



Elderly Commission  
Thomas M. Menino, Mayor of Boston



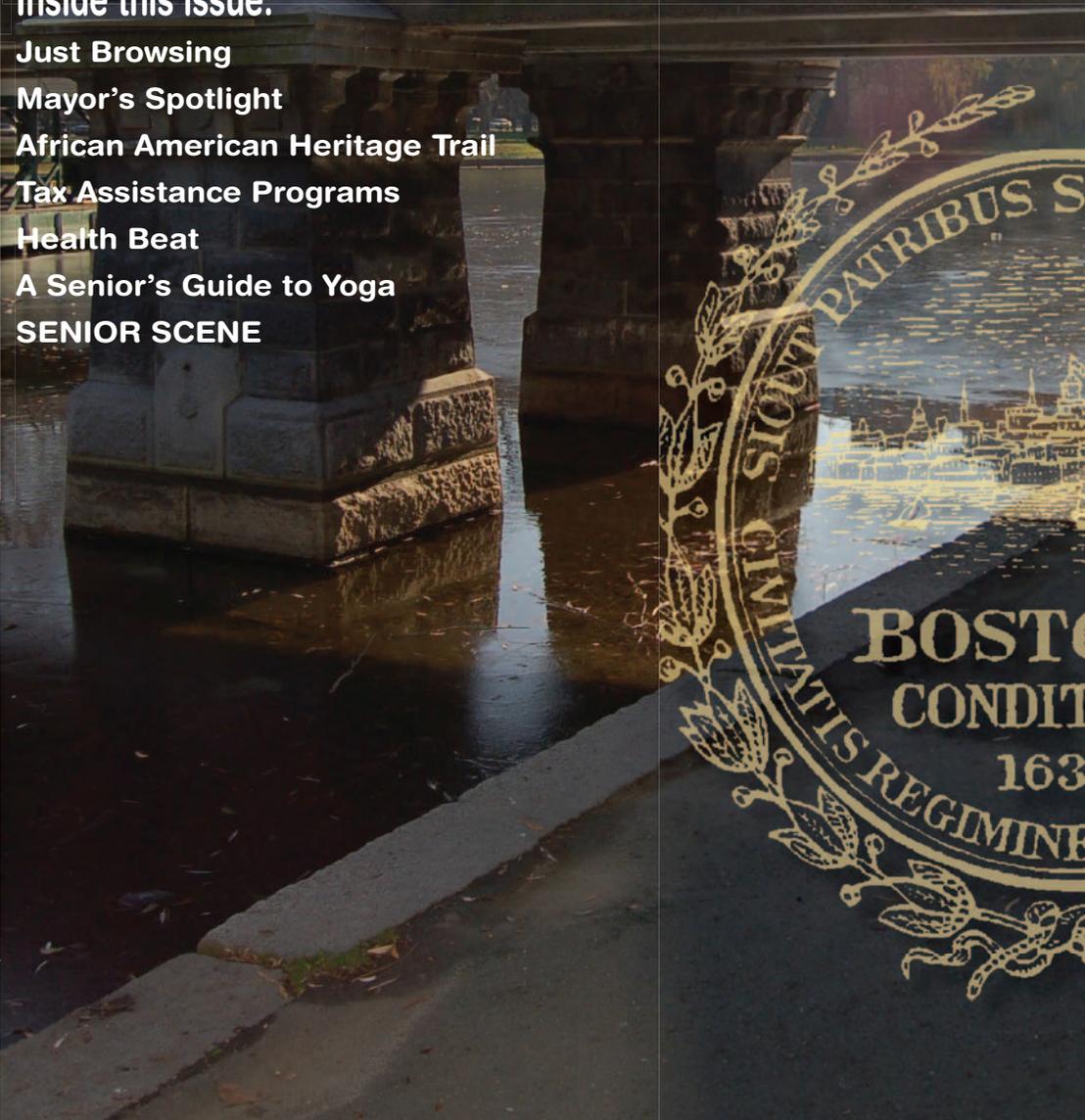
# Boston Seniority

February 2007



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- Just Browsing
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- A Senior's Guide to Yoga
- SENIOR SCENE**



2007  
Volume 31  
Number 2  
**FREE**

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Check out our NEW and improved website

[www.cityofboston.gov/elderly](http://www.cityofboston.gov/elderly)

Call us with comments and suggestions (617) 635-3244

# Boston Seniority

Volume 31 Number 2

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# Mayor's Spotlight



This past year, we have had some amazing accomplishments throughout Boston. I'd like to look back on some of the most significant accomplishments of 2006 for the City of Boston.

Two of the most pressing chronic health issues for Boston residents are asthma and diabetes. In recognition of that fact, the Boston Public Health Commission (BPHC) established an Asthma and Diabetes Prevention and Management Program. BPHC was awarded \$2 million grant from the Kaiser Foundation to fight asthma in public housing -- the largest such grant the city has ever received.

The BPHC and I kicked off a major public information and education campaign in partnership with WGBH, Children's Hospital and other partners. The "Kids With Asthma Can..." campaign is a public health initiative helping kids and parents better understand and manage childhood asthma. The initiative features materials developed with children from Boston and characters from WGBH's children's show "Arthur."

In November, I announced that the city had received a proposal from Boston-based Trans National Properties for the redevelopment of the city-owned

Winthrop Square parcel located at 115 Federal Street, which is currently a parking lot. The team, led by Steve Belkin, Chairman of Trans National Properties, has retained internationally celebrated architect Renzo Piano to design a beautiful, bold symbol of contemporary Boston.

The group's response includes plans for a mix of uses, and combines first-rate aesthetics with the principles of smart growth and environmental sustainability, presenting residents and visitors with a new, exhilarating experience of Boston. The proposal is in the process of undergoing a careful process of consideration before any decision on the parcel's designation.

In July, I announced plans to establish a non-profit that would build a wireless network across the city, allowing residents to receive high-speed Internet service for as little as \$10 – 15 per month. Boston is the only city taking the novel approach of establishing a non-profit charged with building a truly open network. By taking this approach, Boston will create a true hotbed of entrepreneurship and innovation, unlike any in the country. I announced a pilot of the city-wide network to be constructed in Roxbury's Grove Hall and Dudley Square neighborhoods, an aggressive start to the initiative that will cover one square-mile. The pilot wireless network is expected to be operational by early this year.

The City of Boston and the Boston Public Schools kicked off the 2006-7 school year with new and invigorated initiatives, as well as well-deserved state and national recognition. This September, BPS opened its doors for the 360th year to:

- 350 additional 4-year-olds

- 500 energized new teachers

- an extended day program in 3 middle schools

- a multi-million dollar investment in after-school/during school coordination and support

- 3 new K-8 schools

- greater diversity in our exam schools

This past year, five local universities joined forces with Boston Public Schools to create the Step Up Initiative. The universities; Boston College, Boston University, Tufts University, Northeastern University and Harvard University have committed to \$10 million over a five year period, working in 10 of our schools.

The 10 Boston public schools are the Agassiz Elementary, Mary Curley Middle and English High School in Jamaica Plain; Chittick Elementary and Lewenberg Middle in Mattapan; Marshall, Russell, Trotter and Winthrop Elementary schools in Dorchester; and Elihu Greenwood Elementary in Hyde Park.

Also with BPS, we lost the leadership of Tom Payzant, who retired last June after nearly 11 years as Boston's award winning superintendent.

This year, the Boston Police Department took 1,800 guns off the streets of our city, twice as many as last year. The Department also developed Operation Home Safe – that brought highly visible patrols to targeted neighborhoods. The Citizen Observer Network, which sends out alerts about crimes, has more than 8,000 registered users and is now a citywide program.

## Here is to a new face and a bright future on Beacon Hill. Welcome Governor Patrick



*Governor Deval Patrick with Mayor Menino at the City of Boston Martin Luther King Jr. event at Faneuil Hall.*

There is a new sense of optimism on Beacon Hill. Deval Patrick was sworn-in as Governor on January 4, 2007. Perhaps taking advantage of the unusually mild weather or perhaps Patrick wanted to start his new career off by doing things different, the ceremony on the steps outside of the state house. Deval

Patrick is the first black Governor in Massachusetts. Raised by a single-mother in Chicago, Patrick worked his way through college, law school and eventually business school. He excelled in the business community as a top executive with CocaCola and now with his hard work paying off, he has a well deserved “corner office” in the State House.

Of course, change always takes time and work but let us remain hopeful that Patrick, whose campaign paid close attention to senior citizens and issues inevitably affecting so many, will do his best to carry out those good intentions of rebalancing Long Term Care, Property Tax Relief for Seniors,

and Cutting Prescription Drug Costs.

Patrick’s plan includes providing more resources for long term care at home, expanding access to the circuit breaker income tax credit and the ambitious task of trying to reduce medication costs through bulk purchasing.

We welcome our new Governor in this exciting opportunity for our state and remain optimistic that Deval Patrick will make the best of this opportunity.

By John H. O’Neill III

## James “Jimmy” M. Kelly

The recent passing of City Councilor James Kelly was a loss for many. Kelly, of South Boston, fought for many years to help the people of Boston. Kelly was well-known for arguing against forced busing in the 1970’s, transporting school children across town for the purpose of integrating schools, seemed to be a bad idea to Kelly.

Kelly was a former sheet metal worker. He was a member of the Boston Building Trades for forty years. He was the recording secretary for Local 17 for 24 years.

Mayor Tom Menino called for “a moment of silence” to honor Kelly when the mayor was giving the State of the City address at the Strand

Theatre in Dorchester. “He was a true gentlemen, a man of his word whose convictions always came from the heart,” Mayor Thomas Menino said, “Jimmy Kelly was a friend of mine and will be greatly missed by all.”

Fellow members of the City Council were saddened by the passing of Jim Kelly that included Councilor Michael Flaherty, who said, “Jim’s commitment and loyalty to family and friends and our beloved South Boston is unmatched. It would be impossible to quantify the number of people and families that Jim Kelly has helped over the years.”

Councilor Jim Kelly has received many awards over time. Among them

are the Community Service Award from the South Boston Citizens Association, the Outstanding Citizen of Massachusetts Award from the Eagle Forum, and the Award for Dedication from the Sheet Metal Workers Union, Local 17.

Days before his death, a bill to name South Boston’s Broadway Bridge after Kelly and was signed into law. Mayor Menino said renaming the bridge would be symbolic because Kelly worked to build bridges between people in the city.

Councilor Kelly has three children and seven grandchildren. He will be sorely missed.

By John H. O’Neill III



# City of Boston Property Tax Deferral Program

The 41A tax deferral option should be considered when a taxpayer's current expenses make the continued ownership of his/her home difficult. However, because of the 8% interest charge applied to the deferred taxes, deferral may be more expensive over time than the payment of the tax. The deferred amount will become a lien on your property. A tax deferral may be used in conjunction with other exemption programs.

## How long may taxes be deferred?

Review the requirements below to see if you are eligible for Fiscal Year 2007.

The deferred taxes must be repaid when the property is sold, transferred or upon the demise of the owner.

Taxes may be deferred annually until the taxes due including the accrued interest equal 50% of the then assessed value of the property. At that time, you cannot defer and the taxes due will continue to accrue interest until such time as when the taxes are paid in full.

## Have you?

Reached the age of 65 as of July of the tax year, owned and occupied the property for at least 5 years as of July 1, of the tax year, resided in Massachusetts for at least 10 years, and a gross income not exceeding \$40,000.

## How Do I Apply?

Application must be filed with the Assessing Department, Room 301, City Hall, Boston, MA 02201 within three months of the mailing date of the Third quarter tax bill for Fiscal Year 2006.

If all of the preceding apply, you

may be eligible for a Deferral 41A\*. Contact the TRAC office for details.

## New Application

If you think you qualify, contact the Taxpayer Referral & Assistance Center (TRAC) Room M5 Mezzanine, City Hall, Boston, MA 02201 at (617) 635-4287. Office hours are Monday - Friday, 9AM - 5 PM. Supporting financial documentation is required to assist the Board of Assessors in making a determination of eligibility.

## How it works:

- Each year you can choose to enter into a property tax deferral agreement with the town for all or any part of that year's property tax bill.
- Each year's deferral is like an individual loan. The simple interest rate that was in effect the year that you initially deferred that year's property tax is locked in for the life of the loan. It is a fair rate, generally 3% below the Prime Rate\* and by law, can never be higher than 8%. FY2007 deferrals will have a locked-in rate of 4.77% until the house is sold, conveyed or the owner dies.
- You can NEVER be forced to sell or move due to taxes deferred under this program.
- People who defer their property tax may defer water and sewer charges as well.

## Why is this an attractive option?

• Tax deferrals are a safe and inexpensive way to free up some of your income. Using the equity in your home to pay your property tax will allow you to enjoy the use of thousands of dollars that would otherwise have gone to paying your

property tax.

\* The interest rate is based on the Monthly One Year Constant Maturity Treasury Rate as published by the Federal Reserve Bank for the first week in March preceding the new Fiscal Year.

## Important Notes:

If the words "lien" and "interest rate" frighten you -- as it does many seniors -- be assured that if your financial circumstances change and your cash flow becomes more favorable, you can pay off the debt and remove the lien at any time without penalty. Otherwise, the City/Town will recover the amount of property taxes you deferred, plus interest, at the time the property is sold/inherited.

This is a fair and helpful way to stretch your property tax dollars. A "reverse mortgage" has high fees, credit cards charge interest rates in excess of 8% (much higher if you are late), and home equity lines of credit require ongoing monthly payments.

If you worry that your children's inheritance may be lost, remember that property taxes plus interest cannot total over 50% of value. If you want to protect the value of your property as an inheritance, perhaps your children might be willing to help pay your property taxes.

City of Boston  
Taxpayer Referral  
& Assistance Center (TRAC)  
(617) 635-4287

# Speak OUT

Each Year, Mayor Menino with the City of Boston Elderly Commission and its advocacy groups and advisory council, supports and advocates for

Legislation that will positively affect Boston Seniors. Two of the three pieces of legislation we are advocating for this year are the Personal Needs Allow-

ance for Persons in a Residential Care Facility (PNA) and AN ACT RELATIVE TO THE UNIFORM PROBATE CODE.

## for Personal Needs Allowance for Persons in Residential Care Facilities

The Personal Needs Allowance for Persons in a Residential Care Facility (PNA) applies to residents of nursing homes and other residential care facilities who are covered by Medicaid. These persons give their entire social security, SSI, and pension checks (except for \$60.00/month) to the homes to pay for their care. The remainder of the cost for their care is paid for by Medicaid. The \$60.00 is used to pay for the residents' clothing, stamps, television, phone installation, haircuts/styling, podiatry and dental visits, snacks and outings just to name a few items. As you

can see, the amount is totally unrealistic. A winter coat to wear to the doctor's office costs more than \$60.00 at most stores. Just because a person is in a residential facility does not mean the person does not need clothes. Our oldest, frailest and neediest citizens are being placed in an untenable position and the State has the power to correct that situation.

The PNA is set by the State. It has not been raised since the 60's when it was cut from \$72.00 to \$60.00. The Federal government reimburses the State for 50% of the cost of the

PNA. The Governor's Budget (House 1) is out. Now is the time to advocate to include the PNA in the budget. Advocates for PNA are asking that an increase to \$72.80/month plus a COLA (Cost of Living Adjustment) be included in the budget for fiscal year 2007 (which begins July 1, 2006). The cost of this initiative is about \$4.85 million. Advocates have gained a strong supporter in Representative Bob Correia from Fall River (part of the leadership) who will actively support the inclusion of the PNA as a budget item.

## for Seniors who are prematurely institutionalized by ill intended family members

There is a critical piece of legislation that has been overlooked for years, AN ACT RELATIVE TO THE UNIFORM PROBATE CODE. Under current law it is quite

easy for someone to assume guardianship over an elder. While this is sometimes necessary, it is often abused. The current law does not require the elder to be present at the

hearing that determines their fate. Even more disturbing, a doctor can determine the elder unfit to care for themselves or mentally incompetent without an examination or ever having

met them.

Reports of cases of ill intended family members having unjustly assumed guardianship from legal institutions are growing. AN ACT RELATIVE TO THE UNIFORM PROBATE CODE will provide for provisions to the probate code to ensure that seniors must be present at the

trial and the ward will have an attorney assigned to them. Currently, guardianship may be established without an attorney. This act will also increase the level of proof that the court must have to determine someone incompetent.

It is unthinkable that a family member can assume guardian-

ship, institutionalize and take the assets of a person against their will and without their knowledge. Help protect Boston's most valuable resource, seniors, and not allow this to happen to one more person.

## Ways you can help.

1. Contact and urge your State Representative to make these a priority when he/she speaks with Ways and Means Chair Deleo and Speaker DiMasi about the budget.
2. Please also Contact Chair Deleo and Speaker DiMasi yourself and urge them to make the these items abudget priority.

State House Contacts:

Chairman Robert Deleo

(617)722-2410

Rep.robortdeleo@hou.state.ma.us

Speaker Salvatore

DiMasi

(617)722-2600

Rep.salvatoreedimasi@hou.state.ma.us

3. Testify at the hearing.

To track Acts and Bills online and see what legislation may be affecting you visit  
<http://www.mass.gov/legis/>

Call Kaysea Cole for more information on how to get involved (617) 635-3244

## Would you like a companion?

Little Brothers – Friends of the Elderly is a national non-profit, volunteer-based organization committed to relieving isolation and loneliness among the elderly. The organization offers the opportunity to join with the elderly in the celebration of life. Little Brothers believes in the philosophy

that feeding the soul (with companionship, friendliness, and flowers) as well as the body (with good food) promotes both the physical and mental health of the elderly, enabling them to remain independent and avoid costly and impersonal institutional alternatives. Without the generous support from

the Boston community at large, Little Brothers could not fulfill its mission to relieve the loneliness and isolation of its “at risk” elders. Little Brothers touches the lives of more than 650 seniors in and around the Boston area. To learn more about Little Brothers call (617) 524 -8882.

## Support Little Brothers and attend a fun event!

WHAT: Unidine's Circle of Friends “Iron Chef” Gala to Benefit Little Brothers

WHEN: Thursday, March 1, 2007, 6-10 p.m.

WHERE: The Cyclorama, at The Boston Center For The Arts

TICKETS: General Admission: \$100/VIP: \$250 (includes a seat at the Chef's Table and tasting)

WEBSITE: <http://boston.littlebrothers.org/unidineevent> available on 1/12/07.



City of Boston  
Elderly Commission

Senior Companion Program

Featured Senior Companion Luyen Tran (left), translating a utility bill for Truy Ngo at Kit Clark Senior Services.

For more information please call 617-635-3987

“If someone listens, or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen.”

Corinna Szartis



New opportunity

New England Anti-Vivisection Society (NEAVS) is looking for someone (or more) who is available during weekday hours who have administrative, office or business experience to help with routine office duties. Familiarity with Microsoft Word and Excel are a plus, as well as data entry experience. Interest in the animal rights/ protection cause would be ideal. Even one day a week would be great if they could come in for a solid chunk of time. Call Jodie at 617-523-6020 ext 27.

Children and Mentors Part-

Retired and Senior Volunteer Program  
Volunteer Opportunities

nership (C.A.M.P) matches adult mentors with children who have an incarcerated parent. These children can benefit from a caring, consistent adult friend in their lives. Ride bikes, bake cookies, help at a food bank, or learn a new skill together. Simple moments together each month empower a child to explore, dream and reach their potential. Have fun, build a friendship, and make a big, lasting impact. Training and support provide by the C.A.M.P staff. Your help will have a positive affect on the future of your community. Volunteer to be a mentor - because relationships are a tool

of change. Call Debra at 617-536-0058.

Volunteer Opportunity at the New England Zoo. If you love animals and meeting new people, and have some spare time. Franklin Park Zoo is looking for volunteers. Open house on January 13, 2007. For more Information call 617-989-2683.

For information on any or all of the volunteer opportunities you see here, call the Elderly Commission at 617-635-3988 or 617-635-1794 and ask to speak with someone about the RSVP program.

Affordable Rental Opportunity  
For Elders 62 & Older

**Barnes School Apartments**  
127 Marion Street, East Boston, MA

**74 Units total**

# of Units	Type	Rent	HH Size	Income limit
8	1 bedroom	\$467*	1-2	30%
47	1 bedroom	\$467*	1-2	50%
14	Studio	\$820	1-2	60%
5	1 bedroom	\$920	1-2	60%

\* *Contract rent. Rent is established as a percentage of income.*

*Maximum Income Per Household Size*

HH Size	30%	50%	60%
1	17,700	29,450	35,340
2	20,200	33,650	40,380

Income Requirements may be subject to change based on new HUD Income Limits being issued prior to income certification.

**Applications will be available in person at**  
**Metro Management Company**  
**201 Sumner Street, East Boston, MA 02128**  
**Or by calling 617-567-7755 during the following times:**

January 29<sup>th</sup>- February 9<sup>th</sup>  
Monday through Friday, 9 am to 5 pm

February 3, 2007  
Saturday morning, 9 am to 12 pm

February 8, 2007  
Thursday evening 5 pm to 8 pm

**Deadline for completed applications at the above address:**  
In person by 5pm or postmarked by Friday, February 16, 2007

Reasonable accommodations for persons with disabilities  
Selection by lottery.

One Household member must be at least 62 at time of occupancy. Preference for 2 barrier-free units to households who require wheelchair access. Preference for 8 units for homeless households referred by Homestart, Inc., or other agencies serving the homeless. Preference for Elders at Risk of Nursing Home Placement.

For more information call Erin Nanstad  
617-567-7755



**Equal Housing Opportunity**



ATTENTION!

# BOSTON RESIDENTS

## BOSTON EITC COALITION'S **FREE TAX PREPARATION** SAFE • SIMPLE • CONVENIENT

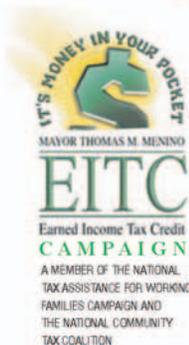
### **You Can...**

- Claim the Earned Income Tax Credit (EITC)
- Screen for Public Benefits
- Start Saving with Direct Deposit
- Review your Credit Report...*and more*

**If you worked and earned less than \$39,000  
File and Get Your Refund in 7–10 Days!**

FREE SITES OPEN IN JANUARY 2007

See reverse side for a list of sites and what to bring.  
Call **617.918.5275** or visit [WWW.BOSTONTAXHELP.ORG](http://WWW.BOSTONTAXHELP.ORG)



## Bring these items, if you have them, to the Neighborhood Tax Site

### NEW THIS YEAR: SPEND SOME, SAVE SOME

Bring your account and routing numbers for up to 3 accounts including checking, savings and IRAs—  
Choose how much of your refund goes into each account.

- Photo ID for you and your spouse.
- Social Security Card or Individual Taxpayer ID Number (ITIN) for you, your children and/or spouse.
- All W-2 forms (earning statements).
- All 1099 forms including 1099G (Government Payments) and 1099R (pension payments).
- All 1098 forms (tuition payments).
- Any IRS Correspondence.
- Total child care expenses in 2006—name, address, Employer Identification Number (EIN) or SSN of child care provider.
- Total student loan interest paid.
- Total rent paid in 2006—landlord/rental agent's name and address.
- Copy of prior year's tax return.

## 2007 Free Tax Preparation Sites

### ACORN

196 Adams Street  
Dorchester, MA 02122  
Carolyn Martin (617) 436-7100  
blaquebird47@yahoo.com

### ALLSTON BRIGHTON RESOURCE CENTER

367 Western Avenue  
Brighton, MA 02135  
Catherine Snedeker (617) 562-5734  
catherine.snedeker.jcs@cityofboston.gov

### BOSTON CHINATOWN NEIGHBORHOOD CENTER

38 Ash Street  
Boston, MA 02111  
(617) 635-5129 x1041  
TTY (617) 292-6501  
eitc@bcnc.net

### BOSTON CITYWIDE HISPANIC CENTER

178 Tremont Street, 2nd Floor  
Boston, MA 02111  
(617) 348-6567  
www.bostonabcd.org/people/bhc.htm

### CODMAN SQUARE TECH CENTER

450 Washington Street  
Dorchester, MA 02124  
Jared Elostá (617) 822-8171  
CivicHealth Institute-DotWell  
jared.elosta@dotwell.org

### DORCHESTER HOUSE

1353 Dorchester Avenue  
Dorchester, MA 02122  
Jared Elostá (617) 822-8171  
CivicHealth Institute-Dotwell  
jared.elosta@dotwell.org

### DORCHESTER NEIGHBORHOOD SERVICE CENTER

110 Claybourne Street  
Dorchester, MA 02124  
Kim Marshall (617) 288-2700 x 200  
www.bostonabcd.org/people/dnsc.htm

### EAST BOSTON APAC

21 Meridian Street  
East Boston, MA 02128  
Keila Sabino (617) 567-8857  
www.bostonabcd.org/people/ebapc.htm

### ELM HILL FAMILY SERVICE CENTER

22 Elm Hill Avenue  
Roxbury, MA 02121  
Shilo Kuriakose (617) 442-5900 x 200  
www.bostonabcd.org/people/ehfscrdn.htm

### HISPANIC OFFICE OF PLANNING & EVALUATION (HOPE)

165 Brookside Avenue Ext.  
Jamaica Plain, MA 02130  
Rhina Betances (617) 524-8888 x 0  
TTY (617) 983-0249  
rbetances@hopemass.org

### JAMAICA PLAIN APAC

753 Centre Street  
Jamaica Plain, MA 02130  
Ana Soto de Bechtold (617) 522-4250 x 22  
www.bostonabcd.org/people.jpapac.htm

### JVS CENTER FOR CAREERS AND LIFELONG LEARNING

29 Winter Street  
Boston, MA 02108  
Nancy Karp (617) 399-3235  
TTY (617) 451-1496  
www.jvs-boston.org

### LEARNING WORKS

19 Temple Place  
Boston, MA 02111  
(617) 348-6000 x 7453  
www.bostonabcd.org/learningworks

### MATTAPAN FAMILY SERVICE CENTER

535 River Street  
Mattapan, MA 02126  
Elana Klein (617) 298-2045  
www.bostonabcd.org/people/mfsc.htm

### METROPOLITAN BAPTIST CHURCH

393 Norfolk Street  
Dorchester, MA 02124  
Barbara Robinson (617) 436-0479  
info@mcboston.org

### PARKER HILL FENWAY NEIGHBORHOOD SERVICE CENTER

714 Parker Street  
Roxbury, MA 02120  
Nashila Somani (617) 445-6000 x 228  
www.bostonabcd.org/people/phfncs.htm

### ROXBURY RESOURCE CENTER

2201 Washington Street Suite 100  
Roxbury, MA 02119  
Alan Gentle (617) 989-9150  
agentle@detma.org

### 1199 SEIU

21 Fellows Street  
Boston, MA 02119  
Frank Borges (877) 409-1199  
eitcma@1199.org

### SOUTH END NEIGHBORHOOD ACTION PROGRAM (SNAP)

554 Columbus Avenue  
South End, MA 02118  
Mirta Rodriguez (617) 267-7400 x 221  
www.bostonabcd.org/people/sensc.htm

### SOUTH BOSTON APAC

424 West Broadway  
South Boston, MA 02127  
Patricia Wright (617) 269-5160 x 0  
www.bostonabcd.org/people/sbac.htm

### SOUTH BOSTON RESOURCE CENTER

489 East Broadway  
South Boston, MA 02127  
(617) 635-0771

### SOUTH SIDE HEAD START

19 Corinth Street  
Roslindale MA 02131  
(617) 348-6239

### VA BOSTON HEALTHCARE SYSTEM

150 S. Huntington Avenue, 3rd floor  
Boston MA 02130  
Rhonda Grayson (857) 364-5071  
rhonda.grayson@med.va.gov

# Aging Mind

## Learning to Adjust to Natural Changes

As our brains age, we're less likely to think as quickly as we used to and less likely to remember things as well. But the knowledge we gain from life experience can sometimes compensate for other changes in our brains as we age. Older professionals, for example, are often better at their jobs than younger ones. Research is now revealing how the brain changes and adapts as we age. These insights are shedding light on real-life challenges, like how to remember things and how to avoid scams.

Dr. Denise C. Park, director of the Roybal Center for Healthy Minds at the University of Illinois, explains that knowledge and experience are protected as you age. "When you're performing a complex task," she says, "your memory may be less efficient, but your knowledge about how to do it may be better." In most real-world experiences, older people already have previous knowledge that they can use to interpret new situations and decide how to respond.

Researchers can design tests that expose problems in the aging mind by creating tasks in which older adults can't use their world knowledge. These tests reflect some real life situations. For instance, when an older adult gets an upsetting new medical diagnosis or a crafty scam artist pressures them for a quick answer, they may have trouble

processing information quickly and making a sound decision.

Park says that one key to dealing with situations like these is not to make rash decisions. Ask for further information and more time to consider. Discuss a new medical diagnosis or unfamiliar sales offers with friends or relatives to get more perspective.

Perhaps the most common change people face as they age is trouble remembering things. Park says it's important to acknowledge that your memory is fallible. "For medicines, driving directions or other things with specific details, don't rely on your memory," she says. "That's good advice for everybody, but especially for older adults." If you need to remember something important, write it down on a pad you carry around with you or use an electronic device like a personal digital assistant (PDA) that lets you store notes and reminders.

You can also structure your routines to help you remember things. Try to take a medicine with a snack or a particular meal, for example, and always keep your keys and your wallet in the same place. "Because older adults tend to lead very structured lives, this technique works very well for them," Park says.

Park also advises using your imagination. "If you imagine completing a future action," she says, "you're much more likely

to perform it." For example, imagine taking your medicine in as much detail as you can, paying attention to where, when and how.

Practicing for future events can also help prepare your mind for the real thing. Rehearse your response to a salesperson with a relative or visit somewhere new in advance to make sure you know how to get there.

Some evidence suggests that activities requiring mental effort such as playing board games, reading and playing a musical instrument can help stave off mental decline. Other studies suggest that physical activity might help.

Researchers supported by NIH's National Institute on Aging continue to explore new ways to keep the brain healthy as we age. In the meantime, try to keep in good shape both mentally and physically, and use the tips in this article to help your aging mind keep working as well as it can.

Article taken from the National Institutes on Health News in Health website (<http://newsinhealth.nih.gov/>)

# Moving Beyond the Language Barrier in Boston

By Amalia Serafim

It's the eternal dilemma – being in a country where you don't speak the language. I am a Greek-American, but I still felt like a fish out of water when I landed at the Athens airport, and ended up at the subway entrance, instead of baggage claim, because I did not understand the signs. Even my mother occasionally confuses the Greek words for “pumpkin” and “professor”, even though we lived in Greece for eight years.

For seniors, the challenge of the language barrier can be even greater, especially in Boston. It is not just New York City, and Ellis Island that symbolize American diversity. Boston has become a thriving metropolis of diverse communities. Our ethnic neighborhoods are too numerous to list and are growing by the minute. It goes beyond the traditional locales of the North End and Chinatown, to the growing Russian, Vietnamese, Haitian and Cape Verdean residences all over Boston. Every time I'm on the T, I hear at least one different language.

Statistically, more than 25.8% of Boston's residents are foreign born! More than one in ten residents of Boston is a naturalized citizen. Can you believe

that more than one third of Boston's residents speak a language other than English? With these figures, it is clear there is a need to bridge the linguistic gap, especially with seniors.

Think about the challenges facing non-English speaking seniors. Finding a can of peanut butter at the supermarket or locating a public restroom, when out for a stroll, can be an ordeal. Getting basic benefits can be extremely difficult. Application forms for Social Security and Food Stamps are complicated and require substantiating information and communication with busy offices. The forms are not available in most languages. In the end, though, the hardest part is the inability to make that casual conversation that connects us to our community. Can you conceive of going through your day unable to say or respond to a “Good morning” or “How are you doing?”

Let's try and break through this language barrier. It's amazing how much a few volunteer translators can do to help. At the Elderly Commission's annual First Night celebration, translator volunteers allowed non-English speaking seniors to feel at home and enjoy themselves.

At the Holiday Phone-A-Thon, translators guided seniors in dialing the right country codes to reach their home countries. Then, they were able to ensure that these seniors took the appropriate bus to get back to their neighborhoods safely.

A few words spoken in their language and a wealth of experience and knowledge, follows. One Russian senior, knew the father of one of our volunteer translators, from his childhood in Russia, over half a century ago. I was serenaded by one Greek gentleman, with traditional New Year's songs, after wishing him “Happy New Year” in Greek.

Time and again, I see a “Hola” or “Bonjourno” bring a smile of recognition to the faces of seniors. Everyone, from every heritage, deserves to be greeted and inquired after. If you are bilingual and would like to help tear down the language divide, in Boston, please call

Amalia Serafim at (617) 635-3989 or email [Amalia.Serafim@cityofboston.gov](mailto:Amalia.Serafim@cityofboston.gov).

(617)635-3989

# BALANCE

## USE THESE EXERCISES TO IMPROVE YOUR BALANCE



\*\*\*Always check with your physician before trying any new exercise program.

One of the most important parts of exercising is balance, especially for seniors. In fact, according to the National Institute on Health, hospitals admit approximately 300,000 men and women for broken hips each year, many of those injuries occur in seniors who have fallen.

### Hip Extension

Do hip extension as part of your regularly scheduled strength exercises, and add these modifications as you progress: Hold table with one hand, then one fingertip, then no hands; then do exercise with eyes closed, if steady.

1. Stand 12 to 18 inches from a table or chair, feet slightly apart.
2. Bend forward at hips at about 45-degree angle; hold onto a table or chair for balance.
3. Slowly lift one leg straight backwards without bending your knee, pointing your toes, or bending your upper body any farther forward.
4. Hold position for 1 second.
5. Slowly lower leg. Pause.
6. Repeat with other leg.
7. Alternate legs until you have done 8 to 15 repetitions with each leg.
8. Rest; then do another set of 8 to 15 alternating repetitions.
9. Add modifications as you progress.

### Plantar Flexion

When doing your strength exercises, add these modifications to plantar flexion as you progress: Hold table with one hand, then one fingertip, then no hands; then do exercise with eyes closed, if steady.

1. Stand straight; hold onto a table or chair for balance.
2. Slowly stand on tip toe, as high as possible.
3. Hold position for 1 second.
4. Slowly lower heels all the way back down. Pause.
5. Repeat 8 to 15 times.
6. Rest; then do another set of 8 to 15 repetitions.

# YOGA

## reduce signs of aging with

As we age, we become more susceptible to ailments linked with growing old and as a result we become less active, moving less. Sitting for a long time can make your muscle shorten, tighten, and weaken. There are many things that you can do to combat this and yoga is at the top of the list.

Yoga can alleviate or reduce interrupted sleep, stress-related symptoms, chronic pain, vision problems, arthritis, high blood pressure, osteoporosis, low back pain, and even vision problems. Because yoga helps with all of these issues, it is becoming increasingly popular with older adults. Yoga focuses on a few key elements.

**Union of Mind, Body and Spirit:** Yoga is considered a holistic practice that is more than just exercise. Practicing yoga for most people is a calming way to focus on our physical, mental, and spiritual lives.

**Breathing:** With age, we stop breathing fully due to loss of flexibility in the rib cage. Yoga helps breathing consciousness, helping focus on breathing.

**Posture:** Good posture and correct execution of each pose is essential when practicing yoga so that no undue stress is put on any particular joint, bone, muscle or organ.

There are a variety of different op-

tions and locations. Do your research and ask questions first. Ask which class would be best for a beginner; the staff will be able to help you find a class that best meets your needs. Once you've decided on a class, make sure you try it out first.

The old saying 'try before you buy' is absolutely necessary. Most gyms or yoga facilities will offer trial periods that allow you to attend a class or two before paying the full rate of the class.



When assessing the class, make sure you get to know the instructor. Introduce yourself and make the instructor aware of your existing ailments. This

is important so that they can give you alternate exercises when there is a position that might make you uncomfortable. There are many different variations of the poses so don't be afraid to ask for an easier version if the one given seems to be too challenging. If you are not completely comfortable with a particular instructor, try out a different class. Many gyms offer more than one class with different instructors.

It's important to feel comfortable in your surroundings. Don't be intimidated if you are taking a class that includes all generations. There are many young people who are first time yoga participants who will be as new.

Yoga classes are a friendly relaxed environment, don't be afraid to say hello to your neighbor!

The YMCA has a variety of yoga classes at a number of different locations. Group classes are included in the membership rates. The best part: the Y has senior rates and discounts according to income level! Make sure to ask about the membership pricing for seniors in particular when talking to a membership representative. You will not only have access to the yoga classes, but the entire facility!

Central YMCA  
316 Huntington Avenue  
Boston, MA 02115  
[617] 536 6950

West Roxbury/Roslindale/ Dedham Family YMCA  
15 Bellevue Street  
West Roxbury, MA 02132  
[617] 323 3200

Hyde Park YMCA  
1137 River Street  
Hyde Park, MA 02136  
[617] 361 2300

Wang YMCA  
8 Oak Street West  
Boston, MA 02116  
[617] 426 2237

Dorchester Family YMCA  
776 Washington Street  
Dorchester, MA 02124  
[617] 436 7750

Oak Square YMCA  
615 Washington Street  
Brighton, MA 02135

# Healthy Wealthy and Wyse

By Geraldine C. Wyse

I have been writing Healthy, Wealthy and Wyse for about twenty years.

During these twenty years, I have written many columns. I have written about diverse topics from flu vaccine to tattoos. I have talked about donating your body to medical schools; also why caregivers and grandparents need to be applauded.

I get most of my information, often researched, from many of the journals that I read. These journals are often what we call “specialty” magazines that are published by reputable organizations for their reading audience. Many of these journals are published for a non medical person to read. Some of my favorite magazines are about arthritis, women’s health, colitis and disabilities.

One of my favorites is the AARP Bulletin. For a minimal annual fee, you will receive a monthly newsletter from AARP. The interesting thing is that there is something in each edition that you will find interesting. The AARP Bulletin has a varied list of issues to discuss each month..

In the January 2007 AARP Bulletin, I found several interesting facts that I will share with you. You don’t need to subscribe to AARP to get this information online. It is easily accessed on the Internet.

[www.aarp.org/bulletin](http://www.aarp.org/bulletin)

Two good articles to research on your computer:

## Compare Hospitals

How does your physician or hospital compare to the others in your community?

We know about physicians and hospitals by word of mouth or by referrals from your primary care physician or your best friends who “really like” a physician or hospital. Do you go to a hospital because it is close to home? Do you go there because famous people go there? Do you know if their quality of care measures up to their peers in the same area? Do you want to know if your mother’s (out of state) hospital or physician is providing good care?

Half way down the AARP Website you will be able to access the “State by State Guide to Health Care Provider Performance.”

The simple prompters will lead you to find your state, hospitals, physicians, diseases and treatments. You will find how your hospitals fare compared to other hospitals treating the same disease or surgery. After you read this info, you may decide to have surgery or find a new physician elsewhere. You will also find that you are receiving the best care in the state! I found the graphs on cardiac medications

given in the emergency room very interesting. I am sure you will find similar interesting graphs when you research particular treatments and surgeries.

## Financial Planning Tools

Are you still working? Do you really have enough money to retire? How much money do you need to retire comfortably?

On the right hand corner of the AARP Bulletin website you will see Online Retirement Calculator. This will lead you to a simple questionnaire about your finances, age, retirement date, etc. This site will walk you through info about how much money you will need to retire comfortably. Do two live cheaper than one? Maybe not. Perhaps the secret to a happy retirement is not how much money you will need but more importantly how long will it take to pay off your debts so you can retire in peace?

February is National Heart Month.

Are you due for your annual physical, electrocardiogram, cholesterol testing? Did you start walking like you planned for your New Year’s Resolution? Did you start reading labels, looking for trans fats? Don’t forget to have at least one week’s supply of medications in the house in case a blizzard comes and you can not get to the pharmacy.



# HealthBeat

*with Dr. Nancy Norman*



## NEED ADVICE?

To ask Dr. Norman, mail your questions to:

The Boston Seniority  
 Attn: Health Beat  
 One City Hall Plaza, Rm 271  
 Boston City Hall  
 Boston, MA 02201  
 or email your questions to  
[kaysea.cole@cityofboston.gov](mailto:kaysea.cole@cityofboston.gov)

*Is there a difference between age spots and liver spots? Are they dangerous?*

By 'age spots' I think you mean the dark, often brown, spots that usually appear on the exposed surfaces of the skin: the hands, arms and face. Their color is why many refer to them as 'liver spots'. They have nothing to do with your liver and are not dangerous. These spots are

common and are often more noticeable on those with fairer skin. Age spots are caused by the action of the sun over a long time on our unprotected skin. Having a history of sunscreen use and/or wearing protective clothing when exposed to the sun, would make age spots less of concern for people as they got older, so always remember to cover up!

If you have age spots, try not to worry about them. They will cause no harm. Beware of the many items sold over the counter that promise they can make these spots disappear! Usually what they promise is not true. If you wish to explore possible treatment options always remember to talk with your doctor or make an appointment to see a skin specialist (dermatologist).

# Celebrate Valentine's Day

St. Valentine's Day was first celebrated in Italy as an ancient Roman Festival called Lupercalia - a celebration of Saints. In later years it became directly associated with St. Valentine who was responsible for secretly marrying soldiers who were forbidden to marry by Emperor Claudius. It was Claudius' belief that single men made better soldiers, but St. Valentine courageously assisted the men who wished to marry. In

return, these soldiers and their families honored St. Valentine every year on February 14th as an expression of their gratitude to him.

Many other customs and traditions have evolved since that time, however, St. Valentine's Day has always remained a day to celebrate friendship. It is a special day to not only acknowledge our loved ones but also our dear friends.

**Avocado-Grapefruit Relish**

- 1 large seedless grapefruit
- 1/2 small avocado, peeled, pitted and diced
- 1 small shallot, minced
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon red-wine vinegar
- 1 teaspoon honey

**Spiced Turkey**

- 1 tablespoon chili powder
- 1/2 teaspoon five-spice powder (see Note)
- 1/8 teaspoon salt
- 2 turkey cutlets (8 ounces)
- 1 tablespoon canola oil

1. To prepare relish: Remove the peel and white pith from grapefruit with a sharp knife and discard. Cut the grapefruit segments from the surrounding membrane, letting them drop into a small bowl. Squeeze out remaining juice into the bowl and discard membrane. Add avocado, shallot, cilantro, vinegar and honey. Toss well to combine.

2. To prepare turkey: Combine chili powder, five-spice powder and salt on a plate. Dredge turkey in the spice mixture.

3. Heat oil in a medium skillet over medium-high heat. Add the turkey and cook until no longer pink in the middle, about 2 to 3 minutes per side. Serve the turkey with the avocado-grapefruit relish.

TIP: Note: Often a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns, five-spice powder was originally considered a cure-all miracle blend encompassing the five elements (sour, bitter, sweet, pungent, salty). Look for it in the supermarket spice section.

Servings: 2

## Attention Grandparents

### SUMMER JOB REGISTRATION

#### 2007 HOPELINE INFORMATION

The Hopeline is the only application process and is opened for a limited time.

Don't miss out! You must be registered on the Hopeline in order to work  
for the Boston Youth Fund.

To Register You:

- Must be a resident of the City of Boston
- Must turn 15 years old on or before July 8, 2007
- Cannot turn 18 years old on or before August 17, 2007

How To Register:

**CALL (617)-635-HOPE (4673)**

- 3/4 cup plus 2 tablespoons whole-wheat pastry flour
- 1/2 cup sugar or 1/4 cup Splenda Sugar Blend for Baking (see Ingredient notes)
- 1/3 cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup buttermilk or equivalent buttermilk powder (see Ingredient notes)
- 1/2 cup packed light brown sugar or 1/4 cup Splenda Sugar Blend for Baking (see Ingredient notes)
- 1 large egg, lightly beaten
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/2 cup hot strong black coffee
- Confectioners sugar for dusting

1. Preheat oven to 350° F. Coat a 9-inch round cake pan with cooking spray. Line the pan with a circle of wax paper.
2. Whisk flour, granulated sugar (or Splenda), cocoa powder, baking powder, baking soda and salt in a large bowl. Add buttermilk, brown sugar (or Splenda), egg, oil and vanilla. Beat with an electric mixer on medium speed for 2 minutes. Add hot coffee and beat to blend. (The batter will be quite thin.) Pour the batter into the prepared pan.
3. Bake the cake until a skewer inserted in the center comes out clean, 30 to 35 minutes. Cool in the pan on a wire rack for 10 minutes; remove from the pan, peel off the wax paper and let cool completely. Dust the top with confectioners sugar before slicing.

**TIP:** Ingredient notes Substituting with Splenda: In the EatingWell Test Kitchen, sucralose is the only alternative sweetener we test with when we feel the option is appropriate. For nonbaking recipes, we use Splenda Granular (boxed, not in a packet). For baking, we use Splenda Sugar Blend for Baking, a mix of sugar and sucralose. It can be substituted in recipes (1/2 cup of the blend for each 1 cup of sugar) to reduce sugar calories by half while maintaining some of the baking properties of sugar. If you make a similar blend with half sugar and half Splenda Granular, substitute this homemade mixture cup for cup. When choosing any low- or no-calorie sweetener, be sure to check the label to make sure it is suitable for your intended use. You can use buttermilk powder in place of fresh buttermilk. Or make sour milk: mix 1-tablespoon lemon juice or vinegar to 1 cup milk.



Worried about paying  
your mortgage?  
Call the Boston Home Center  
at 617.635.HOME  
before it's too late.

Don't Borrow Trouble

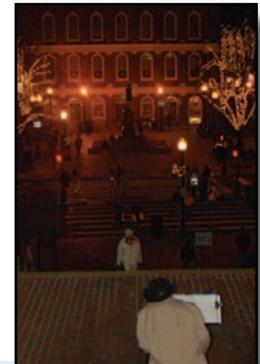


Thomas M. Menino, Mayor  
City of Boston  
Charlotte Golar Richie, Chief & Director  
Department of Neighborhood Development

# Just Browsing

By Mel Goldstein

Mayor's Office Russian and Elderly Liaison



Do you recall the soft drinks of yesteryear (i.e. sodas) Mission Orange, Orange Crush, Laurel Club, Milton Springs, A-1 Beverages, Simpson Springs and of course, 12 ounce bottles of Pepsi and Coke. Remember “Twice as much for a nickel, too. Pepsi cola is the drink for you.” Do you remember Cott’s soda, which was one of the first imported from N.Y. and one of the first to come out with sugar free soft drinks? This was a revelation because, do not forget, this was prior to WWII. Cherry and vanilla cokes were the rage because that is all you could get at the G. I. canteens. Of course, in those days there was a premium soda with flavors we had never heard of, by golly. How could I have forgotten Moxie that great herbal drink that had a taste similar to burnt shoe leather? We were told that we had to develop a taste for it. Who was kidding?! Falling out of favor due to competition from Coca Cola demand for the Moxie has waned in recent years, although demand for it still exists in the New England area. It was designated on May 10, 2005 as the “official state soft drink of Maine. Who knows?

All these thoughts come pouring

into my tiny brain as I start to wish for summer on a cold, dismal, and bleak January morning. Crazy! Old age brings nostalgic thoughts that have been crowding my mind lately, especially after our show in December, the Holiday Musical Extravaganza. It was the largest crowd we’ve ever had. There were 520 chairs crowded into the Hyde Park Municipal Building with only about 15 unoccupied. However, people were standing around in addition to sitting, they must have had something against sitting, what a day and what a show! Enough about past performances and on to what is still important – days gone by.

Can you ever forget what went down in what is now called Downtown Crossing? It was then called Winter St. on one side and Summer St. on the other. What an area! Gilchrist’s on one corner, with R.J. Fox practically overhead and Nisner’s next door. You could buy a root beer and a hot dog for 7 cents. Filene’s on another corner across from Jordan Marsh with R.H. White’s next door. While practically continuous to Filene’s, Raymond’s where you bought the hat. Those were just the larger entities. Oops! We forgot

Kennedy’s Clothing and Leopold Morse both on Summer St. Baker’s Shoes and so many others, gone but not forgotten.

How about that wonderful upscale grocery store (or should I call it market) Cobb Bates and Yerxa. It was a real old time Yankee upscale market that catered mostly to Beacon Hill and the upper 400 of Boston. How I miss those old time butcher stores who had the saw dust on the floors, the meat chests with the hinds of beef and lamb hanging and the redolent of the hanging salamis and bolognas. How about those fantastic markets in the old North End? The hanging provolone cheeses, salamis and the hams - don’t forget the hams! Do you remember the heavy aromas from the spices and garlic? The Jewish delis and appetizer stores in Dorchester, Roxbury and the West End? Particularly on Causeway St. - the smoked fish and cheese spreads. The old South End – the Lebanese markets. The spices, the humus, that baba ghanoush and the mid east delicacies. Halvah and baklava - that’s what you call pandering to your sweet tooth.

The proliferation of neighborhood

*continued from last page*

mom and pop stores that never closed, open 7 days and 7 nights that supported and fed the whole neighborhood. Charge it! Put it on the book! God bless the book, it supported the entire area. Between those stores and the house to house customer peddlers it was the main stay of the entire neighborhood. How things have changed!

Who can forget the junk man with his horse and wagon? The fruit peddler and of course the ice man - 10 cents, 15 cents, or 25 cents for 100 lbs of ice. It was the hernia special. Especially in lugging up three floors! Then Cushman's bakery truck and the fish peddler in the summer; you could tell he was on his way from at least a mile away. Those were the day's my friends. Do you really miss them? What a simpler time, it really was, we didn't have much, but we had a deep sense of community.

Just the other day, I said to a dear friend of mine, "do you know what today is?" That day happened to be December 7th - a day that our then President Franklin D. Roosevelt said "a day that will live in infamy." That day went by without a murmur; I heard no comments in the streets about its passing - just a few off handed remarks on TV and radio. Do you think that 9/11 will be remembered the same way in less than 60 years? Will our children and our children's children feel the same way? I can guarantee you, if I had gone up to ten people on December 7th and asked them what that day signified at least five would have looked at me as if I were a weirdo. We tend to forget so quickly in our fast moving world.

However, within our nostalgic thoughts are locked some wonderful memories like the ever haunting refrains of our beautiful melodic music - the swing era, the jazz age, even Elvis, Doo Wop, the Beatles, Ed Sullivan and the great entertainers that we featured. Those great swing bands that we spoke about in some of our other columns. The blues legends that were abundant in the south were only in the last few years given recognition. We were privileged to live at the time of the great entertainers and musicians. I'm not about to delve into names, we did that in earlier columns. I have to say that our generation is responsible for rock'n roll, rock a billy, and heavily for country and western. It all came in under our watch and everyone of those former rock stars now qualify as senior citizens. Who among you can bring to mind Major Bowes and his original amateur hour, who had his show on radio and his off shoot Ted Mack and his original amateur hour on TV? Featuring the dancing Old Gold cigarette pack. Then Arthur Godfrey and his amateurs. They found so many great stars from the Maguire Sisters on Godfrey with Julius Larosa to Perry Como on Major Bowes. Who knows? If you were fortunate to make it on any of these shows it was a mistake. These shows were all booked by agents, and amateurs had no chance of winning. The good Major Bowes had units that went around the country; if you were lucky enough to win a spot you were paid Minimal wage but had the right to say "I'm on Major Bowes's unit."

Boston, however, was a much different story. We had amateur nights at all the local theaters. Plus

Scott Furriers and R. J. Fox which also had an amateur radio show on Sunday nights. Radio - how I miss them! Talent at that time was abundant. It would make the present acts on American Idol take a back seat. More great stars came out of Boston than any other city from Fred Allen, to Buddy Clark, Leonard Nimoy, Ray Bolger, Burt Lahr, Jack Haley, Schleppeerman (Harry Einstein), the Ryan Brothers, Burt and Lee, Bobson the great Cab dancer, all this space and task the local snake hips, Davis, some of the greatest blues singers, I'm afraid to start. I'll leave it up to my adoring public to come up with more names. Write me at:

Mel Goldstein  
Mayor's Office of Neighborhood  
Services  
One City Hall Plaza, Rm 708  
Boston, MA 02201

I have something to give you a chuckle.

Mona Lisa's mother: "After all the money we spent on braces, this you call a smile?"

George Washington's mother: "Next time I find you throwing money across the Potomac, You can kiss your allowance goodbye."

Paul Revere's mother: "I don't care where you have to go young man; midnight is passed your bed time."

*Mel G.*

# City of Boston Senior Home Rehabilitation Program

The Senior Home Initiative of the Department of Neighborhood Development (DND) provides a comprehensive set of home rehabilitation and repair services to income eligible elderly homeowners in the City of Boston. DND has contracted with several neighborhood based non-profit agencies to provide minor home repairs. The agencies determine what kinds of repairs they can perform under the program.

More extensive repairs are referred to DND for financing through the Senior Home Rehabilitation Program or the Emergency Home Rehabilitation Program. Participants in the Senior Home Rehabilitation Program are eligible to receive: 1) technical assistance

from DND Construction Specialists; 2) 0% interest deferred loans to finance these moderate rehabilitation projects. In addition, elderly homeowners whose immediate health and safety is jeopardized by extreme housing conditions may be eligible for a grant to correct the conditions. The determination of what constitutes an emergency situation is made by the DND Construction Specialist.

## Who Is Eligible?

Senior owner-occupants of residential property in the City of Boston:

- Who are 62 years of age and older
- Whose Income does not exceed

80% of median family income as determined by HUD  
Who need basic health and safety improvements  
Please Note:

Due to the large volume of applications to this program, construction may not begin on a project for 6 - 9 months after applying.

## Requesting an Application

Seniors are invited to contact DND at 617-635-0338 to learn which Senior Agency represents their neighborhood. The Senior Agency will provide information and assistance in application preparation.

**617-635-0338**

### Need a Ride?

For a convenient ride to a medical appointment, grocery shopping or a social event call the Senior Shuttle

(617) 635-3000

*Available Monday - Friday 8 a.m. - 4 p.m.*



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

Do you need help with government benefits, tenant/homeowner issues, or health issues?

*Let the Elderly Commission's Community Service Advocates help you!*



Call (617) 635-4366

*Social Security questions, Medicare, Medicaid, Medicare Supplemental Insurance, Fuel Assistance, Food Stamps, Veteran's Benefits, Oral/Dental Health Screening Program, Health and Fitness Program, Shine (Serving the Health Needs of Elders), Taxi Coupons, Housing Assistance, and much more!*

# Beat the Winter Blues

Every year around the same time, a large portion of the American population falls into a slump that many refer to as the winter blues. We become lethargic, gain a bit of weight, and have difficulty getting out of bed. While most of us slow down in the winter, the winter blues can sometimes turn into Seasonal Affective Disorder or SAD, a more serious version of the winter blues.

Some half million Americans suffer from SAD each cold weather season. Of those individuals affected by SAD, 70 to 80 percent are women. Typically, those who are dealing with SAD show signs of depression, lack of energy, increased need for sleep, avoiding social situations, a craving for sweets and weight gain that coordinates with the seasons. These signs are subtle. For example, there are many people who eat and crave sweets. Not everyone with an insatiable sweet tooth has Seasonal Affective Disorder, but those who exhibit the behaviors listed simul-

taneously and at a higher rate than they would in the summer might be experiencing SAD.

Fortunately, there is treatment. Research suggests that SAD may be brought on by a natural reaction to the lack of sunlight. A common treatment is light therapy which is not as intimidating as it sounds. Light therapy is basically just exposing yourself to specially designed artificial lights until natural light is available (springtime).

If you recognize any of these traits in yourself or a friend, don't hesitate to seek treatment. Seasonal Affective Disorder is a real disorder, but it is easily and effectively treated with the proper care and doctor. There are many senior services in place that are equipped to handle depression.

Kit Clark offers a comprehensive mental health program for people 60 years of age and older. Mental

health clinicians help older adults adjust to changes as they age. The professionally trained staff helps seniors cope with life transitions, including issues of grief and depression, through individual or group therapy. An experienced psychiatrist is also available to evaluate and monitor medications. In addition to counseling and support services, the staff helps seniors access a wide range of social support programs. Don't be afraid to seek services, there are many others that are experiencing SAD as well. The mental health clinic was established in 1980 and was the first geriatric mental health center in Boston. It is located at 1500 Dorchester Avenue, Dorchester. Third party payment is available.

For more information, call Kit Clark Senior Services at (617) 825-5000 or e-mail [dbradley@kitclark.org](mailto:dbradley@kitclark.org)

## Alzheimer's Caregiver Support Group Meetings Men's and Women's Groups

FREE

First Monday of Every Month

Kit Clark Senior Services

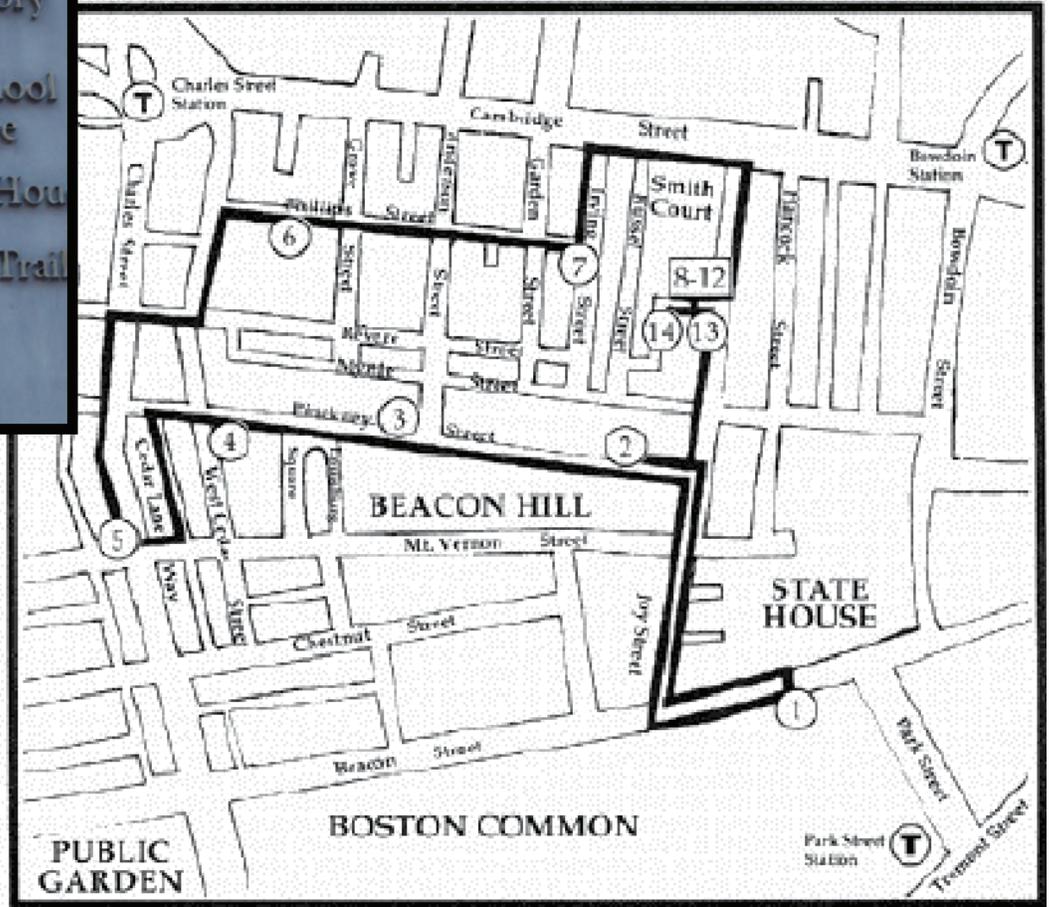
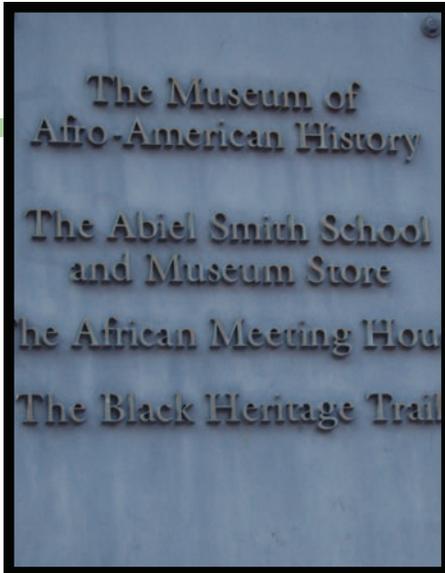
1500 Dorchester Avenue, Dorchester, MA 02122

Meeting Times 7:00 to 8:30 PM

Questions: Contact Donna Allen

at: 617-474-1272 ext. 225

# Take a Trip African American



## Key:

Site 1

Robert Gould Shaw and  
54th Regiment Memorial

Beacon and Park Streets  
Boston Common

Site 2

George Middleton  
House

5-7 Pinckney Street

Site 3

The Phillips School

Anderson and Pinckney Streets

Site 4

John J. Smith House

86 Pinckney Street

Site 5

Charles Street Meeting House  
Mt. Vernon and Charles Street

Site 6

Lewis and Harriet Hayden  
House

66 Phillips Street

Site 7

John Coburn House

2 Phillips Street

Sites 8-12

Smith Court Residences

3-10 Smith Court

Site 13

Abiel Smith School

46 Joy Street

Site 14

The African Meeting House

46 Joy St.

The African American trail located in one of Boston's most desirable neighborhoods, Beacon Hill, makes walking it a memorable afternoon. So we encourage you to get out and explore the history of Boston's 19th century African American community.

Between 1800 and 1900, most of the African Americans who lived in the city lived in the West End, between Pinckney and Cambridge Streets, and between Joy and Charles Streets, a neighborhood now called the North Slope

# Heritage Trail. Beacon Hill



Site 3 The Phillips School at Anderson and Pinckney Streets



Site 4  
John J. Smith House  
86 Pinckney Street

of Beacon Hill.

The first Africans arrived in Boston in February of 1638, eight years after the city was founded. They were brought as slaves, purchased in Providence Isle, a Puritan colony off the coast of Central America. By 1705, there were over 400 slaves in Boston



Site 4  
John J. Smith House  
86 Pinckney Street

and the beginnings of a free black community in the North End.

The American Revolution was a turning point in the status of African American's in Massachusetts. At the end of the conflict, there were more free black people than slaves. When the first federal census was enumerated in 1790, Massachusetts was the only state in the Union to record no slaves.

The all-free black community in Boston had the challenge of finding decent housing, establishing independent supportive institutions, educating their children, and ending slavery in the rest of the nation. All of these concerns were played out in this Beacon Hill neighborhood.

With the exception of the African Meeting House and the Abiel Smith School, the homes on the trail are now private residences and not open to the public.



Site 5 Charles Street Meeting House  
Mt. Vernon and Charles Street

Museum of  
African American History  
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14 Beacon St., Suite 719  
Boston, MA 02108  
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# THE COLD WAR

By Mike Flynn

It has been 17 years since what has been called America's greatest sporting achievement took place. On February 22, 1980, a team of young collegians beat the unbeatable Soviet National Hockey team on the way to the Olympic Gold Medal in Lake Placid, New York. The Olympics had always been the setting for amateur athletes of the world to compete against their counterparts from other countries. But make no mistake about it, this Soviet team was professional. No, they did not make money playing hockey. They were all in the Red Army. But their Army job was to play hockey. Pretty slick, huh?

The architect of the American upset was University of Minnesota coach Herb Brooks. He spent almost two years to put the team together. And he meant TEAM. Some of the best players in the country were left out because they did not fit his philosophical or psychological profile, which was known only to him. Brooks knew Olympic heartbreak. He had been the last player cut from the 1960 team, which went on to win America's first Gold Medal in hockey. He was a member of the 1964 and 1968 teams which were embarrassed by the Russians.

Most of the team was made of players from Minnesota and Massachusetts, who harbored a deep animosity for each other. (Jack O'Callahan from Boston University, by way of Charlestown, was called the "first to drop his gloves"). To counter this, Brooks began to nurture in them a common hatred of him, by insult-

ing, challenging and intimidating constantly. It worked. They hated him. But they became a team and almost as close as family.

Brooks was a great student of the game and admired the European style of hockey and especially the Russian game. This is the style he would teach his boys. He sent them out on a demanding tour of North America and Europe in the months leading up to Lake Placid. He stressed speed and conditioning. They were also taught the discipline to stay within themselves or as he constantly stressed "play your game." If they could skate, keep grinding and work within the system they could play with anyone. He hoped. Those hopes hit a brick wall, when 3 days before the Olympics, the Americans met the Russians in an exhibition game at Madison Square Garden and were trounced 10-3.

By 1980, the United States had just suffered through one of the worst decades in its history. The Vietnam War had recently ended with the loss of many young men. There were fistfights in the lines of cars waiting for gasoline. The Watergate scandal had forced Richard Nixon to resign the Presidency. Inflation was stampeding and unemployment was rising steadily. The power generating station at Three Mile Island in Pennsylvania had a nuclear meltdown. Four students were killed and nine injured by National Guardsmen at Kent State University. Then Russia invaded Afghanistan and the Cold War was not just running away,

it was at a gallop. Adding fuel to this raging fire, student radicals in Iran had stormed the American Embassy and taken 52 hostages. President Jimmy Carter was threatening to boycott the Summer Olympics to be held in Russia. He went on National television and announced the country was suffering from "a crisis of confidence." American patriotism was wasting away. We certainly needed something to make us feel better about ourselves and our country.

As the world's athletes descended upon tiny Lake Placid in the Adirondacks, the medal outlook for America was not an optimistic one. Sure, we had a speed skater named Eric Heiden, but the Europeans were much stronger in the Alpine and Nordic events and the American hockey team had been soundly beaten a week prior. Seeded seventh out of twelve teams, the United States was not expected to advance to the medal round.

The first game was against Sweden and but for a last minute goal by Bill Baker from the University of Minnesota to secure a 2-2 tie, the run would have ended right there. The next opponent, Czechoslovakia, was considered the second best team in the world and everyone knew this would be the hardest test since the team was formed. In a huge upset the U.S. won 7-3. They were beginning to feel as if they could play with anyone. Gaining confidence with every shift, they beat Norway and Romania before coming from behind against a strong German

# HOCKEY STYLE

side and incredibly advancing to the medal round. Of course the Russians went undefeated in the preliminaries which set the stage.

By this time all of America had embraced this team. The games were sold out. Chants of U.S.A. raised the Lake Placid Arena roof. One paper quoted a spectator as saying she had not seen that many American flags since the Sixties, and many of those were being burned. This Soviet team was the same that had won the challenge series against a group of National Hockey League All-Stars the year before. Russian veterans Alexander Maltsev, Valeri Kharlamov, Boris Mikhailov were joined by speedy newcomers Sergei Markarov and Vladimir Krutov and as always the world's greatest goaltender Vladislav Tretiak.

The first game of the medal round was against Russia. As expected the Soviets came out flying and most of the first period took place in the American zone with goalie Jim Craig, from Boston University, being bombarded by the blistering Russian attack, having to make save after save. With almost no time remaining in the period and Russia ahead 2-1, the Americans lofted a long shot on goal and Tretiak casually kicked it away, expecting the period ending buzzer. Mark Johnson from the University of Wisconsin and probably the best U.S. player raced over the blue line, gathered the puck and snapped a shot by the totally surprised Tretiak just as the buzzer sounded to tie the game at 2. After taking the best Russia had

thrown at them for a period, suddenly the game was even.

When the second period began, everyone in the building was shocked. Russian coach Viktor Tikhonov had replaced Tretiak with backup goalie Vladimir Myshkin. Once again the Soviets dominated allowing the U.S. only two shots at goal. But again Jim Craig was brilliant and only let one shot past him. 3-2 Russia.

In the third Johnson tied it with a power play goal. Then came "the wrist-shot heard 'round the world.'" Team Captain Mike Eruzione, from Boston University, shot through a screen of players and past Myshkin to put the Americans ahead. However, there was still more than half of the third period to go. Russia relied on experience and played their veteran players. Brooks countered with speed and changed lines quickly. Speed won. In the most famous hockey call of all time, this is Al Michaels. "Eleven seconds to go. You got ten seconds, the countdown going on right now. Morrow up to Silk. Five seconds left in the game. Do you believe in miracles? Yes!"

Just as many think Bill Buckner's error lost the World Series, many believe beating Russia won America the Gold. Nope. They still had to play Finland and if they lost, the Russian win would be a footnote in Olympic history. If Russia beat Sweden, Russia would win the gold. With Finland up 2-1 going into the final period, Brooks reminded his team in the locker room that if they did not give everything they had this

game would be with them for the rest of their lives. Once again they responded.

Years later Team Captain Mike Eruzione summed it up perfectly. "Us winning the gold did not solve the crisis in Iran or pull the Russians out of Afghanistan. But people felt better. People were proud. People felt good about being American because they could relate to who we were. Working class, hard hat, lunch pail kids who represented them in an athletic event that was far greater than a hockey game."

In 2004, Walt Disney Productions released a great movie about this historical event. Kurt Russell becomes Herb Brooks in the performance of his career. The hockey scenes are recreated as they happened and are tremendously exciting and if you doubt the rest of the world was moved by this one game, watch the scenes in the arena. The movie was filmed in British Columbia and all of the chanters of U.S.A., U.S.A. and the American flag wavers were Canadians.

Herb Brooks was a consultant on the film. During principal photography, on August 11, 2003, while driving home alone from an event at the United States Hockey Hall of Fame, Brooks lost control of his car and was killed. He was 66. This film and the many fans and ex-players he left behind will keep his memory alive. But restoring America's faith in itself in a time of tremendous turmoil will be his lasting legacy.



Beverly Gobbons (yellow) with her fabulous Charlestown gang at the Mayor's annual First Night gala!



Governor, Deval Patrick and Mayor Menino celebrate black history at the Martin Luther King event in Faneuil Hall



Brighton gang celebrates First Night at the World Trade Center



Ellie and Dave Meyers celebrate in style at the Opera House during a Martin Luther King Jr. celebration featuring Peabo Bryson



Etta Knight and Doris Neal at the Mayor's First Night gala at the World Trade Center, Boston.



Mickey calls home to Italy at the Phone-a-Thon event sponsored by Mayor Menino, AT&T and Merrill Lynch



The lovely Governor's Wife Diane Patrick with happy lady Anne Eubanks at the Faneuil Hall Martin Luther King Jr. Celebration



Mayor Menino celebrates First Night with Lillian Ace Ferway



Community Advocate and Advisory Council members, Juanda Drummingold and George Credle



Commissioner Greenberg celebrates MLK day with friends Ann Schneider (top), Phyllis Doyle (left) and Mickey Sylvia of Hyde Park



The always lovely Wilma Browne at the Opera House



First Night volunteer teaches the crowd new moves at the Annual First Night celebration at the World Trade Center



*Martha Small, Joan McLauran, and Mildred Anglin at the Opera House for the MLK celebration.*



*Lillian Acen and John Lewis live it up at First Night.*



*Martha Small, Joan McLauran and Mildred Anglin at the Opera House anxiously waiting to hear the one and only Peabo Bryson*



*Gerry Cummings and Dorothy Bonner ring in the new year at the World Trade Center*



*Queen Able at the Mayor's First Night event*



*Lillian Ace teaches John Lewis from the Double Dutch team some old school moves.*



*Mayor Menino meets his guests at the Annual Phone-a-Thon*



*Governor Patrick and Mayor Menino*



*Pretty ladies at the Freedom House holiday party in Roxbury*



*Brighton Gang enjoys the entertainment at Faneuil Hall*



*Couple celebrates First Night at the World Trade Center*



*Susie Pinkney and Elli Robinson*

*Share your knowledge and wisdom with our youth*

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*Black History*  
Month

with

Mayor Thomas M. Menino

and

*The Elderly Commission*