



# Elderly Commission

Thomas M. Menino, Mayor of Boston

# Boston Seniority

## April



### Inside this issue:

- Mayor's Spotlight
- How Can I Afford Retirement?
- FIT-4-LIFE
- Touch of Grace
- Bring Out the Advocate in You



FREE

2008  
Volume 32  
Issue 3

# Table of Contents:

## Page Number

3	Mayor's Spotlight
4	Ethos and MSPCA
6	How Can I Afford Retirement?
8	FIT-4-LIFE
12	Mayor Announces
14	RSVP -Volunteers Wanted
16	Healthy, Wealthy, and Wyse
20	Eat Healthy Recipes
22	Touch Of Grace
25	Bring Out the Advocate in You
28	Ask The Therapist
31	2008 Boston Red Sox



Check out our NEW and improved website

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

Call us with comments and suggestions (617) 635-2360

Email articles and comments to

[BostonSeniority@cityofboston.gov](mailto:BostonSeniority@cityofboston.gov)

# Boston Seniority

Volume 32 Number 3

Published by the City of Boston

*Commission on Affairs of the Elderly*

Thomas M. Menino, Mayor  
Eliza F. Greenberg, Commissioner

Martha Rios  
Tula Mahl  
Editor

Eileen O'Connor  
Photographer

City Hall Square-Room 271 Boston, MA 02201  
(617) 635-4366  
[www.cityofboston.gov/elderly](http://www.cityofboston.gov/elderly)

Tula Mahl  
Deputy Commissioner of Communication &  
Policy

Kathleen Giordano  
Deputy Commissioner Community Relations

Joanne Lee  
Deputy Commissioner Advocacy and Planning

Michael Killoran  
Deputy Commissioner Transportation

Francis Thomas  
Deputy Commissioner Administration &  
Finance

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



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

*Although all advertising material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the City of Boston, Commission on Affairs of the Elderly.*

# Mayor's Spotlight



You may have heard that the Boston Public Health Commission board approved a regulation against trans fat, but you may not know what that means. When you go out in Boston, you'll still be able to order fried foods and everything else, the chefs will simply have to prepare them in a different way. I have been a key proponent of this ban for a long time and this is a significant step in making Boston one of the healthiest cities in America.

The proposal restricts all food service establishments in Boston from serving food or beverages that contain artificial trans fat or partially hydrogenated oils. Studies have shown these products raise the risk of heart disease. There are no health benefits to trans fat, period, and most likely you will not even miss them. With the board's unanimous decision, Boston joins a growing list of local governments that have approved trans fat bans, including Brookline, Mass.; New York; Philadelphia; Montgomery County, MD; King County, WA; and Nassau County, NY.

Boston public health officials will make every effort to educate the public and work with businesses to provide them with the information and technical support they may need to comply with the ban. By taking this action our public health board has performed a tremendous service to the residents and visitors of our city.

There are no health benefits and no level of consumption of artificial trans fat that is considered safe. Many restaurants and businesses have already recognized that and have banned trans fat. We applaud them and we look forward to working with other businesses to assist them with compliance. Trans fatty acids, or trans fats, raise the level of bad (LDL) cholesterol in the body and lowers the good (HDL) cholesterol. Eating trans fat can increase one's risk of developing heart disease and stroke. It can also put people at higher risk of developing Type 2 diabetes.

While some trans fat occurs naturally in certain foods, most trans fat in the diet comes from artificial trans fat. This is produced through a chemical process that changes liquid vegetable oil to solid form. The regulation pertains only to artificial trans fat. Also, the regulation does not apply to food or beverage served in the manufacturer's original sealed package, such as a package of cookies or a bag of potato chips. It

also does not apply to food or beverage items that contain less than 0.5 grams of trans fat per serving.

This applies to all food service establishments that are required to hold an operating permit from Boston's Inspectional Services Department. These include restaurants, grocery stores, delis, cafeterias in schools and businesses, caterers, senior-center meal programs, children's institutions, mobile food-vending units, and commissaries that supply them, bakeries, park concessions, street-fair food booths, and other establishments.

The ban will take effect in two phases. Starting on September 13, 2008, all cooking oils, shortenings, and margarines containing artificial trans fat must be eliminated from the menu. Six months later, the ban will apply to baked goods and other foods containing artificial trans fat.

Establishments will be inspected for compliance during their routine food inspection by Boston's ISD. Inspectors will check food pantries and kitchens to ensure that frying oils or any kind of partially hydrogenated vegetable oil, shortening, or margarine does not contain more than 0.5 grams of trans fat per serving. Businesses that violate the regulation would receive a citation and fine, ranging from \$100 to \$1,000.

# ETHOS AND MSPCA TO OFFER PET CARE SERVICES FOR ELDERLY AND DISABLED PET OWNERS

By: Linda Monteiro, Ethos  
Community Relations Director

As part of a pilot project, Ethos is collaborating with the MSPCA-Angell to provide access to pet care services, financial assistance for routine veterinary care and pet foster care for their elderly and disabled low-income clients, who are pet owners. This signature MSPCA-Angell volunteer-based program called Phinney's Friends had previously assisted only pet owners, who are living with HIV/AIDs.

The list of services now available to Ethos clients includes:

Pet care - Dog walking, litter box cleaning, light

grooming, socializing, feeding and other pet-care services.

Education - Focusing on the benefits of pet ownership and on educating clients and others about the proper precautions to prevent contracting zoonotic diseases.

Financial Assistance for routine preventative veterinary care - Clients who qualify, based on need, can receive financial assistance to be used for veterinary care to keep pets healthy. Vouchers will be issued and can be used for vaccinations, heartworm testing and prevention, flea control and prevention, grooming, and other preventative care.

Long-term pet placement planning - Helping people begin to prepare for their pet's future in the event that the pet survives them-including identification and discussion of options for finding another suitable home with friends, family, rescue groups, shelters

or other arrangements.

Foster Care - Phinney's Friends may be able to provide temporary housing for clients' pets, if suitable volunteer foster homes are available.

Pet Food - Pet food can be provided on an emergency basis when a client is unable to afford it.

Transportation - Phinney's Friends may be able to provide pet transportation to the veterinarian or the groomer.

If you would like more details about the Phinney's Friends program at Ethos, please call (617) 522-6700. If you are interested in volunteering for the program, please call Bryn Conklin (617) 525-5656 or Carmine DiCenso (617) 541-5105 or visit <http://www.mspca.org/phinneyfriends>.

**Borders  
Downtown Crossing  
10-24 School Street  
Boston 02108**

**Please call the store for more  
information 617-557-7188.**

April 3rd at 1:00 pm - Signing  
Jose Canseco – “Vindicated”  
Event rules will apply for this  
event contact store.

April 4th at 1:00 pm - Signing  
Julie Andrews – “Home: A  
Memoir of My Early Years”

April 8th at 1:00 pm - Discus-  
sion & Signing Timothy Burke  
– “The Paradiso Files: Boston's  
Unknown Serial Killer”

April 11th at 1:00 pm - Discus-  
sion & Signing Richard Brad-  
ley – “The Greatest Game”

April 15th at 1:00 pm - Sign-  
ing Robert Parish – “Boston  
Celtics 1985-86 DVD”

April 16th at 1:00 pm - Sign-  
ing Cal Ripken, Jr. – “Get in  
the Game”

# Elderly Commission

## The City of Boston Senior Companion Program



Chinese Golden Age Center  
Senior Companions.

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

### Trusted Home Care for Seniors



Being able to live at home can be one of the most important comforts in a senior's life. Our carefully selected CAREGivers<sup>SM</sup> help make that possible, with a wide range of non-medical services, welcome companionship and a ready smile. At Home Instead Senior Care, we treat each senior as we would a member of our own family. We are trusted in 49 states and internationally.

**Home Instead**  
SENIOR CARE

Companionship, Meal Prep, Light Housekeeping, Errands and More  
**Boston, Cambridge, Somerville 617.557.4600**

Each Home Instead Senior Care franchise office  
is independently owned and operated.

[www.homeinstead.com/676](http://www.homeinstead.com/676)

# How Can I Afford Retirement?

By: Carol A. Greenfield,  
Project Director  
Boston Public Library

Retirement...whether it's approaching or you've reached it already, you may have concerns about how to make your hard-earned retirement funds last through years, maybe decades, during which you'll have little income besides Social Security (and perhaps a pension).

If you've always thought of yourself as a saver, you're thinking about becoming an investor. If you're already an investor, you may be wondering about how to get objective, non-commercial information and advice.

- What is the "process of investing" to help me determine appropriate investment products?
- What are some strategies for reducing my investment risk?
- How can I find a financial advisor if I think I need one?
- What are my options for developing a Social Security strategy?
- How do I protect my assets from investment fraud?

Although the world of investment can be confusing, answers to your questions are now available. And they are offered at no cost to you. At The Boston Public Library.

On April 17, 2008, The Boston Public Library will launch a major new educational series called "How Can I Afford Retirement? Investor

Education at the Boston Public Library."

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

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

"In January, the first baby boomer officially became eligible for Social Security. 'Will I have a gap between income and expenses during retirement?' is only one of the many important questions that people need to ask in preparing for the years ahead. Libraries can play a key role as an important access point for both education and information on investing for and in retirement," noted Bernard A. Margolis, President of the Boston Public Library.

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

Libraries are a trusted source of information," said Don Blandin, IPT president and CEO. "That trust makes libraries the ideal environment to teach and learn about the process of investing safely and wisely for a secure financial future."

The first four events in this series of free investor education programs will be held April through June at the Copley library. Beginning in the Fall of 2008, programming will also be held at several branch libraries. The topics include:

- Taking the Mystery Out of Retirement Planning
- Closing the Gap: Investment and Expense Strategies - Even for Late Starters!
- Investing Wisely to Avoid the Financial Risk of Longer Life Expectancy
- Protecting Your Investments: The Best Defense is a Wise and Safe Investor

These programs are free and open to the public, but pre-registration is requested by phone at 617-859-2241 or by email at [affordretirement@bpl.org](mailto:affordretirement@bpl.org). For more information, visit the website at [affordretirement.bpl.org](http://affordretirement.bpl.org) or [bpl.org](http://bpl.org)



*"What if I live longer than my money lasts?..."*

*"I wanted to put off taking Social Security, but lately I've been wondering..."*

*"I thought I was safely invested but the market's been so crazy..."*

# How can I Afford Retirement

Investor Education at the Boston Public Library

Given the stock market lately, you may be asking yourself just how you can make your savings last long enough to keep funding a financially comfortable retirement.

Answers are on the way, and offered to you at no cost.  
At The Boston Public Library.

Please join us for a **series of free non-commercial Investor Education Events.** "How Can I Afford Retirement?" starts **April 17 at 6 PM** at **The Boston Public Library in Copley Square.**

Education is a lifelong journey and investor education can make your life's journey more secure. It's all **free** at the library!

For additional topics and dates and to register, check our website, [www.affordretirement.bpl.org](http://www.affordretirement.bpl.org) or call 617-859-2241.

This series is funded by a grant from the Investor Protection Trust, [www.investorprotection.org](http://www.investorprotection.org).



## BORN BEFORE PLASTIC

### On Sale Now!

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





## FIT-4-LIFE

By: Jamie Frederick

At age 71, Jose Vicente started exercising for the first time in his life a month ago.

Enrolled in a dance class as well as a weight-intensive fitness class, Vicente, who came to the U.S. from Cape Verde in 1996, found his new hobby through the services at Kit Clark Senior Services in Dorchester.

Kit Clark Senior Services is a drop-in center serving seniors ages 60 and older, promoting social activities, meals, and bilingual workers for primarily the Cape Verdean, Vietnamese and Haitian populations.

“Now I’ll do anything to be active,” said Vicente, who previously utilized services at Kit Clark to socialize with other Cape Verdean seniors, play cards, and eat lunch. “If you let go of your body it gets weak. Exercising keeps your strength up.”

Through a recent three-year grant called the Dorchester

Health Initiative awarded from Tufts-New England Medical Center, Kit Clark Senior Services expanded its wellness programs to include fitness and nutrition classes. Called ‘Fit-4-Life,’ classes which focus on strength, mobility, diet and overall fitness for seniors are being held Monday through Friday at Kit Clark’s 1500 Dorchester Avenue, Dorchester facility.

“If a senior gets hurt or has a fall, they can become scared,” said Michael Allen, the fitness coordinator and instructor at Kit Clark who has been integral in developing the senior-focused exercise regimens. “No matter what age you are, you can still be active, lose weight and be healthy. Most people leave their canes at the door.”

Allen said he is trying to organize a wheelchair-specific group. “There’s a ton of stuff we can do,” Allen said about wheelchair exercise. About 90 percent of the seniors have never taken an exercise class before, according to Allen, and most join classes to increase

strength, lose weight or improve their mobility.

Open to anyone 60 years and older in the Boston community, a participant is required to obtain a letter from their primary care doctor before beginning classes to ensure one’s health and safety. Class sizes at maximum can accommodate eight people. “But only four to six people are in each class right now,” Allen said. Nutrition classes are also being held for the English-speaking and Cape Verdean-Creole speaking senior populations. The groups are designed to help seniors change their diets to include more healthy eating habits.

Priscilla Paquette, who has been a member of the Kit Clark Tuesday morning quilting group, recently joined the exercise classes as well. “I’m here for quilting. Now I’ll just stay for lunch and exercise. It’s a great opportunity.” A donation of \$1 for classes is requested but not required. “We want people to put a value on their health,” Allen said. “Health is important for seniors they can still have a lot of life and be active.”

Vicente recommends the fitness classes to other seniors. “I recommend it, but it’s up to each person. I can tell them about the benefits and about the changes I’ve seen in my own life. But they have to try it for themselves.”

The City of Boston's  
*Elderly Commission*

# 2008 Greater Boston Senior Games



**Golf:** Wednesday, May 14, 7:00 a.m. at William Devine Golf Course, Dorchester. \$37.00 includes Green and Cart Fees. Foursomes should request Foursome Golf Registration Form

**Tennis:** Wednesday, May 14, 9:00 a.m. Sportsmen's Tennis Club 950 Blue Hill Avenue, Dorchester- \$20.00 Fee

**Bocce:** Thursday, May 15, 9:00 a.m. Langone Park, North End. Teams should request Bocce Team Registration Form - Free

**Billiards & Bowling:** Friday, May 16, Boston Bowl, Dorchester - Bowling (choice of two starting times: 8:00 a.m. or 10:30 a.m.) Fee - \$8.25 Billiards - 9:00 a.m. Fee - \$5.00

**Finalé @ University of Massachusetts:** Saturday, May 17, 9:00 a.m. Basketball Free Throw, Horseshoes, Softball Throw, Swimming, Track Events and Keep Moving! Walk (Free) Half Court Basketball (pre-established team sport - \$20 (cash) fee per player -special team application required)

**Eligibility:** Men & Women age 50 & over. Pre-registration deadline for all events is Friday, May 2nd, 2008.  
**Awards:** Bronze, Silver and Gold Medals  
**Call:** Michael McColgan at 617-635-4168 for applications and information.  
**E-mail:** michael.mccolgan@cityofboston.gov

Thomas M. Menino  
Mayor

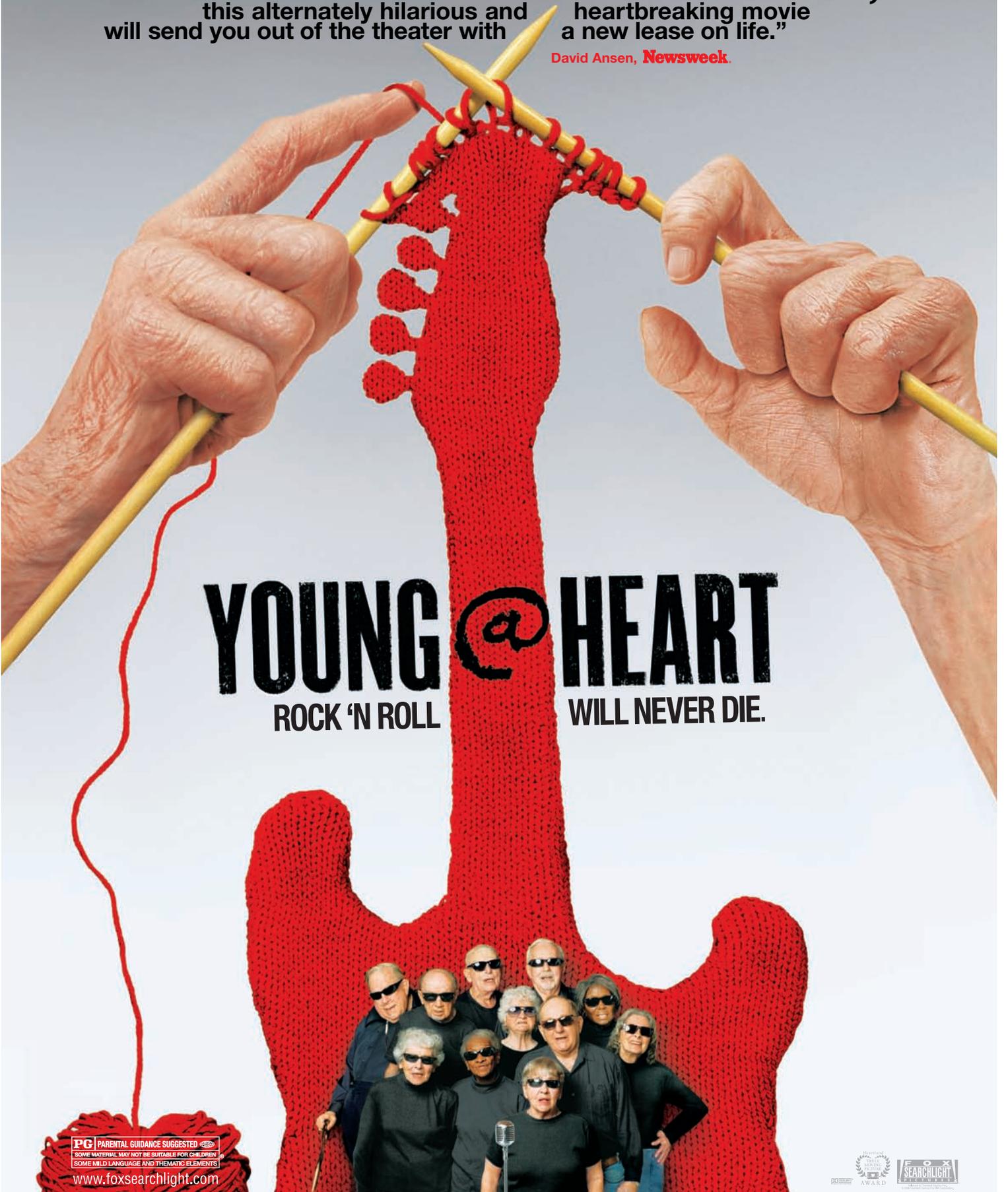


Eliza F. Greenberg  
Commissioner

City of Boston Commission on Affairs of the Elderly

**“A CROWD-PLEASER IN THE BEST SENSE,**  
this alternately hilarious and heartbreaking movie  
will send you out of the theater with a new lease on life.”

David Ansen, **Newsweek.**



# YOUNG @ HEART

ROCK 'N ROLL WILL NEVER DIE.



**PG** PARENTAL GUIDANCE SUGGESTED  
SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN  
SOME MILD LANGUAGE AND THEMATIC ELEMENTS

[www.foxsearchlight.com](http://www.foxsearchlight.com)



**EXCLUSIVE ENGAGEMENTS START FRIDAY, APRIL 18**  
Check Local Listings For Theatres And Showtimes

Mayor Thomas M. Menino  
The Commission on Affairs of the Elderly  
Commissioner Eliza F. Greenberg

Thank all the sponsors for making the East Boston  
Valentine's Day Party a smashing hit!



Senator Anthony Petrucci, State Representative Carlo Basile,  
Councilor Sal LaMattina, East Boston Foundation, East Boston Savings Bank, Massport,  
Ruggerio Memorial Home

Gift Certificates:

Carmen Christopher, CVS, Danilchuk Auto Body, Donna's Restaurant, East Boston Diamond  
& Gold Exchange, Gino's Hair Styling, Jevli's Restaurant, Kelly's Pub, Milano's, Royal Roast  
Beef & Seafood, Santarpio's Pizza, Sizzlin Hair Design

Cookies Donated By:

Carlo's Catering, Dr. Bova & Spinelli Bakery

Experience  
Something  
Extra!

ExtraTour™

CVS/pharmacy

## At your local CVS/pharmacy

ExtraTour is a FREE tour of your local CVS/pharmacy featuring important health information.

Learn about:

- Taking care of your skin
- How the pharmacist can help you with your prescriptions and health
- Preserving and sharing memories with digital photos
- All the benefits of ExtraCare®

Each tour also includes a free, private consultation with the pharmacist.

Schedule Today! • 1-800-403-8238 • [www.myextratour.com](http://www.myextratour.com)

# Mayor Announces

## FORECLOSURE INTERVENTION TEAM, TARGETS HENDRY STREET AREA



Alongside Cabinet members, outreach workers and clean up crews who gathered on Hendry Street in Dorchester, Mayor Thomas M. Menino announced the creation of FIT, the City's Foreclosure Intervention Team. With at least 12 foreclosed homes and several others boarded up, abandoned and petitioned for foreclosure, the Hendry, Coleman and Clarkson street area was the focus of the first FIT project. Along with the large clean up effort by City agencies, Mayor Menino announced future plans for saving many of the properties.

"The City will not stand by and watch this neighborhood fall into such disrepair. My new team will work here and other neighborhoods to stop problems before they reach this level," Mayor Menino said. "The City alone cannot solve the overwhelming problem of foreclosure, but we will continue to work to make our neighborhoods safe for residents."

FIT is compiled of the many City agencies who deal with all issues that surround foreclosure and abandonment, including Boston Police, Inspectional Services, Department of Neighborhood Development, Public Health Commission, Corporation Counsel, Public Works and Public Property. The City has surveyed the abandoned properties on Hendry, Coleman, and Clarkson streets, and determined a number of important steps that will be made immediately in order to make this neighborhood safer and more

desirable. City agencies are working to identify the owners of these properties in order to hold them accountable and to get moving on future renovations and sales. This kind of deterioration of our neighborhoods is simply unacceptable. A number of immediate steps have been taken to deal with foreclosures and abandonment in this area:

- The City is moving rapidly to acquire at least 5 properties in this area where the owners have stopped paying taxes;
- The City has significantly increased public safety operations, making sure that each property is properly secure, posting "No Trespassing" signs on all vacant buildings, removing gang-related graffiti, and increasing police surveillance in the neighborhood;
- The City is working on a redevelopment plan for this neighborhood putting these buildings back into Boston's affordable housing stock.

The Bowdoin-Geneva neighborhood has benefited from more than \$24 million in development in the last 5 years alone. The City will continue to invest in this neighborhood.

There are a number of immediate helpful resources available to residents, whether they are a homeowner or a renter. The City continues to prevent foreclosures through programs sponsored

Continued from page 12

by the Boston Home Center and the Boston Rental Housing Resource Center. These agencies 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.

Homeowners who are facing credit or financial problems, or need assistance with home repairs

or related issues can get help by calling the Boston Home Center, at 617- 635-HOME (4663). For tenants living in a house that has already been or is in danger of being foreclosed on, the Rental Housing Resource Center can help. Please call 617-635-RENT (7368).



## **Boston Shines 365 Citywide Neighborhood Clean Up & Community Service Volunteer Program**

Mayor Menino's year-round neighborhood clean up and community service program, Boston Shines 365, provides the tools and materials to help volunteers successfully complete projects in every neighborhood in Boston.

Let us help you organize a neighborhood clean-up or a day of community

service for your co-workers. Join us and paint a community center, plant flowers, sweep, rake and pick up trash to make our communities more beautiful.

For the past five years, over 5,000 volunteers have come together for two days in the spring to participate in a citywide clean up event. Now volunteers have the opportunity to participate in projects 365 days a year.

To find out more about getting involved in any of the following events, please contact Karen Salfity at [617-635-3485](tel:617-635-3485) or email [Karen.Salfity@cityofboston.gov](mailto:Karen.Salfity@cityofboston.gov)

**Annual City-wide clean up  
Friday, April 25th  
&  
Saturday, April 26th**

# The Elderly Commission **Volunteers Wanted**



**Boston**

## The Zelma Lacey House of Charlestown

Would you like to make new friends? Are you willing to help out and share thoughts and ideas with others? There is a range of activities that we need help with. Join our team to help with sing-a-longs, book club, reading to the blind, bingo, arts & crafts, trips, and teaching beginner computer skills. Call Jane Sparrow at (617)241-0328 for more information.

## Villa Michelangelo Adult Day Center

Help is needed with serving meals and assisting with activities in a program with frail elders in the North End. Hours are flexible. Program is open Monday through Friday. Call Nancy at (617)643-8453 for more information.

## The Bostonian Society

The Bostonian Society is looking for volunteers to assist visitor services staff at the Old State House Museum on Saturdays and Sundays.

## The Retired Senior Volunteer Program

Volunteers must be able to climb the spiral stairs in the three level historic building. If you enjoy Boston, this is a great opportunity to share your knowledge with visitors. For more information, please call Kelley at (617)635-1794 or Fran at (617)635-3988.

## Faulkner Hospital

Faulkner Hospital's volunteer program provides a valuable opportunity for those who wish to support their community hospital through volunteerism. Assignments include information desks, the Gift Shop, visiting with patients, the Admitting/Registration and Radiology departments or in our Dana Farber Cancer Institute at Faulkner. Please call Kelley at (617)635-1794 or Fran at (617)635-3988 for more information.

## Franklin Park Zoo

If you love animals and meeting new people and have some spare time, the zoo is the place for you. Franklin Park Zoo is looking for volunteers in many different settings. For more information, please call (617)989-2683.

## Dress for Success Program

Do you have a flexible schedule and a desire to help women look and feel their best when interviewing? Then this may be the volunteer opportunity for you. Dress for Success is a program that helps low-income women make tailored transitions into the workforce. Here they find coaching, encouragement, respect and nicely tailored clothing for their job interviews. We provide a roadmap for women who have lost their way and are eager to take control of their lives again. We are in need of donation sorters and personal shopper alternates. For more information, please contact Nneka Jenkins at (617)779-2177.

## Imani House

Imani House is a newly reconstructed rehab project with nine subsidized units for the elderly. We are in need of a volunteer to assist with light office work. We are located at 516 Warren Street in Roxbury, MA. Imani House is located on at least three MBTA bus routes. For more information, please call Sadiki Kambon at (617) 216-1705.

Don't be left in the dark ages

Learn how to use the computer..

What are you waiting for?

**Free**

Introductory Computer Classes for Seniors at  
Suffolk University

Call **Kate** at 617-573-8251



You don't just deserve better care,  
you deserve Evercare.

For more information, please call Evercare at:  
781-472-8650 / 1-800-393-0939  
TTY: 1-800-387-1074 for hearing impaired.



EvercareHealthPlans.com

Evercare® Medicare Advantage plans are offered by United HealthCare Insurance Company and its affiliated companies, Medicare Advantage Organizations with a Medicare contract. Limitations, co-payments and coinsurance will apply.

©2008 United HealthCare Services, Inc.

M0011\_070824JB11 (09/07)

## Long Term Care Ombudsmen Training

There will be a training for Long Term Care Ombudsmen on **Friday, April 25th, Monday, April 28th, and Thursday, May 1st**, which will be held at South Shore Elder Services in Braintree.

If you are interested in attending this training and advocating for institutionalized residents who reside in nursing or rest homes please contact:

**Marietta McCarthy at**

**617-522-6700 x315**

**or e-mail**

**[mmccarthy@ethocare.org](mailto:mmccarthy@ethocare.org)**

“Snap out of it!”

“Let it go!”

“Stop whining. Everyone gets dumped!”

“Your mother died 5 years ago.”

How often have you heard these words or even said them yourself to someone who is depressed?

Depression is a serious issue. In fact, nearly 21 million adults in the United States suffer from some form of mood disorders that includes depression.

The best way to find out if you suffer from depression is to consult with a licensed physician or therapist who can help you understand what is going on in your head.

While watching television commercials, I noticed that the side effects of these medications take more time than the actual commercial telling the audience the benefits of the medication!!!

Marketing of medications to the general public on television and magazines is more widespread in the last few years.

You are the best judge of knowing when to call your primary care physician when your sadness lasts for more than 2-3 weeks, crying “at the drop of a hat”, over reacting to statements that would normally not bother you, no longer tolerant of your family and their “weirdness, etc”. The list can be endless because each case is different!!!

There have been some recent small studies saying that you might be better off taking placebos instead of antidepressants!

“Go to the gym more often or therapy only---omit pills”.

I cannot tell you which is the best treatment for you. Each case is individual your treatment plan should be looked at as unique.

I do recommend that you start with your primary care physician first and ask for a referral. Your doctor may want to prescribe a mild antidepressant for you which may be fine, but if you know you need more intensive treatment you should ask for a referral.

Sometimes a short stay in a facility does enormous good for depression treatment. There you will be evaluated by a team of experts. Interestingly, electric shock treatment is back in use with miraculous good results.

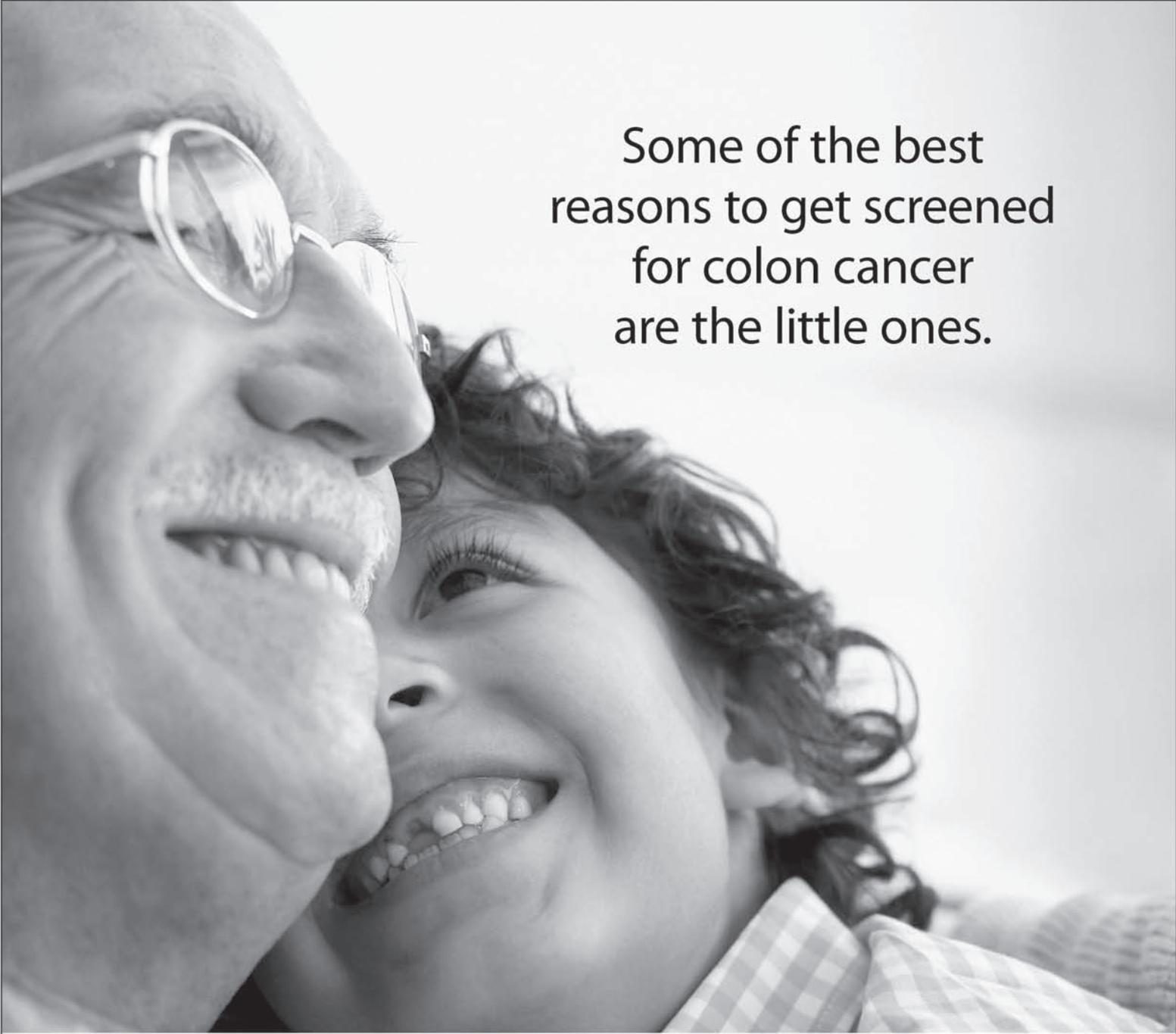
If you are presently taking one of the well known medications like Prozac, Paxil, Effexor do not stop taking them without your doctor's permission. There may be serious consequences to “stopping cold!!!”

Do doctors still give patients “placebos”? I doubt if they prescribe these “sugar pills” to patients anymore. If your doctor should admit to giving placebos to patients, you might seriously consider transferring to a new doctor.

Remember, it is not an embarrassment to admit that you suffer from depression, not doing something about it is much more serious. Your sadness affects you but it also affects everyone in your life, children, spouses, coworkers and friends.

You are unique and your depression treatment will be unique.

Movie stars all seem to be in long term treatment. They seem to be in and out of facilities. Do they get correct diagnosis and effective treatments? Your treatment will be less dramatic than theirs!! Your recovery is a team effort. To get you well it is very important that you are an active participant in your recovery.



Some of the best  
reasons to get screened  
for colon cancer  
are the little ones.

To find out if you, or a loved one,  
is at risk for colon cancer,  
call us for a **free consultation**  
at 1-800-488-5959, ext. 63.

At Caritas St. Elizabeth's Medical Center, we're committed to the prevention and early detection of colorectal cancer. Led by Dr. Roger Mitty, one of Boston's top gastroenterologists,\* our experienced team of specialists is always here to answer all your questions.

If you are over 50 and have never had a colonoscopy, we urge you to talk to us about what you can do to stay healthy and cancer-free. Or, go to [CaritasStElizabets.org](http://CaritasStElizabets.org) and take an online risk assessment quiz.

736 Cambridge Street  
Boston, MA 02135

 **Caritas St. Elizabeth's Medical Center**  
CARITAS CHRISTI HEALTH CARE

\* Consumer Checkbook physician survey

[www.CaritasStElizabets.org](http://www.CaritasStElizabets.org)



Mayor Thomas M. Menino appears with host Fran Johnnene on the Commission's live cable call-in television show on BNN-TV.

## The Commission on Affairs of the Elderly is Coming to YOU-LIVE!

### **BNN-TV Channel 9**

#### **“Boston Seniors Count”**

Live, Call-in Cable Television Show

### **NEW DAY & TIME**

Friday at 2:30 p.m.

Repeated Sunday at 11:30 a.m.

Tuesday at 8:30 p.m.

Hosted by Fran Johnnene, Carolyn Barnes, Marie Barry,  
MaryBeth Kelly, Michael McColgan and Connie Mohammed

Each week special guests discuss current issues of interest to Boston's seniors, such as crime prevention, senior homeowner services, health care, legal advice and legislative proposals. Seniors also get a chance to have their questions answered or express their own opinions live, on-air by calling the show.

Brought to you by:

The Commission on Affairs of the Elderly

Boston Neighborhood Network



For more information call:  
Deputy Commissioner  
Kathleen Giordano,  
Producer  
(617) 635-4362



DON'T MISS

## The Elderly Commission

### On Radio



Tune into:

**ZUMIX Radio 1630 AM** on

Wednesdays at 2:00 p.m. also streaming on the internet at [www.zumix.org](http://www.zumix.org)

**WJIB 740 AM** on Sundays at 7:00 a.m.

For more information please contact:

Deputy Commissioner Kathleen Giordano at 617-635-4362  
or Fran Johnnene at 617-635-3988.

## Need a Ride?

**Senior Shuttle 617-635-3000**

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

Please give at least 3 days advanced notice.  
Priority is given to seniors scheduling rides for  
medical appointments.  
(Some restrictions may apply)

## The Elderly Commission

### Food Stamp Program

#### Are you eligible?

The average MA Food Stamp  
benefit is \$75!

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

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

Lorna Pleas at the  
Elderly Commission,  
617-635-4335

[lorna.pleas@cityofboston.gov](mailto:lorna.pleas@cityofboston.gov)

## Discounted

### TAXI COUPONS

at 1/2 Price

-Buy 2 books each month-  
Call **617-635-4366** to find a  
location near you.



## Interested in placing an ad in *Boston Seniority*?

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

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

*We accept editorial articles*

# Eat Healthy

## Peanut Noodles with Shredded Chicken & Vegetables

### Ingredients

- 1 pound boneless, skinless chicken breasts
- ½ cup smooth natural peanut butter
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons minced garlic
- 1 ½ teaspoons chili-garlic sauce, or to taste (see Ingredient note)
- 1 teaspoon minced fresh ginger
- 8 ounces whole-wheat spaghetti
- 1 12-ounce bag fresh vegetable medley, such as carrots, broccoli, snow peas

### Instructions -

1. Put a large pot of water on to boil for cooking pasta.
2. Meanwhile, place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board. When cool enough to handle, shred into bite-size strips.
3. Whisk peanut butter, soy sauce, garlic, chili-garlic sauce and ginger in a large bowl.
4. Cook pasta in the boiling water until not quite tender, about 1 minute less than specified in the package directions. Add vegetables and cook until the pasta and vegetables are just tender, 1 minute more. Drain, reserving 1 cup of the cooking liquid. Rinse the pasta and vegetables with cool water to refresh. Stir the reserved cooking liquid into the peanut sauce; add the pasta, vegetables and chicken; toss well to coat. Serve warm or chilled.

### Tips

Cover and refrigerate for up to 2 days. To serve, stir in 2 tablespoons warm water per portion; serve cold or reheat in microwave.

**Ingredient Note:** Chile-garlic sauce (or chili-garlic sauce, or paste) is a blend of ground chilies, garlic and vinegar and is commonly used to add heat and flavor to Asian soups, sauces and stir-fries. It can be found in the Asian section of large supermarkets and keeps up to 1 year in the refrigerator.

**Serves: 6 (1 ½ cups each)**

# Recipes

## Roasted Sweet Potatoes with Balsamic Drizzle

### Ingredients

- 1 ½ pounds sweet potatoes (about 3 medium)
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt, or to taste
- Freshly ground pepper to taste
- 1 cup balsamic vinegar
- 2 tablespoons honey
- 1 teaspoon butter

### Instructions -

1. Preheat oven to 425 degrees F. Line a rimmed baking sheet with foil.
2. Peel sweet potatoes and cut into 1/2-inch-thick wedges. Place on the prepared baking sheet, drizzle with oil and toss well. Spread the wedges in a single layer and bake until tender when pierced with a knife, 25 to 30 minutes. Remove from the oven; season with salt and pepper.
3. Meanwhile, combine vinegar and honey in a small saucepan. Bring to a boil over medium-high heat and cook until syrupy and reduced to 1/3 cup, 12 to 15 minutes. (Watch the syrup carefully during the last few minutes of reducing to prevent burning.) Swirl in butter and remove from heat. Drizzle the warm sauce over the roasted sweet potatoes.

### Tips

To make ahead: The balsamic drizzle (Step 3) will keep in the refrigerator for up to 4 days. Reheat in the microwave or on the stovetop, adding a little water if the syrup has thickened too much, before drizzling over the roasted sweet potatoes.

**Serves: 4**

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.

**FREE SMOKE DETECTORS**  
for seniors living in the City of Boston.

For information on how you can get a FREE SMOKE DETECTOR call (617)635-2359



GRACE MELTON was the guest of honor at a party held at Hearth

Inc.'s Bishop Street Residence at the end of January, to celebrate her extensive career in helping elders and to say goodbye and job well done to a long time Hearth employee.

Ms. Melton worked as a Homemaker/Personal Care Attendant at the Bishop Street House in Jamaica Plain for fourteen years. This congregate living site was the first residence opened by Hearth, Inc., formerly known as the Committee to End Elder Homelessness, dedicated to housing people formerly homeless. The Bishop Street Residence houses nine women, and the program has expanded to serve 136 individuals throughout Boston.

Site Director of three buildings, Bob Jordan, says "Grace turned a lovely Victorian house into a home." There is no doubt that she has a special skill in adding personal touches to her work that have contributed to the family-style routine and atmosphere at Bishop Street. From decorations to remembering special days for each resident, she has managed to make a

difference in the lives of all who have passed through the Bishop Street program.

How did Ms. Melton get into this field? "Many years ago, when I was living in the South End, on Dartmouth street, I would go up to an elderly Italian man each time I went to the store to ask him if he needed anything at the store too. Pretty soon, I was taking so many grocery lists for others that a friend suggested I do this type of work as a job." Ms. Melton started working for Family Services of Greater Boston in the neighborhoods of Hyde Park, Roslindale, and Dedham. Her clients were living in their own apartments or buildings, and she enjoyed the people she worked with. When a member of the Hearth staff approached her about coming to work for Hearth, she was not sure what to do. "I was hesitant to leave the people I worked with for twenty years, since they were nice and I was attached to them." This characteristic speaks to her commitment and loyalty to serving individuals, who are aging, becoming frail, and need her help so much, as well as to the loyalty she felt to her co-workers. She made the leap to Hearth in 1984 and has served the women at Bishop street for fourteen years.

What are her favorite aspects of the job? "I enjoyed

working with Sue Jones (Program RN for twenty-three years) and all the ladies. They always agreed with what we were trying to do –make a residence more like a family." Ms. Melton, known as "Gracie" to all, brought an energy and creativity to her work in assisting elders with personal needs, and doing so with tact, courtesy and fun.

The celebration brought out representatives from the entire organization. The COO, May Shields, RN, MSH, was right there scooping ice cream for the elegant cake and a good time was had by all.

Everyone at Hearth wishes Grace well as she moves to the next chapter of her life. She will be sharing it with her new, adopted nine-year old rust-colored Pomeranian named Winston, who despite his 63 dog years, is still frisky and engaged in life – a good match for Grace Melton.



Back Row (Left-Right) - Sue Jones, Freda Hardy, Jacke Calixte, Dottie Robinson, Bob Jordan  
Front Row (Left-Right) - Drina Couch, Grace Melton, Ethel Halfrey, Paula Kirsch

# Are You A Caregiver? Help Is Available 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](mailto: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:

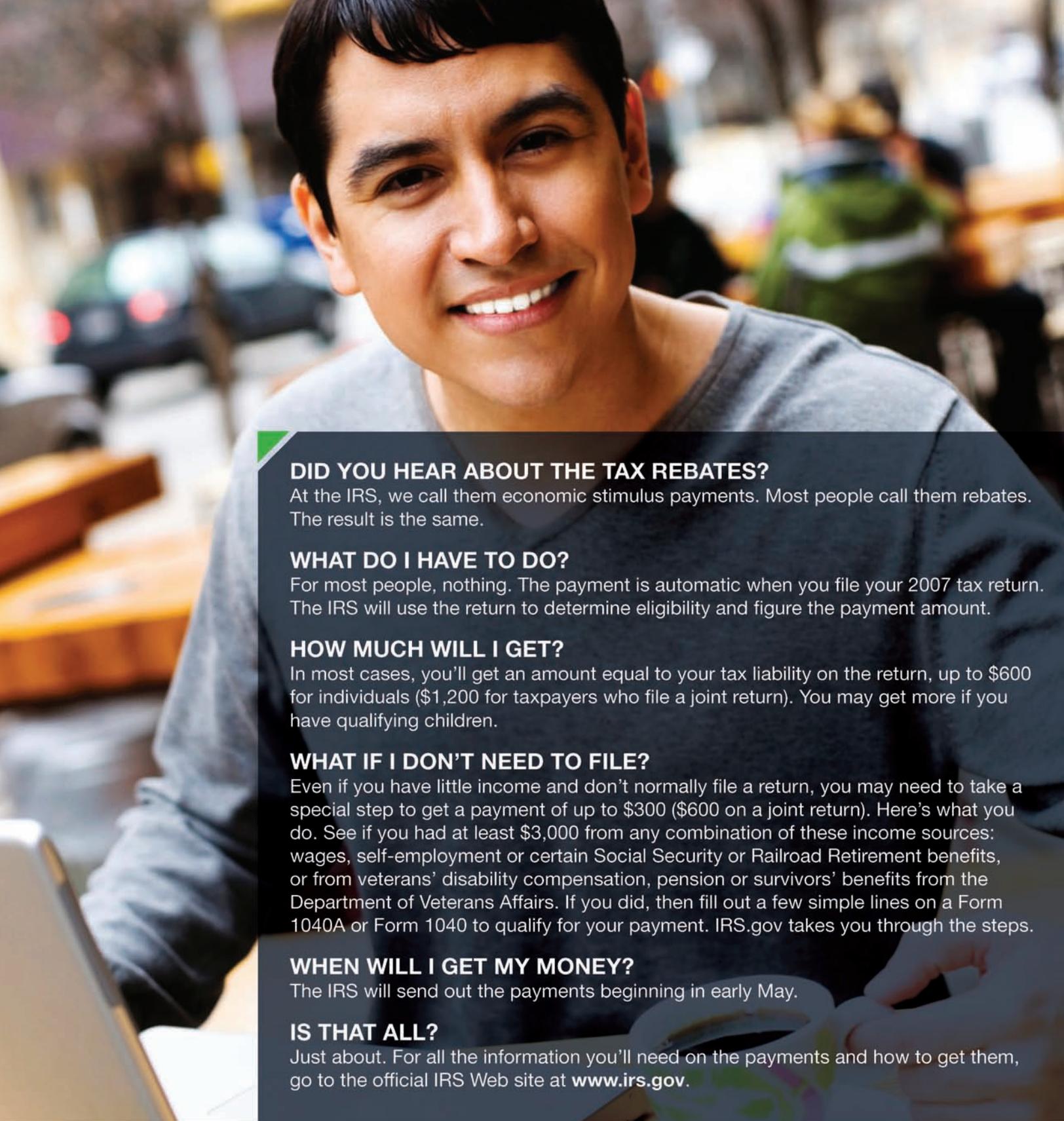
- Information and referrals
- Assistance in gaining access to services
- Support groups
- Supplemental services
- Respite care
- Individualized counseling
- Care-giving problem solving

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



### **DID YOU HEAR ABOUT THE TAX REBATES?**

At the IRS, we call them economic stimulus payments. Most people call them rebates. The result is the same.

### **WHAT DO I HAVE TO DO?**

For most people, nothing. The payment is automatic when you file your 2007 tax return. The IRS will use the return to determine eligibility and figure the payment amount.

### **HOW MUCH WILL I GET?**

In most cases, you'll get an amount equal to your tax liability on the return, up to \$600 for individuals (\$1,200 for taxpayers who file a joint return). You may get more if you have qualifying children.

### **WHAT IF I DON'T NEED TO FILE?**

Even if you have little income and don't normally file a return, you may need to take a special step to get a payment of up to \$300 (\$600 on a joint return). Here's what you do. See if you had at least \$3,000 from any combination of these income sources: wages, self-employment or certain Social Security or Railroad Retirement benefits, or from veterans' disability compensation, pension or survivors' benefits from the Department of Veterans Affairs. If you did, then fill out a few simple lines on a Form 1040A or Form 1040 to qualify for your payment. IRS.gov takes you through the steps.

### **WHEN WILL I GET MY MONEY?**

The IRS will send out the payments beginning in early May.

### **IS THAT ALL?**

Just about. For all the information you'll need on the payments and how to get them, go to the official IRS Web site at [www.irs.gov](http://www.irs.gov).



**STIMULUS  
PAYMENT**

# Bring Out the Advocate in You

By: Ann L. Hartstein, Executive Director  
Massachusetts Association of Older Americans (MAOA)

**M**assachusetts  
**A**ssociation of  
**O**lder  
**A**mericans, Inc.

Are you ready to make 2008 a better year than 2007? As the Executive Director of the Massachusetts Association of Older Americans (MAOA) I am asking you to choose to take a stand for what you believe in this year. Whatever it is that you believe, now is not the time to be complacent and let others speak for you. It is time to speak up for yourself (and, perhaps, for others who may not be able to speak for themselves).

As you probably know, the Economic Stimulus Act of 2008 was passed in January by the Legislature and signed into law by President Bush on February 13, 2008. This legislation will result in payments to many tax filers in May of this year. Thanks to advocacy from many groups and individuals, older adults who are not currently working but who receive over \$3000 in income are included in the payments. (You must file an income tax form for 2007 in order to get the check. If you have any questions about how to do this, be sure to talk to a Direct Service Advocate at the Elderly Commission or to a tax preparer. You can find tax assistance free

of charge by contacting the Elderly Commission. See the information on the bottom of page 26 to find out the details.)

Getting non-working Social Security recipients included in this legislation was a major advocacy effort on the part of many organizations and individuals. Maybe even a few of you called your senators and representatives to make this happen.

My point for today's article is that legislative votes, program revisions, regulation changes and program "adjustments" are being made at every level

of government throughout the year. Once you find out about them, it is important that you think about what is being done. Some of the changes you may agree with and some you may not.

Either way, it is important to keep your Federal, state and local officials (legislative representatives, town leaders, and program directors) aware of your interests and concerns. You can do this individually by writing or calling (or emailing if you have access to the Internet). And you can do this by joining with others of like mind to act together.

Caring is the best medicine.

Caritas St. Elizabeth's Medical Center is a proud supporter  
of Mayor Thomas M. Menino's 14th Annual Greater  
Boston Senior Games!

Congratulations to all of the participants and best wishes  
for a fun, safe and successful event!

736 Cambridge Street  
Boston, Massachusetts 02135  
800-488-5959

 Caritas St. Elizabeth's Medical Center  
CARITAS CHRISTI HEALTH CARE

CARITASSTELIZABETHS.ORG

Advocacy in a democratic society is most effective when people work together to achieve a common goal. Collaborations and coalitions are often necessary to move issues and concerns to the forefront. Individual commitment is part of that work.

There is a lot of talk with the national election coming up that many more young people are becoming engaged with the system. Older people need to be involved also!

MAOA is working to insure that seniors have the opportunity

for their voices to be heard at every level of government. If, for example, you believe that the Medicare Part D program needs to be less complex and have fewer coverage gaps, let us know that. If you think it's a great program, let us know that too. If you are concerned about the future of Social Security and home care or are concerned about the high cost of housing, taxes, health care and/or long term care, come join us and other advocates in speaking up. We all don't have to agree on what is right as long as each of us works for what we believe in.

MAOA can be reached at 617-426-0804 or by writing to us at 19 Temple Place, 4<sup>th</sup> floor in Boston, 02111.

MAOA is a statewide educational elder advocacy organization dedicated to ensuring that older people remain in the mainstream of life through education about aging issues, programs, and problems. Incorporated in 1969, MAOA is committed to preserving the dignity, quality of life, economic standing and health of the older people of Massachusetts, their families, and future generations. To accomplish these ends, MAOA seeks the active involvement of elders, and the socially conscious of all ages, on the issues they believe are important for a just and compassionate society.

### *Tax Assistance Available for Free*

Congress passed an Economic Stimulus Plan recently which will result in checks for \$300 to \$600 being sent out soon to all those who qualify. You must file an income tax return for the year 2007 to get the economic stimulus check.

A special provision of the law allows Social Security recipients, recipients of certain Veterans' benefits and certain Railroad Retirement benefits to count those benefits toward the qualifying income requirement of \$3,000 and thereby qualify for the Stimulus payment.

The Tax Counseling for the Elderly (TCE) Program provides free tax help to people age 60 and older. As part of the IRS-sponsored TCE Program, AARP offers the Tax-Aide counseling program at more than 7,000 sites nationwide during the filing season.

To get information on the nearest Tax Aide site call the Elderly Commission at 617-635-4366.

### *Asistencia Disponible Gratis Para los Impuestos*

El Congreso ha pasado el plan de estímulo económico que resultará en cheques de \$300 a \$600 para los que cualifican. Tienen que declarar sus impuestos del 2007 para recibir el cheque de estímulo económico.

Una concesión de la ley permitirá a ciertos beneficiarios del Seguro Social, beneficios de Veteranos y algunos beneficiarios de Retiro Ferroviario les cuenta para el requisito de calificación de ingreso de \$3,000.00 para recibir el pago de estímulo económico.

El programa Tax For The Elderly (TCE) les proporcionará asistencia gratis con sus impuestos para las personas de 60 años en adelante. Auspiciado en parte por el Departamento de Rentas Internas (IRS) el programa de TCE, AARP ofrece asistencia con los impuestos a mas de 7,000 locales en toda la nación durante la temporada de declaración de los impuestos.

Para más información del local más cercano, para recibir ayuda con sus impuestos, contacte a La Comisión para Personas de la Tercera Edad al 617-635-4366.

**Information Provided By: Internal Revenue Services, Mass Law Reform Institute**

### ¿YA SE ENTERÓ DEL REINTEGRO DE LOS IMPUESTOS?

En el IRS le llamamos pagos de estímulo económico. La mayoría de las personas lo llaman "rebates" o reintegros. El resultado viene a ser lo mismo.

### ¿QUÉ TENGO QUE HACER?

La mayoría de la gente no tiene que hacer absolutamente nada. El pago es automático cuando usted presenta su declaración de impuestos del 2007. El IRS utilizará la información de la declaración para determinar su elegibilidad y calcular el monto del pago.

### ¿CUÁNTO RECIBIRÉ?

En la mayoría de los casos, usted recibirá una cantidad igual a la deuda de impuestos que aparece en su declaración, hasta \$600 para individuos (\$1,200 para contribuyentes que declaran juntos). Usted podría recibir más si tiene hijos calificados.

### ¿QUÉ PASA SI NO TENGO EL REQUISITO DE DECLARAR?

Aunque usted tenga pocos ingresos y normalmente no tiene que presentar una declaración de impuestos, usted tendría que tomar pasos especiales para obtener un pago de hasta \$300 o (\$600 en una declaración conjunta). Esto es lo que necesita hacer. Fíjese si tiene al menos \$3,000 de cualquier combinación de ingresos de las siguientes fuentes: salarios, ingresos del trabajo por cuenta propia, o ciertos beneficios del Seguro Social, pensión Ferroviaria o compensación del Departamento de Asuntos de Veteranos por discapacidad de veteranos, pensión o beneficios para sobrevivientes. Si es así, entonces llene unas cuantas líneas en el Formulario 1040A o Formulario 1040 para calificar para el pago. IRS.gov lo guía paso a paso.

### ¿CUÁNDO RECIBIRÉ MI PAGO?

El IRS comenzará a enviar los pagos a principios de mayo.

### ¿ESO ES TODO?

Prácticamente sí. Para toda información que necesitará sobre los pagos y cómo obtenerlos, entre a la sitio de Internet oficial del IRS en [www.irs.gov/espanol](http://www.irs.gov/espanol).



 **STIMULUS**  
**PAYMENT**  
Pago de Estímulo

# AQUATIC THERAPY? ASK THE THERAPIST

By Carol Pietromonaco, PTMBA

## Question:

*My mother is an active 77-year-old woman. Lately I've noticed she's been losing her balance while walking around her house or reaching for something in her kitchen. I am fearful of her falling. My doctor told me about aquatic physical therapy and thought this might help. Does pool therapy really work to improve balance?*

*Concerned son, in Boston.*

## Facts

More than one third of adults 65 years old and older fall each year. The following factors contribute to maintaining good balance. These include strength, flexibility, vision, vestibular & sensory feedback, cognitive factors, medication and medical conditions. As a person ages these factors become impaired due to immobility, pain and various medical conditions. Some factors can however be altered. These include strength, flexibility, and balance reaction time.

Your doctor is correct. Exercise and particularly aquatic exercise, or aquatic physical therapy can be very helpful in

preventing falls.

## You can't argue with science?

Two principles of physics can be used to help explain why aquatic exercise is beneficial.

*Buoyancy in water* diminishes joint loading by reducing the effect of gravity. This reduces the force on the joints of the body and makes movement in the water easier and less painful.

*Turbulence* occurs when an unstreamlined object, such as a body part, moves through water or when the speed of movement increases. The faster one attempts to move in water, the greater the resistance.<sup>1</sup>

Buoyancy and turbulence help explain why flexibility and mobility exercises are easier, more effective, and less painful in water. Turbulence in water helps explain why muscles can be strengthened through aquatic exercise, and balance challenged.

## How our body rights itself?

It might be helpful to understand the steps your body takes to stay balanced.

For example, imagine you are standing and someone pushes you with a backwards force by placing their hands on your shoulders. Your center of gravity is now shifted backwards and immediately your muscles (proprioception) send a message to your brain and tell it you are now leaning backwards. Your brain senses that there is now pressure on your heels (sensation). Your brain says, "you can't lean backwards you'll fall, and tells your toes and ankles to adjust so that your weight shifts from your heels to your toes (strength and flexibility in your lower body are required).

Many common elder medical conditions such as osteoporosis (arthritis), diabetes and stroke alter the above physical factors. Aquatic Physical therapy helps restore them.

## Why believe me?

A series of aquatic exercise studies were conducted to ascertain the effectiveness of aquatic exercise on lower limbs affected by arthritis and to determine its ultimate contribution to improving balance. In all studies the Arthritis Foundation Aquatic

Program (AFAP) exercise protocol was used.<sup>2</sup> The 69 exercises of this program are designed to promote strength, range of motion, and stability.<sup>2</sup>

In 1997, researchers Suomi and Lindauer found that patients had an increase in strength and range of motion in the lower limbs affected with arthritis following aquatic exercise. If balance is affected by the inability of the lower extremity to work to perform proper postural control strategies due to decreased strength and/or range of motion, then the exercise mode chosen for intervention must be effective in alleviating these deficits.

In a second study, Suomi and Kocaja (2000)<sup>3</sup> examined the postural sway characteristics of 14 women with lower extremity

arthritis before and after a six-week aquatic exercise intervention. The aquatic exercise subjects significantly reduced lateral sway.

For an exercise intervention program to have value for the participants it should demonstrate benefits in functional, day-to-day activities that require balance.

In this study 10 men and women with lower extremity arthritis demonstrated significant improvements in strength and self-reported significant improvement in their perceived ability to perform specific tasks of daily living and a significant reduction in pain while doing so.

Call your local physical therapist to set up an appointment for your mother.

Most insurances pay for aquatic therapy. A doctor's prescription is usually required for your insurance to reimburse.

Thank you for your question. I hope this helped.

#### Resources:

1. Ferrell KM. Aquatics for people with arthritis. Lippincott's Prim Care Pract 1996;2(1):102-104.
2. National Arthritis Foundation. Aquatic Program Instructor's Manual. Atlanta: Arthritis Foundation National Office, 1997 (138).
3. Suomi R, Kocaja DM. Postural sway characteristics in women with lower extremity arthritis before and after an aquatic exercise intervention. Arch Phys Med Rehabil 2000;81(6):780-785.
4. [http://www.biomech.com/db\\_area/archives/2001/0109.aquatic ger.bio.shtml](http://www.biomech.com/db_area/archives/2001/0109.aquatic ger.bio.shtml)

#### 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 specializes in spine care, incorporating Yoga and Pilates in her practice. She speaks English, French and Italian. 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 the greater Boston area. Carol is happy to answer any health, injury or Physical Therapy related questions you may have. Please email Carol your questions at [contact@neptplus.com](mailto:contact@neptplus.com) or [cpietromonaco@neptplus.com](mailto: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](http://www.neptplus.com)

## BE AN ANGEL, HELP ELDERS IN NURSING HOMES!

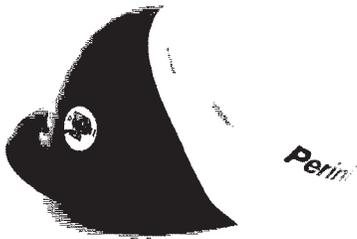
Become the voice of the most vulnerable elders in your community!  
Are you looking for meaningful volunteer work?

Become Ethos Volunteer Ombudsman!

Many residents of nursing homes and care facilities need someone like you to speak on their behalf. As an Ombudsman, you can advocate for an elder's rights and help to live with dignity and respect.

All you need is compassion, common sense, and a few hours a week.  
What you get in return is the satisfaction that you have made a real difference in someone's life.

**No experience necessary. For more information please contact  
Olga Yulikova at 617-522-6700 ext. 323**



# Perini

Over 110 years of excellence

With over a century of experience in building and civil construction, Perini sets a world-class standard for performance, integrity and achievement.

**BUILDING · CIVIL · MANAGEMENT SERVICES**

BOSTON · NEW YORK · PHOENIX · LAS VEGAS

ORLANDO · FT. LAUDERDALE · BALTIMORE

SAN FRANCISCO · IRVINE · SAN DIEGO · SACRAMENTO

Headquarters: 73 Mt. Wayte Avenue, Framingham, MA 01701  
www.perini.com 580.628.2000

## Dementia Information Panel Discussion

with  
Dr. Bruce Kaster, *Geriatric Psychiatrist*

Leslie Ahrene, *Ethos*

Susan O'Connell, *Program Manager  
for Dementia Unit*

Rita Muir, *Caregiver*

Beverly Moore, *Alzheimer's Coach*

**Tuesday, April 15, 2008**

St. Theresa's Pavilion @

6:30 p.m.

2078 Centre St.

West Roxbury, MA 02132

For more information please contact  
Kelly Kazee at 937-470-2918

# 2008 Boston Red Sox

By: John O'Neill III

The Red Sox are led by majority-owner John W. Henry. A former Wall-Street trader. Henry became the majority owner after a long period when the team was owned by the late Tom Yawkey, or someone overseeing his estate.

Tom Yawkey had owned the team for many, many years. He was appreciated by all, especially for his charitable work. Yawkey established the: "Jimmy Fund," to help in the fight against cancer in children. The fund is chaired by Mike Andrews, who spent years playing second base for the Red Sox.

Carl Yastrzemski, Rico Petrocelli, and George Scott all played for Tom Yawkey. Seniors remember the "Impossible Dream" year, 1967, when the Red Sox won the pennant for the first time in many years. It was a memorable moment when the Red Sox won the pennant.

Fenway Park seemed small, especially when compared with other, larger ballparks. Therefore, the Red Sox hired Janet Marie Smith to be the Senior Vice President of Development. Smith had a long list of development positions in the past. She had worked on development in Baltimore, Atlanta, and New York.

Some changes included removing the windows of a special club at Fenway, thus opening numerous seats. Another change will be the creation of a seating section named after Tony Conigliaro, who had played right field for the Red Sox. Tony C, as he was known, was seriously injured in a baseball game. He made a comeback, but was forced to retire.

The past winter has been tough, with snow, ice, sleet, and low temperatures. At times, it seemed there would be no end to winter but Spring is finally here and there is nothing like hearing the sweet sound of the umpire yelling "Play ball!"

## The Mayor's Advisory Council

The Advisory Council's mission is to assist the Commission on Affairs of the Elderly Area Agency on Aging (AAA) in developing and coordinating community-based systems of services for all seniors in Boston. The Advisory Council acts as a conduit between the AAA and the community by relaying important information to the seniors in the neighborhoods and bringing neighborhood concerns back to the AAA.

Meetings are held on the first Friday of every month, except July and August. In case of a holiday, the meeting is moved to the following Friday. Meetings are held in Boston City Hall, Room 801 on the eighth floor, from 10 a.m. to 11:30 a.m. Everyone is welcome to attend.

**April 4th Guest Speakers: Greater Boston Guild for the Blind and Lifeline, Inc.**  
For more information please contact Melissa Carlson at (617)635-1838.



Mayor Menino converses with Stephen Provizer from Zumix Radio 1630 A.M.



Patti LaBelle performing for the Martin Luther King event at the Wang Center.



These lovely ladies get their picture taken with Commissioner Greenberg at the Suffolk Downs Valentine's Day Party.



This senior has a great time enjoying the music at the MLK event at Faneuil Hall.



Having a fun ladies night out at the Wang Center (from Left-Right) Agnes Beharry, Marie Menard, Arnie Owens and Loretta Martin.



Good friends Rosemarie Yannetty and Phyllis Ferola having a blast.



Sue Palmer wearing her festive Valentine's Day headband poses with Mayor Menino.



Maryanne Cerundolo, Chief Operating Officer of Suffolk Downs Chip Tuttle and Katie Berinato.



This group showed everyone their great dance moves.



Spreading her Valentine's Day cheer.



Lanchi Pham, Kim Hall, next to Anita Nasra who receives a citation from Diane Huynh of the Mayor's Office of Neighborhood Services.



These couples hit the dance floor with their best Valentine's Day moves.



Director of Group Services of Suffolk Downs  
Dom Terrazzi with Gus and Carmen Gatti.



Ready for their close up Jerry Deneumousti,  
Commissioner Greenberg and Peter Cardinale.



Vietnamese New Year Celebration at Kit Clark.



These ladies are excited for the show to start.



Chip Tuttle chats with Mayor Menino.



Marsha Colbert (Right) and her sister at the Patti LaBelle concert.



Enjoying a night out of wonderful entertainment.



Everyone has a fun time at the MLK event at Faneuil Hall.

Let The Games Begin!



# 2008 Greater Boston Senior Games

## Official Registration Form – May 14th, 15th, 16th and 17th

Golf and Early Registration Deadline 05/02/08

(Please Print)

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

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

<input type="checkbox"/> <b>Golf: WEDNESDAY, MAY 14, 2008</b> Registration at 7:00 a.m. at William Devine Golf Course, Dorchester. Shotgun Start at 8:00 a.m. <b>PRE-REGISTRATION DEADLINE 05/02/08</b> – 128 Player Maximum – \$37.00 includes Green and Cart Fees. <b>Cash or checks</b> payable to <b>Fund for Parks &amp; Recreation</b> at the Course on day of the tournament. Foursomes should request Foursome Golf Registration Form by calling 617-635-4366.	
<input type="checkbox"/> <b>Tennis: WEDNESDAY, MAY 14, 2008</b> Registration at 9:00 a.m. Sportsmen's Tennis Club 950 Blue Hill Ave Dorchester- \$20.00 Fee <b>Cash or checks</b> payable to Sportsmen's Tennis Club. <b>Please check preference: Doubles <input type="checkbox"/> Singles <input type="checkbox"/></b>	
<input type="checkbox"/> <b>Bocce: THURSDAY, MAY 15, 2008</b> - Starting At 9:00 a.m., Langone Park, North End. Teams should request Bocce Team Registration Form by calling 617-635-4366	
<b>Bowling:</b> Select <u>one</u> start time. Start time confirmed on first come, first served basis.	<input type="checkbox"/> <b>(8:00 a.m. start time) FRIDAY, MAY 16, 2008</b> - Boston Bowl, Morrissey Blvd, Dorchester -\$8.25. – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. <b>Please do not send payment with registration.</b>
	<input type="checkbox"/> <b>(10:30 a.m. start time) FRIDAY, MAY 16, 2008</b> - Boston Bowl, Morrissey Blvd, Dorchester - \$8.25. – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. <b>Please do not send payment with registration.</b>
<input type="checkbox"/> <b>Billiards: FRIDAY, MAY 16, 2008</b> - Starting At 9:00 a.m. Boston Bowl, Morrissey Blvd, Dorchester - \$5.00-Cash or checks payable to Boston Bowl on day of the tournament: <b>Please do not send payment with registration.</b>	

**Saturday, May 17- Starting @ 9:00 a.m. - The Following Events Will Be Held @  
University of Massachusetts-Boston, 100 Morrissey Boulevard, Boston, MA 02125**

<input type="checkbox"/> <b>Basketball Free Throw</b> <input type="checkbox"/> <b>Horseshoes</b> <input type="checkbox"/> <b>Keep Moving Walk (Non-Competitive)</b> <input type="checkbox"/> <b>Softball Throw</b> <input type="checkbox"/> <b>Swimming Breast Stroke 100 M</b> <input type="checkbox"/> <b>Swimming Breast Stroke 50 M</b> <input type="checkbox"/> <b>Swimming Freestyle 100 M</b>	<input type="checkbox"/> <b>Half Court Basketball</b> – must be member of pre-established three member team within same age group. Teams must request Half Court Basketball Registration Form by calling 617-635-4366. (\$20 fee per player- cash payable on day of Event) <input type="checkbox"/> <b>Swimming Freestyle 50 M</b> <input type="checkbox"/> <b>Track 100 Meters</b> <input type="checkbox"/> <b>Track 800 Meters</b> <input type="checkbox"/> <b>Track 1500 Meters</b> <input type="checkbox"/> <b>Track 400 Meters</b>
--	--

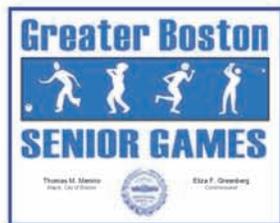
**Please Return This Registration Form To: Commission on Affairs of The Elderly –  
One City Hall Square, Room 271 – Boston, MA 02201 - Attention: Michael McColgan  
Or fax to 617-635-3213**

For more information call 617-635-4366 (Please Note: The only transportation provided is Shuttle Service from JFK T Stop for U-Mass Event.)

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

I hereby agree to hold harmless the organizers and sponsors of the 2008 Greater Boston Senior Games from any and all claims of whatsoever kind and nature which I may have, or at any time in the future have, of any injury arising out of my participation in the 2008 Greater Boston Senior Games. I am in good physical condition and have no medical restrictions that would prohibit my participation in the 2008 Greater Boston Senior Games.

Signature:	Today's Date:	Your age as of 05/14/08
------------	---------------	-------------------------



**City Of Boston – Commission on Affairs of the Elderly**

**Thomas M. Menino, Mayor  
Eliza F. Greenberg, Commissioner**

