



Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



November

FREE

**2008
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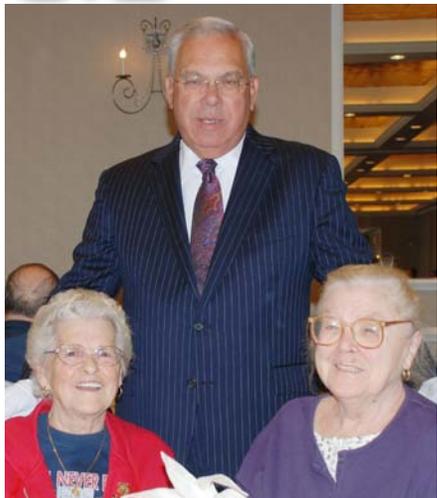
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Mayor's Spotlight



Food and Fuel Summit Madison Park High

On Saturday, September 27 the City convened for a *Food and Fuel Summit* responding to Mayor Menino's concern for Boston residents. The price of heating oil has increased along with the price of groceries, and unfortunately many of Boston residents will have to grapple with these increased expenses as colder weather approaches. The Summit brought together many of the community partners from the Food and Fuel Action Plan. The event was a one-stop-shop of resources, workshops, and one-on-one help sessions with the first 200 guests receiving complimentary gift bags filled with energy efficient light bulbs, a window weatherization kit, valuable coupons, and other useful information.

NSTAR and National Grid had account representatives on hand for one-on-one utility bill help sessions to figure out how to best lower energy expenses. The Boston Public Health Commission's Chef Kirk and nutrition experts from Shaw's Supermarkets put on free cooking demonstrations. The Long

Island Shelter's farmer's market was set up on the plaza of the high school making available fresh, locally grown food. Officials from the Department of Transitional Assistance were present for confidential food stamp enrollment sessions during the Summit. The Department of Neighborhood Development and ABCD provided short workshops on basic financial planning tools. The Boston Building Materials Co-op provided "do it yourself" home weatherization training, explaining simple steps to reduce heat loss in the home.

Most attendees walked around the exhibition hall and browsed through a variety of useful information on food and fuel. Attendees had the opportunity to speak to our campaign partners, such as NSTAR, National Grid, Mass Energy Consumer Alliance, Boston Building Materials Co-op, Metropolitan Boston Housing Partnership, Project Bread, the Greater Boston Food Bank, the Food Project, ABCD, and Shaw's Supermarkets. Mayor Menino was also on hand and spoke to many residents about their concerns. Everyone seemed really pleased with the whole event, resources and workshops.

This Summit was about coming together during difficult times. The rising price of food and heating oil is an issue that will affect everyone this winter. The Summit was a great expression of the outpouring of support from organizations that see the value of extending a helping hand.



Senior Homeowners & Renters!

YOU MAY QUALIFY FOR CASH OR CREDIT FROM THE STATE IF YOU PAY RENT OR PROPERTY TAXES

The Massachusetts “CIRCUIT BREAKER” TAX PROGRAM is for persons 65 or over whose property taxes (or 25% of rent) exceed 10% of their annual income and who meet other qualifying criteria. You may be eligible even if you receive a property tax exemption through your city/town, and if you don’t pay state taxes.

If you meet certain requirements, you may be eligible for the refundable tax credit or “Circuit Breaker” now and for the past **three years - even if you did not file Massachusetts state income tax forms.** You may file for the 2008 tax year beginning in January 2009 and may file retroactively for the last 3 years. ***The maximum credit you may receive for tax year 2008 is \$930, for tax year 2007 is \$900; for 2006 is \$870; and for 2005 is \$840.***

Seniors must meet the following guidelines to qualify for the refund or credit

1. Age 65 or over by the end of the tax year for which you are filing
2. Income: includes Social Security, with some exceptions i.e. blindness; and non-taxable income, i.e. non-taxable pensions

Income for tax year:	2005	2006	2007	2008
Single	45,000	46,000	48,000	49,000
Head of household	56,000	58,000	60,000	62,000
Married, filing jointly	67,000	70,000	72,000	74,000

3. **Residency:** Own or rent residential property in Massachusetts (primary residence)
Subsidized renters are not eligible.
4. **Assessed valuation of home (must not be greater than)**
For tax year: 2005 - \$600,000; 2006 - \$684,000; 2007- \$772,000; 2008 - \$793,000
5. **10% rule:** For Owners: Amount by which **property tax** (plus 50% of water and sewer fees when not in property tax bill) **exceeds 10% income**, up to the maximum.
For Renters: Amount by which **25% of annual rental payments exceeds 10% of total income**, up to the maximum. *The law assumes that 25% of rent goes toward property tax.*

Even if you don’t normally file with the state, if you meet the above criteria you are most likely due a “refund” check/tax credit from the Dept. of Revenue. If you have an accountant, ask him/her for help with this year and /or previous years. *Deadline for 2005 filing is April 15, 2009. For more information or assistance filing, call the MA Department of Revenue for more information and/or forms for the past 3 years. Mass. Dept. of Revenue – Customer Service: 1-617-887-6367 or online at www.dor.state.ma.us/help/guides/abate_amend/personal/issues/realestate.htm.



Greater Boston LGBT Seniors

Make Your Voice Heard!

Throughout Massachusetts, seniors and their families are making their needs, values and preferences heard. Your local Area Agencies on Aging are listening as part of the important process of laying the foundation for developing the 2010-2013 Area Plans on Aging.

Two opportunities to share your input:

Thursday, October 30
11am to 1pm
Café Emmanuel
Emmanuel Church,
15 Newbury Street, Boston

Café Emmanuel is a weekly luncheon for Lesbian, Gay, Bisexual, and Transgender Seniors. The Cafe is accessible by Arlington T Stop on the Green Line and has handicap access.

Saturday, November 1
11am to 1pm
Out to Brunch at Ethos
555 Amory St, Jamaica Plain

Out to Brunch is a monthly brunch and social for Lesbian, Bisexual, and Transgender women. Ethos is accessible by subway, Green Street T Stop on the Orange Line. There is free parking and Ethos has handicap access.

To join us for lunch, a reservation MUST be made. The suggested voluntary donation for lunch is \$1.75 (over age 60) & \$5.00 (under 60). RSVP 617-477-6610 for *Café Emmanuel*. RSVP 617-477-6682 for *Out to Brunch*. You do not have to have lunch to join in the Town Meeting. For more info on Café Emmanuel and Out to Brunch: www.lgbtagingproject.org. Ethos is a partner and co-sponsor of the lunch sites, for more info: www.ethocare.org



Co-Sponsored by



Boston Commission on Affairs of the Elderly



Seniors Reserve Now for Holiday AT & T Phone- A-Thon



Mayor Thomas M. Menino and the Boston Commission on Affairs of the Elderly along with AT&T are happy to announce the annual Holiday Phone-A Thons.

If you are a Boston resident, age 60 or older, you may be able to call a relative or friend anywhere in the world **FREE OF CHARGE**. Each person will be allowed to make telephone calls for one half (1/2) hour to place as many calls as they wish. Calls will be made on Friday, December 5, 2008.

8:00 a.m. to 4:00 p.m.

To register, please complete the application form below and return to the Attention:

Mary Beth Kelly
Commission on Affairs of the Elderly
One City Hall Plaza, Room 271
Boston, MA 02201
or fax to 617-635-3213

**Breakfast and Lunch
Provided**

Commission on Affairs of the Elderly

Please Print Clearly

First Name:		Last Name:	
Address:			Apt.#
Neighborhood:		Zip Code:	Telephone #:
Countries I wish to call:		Time I would like to call:	
		<input type="checkbox"/> Transportation Needed <input type="checkbox"/> Transportation Not Needed	



Caregiving Now and in the Future

By Betsy Downton

November is National Caregivers Month. This is a good time to stop for a moment to examine what caregivers are, what is their history and what is their future. A caregiver is an individual who provides services such as assistance with activities of daily living, grocery shopping, financial assistance, house cleaning, or transportation. A caregiver can be almost anyone: a spouse, child, parent, grandparent, neighbor, doctor, social worker or anyone else who attends to the needs of a child or adult. Caregivers have always been part of American society. Many of the ethnicities which make up America come from groups which have a tradition of revering and caring for their elders and for their children. Hence the phrase “It takes a village to raise a child”. I propose that it also takes a village to care for an elder.

Currently more than 12 million people in the United States need long term care. Of these, about 80% are 50 and over and 50% of these are 53 and over. Ninety percent (90%) of these people receive care from family and friends in community settings.* In 2003, in Boston alone there were over 100,000 seniors (ages 55+). It is predicted that this number could grow to 145,000 in 20 years.** These statistics point to the increasing need for

family and professional caregivers in the future. Moreover, there is continuing pressure from government and homecare organizations to care for frail elders in their homes.

The elders prefer to be in their own homes anyway. This is less expensive for the government (estimated average cost for assisted living in Boston is \$3,500 per month)** , but frequently expensive financially and in terms of caregiver health for the families. One article printed recently in a well known publication, cited the case of a son who lived out of state and regularly flew in to care for his elder parent. It cost this person about \$9,000 a year to provide services to his parent. Actual monetary grants to help persons who opt to care for their relatives are rare and small. Frequently you must be at or below the Federal poverty level to qualify for this assistance. A person who quits his/her job to care for someone at home (or even in a nursing facility) needs to have a plan to finance his/her living expenses while caring for that person.

However financial costs are not the only obstacle which faces caregivers. Caregivers often provide all the services of daily living to the care recipient. This includes such intimate and embarrassing as toileting and bathing the person. The caregiver is sometimes too small or frail themselves to lift the recipient when that person falls or safely help the person down the stairs to go to a doctors' appointment or for a walk. Moreover, the person may

be suffering from some type of dementia and no longer the loved one the caregiver knew. This causes the caregiver grief and loneliness due to the loss of the loved one even though the body is still alive. The caregiver frequently gets poor and interrupted sleep due to the care recipient's needs. Caregiver stress is a very common problem. The caregiver loses contact with friends because he/she has little spare time and often this spare time is filled with doing errands for the care recipient.

For those caregivers who are working, life is even more stressful. They dread getting called away from work for an emergency. These people often miss work to attend to the care recipient's needs. Some businesses are more flexible about scheduling than others. Absences due to caregiver responsibilities cost businesses millions of dollars a year. Needless to say, the stress is multiplied if the caregiver also has underage children to care for. The stresses often strain the ties that bind siblings together. Although some families deal with the extra duties without damaging their relationships, many need family counseling to deal with the situation.

All of the above explains why a month is set aside to honor caregivers. It does not explain why persons choose to become caregivers. The choice to become a caregiver for a loved one is a complex, very personal decision. Many do it out of love. Others feel a sense of obligation.

Still others feel that the person deserves the best care possible and they can give it. Usually it is a combination of these things. Ask any caregiver why he/she takes on this demanding task and you will receive a dozen different reasons. The rewards are great. There is no replacement for the hours spent in pleasant reminiscence with a loved one nearing the end of his/her days or the spark of recognition in the eyes of a person who has not shown awareness for days. For grandparents, the joy is in seeing a traumatized child start to feel at home and begin to do well at school. Another joy is finally winning over an alienated teenager and seeing that young person change his/her life around to a positive direction.

The sense of satisfaction a caregiver receives from caring for another person is very important. However, it is essential for caregivers to find some type of outlet or recreation for themselves. There are supports available for caregivers through the Caregivers Alliance. The members of the Alliance (City of Boston Commission on Affairs of the Elderly, Central Boston Elder Services, Boston Senior Home Care, Ethos and Chelsea/Revere/Winthrop Elder Services) provide Caregiver Counseling, Education, Support Groups, Respite Care, and Other Support Services. For grandparents caring for grandchildren camperships are also available. The Care Advisor helps caregivers find the proper resources to assist them. The resources Care Advisors find for caregivers range

from home care services to legal advice to help locating a proper adult day health (or day care for a child) and more. Care Advisors will make the connections for those caregivers who are unable to do so themselves. Care Advisors are very flexible and often make home visits after office hours.

If you know of any caregiver, please call the Caregiver Alliance at (617) 277-7416.

*Caregiving in America, 2006, The Schmieding Center for Senior Health and Education of Northwest Arkansas (SCSHE) and The International Longevity Center-USA (ILC_USA).

**100,000 Voices on Growing Older in Boston: Understanding the Experiences and needs of Boston's Older Adults, 2003, The Boston Partnership for Older Adults.

The City of Boston

Elderly Commission

Senior Companion Program



Senior Companions (Left)
Dorothy Scott and Sarah Friendly

**Thanks for making
a difference!**

For more information on how
you can get involved, please call
(617) 635-3987

**“I volunteer because I have the time now and I like
knowing that I am making a difference”.**

- Senior Companion

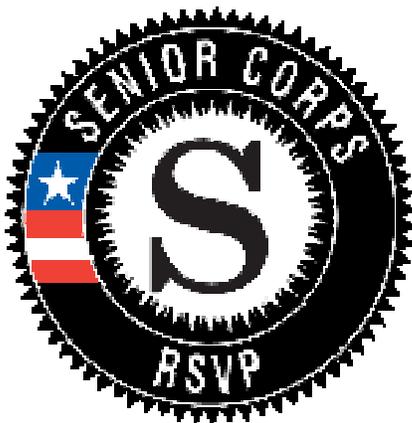
The Boston RSVP Would Like to Thank All of Its Volunteers for All of Their Wonderful Years of Service and Dedication.

Our Volunteers Are Truly One of a Kind.

The Retired Senior Volunteer Program (RSVP) has been sponsored by the City of Boston, Commission on Affairs of the Elderly since 1972. With more than two million members, RSVP is one of the largest national volunteer programs. In the last year alone, the City of Boston's RSVP volunteers have contributed over 100,000 hours of service.

Mayor Thomas M. Menino, Commissioner Eliza Greenberg and RSVP Director Fran Johnnene would like to recognize all of our wonderful volunteers by naming each of them individually.

Thank you all so much!



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“I am proud to acknowledge the magnificent job the volunteers of the Retired Senior Volunteer Program have done over the past 36 years here in the City of Boston. Through their efforts, they have made our beloved city more livable and congenial for all of us and the millions of visitors that come here each year.”

- Mayor Thomas M. Menino -



Valuable Is the Work You Do

-author unknown

Valuable is the work you do.

Outstanding is how you always come through.

Loyal, sincere and full of good cheer,

Untiring in your efforts throughout the year....

Notable are the contributions you make.

Trustworthy in every project you take.

Eager to reach your every goal.

Effective in the way you fulfill your role.

Ready with a smile like a shining star,

Special and wonderful-that's what you are.



Boston

City of Boston cuts ribbon on Summer House, nursing home alternative for seniors



City and BHA officials celebrated the opening of Summer House, a four-bedroom, first floor apartment for low-income seniors in need of an alternative to nursing home care. This is part of an ongoing collaboration between Ethos and BHA to provide supportive housing programs for elders.

“It’s a great day when two organizations can come together like this to provide care for people who need it most,” said Mayor Menino. “BHA and Ethos are working to ensure that the needs of Boston’s seniors are being met.”

Ethos serves Jamaica Plain, Hyde Park, West Roxbury, Mattapan and Roslindale, and offers a variety of homecare services to the elderly and disabled. Summer House is located at the Malone public housing development in Hyde Park. Residents will be provided with a shared personal care homemaker, 7 days a week, 8 a.m. to 10 p.m. A personal homemaker will also live in a separate upstairs apartment in order to provide overnight on-call access. In addition, residents will be provided with case management visits, referrals to a money management program and adult daytime health programs if needed.

Other services for residents include homemaking, shopping, bathing, grooming, dressing, laundry, meal preparation, a personal response system, medication management and assistance with transportation arrangements.

“I’m proud the BHA is part of something that is both innovative and a real service to low-income seniors in Boston,” said Sandra Henriquez, BHA Administrator. “Too often this population is underserved and underrepresented.”

“Ethos is proud to open Summer House, Boston’s first neighborhood-based, home-like alternative to nursing homes,” stated Dale Mitchell, Ethos Executive Director. This initiative, which we hope to replicate throughout southwest Boston, is all about giving a choice and hope to low-income, disabled elders.

Applicants must be age 62 or older, eligible for MassHealth Standard, and qualify for public housing and/or nursing home care. Applicants to the program apply directly through Ethos. If they meet the Ethos requirements, the BHA will then screen the applicants.

COME ONE COME ALL

to the

**33rd Annual Holiday
Craft Bazaar and
Senior Health Fair**

All ages welcome to shop!

Great Holiday Gifts Available

Many Handmade Items Depicting the
Rich Ethnic Cultures of Boston

Boston City Hall Mezzanine & 2nd Floor Lobby

Friday, December 5, 2008

10:00 a.m. - 3:00 p.m.

For more information contact **Janice Locke** at 617-635-4371
or **Mary Beth Kelly** at 617-635-3959



Sponsored by:

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Frauds that Target the Elderly:

A Three Part Series:

Part Three:

In the past two months you have learned about the dangers of scam artists and frauds, what is being done about it and about the most common types of scams. This month learn some tips to keep yourself safe from scam artists.

Things to Remember:

- NEVER give personal information to people who call you. If YOU make the phone call to a particular company than giving personal information is okay, you know who you have called and that the information is for confidentiality purposes. If someone calls you then you have no way of knowing if they are in fact who they are claiming to be.
- Legitimate companies will NEVER call you asking for personal information. Your cable, phone, credit card companies, etc. know your information. If there are any issues regarding your information they will contact you in writing.
- NEVER send money to someone by mail. If someone sends you a check for more money than agreed on and asks you to send back the difference DO NOT cash the check. If you ever question the legitimacy of a phone call

contact your local police. There are just as many fake organizations/ companies as there are valid ones. It is often difficult to determine the difference between the two. If you ever question the validity then ask the caller for their information, NEVER give them yours, and contact the police with the facts gathered.

In an effort to keep Boston residents safe, the Boston Fire Department with the Commission on Affairs of the Elderly introduced the Fire Safety Program in 2000.

The City of Boston Fire Safety Program provides

FREE SMOKE DETECTORS

for Seniors living in the City of Boston.



For information on how you can get a **FREE SMOKE DETECTOR** call Ernie Deeb at 617-635-2359.

“It’s important

that my customers feel
they can count on me.”



Your pharmacist follows a rigorous process of checking for drug interactions every time you fill a prescription. That’s why it makes sense to bring all your prescriptions to CVS/pharmacy.

Just visit **www.cvs.com** or call
1-800-SHOP CVS to find a store near you.

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SENIOR SAMARITAN: CARL VICKERS AND THE RSVP PROGRAM

By Matthew Sacchetti



Carl Vickers was good at his job. Maybe a little too good. During his notable tenure with the Retired Senior Volunteer Program (RSVP), he became quite renowned amongst Boston seniors for his charismatic personality and the wealth of stories he has culled from a lifetime of experience. But, like any famous person will tell you, celebrity status is not without its price.

Carl's job was door-knocking. He would make rounds visiting his fellow seniors, checking in on their health and

safety, sharing information, or just keeping them company. Before long, Carl's good company was much in demand. "There were so many requests for my presence that it became a real challenge just to see everybody," Carl tells me. "I would drop in just for a few minutes but end up staying an hour. The seniors wouldn't want me to leave!"

It's easy to see why Carl is so popular. He has a charming way of conveying his life experiences, and does so with the easygoing nonchalance of a man who has seen it all and has come back to tell about it. Carl tells me about the marching band competitions of his childhood in Roxbury and about how his career in the Navy took him to the most exotic corners of the world. He tells me about the joy of being a father and the hardship of being a widower. He tells me about that quaint little resort he discovered during his travels across the Caribbean and how he now organizes an annual trip there for his family and friends. When I ask him about his community service work with the Timilty School and the Urban League, he politely excuses himself. He has a meeting with Vets 60+, a veterans group he helps organize, and must be on his way. I look up at the clock and realize that we've been

conversing for over an hour. I beg Carl to stay just a little longer. "It'll have to wait until next time," he says "There are many others awaiting my knock on the door."

Carl Vickers is just one of many RSVP volunteers in Boston who apply their wealth of skills and experience as senior citizens to help make this city great. Do you know any local seniors who might want to get involved with RSVP? To find out more about RSVP and other local volunteer opportunities for senior citizens please contact Fran Johnene at 617-635-3988 or Kelley Wedge at 617-635-1794.



FREE admission

**13th Annual Boston
Vegetarian Food Festival
Saturday, November 1, 2008
10 AM - 6 PM
Reggie Lewis Athletic Center
1350 Tremont St. Boston, MA**

- * Free food sampling
- * Free parking!
- * 120 exhibitors
- * Top national speakers
- * Chefs giving cooking demo
- * Kids' activities

For more information visit
www.BostonVeg.org/foodfest
or call 617-424-8846



**Free
Classes**

Free

Introductory computer classes at

Suffolk University

For more information

call Kate at 617-573-8251



By Josiane Martinez

September 21 to 27 marks the National Adult Day Health Services week, and for La Alianza Hispana this is an opportunity to celebrate the services that have accommodated and changed the lives of those Latinos who paved the way for us.

The Adult Day Health Program of La Alianza Hispana is one of the longest running programs in the Boston area providing linguistic and culturally competent daily care for the participants. The program's overall goal is to serve the city's Latino older adults who, due to different barriers such as language, health issues and other, are at increased risk of growing socially isolated, losing their ability to reside independently in their homes and in their community. The services are provided by a team of primarily Latino bilingual, bicultural and professional staff.

The center that provides services to over 80 seniors a year, not only supports Latino older adults, but it also provides important information and advocacy for the elders' families and caregivers, which ultimately strengthen the family unit.

“¡Me siento en la Gloria!” (I feel in the glory), praised María Rodríguez, of 92 years old, about the program that has supported her for more than 15 years.

“I had 12 children, some of them have to work two or three jobs, some are ill. I have found in La Alianza Hispana Adult Day

Health a family that takes care of my needs. I feel accompanied and confident when I come here. There's no better place to be at.”

Today, Rodríguez, who lives by herself, spends most weekdays at La Alianza Hispana's Adult Day Health, where she has healthy breakfasts, lunches and snacks. She also participates in different activities and daily exercise sessions and, she says with a smile as she raises her arms above her head, “We dance here, too.”

Besides the medical attention and the assistance with daily activities La Alianza Hispana Adult Day Health program offers its members transportation in the Boston area, physical activities, recreation, health education, English classes, arts therapy and arts and crafts workshops. La Alianza Adult Day Health center started in 1977 as a result of advocacy efforts by a group of Latino elders. Today it is an award-winning program that placed 2nd in a 2006 national competition of adult day providers. The center is located in Boston, MA. For more information call The Adult Health Program at 617-232-0634 or visit online at www.laalianza.org.





Translated By Marisol Amaya

Septiembre 21 al 27 se conmemora la semana Nacional de los Servicios de Cuidado Diurno de Salud (ADH), y para La Alianza Hispana (L.A.H) esta es una oportunidad para celebrar los servicios que se acomodaron a los cambios de vida de aquellos Latinos quienes trazaron el camino para nosotros.

El Programa de Cuidado Diurno de La Alianza Hispana es uno de los más antiguos en la zona de Boston, provee un cuidado diario lingüístico y cultural para sus participantes. La meta general del programa es servir a la población adulta latina de la ciudad, quien debido a diferentes barreras como el idioma, aumentan el riesgo de vivir aislados socialmente; perdiendo la habilidad de vivir independiente en sus hogares y en la comunidad. Los servicios son proporcionados por un equipo personas Latinas bilingües, bicultural y altamente profesionales.

El centro provee servicios a mas de 80 adultos en el año, no solamente apoya Latinos adultos, pero también provee importante información e intercede por las familias, lo cual fortalece la unión familiar.

“Me siento en la Gloria”, dijo Maria Rodríguez, de 92 años, a cerca el programa que la ha apoyado por más de 15 años.

Tengo 12 hijos, alguno de ellos tienen que trabajar 2 a 3 trabajos, algunos están enfermos, encontré en L.A.H, programa de Cuidado Diurno de Salud una familia que se ocupa de mis necesidades. Me siento acompañada y en confianza cuando voy allá. “No hay un lugar mejor para estar.”

Hoy en día, Maria, quien vive sola comparte todos los días de la semana en el programa de Cuidado Diurno de Salud, donde ella recibe desayunos, almuerzos y meriendas saludables. Ella también participa en diferente actividades y en los ejercicios diarios. Dijo ella cuando sonreía alzando sus brazos. “Nosotros bailamos aquí también.”

En el programa , se ofrece cuidado medico y asistencia con las actividades de diario vivir. El programa de Cuidado Diurno comenzó en 1977 como resultado de integración de los esfuerzos por un grupo de personas mayores. Hoy es reconocido a nivel nacional como el segundo mejor programa de cuidado diurno con servicios para Latinos. El programa esta localizado en Boston, MA. Para mas información Llamar al 617-232-0634 o visite nuestra pagina del Internet www.laalianza.org.



EAT HEALTHY

Amazon Bean Soup with Winter Squash & Greens

Ingredients -

- 1 tablespoon butter
- 4 cloves garlic, minced
- 2 carrots, chopped
- 6 cups reduced-sodium chicken broth
- 3 pounds buttercup squash, peeled and diced (about 6 cups)
- 1 plum tomato, chopped
- 1/4 teaspoon crushed red pepper
- 1/8 teaspoon freshly ground pepper
- 2 15-ounce cans pinto or other brown beans, rinsed
- 10 ounce spinach, stemmed and coarsely chopped
- 1 lime, cut into wedges

Instructions -

1. Melt butter in a Dutch oven over medium-high heat. Add garlic, carrots and onion and cook, stirring occasionally, until the vegetables are tender and lightly browned, 5 to 7 minutes. Add broth and scrape up any browned bits with a wooden spoon. Add squash, tomato, crushed red pepper, pepper and bring to a boil. Reduce heat to a simmer and cook until the squash is very soft and almost breaking apart, about 20 minutes.
2. Transfer 3 cups of the soup to a blender and puree until smooth. (Use caution when pureeing hot liquids.) Return the pureed soup to the pot. Stir in beans and spinach and cook over medium heat until the beans are heated through and the spinach is wilted, about 5 minutes. Serve with lime wedges.

Serves: 8, 1 1/2 cups each

RECIPES

Real Cornbread

Ingredients -

- 3 tablespoons canola oil
- 2 cups yellow or white cornmeal
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 large egg, beaten
- 1 1/2 cups nonfat milk or nonfat buttermilk

Instructions -

- 1. Preheat oven to 450 F. Place oil in a 9-inch cast iron skillet or similar-size glass baking dish and transfer to the preheating oven.
- 2. Mix cornmeal, baking powder and salt in a medium bowl. Add egg and milk (or buttermilk); stir until just combined. Remove the pan from the oven and swirl the oil to coat the bottom and a little way up the sides. Very carefully pour the excess hot oil into the cornmeal mixture; stir until just combined. Pour the batter into the hot pan.
- 3. Bake until the bread is firm in the middle and lightly golden, about 20 minutes. Let cool for 5 minutes before slicing. Serve warm.

Serves: 8



Thank you for making the Hispanic Heritage Celebration a success!

Partners Health Care
Blue Cross/Blue Shield of MA
Reggie Lewis Athletic Center
Boston University's Office of
Government & Community Affairs
Councilor Bill Linehan
Councilor Stephen Murphy
El Oriental de Cuba
Fuentes Market
Inquilinos Boricuas en Acción
Maracas
Multi-Servicios El Progreso
Yvelise Documents & Designs
99¢ Store
Ashmont Grill
Bella Hair Design
Figueroa Enterprise
Mission Hill Bar & Grill
El Mondonguito
Committee Members:
Olga Dummott
Carmen Pola
Joan Shivers
Vilma Valentin
Ramón Soto – Mayor's Office
Tony Barros – Mayor's Office
Mayra Canetti – Office of
New Bostonians

November - A Time to Share

This November is the beginning of a very long winter!!!

Mortgage/rent payments, food, medications, heating bills, etc. are taking their toll on everyone.

Start sacrificing??

You might pass up a new winter coat so you can pay your electric bill. You might pass up your roast beef dinners and have chicken so you can pay for your grandchild's holiday presents. You now wait until you have a full load of clothes so you don't waste the water.

The list is extensive. For those who have lost investment money in the last few weeks, the financial loss may be devastating.

There is a group that is even more at a loss than you could ever be - the homeless, families in shelters or very poor Boston elders. Their life is probably something you read about in the newspaper, a caption on the "T" ads or a short story on the local news.

Do you want to get involved with someone or "something" but you don't know how?

What can you, your family, club, church group do to make life better for a Boston elder or shelter?

Decide how involved you want to get. Is it \$100, is it food for a month, warm socks or winter jackets for a family with young children?

Start early in November. It would be nice to start collecting money and gifts for Thanksgiving. Why so soon? Everyone donates in December but needy people are hungry and cold in November.

You don't know who to contact? Start with your local school principal, pastor, neighborhood/community senior center, St. Vincent De Paul, community health center, Salvation Army, etc. Boston's Emergency Shelter Commission and advocates in the Elderly Commission know who the needy seniors are in their neighborhoods. All these groups respect confidentiality so you may give them the gifts and they will forward them to the correct person.

What can you donate?

Food pantry items. The list is endless; non perishable foods, travel sizes beauty products, soap etc.

Remember, not all poor people are homeless. They live in their own homes. They get basic supplies from food pantries.

How about things that you have in your own home that you take for granted; individual hot chocolate packets, artificial sweeteners, full sized shampoo, toothpaste, toothbrushes, deodorant and soap, Charlie cards for the MBTA, gift cards to the local pharmacy, supermarket and local restaurant, light bulbs, cleaning supplies or tissues. A trip to McDonald's is a treat for a poor family, ice cream sundae or pizza at the local shop is a treat, coffee and muffin at Dunkin Donuts is

a treat, movie tickets and the list is endless.

Some of the items on this list may seem inappropriate for those who may need necessities. For someone who does not normally have \$4 for a muffin and coffee, a Dunkin Donuts gift card is a very special treat!!

Find out what is going on in your community. There may already be a drive to support an individual or group.

Your family may want to do their own project.

You may want to be anonymous and just leave a gift basket on someone's steps.

You may want to develop a lasting friendship with a neighbor whom you know needs a little helping hand.

Last but not least, you can always write a check!! We all start getting those request letters before Thanksgiving. Who knew there were so many charities out there!!!

Let's be thankful for all we have!!!

I wish you all a very Happy and Healthy Thanksgiving 2008. **W**

Commissioner Greenberg
with the Elderly
Commission's Employees
of the Month.



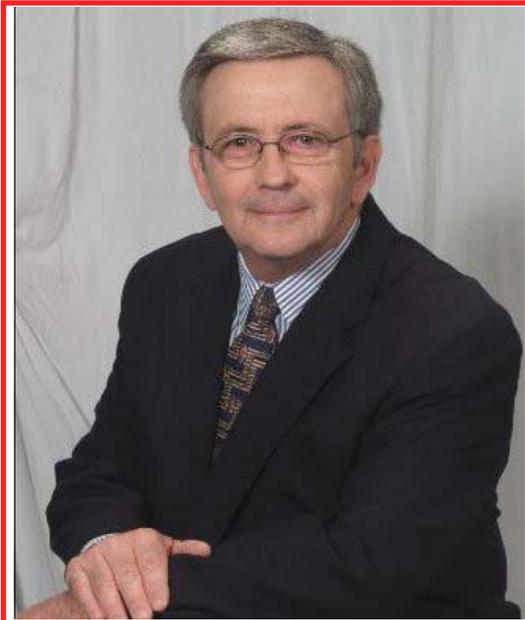
Martha Rios (September)



Matthew Sacchetti (October)



Shannon Murphy
(Quarterly Award October)



Dr. Chris Standring
Chiropractor and Reiki practitioner

As a participating MEDICARE and MassHEALTH care provider, I'm pleased to offer a unique combination of gentle, safe and effective holistic therapies to help you:

Relax • Reduce pain and tension
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Live a healthy life

These holistic therapies include:
Chiropractic - Reiki - CranioSacral
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Stress Management Techniques
Ergonomic Counseling - Exercise
Prescription

Please call, email or visit me
on the web to schedule
an appointment.

Christopher M. Standring, D.C.
Boston CranioSacral Therapy
581 Boylston Street - Suite 504C
Copley Square Boston 02116
(next to the CVS)
617-275-9049
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The Commission on Affairs of the Elderly is Coming to YOU-LIVE!

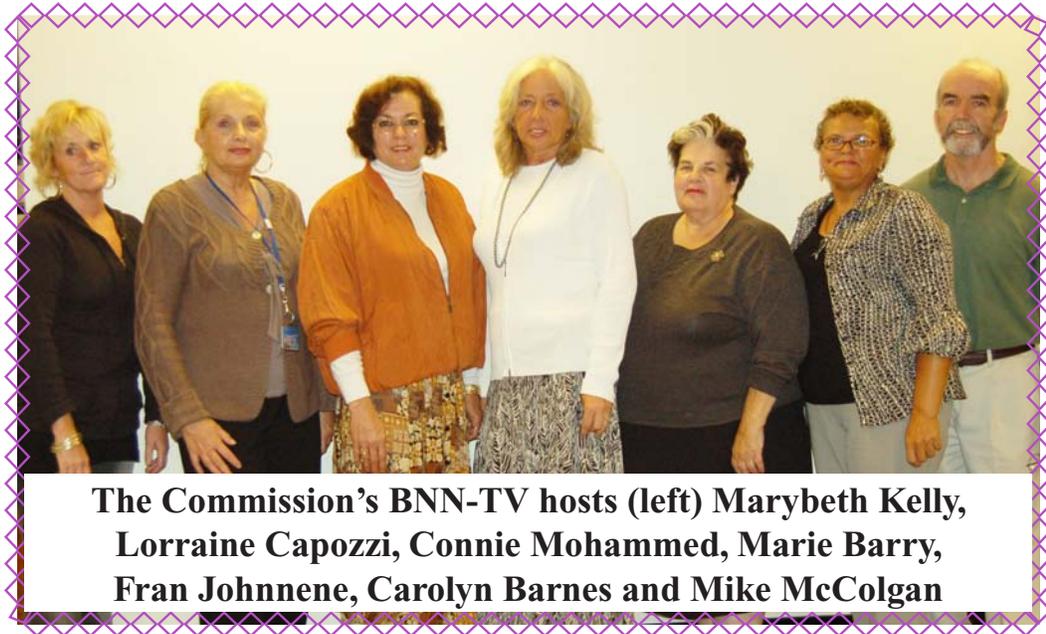
BNN-TV Channel 9

Boston Seniors Count
Live Call-in Cable Television Show

New Day & Time

Thursday at 3:30 p.m.
Repeated Sunday at 11:30 a.m.
Tuesday at 8:30 p.m.

For more information call
Deputy Commissioner
Kathleen Giordano, Producer
at 617-635-4362



The Commission's BNN-TV hosts (left) Marybeth Kelly, Lorraine Capozzi, Connie Mohammed, Marie Barry, Fran Johnnene, Carolyn Barnes and Mike McColgan

Need a Ride?

Senior Shuttle 617-635-3000

Scheduling Available
Monday - Friday
8:00 a.m. - 4:00 p.m.

Please give at least 3 days
advanced notice. Priority is
given to seniors scheduling
rides for medical appointments.

(Some restrictions may apply)

DON'T MISS

The Elderly Commission

On Radio



Tune into:

Zumix Radio 1630 AM

on Wednesday at 2:00 p.m. also streaming on

the internet at **www.zumix.org**

WJIB 740 AM on Sundays at 7:30 a.m.

For more information please contact:

Deputy Commissioner Kathleen Giordano at

617-635-4362

or Fran Johnnene at 617-635-3988.

The Elderly Commission

Food Stamp Program

Are you eligible?

The average MA Food Stamp benefit is \$75!

Less than one third of qualified seniors are enrolled in food stamps!

To receive assistance with a Food Stamp application, please contact:

Shannon Murphy at 617-635-3745
shannon.murphy@cityofboston.gov

or

Lorna Pleas at 617-635-4335
lorna.pleas@cityofboston.gov

Discounted TAXI COUPONS

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Call 617-635-4366 to find a location near you.



Interested in placing an ad in *Boston Seniority*?

Email us at: BostonSeniority@cityofboston.gov
or call Martha Rios at (617) 635-2360.

If your core audience are seniors you're in the right place. We have a devoted following of seniors with a distribution of 25,000 in print and 15,000 hits online per month!

We accept editorial articles

It's Not Too Late to Learn How You Can Afford Retirement -

Carol A. Greenfield, Project Director
Boston Public Library

*Free investor education programming for
baby boomers now available at selected
Boston Public Library branch locations*

After a successful launch of its highly acclaimed investor education program, the Boston Public Library will begin offering *How Can I Afford Retirement?* Investor Education at the Boston Public Library in branch locations beginning on October 25, 2008 at the Honan-Allston Branch at 300 North Harvard Avenue, Allston.

“More than 700 people attended the four session series that we first offered at the Central Library this past spring,” noted Acting BPL President Ruth Kowal. “We were delighted with the level of interest and expressions of appreciation for providing this important public service at our library. This program clearly fills a need for providing a venue where individuals thinking about or recently retired can learn more and obtain non-commercial and objective information that can help them understand their retirement financial situation. We are excited about now offering this important program at the branches beginning this fall 2008 and continuing at other selected branches in spring 2009.”

Funded by a grant from the Investor Protection Trust (IPT), a nonprofit organization devoted to investor education, this program was created in collaboration with the IPT, the Investor Protection Institute, the Massachusetts Securities Division and the Financial Planning Association of Massachusetts.

“Bringing non-commercial investor education to local communities is an important tool in helping consumers be wise and safe investors,” stated Don Blandin, president and CEO of the Investor Protection Trust, “but the recent and wide fluctuations in the financial markets have generated unrest particularly by those nearing retirement. Their number one question is ‘can I afford to retire?’ With this innovative program at the public library, we are showing people ‘how’ they can answer that very important question.”

The program is designed for individuals at all levels of investment knowledge who are either approaching retirement or are recently retired. The purpose is to provide access to objective, non-commercial information about investments so individuals can make informed choices, recognize and avoid investment fraud, and learn to better manage their retirement finances.

Each event will have several components including a presentation by a financial expert, information on library resources, a small group facilitated discussion and a

question and answer session with financial experts. Extensive resource materials will be provided.

All programs are free and open to the public. Registration is recommended at affordretirement@bpl.org or by phone at 617-859-2241. For more information, visit the website at affordretirement.bpl.org

This project is funded by a grant from the Investor Protection Trust (IPT). The IPT is a nonprofit organization devoted to investor education. Since 1993 the IPT has worked with the States to provide the independent, objective investor education needed by all Americans to make informed investment decisions. www.investorprotection.org



*"I don't want to take big risks,
but unless I strike it rich ..."*

*"I didn't just start saving until
5 years ago. So what do I do now?"*

"... I have to guess how long I'll live"

How can I Afford Retirement

Investor Education at
the Boston Public Library

As retirement approaches, or if you're retired already, you may have questions about how to make informed investment choices regarding your retirement assets.

Launched in Spring 2008, **"How Can I Afford Retirement?"** is a series of **Free Investor Education Events** that will provide objective, non-commercial information; offer better ways to manage your retirement savings; and help you avoid misleading advice.

Fall series at the Honan-Allston Branch, 330 North Harvard Street, Allston:

Saturday, October 25th 1pm ▼
Taking the Mystery Out of Retirement Planning

Saturday, November 22nd 10am ▼
Closing the Gap: Investment and Expense Strategies
— Even for Late Starters!

Saturday, November 22nd 1pm ▼
Investing Wisely to Avoid the Financial Risk of Longer Life Expectancy

Saturday, December 6th 1pm ▼
Protecting Your Investments — The Best Defense is a Wise and Safe Investor

To register,
check our website,
www.affordretirement.bpl.org
or
call 617-859-2241

This series is funded by a grant
from the Investor Protection Trust,
www.investorprotection.org



Proud Grandmothers (left) Peggy Bruce and Joanne Williams.



Mayor Menino and Mrs. Menino receive the Elsie Frank award at the State House.



Carless (right) and Renford Ryan have 12 grandchildren.



Commissioner Greenberg with Reverend Fundador Morales.



Certificate of Recognition awardee Maria Reyes (coral blouse) poses with her family.



Tomasita (left) and Farmacio Suarez dance away at the Hispanic Heritage Celebration.



Mayor Thomas M. Menino and Captain Rob Jalbert get ready to serve food at the Venezia.



Mary Henshaw sparkles in her blue dress.



Sal and Ann Natalie proud grandparents of 3.



These lovely grandmas hit the dance floor at the Grandparent's Luncheon held at the Venezia Restaurant.



Mayor Thomas M. Menino with Las Pleneras de la Villa dancing group.



Mrs. Angela Menino gets a laugh from (left) Olga Jones and Mary Baker.



Having fun at the Hispanic Heritage Luncheon.



These proud grandmothers stop to have their picture taken.



Antonia Santos grandmother of 4 grandchildren.



Having a great time at the Grandparent's Luncheon.



Mayor Menino and Commissioner Greenberg present Senior Companion Volunteer Daniel Roman (middle) with a Certificate of Recognition.



Lena Hendricks, 81, gives everyone a quick lesson on how to get down on the dance floor.



Commissioner Greenberg with Marie Williams who has 39 grandchildren.



Happy Birthday to Clarissa Lewis 95, standing in front of the Veronica B. Smith Senior Center.

MAYOR THOMAS M. MENINO PRESENTS

19th Annual First Night Celebration

Sponsored by the Commission on Affairs of the Elderly

at the **SEAPORT WORLD TRADE CENTER, Seaport Blvd**

Tuesday, December 30, 2008 -- 11:00 a.m. – 2:00 p.m.

TRANSPORTATION SIGN UP SHEET

INDIVIDUAL APPLICATION ONLY - NO GROUP REGISTRATION ALLOWED
REGISTRATION BY FAX OR MAIL ONLY - NO PHONE REGISTRATIONS ACCEPTED

TRANSPORTATION PICK-UPS BEGIN AT 10:30 a.m. - DOORS DO NOT OPEN UNTIL 11:00 a.m.

ADMISSION BY TICKET ONLY - TICKETS ARE LIMITED

Please complete and return registration form by **Friday, November 28, 2008** to: **Fax 617-635-3213** or mail to **1st Night, Elderly Commission, One City Hall Plaza, Room 271, Boston, MA 02201**

Last Name:	First Name:	Tel:
Address:		Apt. #
Neighborhood:		Zip Code:
Language Spoken:		

CENTRALIZED PICK UP LOCATIONS

Allston/Brighton – Covenant House, 30 Washington St.	Mattapan – Church of the Holy Spirit, River St.
Allston/Brighton – JCHE Housing, 20 Wallingford Rd.	Mission Hill – Flynn House, 835 Huntington Ave.
Allston/Brighton – Veronica Smith, 20 Chestnut Hill Ave.	North End – Nazzaro Center, 30 North Bennett St.
Boston – Park Street Station – MBTA (Tremont and Park)	Readville – St. Ann’s Church, 82 West Milton St.
Charlestown – Golden Age Center, 382 Main St.	Roslindale – Roslindale Municipal Bldg, Roslindale Sq.
Charlestown – 100 Ferrin Street	Roxbury – Freedom House, 14 Crawford St.
East Boston – E.B. Social Center, 68 Central Sq.	Roxbury – Council of Towers, 2875 Washington St.
East Boston – Brandy Wine, 88 Brandy Wine Drive	South Boston – West Broadway Take Force, 81 Orton Marrotta Way
Dorchester – Keystone Apts. 151 Hallet St.	South Boston – St. Monica’s Church, Old Colony Ave.
Dorchester – Kit Clark Services, 1500 Dorchester Ave.	South Boston – S.B. Neighborhood House, 136 H St.
Dorchester – St. Brendan’s Church, 589 Gallivan Blvd.	South End – Castle Square Apts. 484 Tremont St.
Fenway/Kenmore – Kenmore Abbey, Kenmore Sq.	South End – Harriet Tubman, 566 Columbus Ave.
Hyde Park – Blake Estates, 1344 Hyde Park Ave.	South End/Chinatown – 5 Oak St.
Hyde Park – Georgetown Apts. 400A Georgetown Dr.	West End – Blackstone Apts. 33 Blossom St.
Hyde Park – H.P. Municipal Parking Lot, Cleary Sq.	West Roxbury – Holy Name Church, Centre St. & W. R. Parkway
Jamaica Plain – Julia Martin House, 90 Bickford St.	West Roxbury – CVS & Walgreens Parking Lot
Jamaica Plain – Back of the Hill Apartments	I DO NOT NEED TRANSPORTATION

Once this registration form is received an admission ticket will be issued in the name of the registrant and mailed to the above noted address.

