



Elderly Commission

Thomas M. Menino, Mayor of Boston

Boston Seniority

March

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FREE

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Mayor's Spotlight



Recently, we have seen more and more homeowners losing their homes to foreclosure, too often because of bad lending practices. Whether it's helping more homeowners avert foreclosure or ensuring the banks that own these properties act responsibly, your City government has been in the forefront of protecting homeowners.

For more than a decade, the Boston Home Center has been a life-changing agency in Boston, providing residents with the tools they need to help achieve the American Dream and the financial and personal security that comes with home ownership. But the services that the Home Center offers extend past the purchase of a new home. Homeowners who are facing credit or financial problems or need assistance with home repairs or other issues can also find help at the Boston Home Center. And it's as easy as dialing 617-635-HOME (4663).

Our strategy here in Boston is a comprehensive one – we continue to work to prevent foreclosures through programs sponsored by the Boston Home Center and the Boston Rental Housing Resource Center 617-635-RENT (7368), such as risky mortgage seminars and medi-

ation when a landlord is foreclosed on. At the same time, we expect responsible management and disposition of properties when foreclosures happen. Our neighborhoods deserve better.

Foreclosures and fraudulent mortgages are not something new for us. Boston has been tracking the increased role of risky sub-prime mortgages in the City's housing market since 1999, when we launched Boston's Don't Borrow Trouble educational campaign to warn people of these types of loans. Recognizing the seeds of a foreclosure boom, the City has tracked foreclosure activity closely, looking for the earliest signs of the forecast crisis. We then set up a foreclosure prevention hotline, offering direct 1-on-1 foreclosure intervention counseling services through the Home Center.

But with the sharp increase in foreclosures over the last few years, I knew we needed to do more. Early last year, I received the support of the Boston Legislative Delegation and filed State legislation to 1) require truthful labeling in all mortgage offers and advertising, 2) require licensing of mortgage originators, and 3) establish a statewide foreclosure prevention counseling network and a 60-day foreclosure freeze for homeowners signed up with one of these agencies. In November, a foreclosure prevention bill containing many of my proposals was passed and signed into law by Governor Patrick.

We have all seen the dramatic spike in foreclosures, and we know that a large part of the problem is caused by the lax oversight of mortgage com-

panies. This legislation will force these lenders to be more responsible in their marketing tactics and will help homeowners who are facing foreclosure. We know that most of the solutions to foreclosures lie with state and federal governments, and with the private sector that pushed, made and sold these risky loans, but the City will continue to do all that it can.

Last year, 212 homeowners averted foreclosure with the help of the City's initiatives. Preliminary figures show that there were as many as 703 foreclosure deeds in Boston that year. The City's foreclosure rate for 2007 would have been 31% higher had those homeowners not received City assistance.

The Boston Home Center at the Department of Neighborhood Development is nationally recognized as a successful model. Don't Borrow Trouble is now a trademarked campaign that Freddie Mac has taken to over 50 communities nationwide. We have helped hundreds of families find solutions to keep their homes. There is no shame in asking for help when it comes to your family's largest investment. If you have a mortgage you cannot afford; need help determining what you can afford; need assistance with home repairs or would like to sign up for one of our many free classes, please call 617-635-HOME. More information can be found at www.cityofboston.gov/dnd/.

GBLS Elder Law Unit Saves Client from Guardianship Abuse

By: Wynn Gerhard, Managing
Attorney of our Elder Law Unit

In November, 74-year-old “Grace Carr” was taken out of her apartment in Charlestown and to a Boston hospital suffering from a stress-related heart condition. She had had problems with the landlord due to the large number of pets her daughter kept there. Hospital staff wanted to perform surgery, but Mrs. Carr told them her primary care doctor had previously advised her that surgery could further jeopardize her health.

The hospital filed a petition for a permanent guardian to be able to make a decision about the surgery, accompanied by a psychiatrist’s medical certificate stating that Mrs. Carr suffers from mental illness although the doctor never diagnosed her nor stated that she suffers from mental illness symptoms. Hospital staff then filed a motion for a temporary guardian, without notifying Mrs. Carr. The petitioner’s attorney stated as the emergency reason requiring appointment of a temporary that the proposed ward “suffered cognitive decline.” The judge granted the motion without any further evidence or findings.

At the hospital, Mrs. Carr was not given the clothing in which she arrived at the hospital nor her purse and wallet. She contacted GBLS from the hospital for help with her predicament, and was assigned to GBLS Elder Law Unit Attorneys Betsey Crimmins and Alex Munevar who intervened on Mrs. Carr’s behalf after the temporary guardian had been appointed.

Mrs. Carr was sent to a nursing home, even though she expressed a strong preference for returning to her home and even though a Boston elder protective services agency, Ethos, became involved in her case and was willing to get a broad array of services into her home for her. She remained in the nursing home against her will and without access to her personal belongings or own clothing from December 18, 2006 until March 9, 2007.

With the help of her GBLS attorney, Mrs. Carr filed an objection to the guardianship petition and a motion for an independent competency evaluation. A psychiatrist evaluated the

client and found her to be competent. Her primary care doctor of twelve years also supplied a letter stating that she was quite capable of making informed medical decisions. On the basis of this evidence, the hospital agreed to dismiss the underlying guardianship petition.

Mrs. Carr’s story does not end there. After the daughter who shared her subsidized, 2-bedroom apartment was moved to a psychiatric hospital, Mrs. Carr was unable to return home and ended up in an assisted living facility. She came back to GBLS because her landlord in Charlestown moved to evict her because her personal possessions remained in the apartment, despite the guardian’s claim that she had cleaned it out.

Meanwhile, Mrs. Carr was doing her own housing search so she could leave her assisted living unit. Knowing that an eviction would harm her housing record, and prevent her from moving to alternative housing, attorneys Betsey Crimmins and Wynn Gerhard and Elder Law Unit intern

Heidi Schmerbeck worked with Ethos, Gentle Giant, and 15 Boston University freshmen, on their freshman week orientation/community service project, to pack up and move all of Mrs. Carr's belongings.

Mrs. Carr, the allegedly "incompetent" woman, on her own found another subsidized apartment. She is now happily living in her new apartment in Somerville with home care services.

This case perfectly

illustrates all the problems with guardianship procedure in the Probate Courts that have led to GBLS' long-standing efforts at legislative reform of the guardianship laws.

For several legislative sessions, the bills co-authored by Wynn Gerhard have been assigned to the Legislature's Joint Committee on the Judiciary and it has been a challenge each year to have the bills given its due attention. GBLS staff and Mrs. Carr recently met with Rep. Eugene

O'Flaherty, Mrs. Carr's long-time state representative, and co-chair of the Judiciary Committee, to tell him how Mrs. Carr and others are harmed by the current guardianship laws. Rep. O'Flaherty committed to working to move the bill through the Judiciary Committee. GBLS staff and our partners will continue to fight for guardianship reform on behalf of the many seniors like Mrs. Carr who are the victims of the current procedures.

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.

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Suicide Prevention Among the Elderly

By: Betsy Downton

(Facts for this article taken from the Suicide Prevention Resource Center Massachusetts Suicide Prevention Fact Sheet and from Suicide Prevention Action Network (SPAN) USA's fact sheet on the Stop Senior Suicide Act)

Did you know that males accounted for 78% of all successful suicides in Massachusetts from 1999 to 2003? The latest information indicates that the age group with the highest rate in the nation is now persons aged 65 years and older, with the rates climbing with age. The highest rate of completed suicides is now found among males 85 years and older. The number of attempts is very different from the number of successes. Youth and women have the highest number of attempts, but older men have the highest rate of successful attempts. This is disturbing because most of these successful attempts are undertaken by men who are depressed, a very treatable condition. Very few are the result of the diagnosis of a fatal or very painful chronic disease.

I could offer endless speculation on why older men commit suicide more than any other group, but it

would only be speculation. I do know that there are ways that we can work to prevent this epidemic. The Caregiver Support Program at Boston City Hall can refer caregivers and their care recipients to appropriate services to help deal with depression among all ages. Call Betsy Downton at 617-635-3979.

There is also a new bill being introduced in the United States House of Representatives by Congresswoman Darlene Hooley and Congressman Tim Murphy. This bill, called the Stop Senior Suicide Act (H. R. 4897), would use a number of different strategies to reduce the rate of suicide among seniors. One that I feel is very important is to adjust Medicare rates to cover outpatient mental health services at the same rates it covers other outpatient services. Currently, little coverage is provided for older persons suffering depression as a result of losses suffered as they age. If you are interested in supporting this bill, please be sure to call your representative and let him or her know of your support.

For more information on elder suicide, this bill or assistance with services please call Betsy. If you are feeling suicidal or know someone who is, please call the **Suicide**

Prevention Hotline at 1-800-273-8255.

Remember:
If someone talks about
suicide they are at high
risk for committing
suicide!



The Elderly Commission is
LIVE in your living room
every Friday at 3:30 p.m. on
Channel 9!

Find out what's going on with
Boston's senior citizens.

For more information on how to get
involved, please contact:

Kathleen Giordano, Deputy
Commissioner of Community
Relations at 617-635-4362.





Thank You

to all the sponsors for making
the Italian Heritage Luncheon a
huge success!

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Elderly Commission

The City of Boston Senior Companion Program



Newly elected City Councilor Mark Ciommo and Senior Companion Irma Magid of Brighton at the Veronica Smith Senior Center in Brighton.

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

A MATTER OF BALANCE

FALL PREVENTION TRAINING FOR ELDERS IN WEST ROXBURY

written by Cathy Slade, Ethos'
AgeWell Coordinator

Most people are likely to know someone that has fallen or who is afraid of falling. For this reason, Ethos is planning to offer a proven program called "A Matter of Balance: Managing Concerns About Falls," designed to help elders manage concerns about falls and increase physical activity as part of its AgeWell West Roxbury pilot project. However, Ethos is in need of volunteers to become Instructors to assist with the implementation of this program in West Roxbury.

"A Matter of Balance," (MOB) is a nationally recognized program developed by Boston University that walks seniors through strategies to increase physical

stability while reducing risk of falling in their immediate surroundings. This evidence-based program is critical given that about one-third of falls stem from hazards in the home. Furthermore, Falls are the leading cause of injury deaths and the most common cause of hospital admissions for trauma among adults 65 and older, according to a 2007 report by the National Centers for Disease Control and Prevention

As a MOB Instructor, you will help participants become more confident about managing falls by believing that they can increase their strength, find ways to reduce falls, and protect themselves, if they do fall. Ideal MOB Instructors must have good communication and interpersonal skills, enthusiasm, dependability and a willingness to lead small groups of older adults. Coaches can be an adult of any age but will need to be able to lead low-to-moderate level exercise.

To get certified as an MOB Instructor, volunteers will have to attend 2 four-hour trainings. There is no cost to become certified as an Instructor or participant in training. In fact, all volunteer Instructors, who complete the training and agree to complete 2 participant trainings and other wellness activities in West Roxbury, will be paid a stipend.

If you would like to register to become an Instructor and/or find out more info about our Fall Prevention program, please contact AgeWell Coordinator Cathy Slade at (617) 522-6700 ext. 316.

Ethos is able to offer this Fall Prevention program and other wellness activities in West Roxbury through funding by the Mass. Department of Public Health and U.S. Administration on Aging (AoA), Department of Health and Human Services.



BORN BEFORE PLASTIC On Sale Now!

If you would like more information about the Memoir Project, please contact Sheila Lawn at 617-635-3243.

Featuring stories from Roxbury, South Boston and the North End.



FROM DIRECTOR TO CITY COUNCILOR

Dear Friends,

As I begin this new chapter in my life, I really appreciate all the people who were so good to me over the 14 years that I spent at the Veronica B. Smith Multi-Service Senior Center. I hope that I can continue to serve the seniors of Allston-Brighton and the rest of Boston in my new role as the city councilor for the neighborhood that has been so good to me. I made so many friends while working at the Senior Center and I consider myself truly blessed. I will take all the memories and accomplishments that I had during my 14 years at the Senior Center into my new endeavor to serve you all to the best of my ability.

Thank you again for all of the help that you have provided me over the past 14 years.

Sincerely,

Mark Ciommo



BosTix Booths at Faneuil Hall & Copley Square

As Boston's exclusive half-price, in-person day-of-show ticket booths, we offer tickets to performances all over town—from touring blockbusters to hot local productions. Listings change daily and include theatre, music and dance. We are also a full-service Ticketmaster Outlet and sell full-price tickets to events at the TD BankNorth Garden

(Celtics games, Bruins games, etc.), DCU Center, and Tweeter Center among others.

The below list represents tickets available to purchase in person at either BosTix booth.

Tickets go on sale at 10:00 AM (11 on Sundays). Booths are CASH ONLY.

Bostix Booth Locations - Copley Square -

Located steps from Boston's premier shopping district, the BosTix booth is in Boston's Copley Square surrounded by Trinity Church, Boston Public Library and the John Hancock Tower. The booth is on the corner of Boylston and Dartmouth Streets near the Copley and Back Bay T stops. The closest parking is at Copley Place Parking or Dartmouth Street Parking.

Hours

Mon-Sat: 10 a.m. to 6 p.m.

Sun: 11 a.m. to 4 p.m.

Closed: Patriots Day, Thanksgiving and Christmas

Faneuil Hall Marketplace -

The original BosTix booth is on Boston's historic Freedom Trail, adjacent to Faneuil Hall, and just a short walk from the Government Center, Haymarket and State Street T stops. The booth, a free-standing kiosk, is near the West End entrance of Quincy Market. The closest parking is at 75 State Street or the Government Center Garage near Haymarket.

Hours

Tues-Sat: 10 a.m. to 6 p.m.

Sun: 11 a.m. to 4 p.m.

Closed: Mondays, Thanksgiving and Christmas

Half-price tickets go on sale at 10 a.m. Cash only.



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to our sponsors for helping make the **18th Annual First Night Celebration** possible.



Golden Ballon Sponsor: Evercare
Represented by (from Back row L to R) James Fotiades and Steven Scopa, (Front row L to R) Lorraine Barry, Tina Beazer, Mayor Menino, Anne Marie Gauthier, Kathleen Schnicker, and Michael Oliver.



Silver Ballon Sponsor: MERSI (Massachusetts Eye Research and Surgery Institute)
Represented by Alison Justus and Scott Evans posing with Mayor Menino.



Blue Balloon Friend: Senior Living Residences - Executive Director Kimberly Diaz with Mayor Menino.

(Not pictured)
Bronze Balloon Sponsors: Senior Whole Health and the East Boston Foundation

Blue Balloon Friend: Jiten Hotel Management



Blue Balloon Friends: Care Giver Alliance - Pictured with Mayor Menino, Phuong Slawson (far left), Shirley Bernie, Vladimir Nivorshkis (far right), and representing Central Boston Elder Services - Haris Hardaway (2nd from right).

A special
Thank you
to all of the volunteers who helped
make it a memorable event.



No Cable? Rabbit Ears? Read on!

Coupons Available for Digital TV Switch Beginning in February 2009, local television signals will change from analog to digital. When that happens, TV sets that are more than 4 years old without cable or satellite reception will require a new antenna. To help with that inconvenience, Congress directed that a coupon program be set up.

A number of Boston households will benefit from this coupon program. In a market like Boston with so many good quality broadcast and network affiliated channels - WGBH-2, WBZ-4, WCVB-5, WHDH-7, WENH-11, WFXT-25, WSBK-38, WLVI-56 - there will be high demand for these converter antennas. Only about 55 - 60% of Boston households subscribe to cable and

only about 5% use satellite. That leaves more than a 1/3 of our households will need to buy a converter box. And don't forget, even cable subscribers who don't bother to hook up older, extra TVs, will benefit.

To request a coupon, consumers can apply online at dtv2009.gov or call the federal NTIA 24-hour hot line at 1-888-388-2009.

Coupons available for digital TV switch

By Associated Press / January 1, 2008

Millions of \$40 government coupons become available today to help low-tech television owners buy special converter boxes for older TVs that might not work after the switch to digital broadcasting. Beginning Feb. 18, 2009, anyone who does not own a digital set and still gets their programming via over-the-air antennas will no longer receive a picture. That's the day the television industry completes its transition from old-style analog broadcasting to digital. The converter boxes are expected to cost between \$50 and \$70 and will be available at most major electronics retail stores. Starting today, the National Telecommunications and Information Admin-

istration will begin accepting requests for two \$40 coupons per household to be used toward the purchase of the boxes. Viewers who have satellite or cable service will not need a box.

To request a coupon, consumers can apply online at dtv2009.gov. The government also has set up a 24-hour hot line to take requests, 1-888-388-2009. Congress, in ordering the transition to digital broadcasting, set aside \$1.5 billion for the coupon program, which will fund 33.5 million coupons and other costs. The giveaway basically works under the honor system.

The first 22 million coupons will go to all households that request them. That includes a

residence that gets cable service for one TV but has a spare TV that still uses an antenna, for example. The rest of the coupons, however, are meant only for those who do not subscribe to a pay-television service.

The Nielsen Co. estimates that 14.3 million households, or about 13 percent of the 112.8 million total television households in the nation, rely on over-the-air television broadcasts for programming. Tony Wilhelm, director of consumer education for NTIA, said the agency expects to have enough coupons to satisfy demand. "We think the high number will be 26 million. Low end is 10 million." Members of Congress have criticized both the National Telecommunications

and Information Administration and the Federal Communications Commission for their work on the transition to digital television.

The Converter-Box-Coupon Czar: Q&A with NTIA's Baker

Acting Assistant Secretary for Communications and Information Meredith Atwell Baker Speaks with B&C's John Eggerton

By John Eggerton -- Broadcasting & Cable, 12/29/2007 11:00:00 AM

You may have never heard of Meredith Atwell Baker, former deputy assistant secretary at the National Telecommunications & Information Administration, but she is in the digital hot seat. As acting assistant secretary for communications and information, it's her responsibility to administer the distribution of millions of \$40 coupons the government will issue to consumers to be used toward the purchase of digital-TV-to-analog converter boxes.

She stepped into the breach just after Thanksgiving, following the abrupt departure of John Kneuer.

The coupon program officially begins Jan. 1, but the NTIA won't even start mailing out the coupons until Feb. 17. That's exactly one year before the last

day of analog transmission. U.S. television goes all-digital Feb. 18, 2009.

In an interview with B&C's John Eggerton, Baker explained why she thinks that despite criticism by others, the DTV transition plan will work.

Q: What do viewers need to know about this transition?

A: They need to know that between Jan. 1 and March 31, households can apply for two \$40 coupons online, that they can apply by phone at 1-888-DTV-2009 and that they can apply by mail. The word to get out now is that there is a big change in television coming Feb. 18, 2009, and people who have old televisions who receive free over-the-air broadcasting -- which means they are not hooked up to cable or satellite or another pay TV service -- have to make a decision. They have three choices. They can buy a new TV that's digital, they can subscribe to cable or satellite or another service, or they can buy a converter box. Otherwise, their television won't work.

Q: Since participation by retailers is voluntary, are you concerned that there will be converter boxes available by Feb. 17?

A: We have had extensive conversations with retailers, and we are comfortable with the date of Feb. 17.

Q: A GAO report on the state of the DTV transition was critical of the process, saying that there is no comprehensive plan. True?

A: I think we do have a comprehensive plan. The GAO finished its fact-finding in August. We didn't even sign our contract with IBM [which will have day-to-day responsibility to administer the coupon program] until Aug. 15. I think we have made significant and substantial progress since then. We are looking forward to making this transition happen in a timely fashion.

Q: Congress made the first \$990 million in coupons available to anyone, with a second \$510 million, if needed, for homes with only analog, over-the-air TV service. If most of the initial outlay goes to tech-savvy multichannel homes with a third or fourth set not hooked up to satellite or cable, is there enough money to cover the analog in that last \$510 million?

A: We think there will be enough money for all affected people to receive a coupon.

Q: How will you guard against retailers trying to “upsell” customers to buy a digital set instead of just getting the converter box?

A: We are certifying our retailers and we will be monitoring their participation. We will certainly have folks who will go to stores and see where the boxes are displayed to make sure they are appropriately describing our coupon program.

Q: Explain eligibility rules. I understand, for example, that senior citizens in nursing homes can’t get a box.

A: We used the census definition of a household because the coupons have to be mailed. The only caveat is that you can use a P.O. box, which was designed with tribal nations and Alaska native villages in mind. In nursing homes, or if it is a hospital-type setting and they

don’t have a separate mailing address, then technically, they are not eligible for a coupon. But we’re working to find a solution. How many nursing homes are not hooked up to cable or satellite? We’re still working on finding out.



Great Job Guys !!!!

THANK YOU (from L - R) to Benjamin Morales, Edwin Marcodo, Carlos Ortiz, and Gilberto Melendez for always volunteering at the Elderly Commission events.

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In addition to your neighborhood pharmacy, you'll find pharmacists in:

✓ Hospitals	✓ Clinics	✓ Rehabilitation centers
✓ Nursing homes	✓ Home care	✓ Doctor's offices

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Wherever you are, ask for your pharmacist when you have questions about your medicine.



Together we make a great team!

For more information, visit www.SafeMedication.com.

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Call 617-635-3979

to get information and referrals, support group meeting info & counseling

Caregiver Support Services
Boston City Hall, Rm. 271
Boston, MA 02201
Email: Elizabeth.Downton@cityofboston.gov

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 a spouse, child, parent, grandparent, neighbor, doctor or social worker who attends to the needs of a child or an adult. The Commission on the Affairs of the

Elderly provides caregiver support services to individuals who are:

- Providing caregiver support to someone 60 years or older
- Individuals who are grandparents/grand relatives providing caregiver support to grandchildren/grand relatives.



The Commission is responsible for providing caregiver support services to City of Boston employees who are: providing caregiver support to someone 60 years or older:

- Information and referrals
- Assistance in gaining access to services
- Support groups
- Supplemental services
- Respite care
- Individualized counseling
- Care-giving problem solving

Grandparents at least 60 years of age who are raising grandchildren:

- Information and referrals
- Advocacy
- Workshops and training
- Support groups
- Respite care



CITY OF BOSTON
Commission on the Affairs of the Elderly
Thomas M. Menino, Mayor

The Elderly Commission Volunteers Wanted

The Retired Senior Volunteer Program



ABCD North End/West End Neighborhood Service Center

Taking seniors to medical appointments. Helping with English as a Second Language, also with computer lessons and serving on the agency's telephone, plus other roles.

West Roxbury VA Hospital

Offers a unique opportunity to relate to the patients who are veterans with friendly visits, reading and help with letter writing. After training one program offers peer counselors an opportunity to share personal and helpful information with patients because they have had a similar diagnosis.

Horizons for Homeless Children

Infants to six years of age, all in need of nurturing volunteers. Can be two hours a week at sites in Dorchester, Roxbury and Jamaica Plain.

The C.A.M.P. Program

This program serves children of mothers in prison. There is a need for relationships with volunteers. Training is offered at both agencies to understand the needs of these children.

Hebrew Rehabilitation Center, Roslindale

Friendly conversation with elder residents is appreciated. One volunteer regularly reads to a blind patient.

East Boston Neighborhood Health Center

Lyman Apartment area. Working with seniors with many opportunities according to their need and yours.

Humanities International

Qualified volunteers are paired with Elder Hostel tourists in Boston, traveling with them to various historic sites. An interest in history is a plus. Housing and meals are provided for volunteers and an honorarium.

Generations Inc.

This organization uses volunteers as mentors and tutors for children in seven public schools throughout the city, including South Boston, Dorchester and Roxbury. The motto is "make a difference in a child's life."

The Chinese Neighborhood Association

Needs volunteers to converse in English with Chinese residents and there is similar need at the Chinese Golden Age Center. Russians welcome speaking in conversational English at Jewish Community Housing for the Elderly in Brighton.

Marion Manor Nursing Home

Located in South Boston. Welcomes volunteers to relate to their clients who are most appreciative of these volunteers.

Museum of Afro American History and African American Meeting House

Located in Beacon Hill. Many Proj-

ects tailored to interests of the volunteers.

Mass. Commission for the Blind

Read with clients or become a friendly visitor. Days and hours flexible. Locations all over the city.

U.S. Constitution Museum

Located in Charlestown. Helping with tours, field trips of students. Also helping with displays.

Matchup Interfaith Volunteer Caregivers

Locations throughout the city. You can be matched with a person of any age. Help with errands, doctor's appointments, travel on the MBTA or visiting in homes of people being served.

WGBH, Channel 2

Located in Brighton. Many opportunities with auctions, mailings and ushering at events.

Boston Medical Center

Clerical assistant, volunteer with book carts, adult food pantry, hospital greeters in cardiovascular center. Many other volunteer jobs.

St. Elizabeth's Hospital

Located in Brighton, acute care-teaching hospital. Volunteers work with hospital staff in a variety of jobs, including emergency room and nursing units.

**For more information please call
Fran Johnnene at 617-635-3988.**

ARTIFICIAL SWEETENERS

W

I was recently reading an article about 2 people in Germany who used excessive amounts of chewing gum and candy with artificial sweeteners. They both had extensive diarrhea and had lost a lot of weight.

Their doctors found that they had absorbed between 20-200 grams of sorbitol daily from chewing gum and eating candy with the artificial sweetener sorbitol.

The woman said she chewed 15-20 sticks of gum and the man ate a lot of diet candy. Medical personnel have known for a long time that big doses of sorbitol have been associated with diarrhea.

In the United States we usually use different artificial sweeteners in our soda and drinks, gums, candy and desserts. Most of us will recognize the artificial sweetener as aspartame, sold as Nutra Sweet.

While researching this article, I discovered some interesting

information.

There are 2 groups of sweeteners:

1. Nutritive sweeteners provide calories to the diet. Examples of these are: white and brown table sugars, molasses, honey and syrups. Also included are sugar alcohols derived from fruit or those commercially made are nutritive sweeteners. The most common sugar alcohols include sorbitol, mannitol, xylitol and maltitol. All nutritive sweeteners provide calories to the body. They may affect your blood glucose.

2. Non-nutritive sweeteners are the true “artificial” sweeteners. They do not provide calories and will not influence your blood glucose. These include: saccharin, neotame, aspartame, sucralase, stevia and asulfame potassium (Ace-K). Aspartame is the most familiar to us and is probably the safest. Saccharin is not used in the United States.

Remember: if the product is

“sugar free”, it has no sugar added. If it says “carb smart”, it probably has artificial sweeteners added.

Check your labels before you buy in the supermarket or bakery. Ask the grocer or salesperson, to help you read the label or explain what sugar product is in the product, especially if you are diabetic or have a history of diarrhea or bowel problems. Read your packaged and frozen food labels carefully.

Avoid eating or chewing gum that has a lot of artificial sweeteners. This includes: diet colas, chewing gums, pastry and juices and diabetic snacks.

Ask your doctor if you should see a nutritionist especially if you are a borderline diabetic or seeing a gastroenterologist for stomach or bowel illness.

For those who drink a lot of diet colas, remember there are preservatives in your drinks that may irritate your stomach. 3 cans of diet cola is more than a quart of diet cola a day!!!

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See reverse side for a list of sites and what to bring.

Call 617.918.5275 or visit www.bostontaxhelp.org



CITY OF BOSTON
Thomas M. Menino
Mayor



Department of the Treasury
Internal Revenue Service



BRING THESE ITEMS, IF YOU HAVE THEM, TO THE NEIGHBORHOOD TAX SITE

- ☐ NEW THIS YEAR: Proof of health insurance is required if privately insured. Bring your 1099 HC or health insurance card(s) for you and your spouse
- ☐ 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 1098T forms (tuition payments)
- ☐ Any IRS Correspondence
- ☐ Total child care expenses in 2007—name, address, Employer Identification Number (EIN) or SSN of child care provider
- ☐ Total student loan interest paid
- ☐ Total rent paid in 2007—landlord/rental agent's name and address
- ☐ Copy of prior year's tax return
- ☐ Your Account and Routing Numbers if you want to use Direct Deposit. Up to 3 accounts can be used to Split your Refund
- ☐ Pay stubs for health insurance enrollment

2008 FREE TAX PREPARATION SITES

ACORN

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

ALLSTON BRIGHTON APAC

143 Harvard Avenue
Allston, MA 02134
(617) 783-1485
www.bostonabcd.org/centers/allston-brighton

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
http://www.bostonabcd.org/centers/boston-hispanic

CODMAN SQUARE TECH CENTER

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

DORCHESTER HOUSE

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

DORCHESTER NEIGHBORHOOD SERVICE CENTER

110 Claybourne Street
Dorchester, MA 02124
(617) 288-2700 x 200
For accommodations contact (617) 288-9431 x202
www.bostonabcd.org/centers/dorchester

EAST BOSTON APAC

21 Meridian Street
East Boston, MA 02128
Keila Sabino (617) 567-8857
www.bostonabcd.org/centers/east-boston

ELM HILL FAMILY SERVICE CENTER

22 Elm Hill Avenue
Roxbury, MA 02121
Elizabeth Zoila Salazar (617) 442-5900 x 212
www.bostonabcd.org/centers/elm-hill

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
www.bostonabcd.org/centers/jamaica-plain

JVS PARTNERSHIPS FOR CAREERS AND LEARNING

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

LEARNING WORKS

19 Temple Place
Boston, MA 02111
(617) 348-6000 x 7453
www.bostonabcd.org/programs/career-development/learning-works

MATTAPAN FAMILY SERVICE CENTER

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

METROPOLITAN BAPTIST CHURCH

393 Norfolk Street
Dorchester Center, MA 02124
Barbara Robinson (617) 436-0479
info@metro-boston-church.org

METROPOLITAN BOSTON HOUSING PARTNERSHIP

125 Lincoln Street
Boston, MA 02111
(617) 425-6607
www.mbhp.org

NORTH END/ WEST END NSC

1 Michelangelo Street
Boston, MA 02113
Maria Stella Gulla (617) 523-8125 x202
www.bostonabcd.org/centers/north-end-west-end

PARKER HILL FENWAY NEIGHBORHOOD SERVICE CENTER

714 Parker Street
Roxbury, MA 02120
Nashila Soman (617) 445-6000 x 228
www.bostonabcd.org/centers/parker-hill-fenway

ROXBURY RESOURCE CENTER

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

1199 SEIU

150 Mt Vernon St. 3rd Floor
Dorchester, MA 02125
Frank Borges (877) 409-1199
eitcma@1199.org

SOUTH END NEIGHBORHOOD ACTION PROGRAM (SNAP)

554 Columbus Avenue
South End, MA 02118
(617) 267-7400 x 221
www.bostonabcd.org/centers/snap

SOUTH BOSTON APAC

424 West Broadway
South Boston, MA 02127
Patricia Wright (617) 269-5160 x 0
www.bostonabcd.org/centers/south-boston

SOUTH BOSTON RESOURCE CENTER

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

SOUTH SIDE HEAD START

19 Corinth Street
Roslindale, MA 02131
Joane Guzman (617) 348-6559

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Eat Healthy

Ultimate Beef Chili

Ingredients

- 1 pound beef round, trimmed and cut into ½-inch chunks
- Salt & freshly ground pepper to taste
- 1 ½ tablespoons canola oil, divided
- 3 onions, chopped
- 1 green bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 6 cloves garlic, minced
- 2 jalapeno peppers, seeded and finely chopped
- 2 tablespoons ground cumin
- 2 tablespoons chili powder
- 1 tablespoon paprika
- 2 teaspoons dried oregano
- 12 ounces dark or light beer
- 1 28-ounce can diced tomatoes
- 8 sun-dried tomatoes (not packed in oil), snipped into small pieces
- 2 bay leaves
- 3 19-ounce cans dark kidney beans, rinsed
- ¼ cup chopped fresh cilantro
- 2 tablespoons lime juice

Instructions -

1. Season beef with salt and pepper. Heat 1 ½ teaspoons oil in a Dutch oven over medium-high heat. Add half the beef and cook, stirring occasionally, until browned on all sides, 2 to 5 minutes. Transfer to a plate lined with paper towels. Repeat with another 1 ½ teaspoons oil and remaining beef.
2. Reduce heat to medium and add remaining 1 ½ teaspoons oil to the pot. Add onions and bell peppers; cook, stirring frequently, until onions are golden brown, 10 to 20 minutes. Add garlic, jalapenos, cumin, chili powder, paprika and oregano. Stir until aromatic, about 2 minutes.
3. Add beer and simmer, scraping up any browned bits, for about 3 minutes. Add diced tomatoes, sun-dried tomatoes, bay leaves and reserved beef. Cover and simmer, stirring occasionally, until beef is very tender, 1 ½ to 2 hours.
4. Add beans; cook, covered, stirring occasionally, until chili has thickened, 30 to 45 minutes. Remove bay leaves. Stir in cilantro and lime juice. Adjust seasoning with salt and pepper.

Serves 12, 1 cup each

Tips

Cover and refrigerate for up to 2 days or freeze for up to 2 months. For a hot, smoky chili, add 1 tablespoon chopped chipotle pepper in adobo sauce.

Recipes

Balsamic & Parmesan Roasted Cauliflower

Ingredients

- 8 cups 1-inch-thick slices cauliflower florets (about 1 large head)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried marjoram
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 2 tablespoons balsamic vinegar
- ½ cup finely shredded Parmesan cheese

Instructions -

1. Preheat oven to 450°F.
2. Toss cauliflower, oil, marjoram, salt and pepper. Roast on a large rimmed baking sheet until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Serves 4, about 1 cup each

Green Beans with Poppy Seed Dressing

Ingredients

- 1 teaspoon poppy seeds
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon white-wine or rice-wine vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon honey
- 1 tablespoon minced shallot
- 1/8 teaspoon salt, or to taste
- Freshly ground pepper to taste
- 1 pound green beans, stem ends trimmed

Instructions -

1. To prepare dressing: Heat a small dry skillet over medium-low heat. Add poppy seeds and toast, stirring, until fragrant, about 1 minute. Transfer to a small bowl (or jar) and let cool. Add oil, vinegar, mustard, honey, shallot, salt and pepper; whisk (or shake) until blended.
2. To prepare beans: Cook beans in a large pot of boiling water until just tender, 5 to 7 minutes. Drain. Warm the dressing in a large skillet over medium heat. Add beans and toss to coat.

Serves 4, 3/4 cup each

Tips

Cover and refrigerate the dressing (step 1) for up to 2 days.

Lunch anyone?

Back Bay /Beacon Hill

St. Anthony's Arch St. Church
100 Arch Street
Wednesday
10:00a.m.-1:00p.m.
Traditional

Beacon House
19 Myrtle Street
Mon-Fri 9:30a.m.-1:30p.m.
Traditional

Emmanuel Church of Boston
15 Newbury Street
Thursday 10:00a.m.-2:00p.m.
Traditional

Morville House
100 Norway Street
Mon, Tues, Thur, Fri
10:00a.m.-1:00p.m.
Traditional

Brighton

Victorian House
677 Cambridge St
Mon-Fri 8:00a.m.-4:00 p.m.
Chinese

Veronica B Smith Senior Center
20 Chestnut Hill Avenue
Mon - Thurs 10:00a.m.-1:00p.m.
Traditional

Charlestown

Ferrin Street
100 Ferrin Street
Mon-Fri 8:30a.m.-4:30p.m.
Traditional

Golden Age Center
382 Main Street
Tue, Thur, Fri
8:30a.m.-4:30p.m.
Traditional

Chinatown

Hong Lok House
25-31 Essex St
Mon-Fri 8:00a.m.-4:00p.m.
Chinese

Quincy Towers
5 Oak Street
Mon-Fri 8:00a.m.-4:00p.m.
Chinese

Dorchester

Bellflower Court
24 Bellflower Court
Mon, Tues, Thur, Fri
10:00a.m.-1:00p.m.
Traditional

Codman Sq Senior Center
784 Washington Street
Mon-Fri 11:00a.m.-1:00p.m.
Traditional and Vietnamese

Kit Clark Senior Center
1500 Dorchester Ave
Mon - Sat 8:30a.m.-4:00p.m.
Traditional

Lower Mills Apartments
2262 Dorchester Ave
Mon -Fri 9:00a.m.-1:00p.m.
Traditional

Vietnamese Center
42 Charles St
Mon-Fri 11:00a.m.-1:00p.m.
Vietnamese and Traditional

Yawkey Center
185 Columbia Rd.
Tues Thur 10:00a.m.-1:00p.m.
Traditional

East Boston

East Boston Social Center
68 Central Square
Mon-Fri 8:30a.m.-12:30p.m.
Traditional

Heritage Apartments
209 Sumner Street
Mon-Fri 10:00a.m.-1:00p.m.
Traditional

Orient Heights C.C.
86 Boardman Street
Mon-Fri 10:00a.m.-1:00p.m.
Traditional

Hyde Park

Joseph Malone
11 Gordon Avenue
Mon - Fri 9:00a.m.-1:00p.m.
Traditional

Jamaica Plain

Back of the Hill Apts.
100 S. Huntington Avenue
Mon - Fri 10:00a.m.-1:00p.m.
Traditional

Farnsworth
90 South Street
Mon - Fri 9:00a.m.-1:00p.m.
Traditional

Nate Smith House
155 Lamartine Street
Wed & Fri 9:30a.m.-1:30p.m.
Caribbean

Amory Street
125 Amory Street
Mon-Fri 9:00a.m.-1:00p.m.
Traditional

Mattapan

Church of the Holy Spirit
525 River Street
Mon-Fri 9:00a.m.-1:00p.m.
Caribbean

The City of Boston has over 40 congregate nutrition lunch sites throughout the city for seniors to attend. All seniors over 60 and their spouse are eligible to eat at any of the sites. The suggested donation for the meal is \$1.75, to help defray the production and delivery cost of the meal. Listed below are all of the city's congregate nutrition lunch sites.

North End

Christopher Columbus
145 Commercial Street
Mon, Tues, Thur, Fri
10:00a.m.-1:00p.m.
Traditional

Roslindale

Roslindale House
120 Poplar Street
Mon-Fri 10:00a.m.-2:00p.m.
Traditional

Woodbourne Apts
9 Southbourne Road
Mon-Fri 10:00a.m.-1:00p.m.
Traditional

Roxbury

La Alianza Hispana
63 Parker Hill Ave
Mon-Fri 8:00 a.m.- 4:00p.m.
Latin

Ruggles
25 Ruggles St
Mon-Fri 10:00a.m.-1:00p.m.
Traditional

St. Patrick's
400 Dudley Street
Tuesday 9:30a.m.-2:30p.m.
Traditional

Walnut House
237 Walnut Ave
Mon-Fri 10:00a.m.-1:00p.m.
Traditional

South Boston

Condon Community School
200 D Street
Tues, Thurs, Fri
9:00a.m.- 1:00p.m.
Traditional

Curley Recreation Center
1663 Columbia Road
Tues, Thurs, Fri
10:00a.m.- 1:00p.m.
Traditional

South Boston Neighborhood
House 136 H Street
Mon -Thurs
10:00a.m.-1:00p.m.
Traditional

South End

Anna Bissonnette House
1640 Washington St
Mon, Tues, Thurs
10:00a.m.-1:00p.m.
Traditional

Cardinal Medeiros Center
140 Shawmut Avenue
Mon - Fri 9:00 a.m.- 4:00p.m.
Traditional

People's Baptist
134 Camden Street
Thur 10:00a.m.-1:00p.m.
Traditional

United South End Settlements
566 Columbus Avenue
Mon, Tues, Thur, Fri
10:00a.m.-1:00p.m.
Unity Towers
80 West Dedham Street
Mon - Fri 9:30a.m.-1:30p.m.
Traditional and Chinese

West Roxbury

Boston Aid to the Blind
1980 Centre Street
Mon-Fri 9:00a.m.-4:00p.m.
Traditional

Rockingham Glen
30 Rockingham
Mon-Fri 10:00a.m.-1:00p.m.
Traditional

Roche Center
1716 Centre Street
Fri 10:30a.m.-2:30p.m.
Traditional

For more information
on the City of Boston's
Nutrition Programs,
please call the
Elderly Commission's
Staff Nutritionist,
Shannon Murphy
at
(617) 635-3745

UMass Boston Osher Lifelong Learning Institute Receives Its Largest Private Grant From

Boston, MA – The Board of Directors of The Bernard Osher Foundation has approved \$2.1 million for the Osher Lifelong Learning Institute (OLLI) and the Reentry Scholarship Program at UMass Boston. This record funding represents the largest private gift in the history of the University of Massachusetts Boston. The foundation, established in 1977, provides post-secondary scholarship funding to colleges and universities across the nation, with special attention to reentry students. The Foundation also supports a growing national network of lifelong learning institutes for seasoned adults located at nearly 120 colleges and universities from Maine to Hawaii.

Two grants of \$1 million each will support separate endowments for the OLLI and Osher Reentry programs, while the remaining \$100,000 will provide funding for current operations. The Osher Foundation's endowment gifts will be matched by \$500,000 each through the Massachusetts Public Higher Education Endowment Incentive Program.

"We applaud UMass Boston's

passionate commitment and deep capacity to serve diverse and deserving urban students of all ages and at all stages of their lives," said Mary Bitterman, president of the Osher Foundation. "We are confident that the endowment gifts for the Osher Lifelong Learning Institute and Osher Reentry Scholarship Program will receive excellent stewardship, and we are delighted that the matching Endowment Incentive Program will allow the benefit of our contribution to be greatly enhanced."

"UMass Boston is committed towards providing the best education to one of the most diverse student bodies in the U.S.," said Chancellor J. Keith Motley. "This investment by the Osher Foundation will enable the University to live out its dream of providing the best urban education to students of all ages and socio-economic backgrounds."

The Osher Institute for Lifelong Learning in the Gerontology Institute, John W. McCormack Graduate School of Policy Studies offers a learning environment that enriches the intellectual, social, and cultural lives of adults aged 50 and over who share a love of lifelong learning.

An annual membership in the program entitles individuals to participate in over 70 non-credit courses and other educational offerings specially designed for older adults on a variety of topics from global studies and poetry to negotiation skills.

Reentry Scholarship Program offers 10 annual scholarships of \$5,000 each to students ideally between the ages of 25 and 50. The program is aimed at benefiting students who are working towards their first baccalaureate degrees after their studies had been interrupted for approximately five years.

About the **University of Massachusetts Boston**

Established in 1964, UMass Boston prides itself on providing challenging teaching, distinguished research, and extensive public service to Boston and the Commonwealth. Through its six colleges—Liberal Arts, Science and Mathematics, Management, Nursing and Health Sciences, Public and Community Service, and Graduate College of Education—the McCormack Graduate School of Policy Studies, and the Division of Corporate, Continuing, and Distance Education, UMass

Continued from page 24

Boston offers undergraduate and graduate study to 13,200 students in more than 150 fields. It has a full-time and part-time faculty of more than 800, and a \$254 million annual budget. For more information, please see www.umb.edu.

About The Bernard Osher Foundation

The Bernard Osher Foundation, a 30-year-old philanthropic

organization headquartered in San Francisco, supports higher education and the arts. Post-secondary scholarships are provided to selected institutions nationally, with a recent emphasis on meeting the needs of reentry students. The Foundation supports a growing national network of lifelong learning institutes for seasoned adults located at nearly 120 colleges and universities from Maine to

Hawaii.

For more information on how you can become a student call 617-287-7312.

Mayor Menino Appoints New Chief Planner

*Taps Veteran, Well-Respected
Planning Professional,
Kairos Shen, to*

*Lead Planning Functions for the
Entire City*

Mayor Thomas M. Menino today announced that he has chosen Kairos Shen as the City of Boston's new Chief Planner. Mr. Shen is currently the Director of Planning for the Boston Redevelopment Authority (BRA.) With more than 15 years of experience in urban planning and design, Mr. Shen is a well-respected leader in his field in Boston and throughout the country. Together with BRA Director John F. Palmieri and Mayor Menino, Mr. Shen will formulate a comprehensive long-term vision to guide the city's economic and physical transformation into a thriving and sustainable 21st-century city. Further, he will set an ambitious agenda that will build upon his

current work at the BRA and result in a proactive and strategic framework for coordinating the city's physical planning and economic development policies and actions.

"Kairos is a proven leader and has the experience to articulate, illustrate and implement a comprehensive long-term vision for Boston," Mayor Menino said. "We must be more proactive in envisioning and creating economic growth – and I know Kairos is the right person to lead this effort."

The Chief Planner will lead and staff the Mayor's new sub-cabinet for planning and development to coordinate planning activities across all city department and agencies. Residing within the BRA, Boston's planning and economic development agency, the Chief Planner will answer to BRA Director Palmieri and Mayor Menino. Mr. Shen will continue to function as head of the

BRA's Planning Division with additional oversight of Economic Planning, Institutional Planning and Research and Policy development.

Mr. Shen has been intimately involved in many of Boston's most important planning efforts in the last ten years. They include the Interim Guidelines for the Longwood Medical and Academic Area, the plans for East and West Fenway neighborhoods, the implementation of Boston's new \$700 million convention center and the planning of the 1000-acre South Boston Waterfront. In addition to undertaking and supervising many of the planning and design studies, Mr. Shen regularly participates in community meetings that are essential to the success of any planning effort.

Mr. Shen is a graduate of Swarthmore College and has a Master of Architecture from MIT.

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Shannon Murphy at the
Elderly Commission,
617-635-3745

Shannon.Murphy@cityofboston.gov

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WJIB 740 AM on Sundays

For more information please contact:
Kathleen Giordano at 617-635-4362
or Fran Johnnene at 617-635-3988.



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seniors with a distribution of 25,000 in print and 15,000 hits online per month!

We accept editorial articles

ALBERT DAPPER O'NEIL

By: John H O'Neill III

Former City Councilor Albert "Dapper" O'Neil passed away on Tuesday, December 18, 2007. Seniors might remember O'Neil as one who always fought for the "little guy." O'Neil served on the Boston City Council starting in 1970.

He was re-elected time and time again until 1999. City Councilor Mike Flaherty was the only person in all that time to beat O'Neil.

"Dapper," as he was known, fought against forced busing in the 1970's. Fighting was something he was familiar with, as he had won six gold gloves in boxing. He was a tough guy.

The busing program had been ordered by a judge

who lived in Wellesley, Ma. He did not have much contact with the residents of Boston. "Dapper" and others fought against the program.

"Dapper" fought time and again for the little guy. In fact, Room 801, in Boston City Hall was named in his honor. 801 is the meeting room where numerous groups meet to discuss and/or debate issues concerning different neighborhoods.

City Council President Maureen Feeney was first elected to the council in 1993. She worked with "Dapper" on a number of issues. President Feeney released the following statement on the passing, saying:

"A chapter in Boston history

has ended with the passing of Dapper O'Neil. Dapper will be remembered for his controversial views and revered for being a tireless and passionate advocate for his constituents. His wit, his charm and kindness toward many will live on for centuries in our chambers and throughout our city. He was a legend in his time and today that time has ended. The thoughts and prayers of the entire Boston City Council are with our friend and colleague and his friends and family."

Albert "Dapper" O'Neil will be sorely missed and many mourn his passing.

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YOGA? ASK THE THERAPIST

By Carol Pietromonaco, PTMBA

Question:

I am 60 years old and have struggled with back pain for several years. I suffer from low back achiness and stiffness. I do not have leg pain or what my doctor calls “sciatica”. I read a lot and have found that several studies have shown yoga to be helpful with back pain. Do you feel yoga could help me? Do you have to be flexible to try yoga? There are many different kinds of yoga classes, which kind of yoga should I try?

Curious, in Boston.

Dear Curious in Boston,

You are indeed correct! Yoga is a wonderful way to help decrease back pain. In fact, a double blind study published in the December 2005 edition of the Annals of Internal Medicine showed that 3 months of a specifically designed yoga practice provided significant relief for subjects suffering from chronic back pain.

What is Yoga?

Yoga is approximately 4,000 years old and is a methodology aimed at uniting the mind, body, and spirit. Yoga is said to bring about not only physical

benefits, but mental benefits as well. This unique characteristic has prompted many back pain patients to incorporate yoga as part of their treatment program.

There are many different types of yoga including Hatha, Kripalu, Svaroopa, Viniyoga and Power Yoga. The types of yoga I would suggest for back pain are Hatha, Kripalu, Svaroopa yoga. Each type of yoga stresses a particular theory or mindset, and each is comprised of numerous postures and areas of focus. While the actual practice of yoga is extremely extensive and detailed, in its essence yoga focuses on three main components:

- **Body position/posture/ strength & flexibility**
- **Breathing**
- **Meditation/state of mind**

How does Yoga help your back pain?

We all have stress in our daily lives. This stress often makes muscles tense and can worsen back pain. Learning how to relax and decrease stress can help your back muscles relax. Hatha and Kripalu yoga are done slowly. Stretches and yoga positions are held for

several minutes. Holding these postures helps develop strength in your core, legs and arms. It is important to distinguish what type of back pain can be relieved by Yoga. I have found that yoga is most helpful for chronic conditions. It is most helpful when the pain is localized to your back, and not sharp or shooting into your legs. A good Yoga instructor will show you different adaptations to the postures. There are beginner, moderate and advanced levels to the postures. There are also variations based on age or if you have complicating medical problems. Let your yoga instructor know that you have back problems before starting the class and ask her if she could point out variations to the postures as you go along. Sometimes back pain is the result of mal-alignment in your hips and pelvis. Yoga can help stretch tight muscles and realign your spine. For people with lower back pain, stretching is very important. For example, stretching the hamstring muscles (in the back of the thigh) helps expand the motion in the pelvis, decreasing stress across the lower back

What if I’m not flexible?
What if my balance is poor?

A good yoga instructor will tell you to “honor” your body and listen to it. You should only stretch as far as you can. You can also use equipment such as yoga stretching belts and yoga blocks to assist you. If your balance is compromised, use a chair. Most postures can be modified to be performed with a chair. Again, check with your instructor at the beginning of class and let her know that you would like the postures to be modified secondary to your balance problems. Either way, if your flexibility or your balance is an issue, Yoga will help you increase your flexibility and your balance gradually with

practice and time. Consistent practice and application will result in improved posture. Proper body alignment and good posture, which helps maintain the natural curvature of the spine, is an important part of reducing or avoiding lower back pain.


In general, yoga is a very safe form of exercise for most people. For those with specific back conditions, it is advisable to speak with a physician prior to starting yoga (or any exercise program). Anyone with severe or ongoing back pain should be evaluated by a physical therapist for an accurate diagnosis and

treatment program before beginning yoga. Many physical therapists, such as me, practice yoga and are now incorporating it into their treatment plans for back care. This could be a good opportunity for you to begin your practice with a gradual transition into a yoga class.

Thank you for your question. I hope this helped.

Carol Pietromonaco, Physical Therapist

Women Ages
65+



Vitamin D & Muscle

Study #2450
617-556-3068

You are invited to join a 4 month study (3 visits) at Tufts University on the effects of a vitamin D supplement on muscle function. Women not taking diuretics, estrogen, coumadin, or osteoporosis medications may be eligible. \$400 stipend.

Jean Mayer USDA Human Nutrition Research
Center on Aging
711 Washington St, Boston, MA 02111

About the Author:

Carol Pietromonaco graduated from McGill University, Montreal, Canada, in 1996 with a degree in Physical Therapy. She has been practicing in Massachusetts for 11 years. She has experience in a variety of settings from acute care to outpatient orthopedics. She received her MBA from Babson College in 2005. She is currently the primary treating therapist & Clinic Manager at N.E. Physical Therapy Plus Inc.'s Quincy location. N.E. Physical Therapy Plus Inc. has seven locations in Stoughton, Quincy, Raynham, Malden, Dorchester, Natick, and Hyde Park. Carol is a new author who will be happy to answer any health, injury or Physical Therapy related questions you may have. Please email Carol your questions at contact@neptplus.com or cpietromonaco@neptplus.com. For further information call 800.428.2224 or find other articles written by Carol and more about her education and experience, online at www.neptplus.com



SUCCESSFUL AGING IN THE BRAIN



We are currently recruiting participants for a research study on successful aging in the brain. This study examines changes in the brains of aging adults and how these changes relate to thought and behavior. We will also be collecting health status information and participants must be willing to undergo genetic testing. Results are completely confidential; participants' names will never be associated with the data we collect.



This study involves a minimum of 3 sessions; each includes behavioral testing and/or brain imaging (MRI). Each session will last approximately 2-3 hours. Participants will receive \$25/hour.

Testing takes place at MGH in Charlestown, MA. Participants will be reimbursed for transportation costs or transportation can be arranged.

In order to participate in this study, you must:

- be at least 60 years of age
- be a native English speaker
- live outside of any assisted community
- be in good general health

** Individuals who take psychoactive medications, are depressed, have severe or reoccurring heart problems, implanted medical devices, or metal in their bodies must be excluded*

If you would like to take part or learn more about this research study, please call the Cognitive Neuroscience Lab at Harvard at (617) 643-2953 or email us at cnlvolunteer@nmr.mgh.harvard.edu with the subject title "Successful Aging."



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The Elderly Commission



Assessing Department
City of Boston

Thomas M. Menino, Mayor
Ronald W. Rakow,
Commissioner of Assessing

**FY 2008
Filing Period
Deadline**

March 31, 2008

**Taxpayer Referral &
Assistance Center
(617) 635-4287**

TRAC is a one-stop taxpayer assistance center. If you have questions about:

- Personal exemption
- Residential exemption
- Current real estate tax
- Current personal property tax
- Current motor vehicle excise
- Ward and parcel number
- Changes of ownership
- Duplicate tax bills
- Property tax abatements
- Current year tax bill payments
- Motor Vehicle Excise
- Boat Excise

Call: the Taxpayer Referral & Assistance Center (TRAC) at (617) 635-4287.

Log-On:
www.cityofboston.gov/assessing

Elderly Exemption 41C

Fiscal Year 2008 (July 1, 2007 - June 30, 2008)

The elderly personal exemption provides assistance to elderly taxpayers over 65 years of age who meet income, whole estate and residency requirements. Please inquire about other available programs.

What is a personal exemption?

A personal exemption reduces all or a portion of the taxes assessed on a parcel of property. (You may not receive more than one personal exemption. However, if you qualify for two or more exemptions, you will receive the exemption that saves you the most money.)

What is the Exemption Amount?

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

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

How Do I Apply?

File an application 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 2008.

Renewals

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

New Applications

If you think you qualify, contact the Taxpayer Referral & Assistance Center (TRAC) Mezzanine, City Hall, Boston, MA 02201 at (617) 635-4287. Office hours are Monday - Friday, 9AM - 5 PM. Supporting documentation, including birth certificate and all other materials that will help the Board of Assessors make a determination, will be requested.

Tax Payment

The filing of an application does not mean you can postpone the payment of your tax.

Requirements

Review the requirements below to see if you are eligible for Fiscal Year 2008. ☒ those that apply.

- ☐ Reached the age of 65 as of July 1 of the tax year;
- ☐ *Owned and occupied the property as of July 1 of the tax year;
- ☐ Owned and occupied any real property in Massachusetts for at least 5 years: OR
- ☐ A surviving spouse who has inherited the property and occupied it for at least 5 years;
- ☐ Resided in Massachusetts for the past 10 years;
- ☐ A gross income NOT exceeding:
\$20,000.00
+3,841.00 SSI Allowance
\$23,841.00 If single, OR
\$30,000.00
+5,762.00 SSI Allowance
\$35,762.00 If married;
- ☐ A **whole estate, excluding the value of the property NOT exceeding:
\$40,000 If single
\$55,000 If married.

*Ownership:

1. A qualified candidate must possess a sufficient ownership interest in the domicile. To satisfy this ownership requirement, the person's interest must be worth at least \$4000. The person may own this interest solely, as a joint owner or as tenant in common.
2. The holder of life estate satisfies the ownership requirement.
3. If the domicile is held in trust, a person can only satisfy interest if he/she:
 - a) Is a trustee or co-trustee of that trust, AND
 - b) Possesses a sufficient beneficial interest in the domicile through that trust.

** Whole Estate:

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

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

* Massachusetts General Laws, Chapter 59, § 5, Clause 41C.



Mayor Menino thanks Michelle Consalvo and George Inanoski from AT&T for their sponsorship of the Phone-a-thon.



Ruth Moy from Chinese Golden Age with Commissioner Greenberg ring in the New Year at the Mayor's Annual First Night Celebration.



Bertha Haug and Helen Wilcox of Dorchester enjoying the entertainment at First Night.



Mayor Menino says hi to Wanda of Dorchester who is calling family in Italy at the Merrill Lynch Phone-a-thon.



Dolores Merola and friends know how to get the crowd going with their rendition of "New York, New York" at the Italian Heritage Luncheon.



Special thanks to Lieutenant David A. Alpar Commander and Conductor of the United States Air Force Band of Liberty.



Property Tax Work-Off Program volunteer Elizabeth Kirk at the Murphy School reading to her class.



Mayor and Mrs. Menino celebrate his Honor's "65" Birthday at First Night.



Mickey Farnusa and her sister Mary Chaisson at the North End.



Dorothy Scott, Doris Dennis, and Doris Chandler all smiles.



Evelyn Thorpe, City Councilor Michael Flaherty, and Charlotte Tilford.



This senior gets in touch with his family at the Phone-a-thon sponsored by Mayor Menino, AT&T, and Merrill Lynch.



Addie Childern and Artha Henry ready for their close up.



Mrs. Angela Menino and RSVP Volunteer Angela Hatch at the Italian Heritage Luncheon in the North End.



Domingas Cabral lit up the room with her beautiful smile at First Night.



Millie Cawley and Kay Palmer of Dorchester brave the Blizzard to Party.



Freddy Depaza phones relatives overseas for the Holidays thanks to Mayor Menino and Merrill Lynch.



Ginette Anna Puglielli, Margaret O'Malley, and Nancy Batsinelas of Jamaica Plain having a fun time together.



Louisa Greco Celebrates her Italian Heritage with Mayor Menino at the Italian Pride Lunch in the North End.



Mary Newmark sells her handmade wares at the Elderly Commissions Annual Crafts Fair in City Hall.



This senior shows off her Double Dutch skills.



Kitty Eastman (left) with Mary Clougherty at the St. Brendans Blizzard Party!



Betty Cusick and her mother Ann Sullivan.



This senior boogies to the YMCA at the Italian Heritage Luncheon.



Celebrate Women's History Month

with
Mayor Thomas M. Menino
&

The Elderly Commission

*Men their rights and nothing more;
women their rights and nothing less.*

- Susan B. Anthony (1820-1906) -