorite is riding with your family and friends. Not only is car-pooling economical and environmentally friendly (as are all the suggestions), riding with family and friends can give you that extra quality time that you may be missing out on. Family and friends are usually more than happy, and look forward to helping each other. The best part is: it's give and take. Instead of feeling like a burden, do something to help them by making a dinner or lending an ear to listen. This type of support is invaluable. Look at the warning signs below, and if you or any of your friends show a sign of impaired driving be sure to reinvent your wheels.

1. Merging or changing lanes without looking.
2. Trouble staying in the same lane.
3. Stopping in the middle of intersections.
4. Going the wrong way against traffic.
5. Hitting or nearly hitting objects without realizing it.
6. Difficulty looking over one's shoulder.
7. Easily irritated by other motorists.
8. Frequent honking from other motorists.



Mayor Menino presents Anthony Athenas, owner of Anthony's Pier 4 restaurant a certificate of recognition in appreciation for sponsoring the 7th annual Valentine's Day luncheon for Golden Anniversary couples.

Free events at the Museum of Fine Arts

The Gallery Events below are free. Other events at the MFA are available to Seniors at a discounted rate of \$6.00 Call 617-369-3300 for more information on MFA events.

GALLERY TALKS AND FREE WALKS

GALLERY TALKS are free with Museum admission (if applicable). Focusing on either special exhibitions or the permanent collection, they are led by Museum curators, conservators, independent scholars, artists, and advanced students of art history. Meet at the Information Center just prior to the talk. All talks are wheelchair accessible.

- Sat, Apr 1, Noon John Singer Sargent by C.J. Alvarez
- Sun, Apr 2, 2 p.m. The MFA's Early Acquisitions of Original Paintings by Deborah Stein
- Mon, Apr 3, 11 a.m. Musical Instruments talk: The Pardessus de Viole by Carole Lewis
- Wed, Apr 5, 6 p.m. Curatorial talk: Recent History of Chinese Masterpieces by Joseph Scheier Dolberg
- Thu, Apr 6, 11 a.m. Curatorial talk: Recent Acquisitions in the European Decorative Arts by Tracey Albainy
- Sat, Apr 8, Noon Curatorial talk: European Paintings and their Collectors by Victoria Reed
- Sun, Apr 9, 2 p.m. Asian Rhythms by Marlene Oliver
- Wed, Apr 12, 6 p.m. The Warrior in Japanese Art by Quintana Heathman
- Thu, Apr 13, 11 a.m. Curatorial talk: Facets of Cubism by Thomas Rassieur
- Wed, Apr 19, 6 p.m. The Royal Arts of Africa by Mamie Hyatt
- Thu, Apr 20, 11 a.m. Curatorial talk: Contemporary Clay by Joe Earle
- Sat, Apr 22, Noon Meiji Japan and the Russo-Japanese War by Benjamin Weiss
- Sun, Apr 23, 2 p.m. The Warrior in Japanese Art by Quintana Heathman
- Wed, Apr 26, 6 p.m. John Singer Sargent by C.J. Alvarez

Free Walks through the Museum with Museum Associates guides. Meet at the Sharf Information Center. Free with Museum admission. All walks are wheelchair-accessible.

Mon–Fri: Intro to Museum collections, 10:30 am and 3 pm (and Wed only: 6:15 pm); Art of Asia, 11 am; Art of Europe, 11:30 am; Art of the Americas, 1:30 pm; Egyptian and Classical, 2 pm.

Sat–Sun: Intro, 11 am, 12 noon, 2 pm and 3 pm.

Language tours: French, every Wed, 11:15 am, fourth Wed 6:30 pm; Russian, second and third Wed, 6:30 pm; Spanish first Wed, 6:30

The New Convenience Store

by Kali Borrowman

Although many people enjoy doing their own grocery shopping, many times the hustle and bustle of life, or New England winter conditions don't allow for the leisurely stroll through the farmers market that one would like. Not being a new dilemma, we often times rely on the convenience store nearby for late-night hankerings, and cooking emergencies. Really, how convenient are our convenience stores? Most have small selections, moderate to expensive pricing, and are almost as far away as your local grocery store. Once you're bundled up in your winter wear, you might as well go the extra mile- to the grocery store.

Peapod by Stop & Shop has made our previous notions (of what a convenience store is supposed to be) obsolete. Introduced in a suburb of Chicago in 1989, Peapod now boasts itself as one of the leading Internet grocers, making over 6 million grocery deliveries. Skeptics, concerned with quality, have been slowly quieted by Peapod's efforts to train the personal shoppers on how to pick quality produce and meats. Groceries arrive in carefully packed bags and special temperature-controlled, crush-proof containers. For many, this is a dream come true.

With a shopping revolution upon us, you no longer have to carry your grocery bags on the T, or spend hours in the grocery store: Peapod will do it for you. This kind of service sounds expensive, but Peapod proves to be affordable with exclusive sale prices online, as well as honoring manufacturers' coupons. They also have several promotional options. For example, with your first delivery you receive a \$10.00 discount, and if you refer a friend who becomes a Peapod user, then you will receive a \$10.00 discount on your next delivery and your referral will receive up to \$15.00 off their first delivery. Although you don't receive the regular Stop & Shop discounts, Peapod has their own discounts on a variety of products.

How it works:

1. Go to the web address <http://www.peapod.com>
2. If you are a current customer then you know what to do- Login! For new customers, click the "Groceries for Your Home" button.
3. Enter your ZIP code in the space provided so that Peapod will know where you are located. Then select "Go."
4. This will bring you to the "Welcome to Peapod" page. Above the welcome sign, make sure that the city you've selected is correct; if not, you can easily go back and change it by choosing the "select new city" button.
5. From here, do your research by clicking the "Learn More" button, to ensure that you are knowledgeable. (It's a good idea to do research before trying anything new.)
6. Once you've done your homework Start Shopping!
7. You can begin selecting items for delivery by entering your Stop & Shop card number, browsing the aisles, or typing a specific food into the search space. When selecting items, keep in mind the quantity you would like. For example, if you are ordering from the deli, if you would like a pound of sliced turkey, you might need to place 2 orders for a 1/2 pound of sliced turkey. Keep in mind, if you would like to check the nutrition of items simply click on its name.
8. Once you select the quantity of an item on the left hand side of your screen, the item is placed in your "grocery cart" on the right hand side. This is a list of the items you are purchasing. The total appears in the top right hand corner of your screen. If you accidentally order something that you don't want, that's Ok! You can easily go through your cart and delete the items.
9. To delete items hit the blue "Review Order" button. Here you will get a list of everything you have selected. To delete an item, simply click on the trash can at the end of the row for that specific item.

Continued on Page 25

S A B I A U S T E D Q U E ? By Carmen Pola

- 1 -Sabia usted que tenemos Centros para Ancianos en la ciudad de Boston?
- 2 -Sabia usted que todos tienen programas para nosotros los ancianos?
- 3 -Sabia usted que la mayoría de los centros reciben apoyo con diferentes recursos de la ciudad de Boston?
- 4 - Sabia usted que tienen Coordinadores de Ancianos trabajando con usted y para usted?
- 5 - Sabia usted que todos ellos tienen muy Buenos programas?
- 6 - Sabia usted que necesitan su ayuda y aportación para el desarrollo de programas?
- 7 - Sabia usted que una (1) hora a la semana donada por usted puede significar mucho para el Coordinador de Envejeciente?
- 8 - Sabia usted que Los Centros Comunitarios en al ciudad patrocinan muchos de estos programas?
- 9 - Sabia usted que A.B. C. D., organizaciones sin fines pecunarios tal como(I. B. A (Inquilinos Boricuas en Accion) en el South End, y el Centro Reggie Lewis tienen programas para envejecientes tambien?
- 10 - Sabia usted que que usted puede contribuir muchísimo y ganar muchísimo apoyando y participando en las actividades de los Centros?

POR FAVOR HAGASE MIEMBRO Y CREE UN DIA ALEGRE Y PRODUCTIVO PARA TODOS LOS ENVEJECIENTES EN BOSTON PARTICIPANDO.

D I D Y O U K N O W ? in English, By Carmen Pola

- 1 - Do you know that we have Senior Centers in our City of Boston?
- 2 - Do you know that all of them have programs for seniors?
- 3 - Do you know that most of them receive support with different resources from city government?
- 4 - Do you know that they have Senior Coordinators working with you and for you?
- 5 - Do you know that all of them have very good programs?
- 6 - Do you know that they need your support and input for program development?
- 7 - Do you know that an hour a week donated by you could mean a lot to the Senior Program Coordinator?
- 8 - Do you know that the Community Centers across the city sponsor many of these programs?
- 9 - Do you know that A.B.C.D. Non-Profits (i.e. Inquilinos Boricuas en Accion (I.B.A.) in the South End, or Reggie Lewis Center) have programs?
- 10 - Do you know that we can have a lot to say and gain by supporting and participating in all the activities in the centers?

PLEASE JOIN AND MAKE A PRODUCTIVE HAPPY DAY FOR EVERY SENIOR IN BOSTON BY PARTICIPATING.

RSVP-VOLUNTEER OPPORTUNITIES COLUMN

The Retired and Senior Volunteer Program is federally funded by the Corporation for National and Community Service 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.

Boston Health Care for the Homeless -

Are you good at organizing? Have experience in records management? Get involved with Boston Health Care for the Homeless! Boston Health Care for the Homeless is looking for seniors to help with record management and

general administration. Friendly staff! Great location! Perfect for spending a couple hours at each day! For more information call Boston RSVP at (617) 635-2360.

Covenant House -

Do you have good computer skills? Are you good at teaching others? Covenant House, located in Brighton is looking for people who understand basic computer skills (such as how to use the Internet, Microsoft Word, and games) and are interested in helping other seniors to learn those skills as well. Preferred times are Monday, Wednesdays, or Thursdays from 3:30 p.m. - 4:30 p.m. or early evenings. Russian language skills is a plus, but not required. For more information call Boston RSVP at (617) 635-2360.

Dana Farber Cancer Institute and Faulkner Hospital -

There are many ways that you can be of service to this agency! If your preference is working with people you can participate at the information desks, gift shop, or the patient/family resource center. If you like behind the scenes work you can help with administration, or food service. Their goal is to match your unique interests and skills so that you will have a rewarding experience. Volunteers are asked to serve a commitment of at least one, 4-hour shift per week. Hours are flexible, and some weekend assignments are available. Benefits include free parking, free meals, and on-the-job training.

If you are interested, contact Lynnette at 617-635-1794 or Fran Johnnene, RSVP Director, at

6 1 7 - 6 3 5 - 3 9 8 8

New Convenience Store Continued from page 23

10. With the tabs listed at the top of the page, you can switch from the general grocery section, to the deli or bakery, even to the health and beauty section. You can also check out specials and recipes.
11. To choose your delivery time, click the tab labeled "Delivery Time" and reserve the best time in the morning, day, or evening for you. Keep in mind that if you are not home when the groceries are delivered, they will be left at your door. Peapod and Stop & Shop will not be responsible if you're items are stolen.
12. Delivery Fees are as follows:
 - For purchases \$100.00 or MORE there is a \$6.95 delivery fee
 - For purchases LESS than \$100.00 there is a \$9.95 delivery fee
 - Minimum purchase of \$50.00

You can pay via credit card through the website or by giving a check for the exact amount to your driver, just click "check" on the preferred payment options at the virtual checkout.

Another S.T.E.P. Trainee Gains Employment!

By Annette Richardson

Linda L. Solomon came to the Seniors Training for Employment Program in April, 2005, she heard about our program through an advertisement in the newspaper.

Linda was previously an Office Manager/Notary Public where she managed staff payroll and basic accounting duties. She was in charge of facilities management and event planning; Linda also organized and coordinated staff, board meetings and special events. Ms. Solomon

was also an Administrative Assistant; in that role she was responsible for payroll management, accounts reconciliation, and banking. It was also her role to draft and coordinate publications, research and compile information for proposals and grants.

Linda Solomon's first assignment as a S.T.E.P. participant was as a "Job Developer" in this training, she would interview potential program participants and customers/clients

seeking employment and/or training services. Her next assignment was with the Boston Public Schools, where she would interact with parents and direct clients to the correct information.

Ms. Solomon found a job working with the Lexington School system as a METCO Bus Monitor/Teacher's Aide.

**Congratulations
Linda!**



Beth Israel Deaconess
Medical Center



What do Aging and Spaceflight have in common?

Come along and help us find out!

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- Non-smoker
- No history of diabetes or stroke
- 2 screening sessions (~2 hrs each) and 2 testing sessions (~3 hrs each), all on separate days
- Compensation up to \$15 per hour

For more information, please contact the
Intergrative Cerebral Hemodynamics Lab:

G Gopal/E Baker: 617-632-8832/8823

ichl@bidmc.harvard.edu

Valentine's Day - East Boston



East Boston Seniors celebrated Valentine's Day at the annual event, with Mayor Menino, the Elderly Commission sponsored by Suffolk Downs. Senior citizens from East Boston were treated to a festive luncheon and an afternoon of camaraderie and entertainment.

Suffolk Downs assumed the entire cost of the meal and also donated items to be raffled off, including a "Day at the Races" for two.

Other donors included: Senate President Robert E. Travaglini, Representative Anthony W. Petrucelli, District Councilor Paul Scapicchio, City Councilor Felix A. Arroyo, East Boston Foundation, East Boston Savings Bank, Massport, Peaches & Cream, Ruggiero Memorial Home, Torretta's Bakery Casino Club - Trip to Foxwoods or Mohegan Sun, Embassy Suites Hotel - Luxurious Night Stay, Don Orione Home, Lanzini's, A & L Bakery, Bennington Hair Salon, Kelly's Pub, Spinelli's, Subway Subs, Beauty Nails, Sizzlin's Haircuts, Carlos Catering, Peri-Colas', Caffè Italia, Carmen Christopher, Donna's Caffè, Carmen's Kitchen, Milano's Deli, Dosey, East Boston Diamond & Gold Exchange, Royals Seafood, Gloria's Meat Market, Italian Express, Jevilli's, and Jimmy Maggs.

Reading the Nutrition Facts Label

By Melissa Carlson, MS, RD

Learning how to read a nutrition label is very important as we age. Doctors tell you to eat healthier, cut back on fat, lower the amount of calories you eat, and eat more healthy kinds of fats. Then their 5 minutes are up, they leave the room and a nurse might hand you a piece of paper with some vague recommendations on it. If you are lucky your doctor will refer you to a dietitian where they will be able to answer questions and guide you through making lifestyle changes that will be good for your diet and health.

Reading the Nutrition Facts Panel, found on almost all foods in the US, is a great place to start learning how to be healthier. Look at the label found on page 29 or pull a food item out of your cupboard and follow along. Let's start at the top.

Serving size and serving per container- The serving size will tell you if a serving is 1 cup, 1/2 cup, 4 oz, etc for that food item. Servings per container will tell you how many of the 1-cup servings you can find in the container. Sometimes it is useful to measure out what the label says is one serving to visualize how large or small it really is. When you look at the nutrition label on the next page, you will see that their one serving is one cookie and there are 48 servings in the bag.

Calories- The number of calories that are listed correlate to the size of one serving in the container. Not the number of calories for the whole container. Math time- our label states 80 calories per serving and in this case per cookie. But who eats just one? $3 \text{ cookies} = 240 \text{ calories}$ ($3 \times 80 = 240$).

Calories from Fat- in this section the food company has done the math for you. They are telling you how many calories in the one serving come from fat. In our label 35 of the 80 calories comes from fat (40% from fat). This is important when you are trying to eat healthier.

Total Fat- tells you how many grams of fat are in the food. Too much fat contributes to heart disease and cancer. The percentage daily value should equal 100% throughout your entire day to loose weight. This 100 % really equals 30% of calories from fat, out of a 2000-calorie diet. You can see this at the bottom of the label.

Saturated Fat and Trans Fat- less is best for these values. Saturated and trans fat contribute to a rise in your LDL level (bad cholesterol) thus increasing your risk for heart disease.

Cholesterol- too much can lead to heart disease and stroke. The recommended amount is 300mg of cholesterol per day. Looking at our label example there is no cholesterol. If you looked at a 1/2 cup serving of Brigham Mint Chocolate Chip Ice Cream it has 45mg of your 300mg or 15% out of your 100% recommendation. But do you really eat only 1/2 a cup??

Sodium-This is SALT. The general recommendation is about 2300mg of salt and/or sodium in a day. This equals about 1 teaspoon. If you have high blood pressure you need to reduce your salt intake.

Total Carbohydrates- are essential for your body. They provided it with energy to move and think. Diabetics need to balance the amount of carbohydrates and sugars they consume.

Dietary Fiber- a person should consume about 25mg of dietary fiber in one day to reduce the risk of heart disease. Food containing 2.5-4.9g of fiber are good sources of fiber. Remember that fruits and vegetables are a great source of fiber.

Nutrition Facts

Serving Size 1 Cookie (16g)
Servings Per Container About 48

Amount Per Serving

Calories 80 Calories from Fat 35

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 1g

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 11g **4%**

Dietary Fiber less than 1g **1%**

Sugars 6g

Protein less than 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Protein- your body needs protein to build and repair tissue. You only need 2 daily servings of protein. One serving of protein is about the size of a deck of cards.

Vitamins and Minerals- these are provided on some food packages to help you increase your intake in them. Again, you should reach 100% when adding up all of your servings of food for the day.

Nutrition Facts labels can be very confusing. Remember read the manufacturer's serving size, multiply it by the number of calories, and if you have heart problems look at the grams of fat too.

Mayor Menino Helps Feed Seniors

A Special Delivery During National Nutrition Month

Boston, MA - Seniors with Ethos Meals On Wheels in Roslindale will get a special delivery on March 22, 2006. Mayor Thomas M. Menino will personally deliver hot, nutritious meals to selected seniors living at Blue Ledge Apartments in honor of National Nutrition Month in March.

The Meals on Wheels program at Ethos delivers over 800 hot, nutritious meals everyday to seniors who cannot easily shop for or prepare adequate food to stay healthy. "I think the meals are delicious. (Ethos) brought a storm pack for me to keep in the house during bad weather... It's like something I would cook myself...I really do appreciate it!" says Elizabeth Talanian of Roslindale.

Seniors can choose from a variety of cuisine including Haitian, Latin, Kosher, Southern American and Russian. Special health considerations are also accommodated with the low-sodium, low cholesterol options.

As part of a comprehensive nutrition program funded by Boston's Commission on the Affairs of the Elderly, Ethos also operates twelve community cafés for seniors at various locations in Boston. Seniors can eat a hot meal with their peers, make new friends and enjoy entertainment and educational events. While Ethos suggests that diners make a \$1.75 donation for the meal, anyone who wishes to eat will be welcome, regardless of their ability to pay. Reservations are recommended.

For information about Ethos Meals on Wheels or Community Cafés for seniors, contact Margery at (617) 522-6700, ext. 341.

Have an adventure on New England Railways! Featured Elder Hostel Trip

The 5-night trip departs from Hyannis, MA and prices start at \$1,025.00 price (includes all meals and accommodations). Explore this fascinating part of New England's history on wheels. Amid beautiful scenery, meet with railroad historians, naturalists, and people who operated these historic railroads. Aboard the Cape Cod Central Railroad, a local naturalist will discuss the flora and fauna of Cape Cod. Hear about New Hampshire's railroads from a railroad historian and journalist, and then join him for a full day program aboard the Conway Notch Train and Mount Washington Cog Railroad. A special highlight is this spectacular ride to the summit of Mount Washington aboard the Cog Railway to its museum where you will meet with an engineer. Journey aboard the Lake Winnepesaukee Railroad to enjoy views of New Hampshire's beautiful waterways and countryside. Hear a presentation on the Essex Steam Train and, for a change of pace, board a 70' Mississippi-style riverboat as it travels along the Connecticut River. The coach will return to the hotel in Hyannis, Massachusetts at the end of the program. Itinerary: Independent arrivals in Hyannis, MA, 2 nights; coach to Lincoln, NH, 2 nights; coach via Essex, CT, to Mystic, 1 night; coach to Hyannis for independent departures. Hyannis is one of the charming 19th-century villages of Cape Cod; well-known for its natural and historic beauty, including its picturesque harbor. A museum also honors the Kennedy families, who for decades have summered in Hyannis. **See page 33 for Elder Hostel contact and company information.**

S e n i o r P a l o o z a !

Ethos Partners with Roslindale to Reach Out to Seniors During Older Americans Month

For the second year running, Ethos has partnered up with local businesses and organizations to host SeniorPalooza, a month long celebration with fun and educational events for seniors and their families.

In a culture that is obsessed with youth, the elderly are sometimes overlooked and isolated. As an antidote, SeniorPalooza offers a chance for Roslindale to celebrate aging and the seniors who are a vital, yet sometimes less visible, part of the community. It also gives local businesses and elder service agencies a chance to connect to seniors. "SeniorPalooza helps people understand their choices for care as they age and have some fun too", says Dale Mitchell, Ethos Executive Director.

SeniorPalooza activities will take place in the neighborhood of Roslindale throughout the month of May 2006, which is also Older Americans Month. (The first one was held last May in West Roxbury.)

Ethos expects over thirty events to take place during SeniorPalooza, featuring:

- A "Senior Prom" dance and Fashion Show.
- Educational workshops for caregivers to help ease pressures and give information about caring for an elderly loved one.
- Volunteer information and opportunities for people of all ages interested in reaching out to older adults in the neighborhood.
- Community resource tables at local supermarkets.
- A Duck tour of Boston for seniors.
- Special merchant discounts just for seniors.

All events are open to the public and most are free. While SeniorPalooza events are located in Roslindale, residents of other neighborhoods are welcome to attend. Keep your eyes peeled for an insert in the Roslindale newspapers in April that will have a calendar of events and list of discounts. Participating stores in the square and many other locations such as Roslindale House will also distribute SeniorPalooza information.

Ethos is still accepting applications from businesses, community organizations, and volunteers to get involved.

**For more information about SeniorPalooza,
contact Anne Walker at (617) 522-6700, ext. 338.**

Mayor Menino's Medicare D Enrollment Schedule

Want **FREE** one-on-one, in-person individual help enrolling in a Medicare plan?

The Elderly Commission will actually enroll you in a plan that best suits your needs.

Call us to schedule an appointment

@ 617-635-MEDD or 617-635-6333

See times and locations below

(NOTE: if you are unable to leave your home, we can come to your home and enroll you there)

Monday

9am-1pm Tobin-Mission Hill – Matt Sullivan

2pm-5pm Golden Age – Charlestown – Matt Sullivan

12pm-5pm Hyde Park Muni – Hyde Park – Veronica Miletsky

10am-3pm Unity Towers/Villa Victoria – South End - Vivian Phillips

Tuesday

11am-4pm Veronica B. Smith – Brighton – Matt Sullivan

9am-12pm Roche CC – West Roxbury – Vivian Phillips

1pm-5pm Woodbourne Apartments – Roslindale – Vivian Phillips

Wednesday

9am-1pm. East Boston Social Center – Matt Sullivan

2pm-5pm Elderly Commission – Boston City Hall – Matt Sullivan

9am-11am Curtis Hall – JP – Veronica Miletsky

12pm-5pm Mildred Ave CC – Mattapan – Veronica Miletsky

9am-2pm Condon CC – South Boston – Vivian Phillips

Thursday

11am-4pm Veronica B. Smith – Brighton – Matt Sullivan

9am-12 pm Roche CC – West Roxbury – Vivian Phillips

Friday

9am-1pm Tobin-Mission Hill – Matt Sullivan

2pm-5pm Golden Age – Charlestown – Matt Sullivan

10am-2pm Freedom House – Dorchester – Veronica Miletsky

TRAVEL

Up for an Adventure?

Tired of the same old vacation?

Elderhostel is a not-for-profit organization dedicated to providing extraordinary learning adventures for people 55 and over. From New Hampshire to New Zealand, South Africa to South Dakota, Elderhostel offers you a world of educational opportunities - at exceptional values.

A Superior Value

Unlike tourist travel, or commercial tours, Elderhostel programs are all inclusive. There are no hidden expenses. In addition to accommodations, we include all meals, lectures, field trips, cultural excursions, gratuities, and medical or insurance coverage. We provide high quality experiences with a high level of service at an extraordinary value.

We invite you to get to know the Elderhostel community, and to join us for an adventure you will never forget.

Toll Free 1(877) 426-8056

Web Site

www.elderhostel.org

RECIPE CORNER

Please submit your favorite recipes to
Teresa O'Connor

Room 271 Boston City Hall
Boston MA, 02201

By Phone: (617)-635-2713

By email: Teresa.O'Connor@cityofboston.gov

Chicken Orzo Salad with Spring Vegetables

- 3 Tbsp lemon juice
- 1 1/2 cups water
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 1/2 lb boneless, skinless chicken breasts
- 1 cup orzo or riso pasta
- 2 zucchini (about 1 lb), cut in half lengthwise, then very thinly sliced *
- 1 cup grape tomatoes, sliced in half
- 2 cups packed baby spinach leaves
- 1/2 cup roasted red peppers julienned *
- 1/2 cup kalamata olives, pitted & roughly chopped
- 1/4 cup extra virgin olive oil
- 2 Tbsp lemon juice
- 1/2 tsp coarse sea salt
- 1/4 tsp ground black pepper

Place the lemon juice and water in a pan and heat on medium heat until just below a simmer.

Meanwhile, sprinkle 1/2 teaspoon of salt and 1/4 teaspoon pepper onto both sides of the chicken breasts. When the water/lemon juice is hot, place the breasts in the pan and cover. Poach the chicken breast by simmering for approximately 15 minutes. Remove from the pan, cool and slice into bite-sized pieces (approximately 1" long). Set aside.

Cook the orzo in rapidly boiling water until al dente. Strain under running cold water, and then set aside.

Combine the cooked chicken, cooked orzo, sliced zucchini, sliced grape tomatoes, baby spinach, julienned roasted red peppers and chopped olives in a large bowl and mix thoroughly.

Add the olive oil, lemon juice, 1/2 teaspoon salt and 1/4 teaspoon pepper to the salad and mix well.

* Blanch or lightly steam the zucchini or red peppers if raw vegetables upset your stomach.

Serves 6-8

Come Play In The 2006 Greater Boston Senior Games



Golf Tournament - Wednesday, May 10, 2006 - 7:00 a.m., Shotgun Start
William Devine Golf Course (\$34.00 includes Green and Cart Fees)

Bocce Tournament - Thursday, May 11, 2006 - 9:00 a.m. Langone Park, North
End (No charge)

Billiards & Bowling - Friday, May 12, 2006 - Boston Bowl, Dorchester
Bowling (choice of two starting times: 8:00 a.m. or 10:30 a.m.) Fee - \$7.75
Billiards - 9:00 a.m. Fee - \$4.50

University of Massachusetts - Saturday, May 13, 2006 - 9:00 a.m.
Basketball Free Throw, Horseshoes, Softball Throw, Swimming, Track Events and
Keep Moving! Walk (No charge)

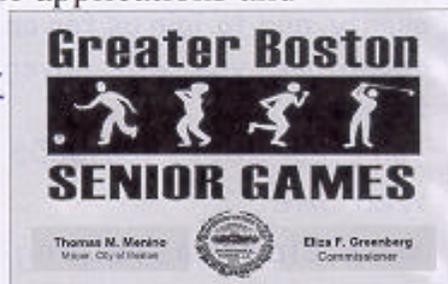
Eligibility: Men & Women age 50 & over.
Pre-registration deadline for all events is Friday, April 28th, 2006.

Awards: Bronze, Silver and Gold Medals

Call: Michael McColgan at 617-635-4168 for applications and
information.

E-mail: michael.mccolgan@cityofboston.gov

City of Boston
Commission on Affairs of the Elderly



Public Garden

Opening April 15, 2006 the Boston Swan Boats in the Public Garden is a classic way to ring in spring. The swan boats have been one of a kind for 120 years. This tradition gives Bostonians the chance to step back in time and enjoy history while viewing modern Boston. Seven days a week on a weather-permitting basis, you can enjoy a 15-minute ride around the Public Garden Lagoon. Although you cannot bring your pets along (exceptions for working animals), you can bring the entire family. Make sure if you have more than 20 people in your group to call a week in advance.

Boston Common

Right across the street from the Public Garden, the Common is a great place for a day stroll. As the starting point on the Freedom Trail, the Boston Common is known to be one of the oldest public parks in the country. The park is almost 50 acres in size. Today, Boston Common is the anchor for the Emerald Necklace, a system of connected parks that winds through many of Boston's neighborhoods. Here you can find young and old enjoying the weather. Runners, walkers, or leisurely strollers can all enjoy the scenic spot in the middle of the city.

Boston Harbor Islands

Boston's newest national park offers a quiet place to relax, explore, camp, swim, or picnic. With tales of pirates, shipwrecks, wars, and even ghosts, Boston Harbor Islands is an exciting way to start your spring. Take a lighthouse tour or, for those who would like more activity- kayak! The Harbor Islands offer activities for all with trail guides, boat tours, bird watching, and year round fishing. With eleven islands you are sure to find one that fits your particular spring interests.

The Freedom Trail

Re-acquaint yourself with one of Boston's claims to fame. Take a tour or enjoy the walk on your own. The Freedom Trail is not just for tourists. Walk right by the first public school site, or the Old State House. The best part about the Freedom Trail is that along the way there are many neighborhood cafés and eateries that open their windows and doors in the spring so that Bostonians can enjoy the weather. The length of the trail might be a detour for some: break it up into weekends by visiting only three sites at a time.

The Charles River

Enjoy the Charles River in more ways than one. The footpath provides a scenic walk, or canoe leisurely on a nice day. So many people take advantage of this beautiful spot that people watching will never disappoint! Try a Duck Tour. Authentic, renovated World War II vehicle ends with a Splash! in the Charles River. Along with a beautiful view, Duck Tours provide a fun atmosphere with colorful "ConDUCKtors" who work to entertain as they tell the passengers interesting facts about our city.

2006 Greater Boston Senior Games

Official Registration Form – May 10th, 11th, 12th & 13th

Golf and Early Registration Deadline 04/28/06

(Please Print)

First Name:		Last Name:	
Address:		Apt #	City:
Date Of Birth: Month ___ Day ___ Year ___		Male <input type="checkbox"/> Female <input type="checkbox"/>	Telephone: ()

Please Check The Events That You Would Like To Participate In:

- Golf: WEDNESDAY, MAY 10, 2006** Registration at 7:00 a.m. at William Devine Golf Course, Dorchester. Shotgun Start at 8:00 a.m. **PRE-REGISTRATION DEADLINE 04/28/06** – 128 player Maximum –\$34.00 includes Green and Cart Fees. Cash or checks payable to Fund for Parks & Recreation at the Course on day of the tournament. Foursomes should request Foursome Golf Registration Form by calling 617-635-4366.
- Bocce: THURSDAY, MAY 11, 2006** –Starting At 9:00 a.m., Langone Field, North End. Teams should request Bocce Team Registration Form by calling 617-635-4366
- Bowling:**
Select one start time. Start time confirmed on first come, first served basis.
- (8:00 a.m. start time) FRIDAY, MAY 12, 2006** - Boston Bowl, Morrissey Blvd, Dorchester - \$7.75. – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. **Please do not send payment with registration.**
- (10:30 a.m. start time) FRIDAY, MAY 12, 2006** - Boston Bowl, Morrissey Blvd, Dorchester - \$7.75. – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. **Please do not send payment with registration.**
- Billiards: FRIDAY, MAY 12, 2006** - Starting At 9:00 a.m. Boston Bowl, Morrissey Blvd, Dorchester - \$4.50-Cash or checks payable to Boston Bowl on day of the tournament. **Please do not send payment with registration.**

Saturday, May 13 - Starting @ 9:00 a.m. - The Following Events Will Be Held @
University of Massachusetts Boston 100 Morrissey Boulevard Boston, MA 02125

<input type="checkbox"/> Basketball Free Throw	<input type="checkbox"/> Swimming Freestyle 100 M
<input type="checkbox"/> Horseshoes	<input type="checkbox"/> Swimming Freestyle 50 M
<input type="checkbox"/> Keep Moving Walk (Non-Competitive)	<input type="checkbox"/> Track 100 Meters
<input type="checkbox"/> Softball Throw	<input type="checkbox"/> Track 800 Meters
<input type="checkbox"/> Swimming Breast Stroke 100 M	<input type="checkbox"/> Track 1500 Meters
<input type="checkbox"/> Swimming Breast Stroke 50 M	<input type="checkbox"/> Track 400 Meters

Please Return This Registration Form To: Commission on Affairs of The Elderly –
One City Hall Plaza, Room 271 – Boston, MA 02201 - Attention: Michael McColgan
Or fax to 617-635-3213

For more information call 617-635-4366 (No Transportation Provided)

All Greater Boston Senior Games Participants Must Sign This Waiver Of Liability

I hereby agree to hold harmless the organizers and sponsors of the 2006 Greater Boston Senior Games from any and all claims of whatsoever kind and nature which I may have, or at any time in the future have, of any injury arising out of my participation in the 2006 Greater Boston Senior Games. I am in good physical condition and have no medical restrictions which would prohibit my participation in the 2006 Greater Boston Senior Games.

Signature:	Today's Date:	Your age as of 05/10/06
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City Of Boston – Commission on Affairs of the Elderly

Thomas M. Menino, Mayor

Eliza F. Greenberg, Commissioner



Let The Games Begin!