

Elderly Commission

Thomas M. Menino, Mayor of Boston



Boston Seniority

May 2007

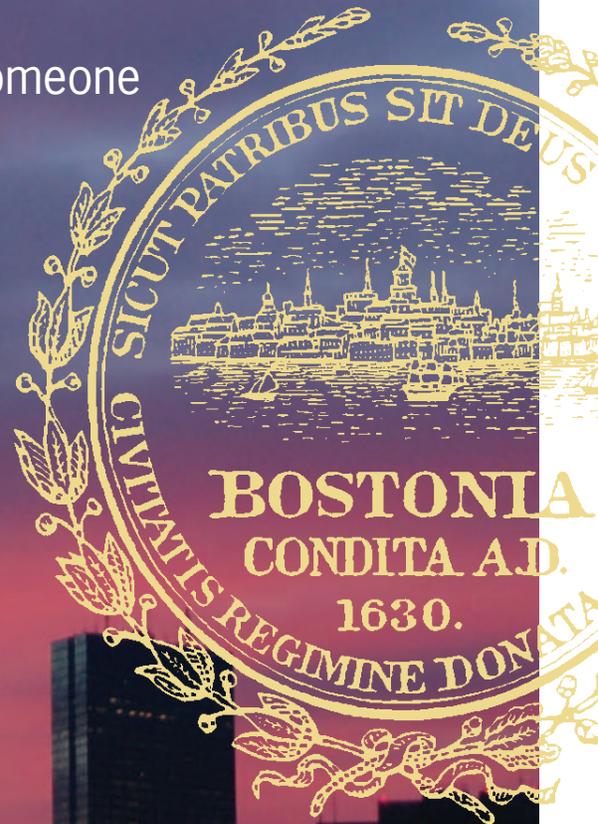
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Happy Older Americans Month

Just Browsing

Do you know it is easy for someone to take custody of you?



FREE

2007
Volume 31
Issue 5

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Check out our NEW and improved website

www.cityofboston.gov/elderly

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

Email articles and comments to

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Boston Seniority

Volume 31 Number 4

Published by the City of Boston
Commission on Affairs of the Elderly

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

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acceptance does not imply endorsement by the
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Commission on Affairs of the Elderly.*

Mayor's Spotlight



Recently, I have received a number of e-mails and letters from concerned young people living in the neighborhoods. These letters, written mostly by high school students, express both fear and anger over recent violence in our city. I would like to thank those people for taking the time to express their serious concerns. I appreciate receiving letters from students who take an active interest in making our city a better place to live. The fact that these young people have written to me shows that they, like me, look toward a better future for Boston.

Over the past few weeks, I have spent time with local clergy and attended church services in Mattapan and Dorchester. I've walked through business districts talking with people and getting their feedback. I've held a community forum with Governor Deval Patrick at the Holland School in Dorchester to hear from community leaders, parents and students. And I've met with streetworkers and police officers who work with our troubled youth on a daily basis.

Like you, Police Commissioner Ed Davis and I take the issue of public safety in Boston very seriously. The Commissioner has put more walking beats on the street, including a six-member team specifically for the Bowdoin-Geneva area. We will continue to work with community leaders and residents who wish to join us in our goal of reducing the useless violence.

Over the past several months the Boston Police Department has made encouraging progress in our efforts to stem firearm violence. Since January, we have seen a 25-30 percent decrease in non-fatal shootings. The Boston Police Department, through community policing, is dedicated to collaborating with local neighborhood organizations, clergy, and our many crime watch groups to address the issues related to crime and public safety.

But the police cannot do it alone. I've said it many times before and I will continue to say it: it takes all of us working together to solve the problem of violence on our streets. If you or someone you know have witnessed a crime or know someone who has a gun, please contact the authorities. People can speak with law enforcement, school officials, community leaders, members of the clergy or call our anonymous hotline at 1-800 494 TIPS. We all have a responsibility to do all we can to make our city safe.

My administration and I are working with the U.S. Attorney's Office,

the Attorney General, the District Attorney and other state legislators to track and outlaw the illegal guns that come into Boston. I have met with Governor Patrick in an effort to determine if more state resources can be re-allocated to facilitate the City of Boston's public safety and violence prevention efforts. I have also been working with more than 100 mayors from across the nation to lobby Congress to reduce the amount of illegal guns on our streets with Mayors Against Illegal Guns.

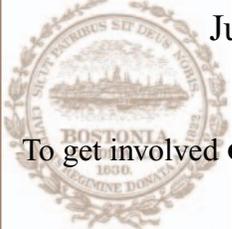
I would advise any citizen who wants to participate in public safety efforts to first consult with Boston Police District Captains and their community service officers, in order to determine the most efficient way that they can be of assistance.

For young people, I am constantly looking for people to represent the different neighborhoods and meet with me to discuss pertinent topics. Applications to be a part of my Mayor's Youth Council are due Friday, April 13th by 5 p.m. To apply, you must be a Boston teen who will be entering your junior or senior year in high school or an alternative program the following September. More information about the Youth Council can be found at www.bostonyouthzone.com/myc/apply.asp or by calling 617 635 4490.

Check out your

Do you have input for Mayor Menino?

Come to the Mayor's Advisory Council. Meets first Friday of each month except in July and August.



To get involved **call (617) 635 -3979**

Area Agency on Aging

"Encouraging the senior voice to be heard."

Get services that you and your family deserve.

Empower Your Family

Caring for loved ones can sometimes be overwhelming. If you are caring for someone *over the age of 60* or are a *grandparent raising a grandchild* the Elderly Commission and Caregiver Alliance want to make sure you are aware of the services available.



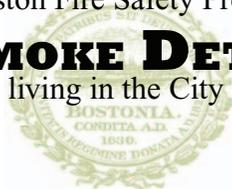
For information and referrals, assistance in gaining access to services, support groups, individualized counseling and much more **call (617) 635 - 3973**

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

The City of Boston Fire Safety Program provides

FREE SMOKE DETECTORS

for seniors living in the City of Boston.



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

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

Don't Borrow Trouble

Boston Home Center

Freddie Mac

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

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

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



Call (617) 635-4366

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

Need a Ride?

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

(617) 635-3000

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



Senior Shuttle

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

City Programs

Shop Wise

A new food stamp outreach program from the Eldery Commission.

For more information please call Amalia Serafim @ (617) 635-3989

Taxpayer

Referral and

Assistance

Center

“one-stop” service to Boston taxpayers on tax related matters

(617) 635-4287



The Memoir Project

Neighborhood by Neighborhood
Have you ever thought about writing a memoir? Mayor Thomas M. Menino would like you to share your history by signing up for his FREE memoir writing project. Talented instructors will bring out the writer in you.

All you need are your memories!

Please call Eliza Greenberg or Kaysea Cole
At (617) 635-3244 for more information



Need Help?

Call the Mayor's 24 Hour Hotline

for any Non-Emergency City issue after buisness hours

(617) 635-4500

Mayor's Office of
Emergency Preparedness

Telephone: (617) 635-3351

MEALS ON WHEELS

for seniors living in the City of Boston.

For information on how you can receive
Home Delivered Meals call (617) 635-1838

Lunch anyone?

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. Find one in your neighborhood to attend.

Back Bay /Beacon Hill

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
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

Chinatown

Hong Lok House
25-31 Essex St
Mon-Fri
Chinese

Quincy Towers
5 Oak Street
Mon-Fri 9:00a.m.-2:30p.m.
Chinese

Dorchester

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

Codman Sq Senior Center
645 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 10:00a.m.-1:00p.m.
Vietnamese and Traditional

Heritage Apartments

209 Sumner Street
Mon-Fri 9:30a.m.-12:30p.m.
Traditional

Orient Heights C.C.
86 Boardman Street
Mon-Fri 9:00a.m.-1:00p.m.
Traditional

Hyde Park

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

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

Mattapan

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

you may meet someone worth talking to at the congregte meal sites

North End

Christopher Columbus
145 Commercial Street
Mon-Fri 9:00a.m.-1:00p.m.
Traditional

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

Unity Towers
80 West Dedham Street
Mon - Fri 9:30a.m.-1:30p.m.
Traditional and Chinese

South Boston

West Roxbury

Roslindale

Rogerson Communities
23 Florence 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

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

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

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

25 Ruggles St
Mon-Fri 9:00a.m.-1:30p.m.
Traditional

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

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

Curley Recreation Center
663 Columbia Road
Mon-Fri 8:30a.m.-12:30p.m.
Traditional

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

South End

Anna Bissonette House
1640 Washington St
Mon-Fri 9:30a.m.-1:30p.m.
Traditional

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

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

United South End Settlements
566 Columbus Avenue
Mon - Fri 10:00a.m.-1:00p.m.
Traditional

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 Only 10:30a.m.-2:30p.m.
Traditional

For more information
on the City of Boston's
Nutrition Programs,
please call the
Elderly Commsison's
Staff Nutritionist,
Melissa Carlson
at
(617) 635-4366

Greater Boston Legal Services

The Elder Law Unit of Greater Boston Legal Services (GBLS) is funded by the Boston Elderly Commission to provide free civil legal services to Bostonians 60 years of age or older. GBLS advocates to protect the rights of all elders and to help them maintain their independence and dignity. Among the most vulnerable elders we serve are those facing imposition of a guardian under current Massachusetts law.

One of the key concerns is that the current Massachusetts Guardianship statute, M.G.L. Ch. 201, is seriously out of step with modern understandings of incapacity. In our experience representing elderly wards in guardianship proceedings, guardians are often granted by the Probate Court without any specific findings about how the ward may be unable to care for him or herself. Thus, guardians' powers are rarely limited in any way. As a result, frail elders and others whose ability to manage on their own is somewhat diminished often lose much more of their independence than necessary. In addition, potential wards are almost never pres-

ent at the court proceedings in which they stand to lose much of their liberty. Add to this the fact that present law does not specifically require a finding that a particular person is qualified to be a guardian, and the result is that a person bent on using guardianship to exploit a frail elder is likely to succeed.

Certainly, there are circumstances where guardianship is appropriate and well meaning family members who respect an elder's need for continued autonomy follow the legal procedure with good results for all concerned. But, on the other hand, at GBLS, we see cases which illustrate the need for change. Under current law and practice, a Probate Court can appoint a temporary guardian with authority over an elder's affairs without first giving notice to the elder. That temporary guardian can then make fundamental decisions about the elder's life before the elder is even notified about the Court proceeding. This process can have a devastating impact on an elder.

For example, GBLS received a call from a social

worker at a local nursing home about an elder who had been admitted by her son. The elder wanted to talk to a lawyer because she did not understand what had happened to her. Upon investigation, we discovered the following: The woman had lived independently for years in an apartment, with home-based services. Her son felt that she could no longer live on her own, despite any specific evidence of risk, so he had obtained temporary guardianship without notice to her. To obtain guardianship, he had his mother examined by a doctor she had never seen before who checked the box on the Court form stating that she was "mentally ill." This was an 83 year old woman who had no history of mental illness, and who had a long-standing relationship with her own doctor, who was not consulted. Armed with the temporary order, her son had her admitted first to the Psychiatric Unit of a local hospital, and then, in short order, to a nursing home far from her original home. In the meantime, he had given up and cleared out her apartment, which had been her home for many years, so that she no lon-

Advocating to protect

you

ger had a home to return to, even if she had been allowed to do so. In addition, the nursing home was improperly administering antipsychotic medication without court oversight. Needless to say, this woman was devastated. This is the end of the story in many cases, but fortunately, in this case, she found her way to our office and we were able to overturn the plenary guardianship and return her to the community with appropriate services.

To address these problems, GBLS has worked with a coalition of advocates, including the Mass. Bar and the Boston Bar Associations, to file a bill, Senate 843, An Act Protecting Persons Under Disability and their Property, Article V of the proposed Uniform Probate Code. This bill protects frail elders in several critical ways. It changes the standard for imposition of guardianship from “mental illness” to a new, more precise standard based on a finding that a person is “incapacitated,” which means that the person has a clinically diagnosed condition which leads to specific functional limitations in the person’s ability to

meet essential requirements for physical health, safety, or self-care, even with appropriate technological assistance. A Petition for guardianship and the accompanying medical certificate would have to contain detailed facts about the way a person is unable to take care of himself or herself. Article V also includes important due process protections for the respondent, including the rights to full and adequate notice in the Petition for Guardianship, the right to be represented by counsel, paid for by the Commonwealth if the respondent is indigent; to be present at any hearing; to present evidence, to cross-examine witnesses, including any physician or guardian ad litem.

In addition, Article V embraces the concept that guardianship is an extreme remedy which can unnecessarily rob a respondent of autonomy. Other, less restrictive alternatives should be considered prior to the imposition of guardianship; but, if guardianship is granted, authority should be only that necessitated by the incapacitated person’s mental and physical limi-

tations. To the extent possible, the guardian shall encourage the incapacitated person to participate in decisions, to act on his or her own behalf and to regain the capacity to manage personal affairs. A guardian could not admit a ward to a nursing home without specific Court approval. Once appointed, guardians must submit detailed annual reports regarding the ward’s mental, social and physical conditions. The Court can monitor the progress of the guardianship through the detailed annual reports.

The vast majority of other states have adopted some version of the “legal incapacity” standard, as well as the procedural protections contained in Article V. In Massachusetts, there is momentum and consensus for these changes.

For More Information
Contact: Wynn Gerhardt,
Managing Attorney of the
Elder Law Unit at

Greater Boston Legal Services
197 Friend Street
Boston, MA 02114
617-603-1577

Baby Boomers: Volunteer Opportunities

By Amelia Serafin

Baby Boomers : Volunteer Opportunities and Dilemmas

I am the confessed daughter of baby boomers. My grandparents were married on Pearl Harbor Day, and my grandfather went to school on the G.I. Bill. My mother listened to Joan Baez, protested Vietnam, moved to the suburbs and retired recently. Yes, a baby boomer indeed. Lately, she has been asking me what she can do to volunteer with her newfound leisure time. She is not the only baby boomer asking this question. In the words of one author, “older Americans may well be our only increasing natural resource.”

The statistics on the population of baby boomers are nothing short of staggering. Seventy-seven million babies were born between 1946 and 1964. One in four Americans is a baby boomer. A baby boomer turns 50 every 18 seconds and 60 every 7 seconds.

These 77 million people will soon be seeking meaning-

ful activity and diversion, as they reach retirement. Are you ready? Don't worry – it is not as scary as it seems. There is a fair age difference within this group; their generation spans 18 years. It is possible, though, to make a few generalizations. Baby boomers are better-educated and working longer than their predecessors. Many plan on working, at least part time, even after 65. Some will move into transitional or “bridge-jobs” between work and retirement. Unfortunately, they are less civically involved than their parents, less affiliated with religious organizations, and less likely to vote or read the news. The good news, though, is that they want to be busy during their retirement, and as a result they are a bank of potential volunteers, with a good track record. Nearly a third of boomers volunteered for a formal organization in 2005.

A fair number of the baby boomers have already invested themselves in community service. Chris Klose, at the age

of 60, founded Peace Corps Encore, a nonprofit, which recruits former Peace Corps volunteers for short-term overseas assignments. At Volunteer San Diego, California, senior volunteers can choose from 70 projects a month – feeding the homeless, tutoring and cleaning up beaches. At Elderhostel, older adults can volunteer in various projects, such as environmental research, teaching English, and helping sick children – all over the world.

What exactly are the baby boomers looking for in volunteering? Many of them want challenging opportunities, where they can use their skill set or learn something new. For instance, the former head of Kodak operations in Mexico, complained that he volunteered at one locale, which did not take note of any of his business background. The boomers also want diverse options, and are more likely to volunteer in more than one organization. They do not want to be under utilized or undervalued, and expect a workplace-

& Dilemmas

like level of professionalism in their volunteering. They plan to keep busy with a multitude of activities, and want short term or “project-based” contributions. Above all, they want to make a difference, and be inspired to action.

But, the sheer number and skill base of baby boomers has confounded some organizations. These agencies are beginning to adjust their infrastructure, to appeal to this new brand of volunteers. This is necessary, as non-profits see the heads of their own hierarchy, also baby boomers, retiring. Additionally, public and private resources for volunteer-based groups continue to dwindle.

The evolution of agency volunteer recruitment, toward older volunteers, is already apparent. Wachovia’s “Time Away from Work for Community Service” allows senior employees to volunteer four hours each month, during company time. One public library in Arizona has a database of prospective older volunteers and their skills. An organization

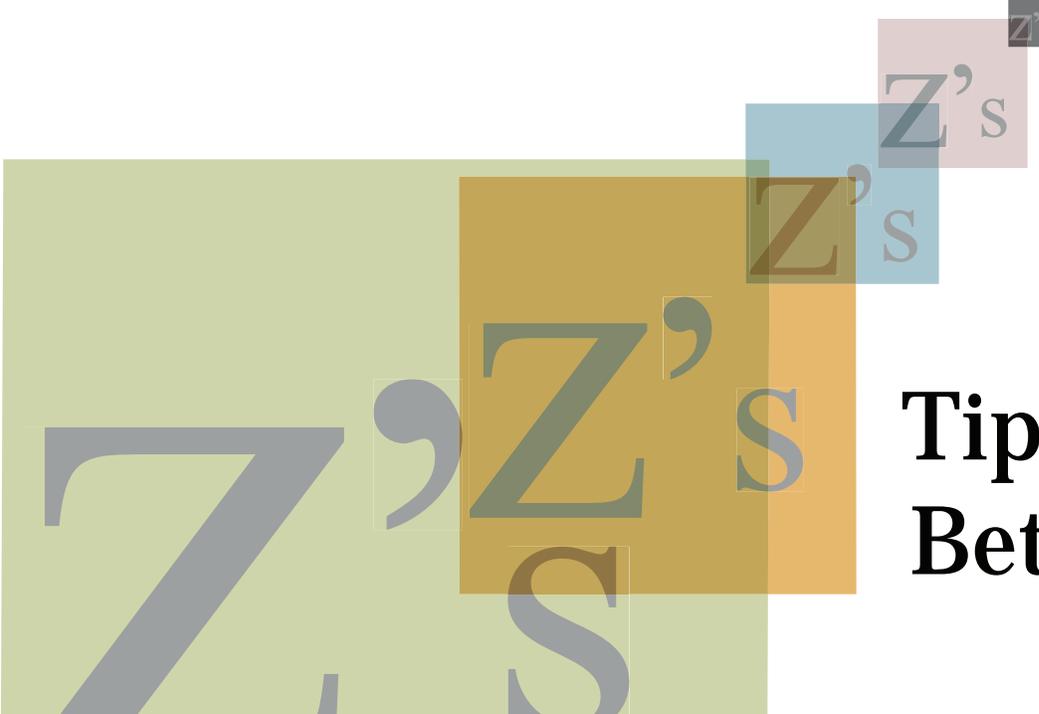
of note has begun to recruit retired executives to coach directors of local nonprofits. The El Paso branch of Big Brothers Big Sisters is amending its opportunities to be more flexible, including a work-at-home option, to appeal to consulting baby boomers. In California’s Senior Attorney Volunteers for Discipline (SAVD), retired lawyers can volunteer in conjunction with younger lawyers, to assist with understaffed areas of the legal/court systems.

A most innovative adaptation to baby boomer volunteers is a “snowbird exchange program” where a senior can continue volunteering within a national organization, at different locations, depending on his/her seasonal home.

We will have to revise our ideas of aging, retirement and volunteering, as baby boomers begin to retire and volunteer en masse. Baby boomers will not be seen as the “graying of America”, but as valuable assets, to help us confront social ills. Seniors have always been the most committed and reliable volunteers – “super vol-

unteers”. And baby boomers grew up during a time of great reform and social progress; they have much to contribute in this field. Volunteering should not be a distraction for those who can afford it, but could become a widespread, matter-of-fact activity. In time, it could become an expectation or just the norm. Retirement won’t be dominated by golfing, watching t.v., or reading. We can hope to see the beginning of a revived community spirit, with each generation helping the others.

In one study, 70% of the baby boomers interviewed, saw retirement as a chance to “begin a new chapter in life”. If even 10% of baby boomers volunteered as part of this new chapter, think of the enormous impact on our communities. And remember this – “the single biggest inducement to volunteer is being asked by someone with whom one has an established relationship”. So, spread the word: ask a friend to volunteer with you or for you, and you might be pleasantly surprised.



Tips For Better Sleeping

Wake up to the Risks of Shortened Slumber

Do you toss and turn at night, or have problems falling asleep or staying asleep? Do you have trouble staying awake and alert during the day? If so, you may be one of the estimated 50-70 million Americans who have a sleep disorder. Experts estimate that about one-third of adult Americans will experience some sort of sleep disorder in their life time. And, while many sleep disorders can be treated, most of them go undiagnosed.

Why we sleep remains something of a mystery. Dr. Michael Twery, director of the National Center on Sleep Disorders Research at NIH's National Heart, Lung and Blood Institute, says, "Sleep originates with the timing of our biological clock. The biological clock operates

in almost all of our tissues." A particular region of the brain called the suprachiasmatic nucleus, he says, operates as the master biological clock. It orchestrates what Twery calls a "symphony" of hormones and other changes that prepare our body for sleep.

It's clear that our body needs this sleep, because of what happens when we don't get enough of it. "Too little sleep or not enough restorative sleep can seriously affect the way we think, behave, form memories and perform at work and school," explains Dr. Merrill Mitler, program director for sleep research at NIH's National Institute of Neurological Disorders and Stroke. "A continued lack of sleep also puts us at risk for mood disorders such as depression and can lead to poor concentration and poor judgment, social

problems, greater risk of car crashes and increased risk of substance abuse."

There is also what Twery calls the "unseen side" of inadequate sleep. Because the timing of sleep is linked to a symphony of chemical reactions throughout the body, Twery explains, it's also linked to our health in more subtle ways. "When these chemical reactions become misaligned," he says, "they can contribute to problems with our metabolism and our cardiovascular system, and can eventually lead to increased risk of disease."

Twery recounts one set of experiments in which otherwise healthy young adults developed resistance to insulin after a few nights of only 4 hours of sleep. Insulin is a hormone needed to convert sugar, starches and other food into energy. When

the body can't use insulin properly, diabetes can develop. After the researchers allowed the young adults to go back to 8-hour sleep periods, the problem reversed within days.

Other studies have found that people who get less sleep tend to have higher rates of obesity, heart disease, high blood pressure and diabetes. A great deal of research is now focused on understanding the underlying links between sleep and these health factors.

How much sleep do we need? Adults usually need at least 7-8 hours of sleep a night to feel fully rested when they are awake. School-aged children and teens need at least 9 hours. Children in preschool need between 10 and 12 hours a day, and newborns need 16-18 hours.

Many people unfortunately consider sleep a low priority and try to stay awake as much as they can to do more work, watch some TV or fit other things into their busy days. But others can't sleep because of an underlying problem. In fact, there are more than 70 different types of sleep disorders.

Diagnosing a particular sleep disorder can be difficult, but Mitler says that new tools are giving scientists a better un-

derstanding of sleep and sleep-deprived states. One key tool is functional imaging, which provides real-time images of brain activity during sleep and the sleep-wake stages to learn which areas of the brain may be involved in sleep disorders.

NIH researchers continue to explore the causes and consequences of sleep problems such as insomnia, chronic sleep deprivation and obstructive sleep apnea (which you can read about in the following story). Even if all these disorders aren't fully understood, however, many of them can be treated.

If you frequently experience excessive daytime sleepiness or have problems sleeping, talk to your doctor or a sleep specialist. Mitler recommends that, before you go, you keep a sleep diary of when you usually go to bed, how long it takes you to fall asleep, when and how many times you wake during the night, and when you wake in the morning. The diary should also include what you ate that day, drinks you had at night containing caffeine or alcohol, use of medicines, smoking and exercise you've done. The records may show a pattern or give the doctor other clues to better diagnose your condition.

TIPS TO GET SLEEPING

*Avoid caffeine and cigarettes in the late afternoon and don't drink alcohol to help you sleep.

*Avoid going to bed on either a full or an empty stomach.

*Use your bedroom primarily for sleeping. Sleep in a dark, quiet, well-ventilated space with a comfortable temperature.

*Relax before going to bed. Take a warm bath, listen to soothing music, meditate or try relaxation or breathing exercises.

*Face your clock away from the bed to avoid focusing on time if you awake before morning.

*If you can't fall asleep within 20 minutes of going to bed or wake early and can't get back to sleep, get out of bed and try a relaxing activity such as reading until you become drowsy.

*Regular exercise can help improve certain sleep disorders. However, don't exercise within 2 hours of bedtime.

*Avoid household chores, paperwork or other stimulating activities for at least 2 hours before bedtime.

*Use over-the-counter or prescription sleep aids only for short periods of time and under the direction of your doctor. Some sleep aids can make you drowsy during the day and cause other side effects.

Article adopted from the NIH *News in Health* <http://newsinhealth.nih.gov>

Do you have Trouble Staying Asleep?

Must be 55 or older to qualify

If yes, help us to help others!
Brigham & Women's Hospital seeks healthy men and women to participate in a research study on the effects of different kinds of lights on sleep.

Participants will spend 13 consecutive days and nights living in our facility.

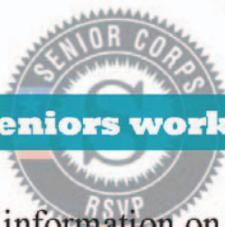
Receive up to
\$2,408

Call Jen at (617-) 732- 7294
sleep@rics.bwh.harvard

Spend your free time making a difference!

VOLUNTEER!

If you're 55 or older, donate your experience through volunteering with children, at a museum, or even working with other seniors.



Seniors working to make an impact

For information on how you can get involved **call (617) 635 -3988.**

RSVP provides limited reimbursement for travel and meal costs.

Contribute to *Boston Seniority*

by submitting:

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AARP™

The power to make it better.™

To improve your overall fitness, you could run a marathon, become a bodybuilder or walk around the block.



Step up to better health.

Who knew that walking 30 minutes a day, five days a week could dramatically improve your health? Walking is the most popular physical activity in the United States for many reasons: It's easy, free, gentle on the body and good for people of all ages and fitness levels.

Whether it's with a friend, your dog or just by yourself, get involved and start walking.

For more information about AARP's walking programs, visit aarp.org/ma.

Eat Healthy Recipes

Turkey Sausage & Arugula Pasta

- 12 ounces whole-wheat short pasta, such as shells or twists
- 8 ounces hot Italian turkey sausage links, removed from casings
- 3 cloves garlic, chopped
- 8 C arugula or baby spinach
- 2 C halved cherry tomatoes
- ½ C finely shredded Pecorino Romano or Parmesan cheese, plus more to taste
- 1 Tsp. freshly ground pepper
- 1 Tbsp. extra-virgin olive oil

1. Bring a large pot of water to a boil. Cook pasta until just tender, 9 to 11 minutes, or according to package directions.

2. Meanwhile, cook sausage in a large nonstick skillet over medium-high heat, breaking it up into small pieces with a wooden spoon, until cooked through, about 5 minutes. Stir in garlic, arugula (or spinach) and tomatoes. Cook, stirring often, until the greens wilt and the tomatoes begin to break down, about 3 minutes. Remove from heat; cover and keep warm.

3. Combine 1/2 cup cheese, pepper and salt in a large bowl. Measure out 1/2 cup of the cooking liquid; drain the pasta. Whisk the cooking liquid and oil into the cheese mixture; add the pasta and toss to combine. Serve the pasta topped with the sausage mixture and an extra sprinkle of cheese, if desired.

Serves 6 (generous 1 1/2 cups each)

Banana-Mango Smoothie

- 1 cup cubed peeled ripe mango
- 3/4 cup sliced ripe banana (about 1 medium)
- 2/3 cup fat-free milk
- 1 tablespoon nonfat dry milk (optional)
- 1 teaspoon honey
- 1/4 teaspoon vanilla extract

Arrange the mango cubes in a single layer on a baking sheet; freeze until firm (about 1 hour). Place frozen mango and the remaining ingredients in a blender. Process until smooth.

Serves 2 (serving size: 1 cup)

Healthy Wealthy and Wyse

Aspirin- Heart Disease, Cancer and You

By Geraldine Wyse R.N.

Are you a candidate for a daily aspirin? Are you confused about the correct dose? Do some of your friends take a baby aspirin, some an adult aspirin or even two aspirins a day? Do you take an aspirin every day and you haven't told your doctor? Why are you taking an aspirin? Are you taking aspirin to prevent clots, thin out your blood, pain control or prevent colon cancer?

The US Preventive Services Task Force (USPSTF) is an independent panel of experts on prevention and they issue occasional advisories. In March 2007, this group suggested that the risk of aspirin outweighs cancer benefits for most of us.

There are risks with taking aspirin. Some risks include stomach bleeding. Stomach bleeding outweighs its potential benefits in preventing colon cancer in people who have just an average risk of cancer.

The USPSTF recommends that if you have no reason to believe you are in a high risk category for colorectal cancer, including those with a family history of the disease, should not take aspirin or other NSAID to try to prevent colorectal cancer. Should you be taking aspirin to prevent other conditions, like heart disease? You should continue to discuss this treatment with your doctor. Remember, each case is different so be sure to talk to your doctor.

Dose. Ask your doctor the dose of aspirin he or she would like you to take daily. Taking more than 300mg of aspirin/day, ibuprofen or other similar NSAIDs can cause strokes, intestinal bleeding or kidney failure. There is evidence that low doses of aspirin, less than 100 mg/day, can reduce the risk for heart disease but does not reduce the rate of colorectal cancer. Higher doses of aspirin and perhaps ibuprofen can prevent colorectal cancer, which is the second leading cause of cancer related deaths in the United States, after lung

cancer. In fact, according to the American Cancer Society, 112,000 Americans will be diagnosed with colorectal cancer in 2007; 52,000 will die of it.

Remember to talk to your doctor about aspirin and whether you are a candidate for daily doses for both heart disease and colorectal cancer.

Are you taking a proton-pump inhibitor for stomach acid reflux? A study at the University of Pennsylvania found that some patients taking proton-pump inhibitor drugs to reduce the acid in their stomachs may also be at a higher risk of hip fractures than others. You may want to talk to your doctor about the dose of your proton-pump inhibitor and possibly take an increase of calcium each day to prevent a fractured hip. Talk to your doctor before treating yourself. You and your doctor together will know what is the best treatment for you!!



MAKE *choices* for your

May is Older Americans Month, a time to celebrate people age 65 and older. The Administration on Aging established Older Americans Month in 1963, when only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition. Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

This year the theme is "*Older Americans: Making Choices for a Healthier Future.*" Going right along with this theme the Elderly Commission will host the Seniors Games this

May. Seniors are invited to participate in the Senior Games or just come as spectators to support your favorite player. Make choices for a healthier future for yourself, follow these steps to a healthier you!

1. Quit Smoking.

There are more than 4,000 chemicals in cigarettes including wood varnish, the insect poison DDT, arsenic, nail polish remover, and rat poison. One would think that this would be enough information to make the entire nation throw away their packs right now. But, if you've ever known someone who has tried to quit, it's one of, if not the hardest thing they ever did. Besides the obvious nicotine addiction (which is one of the most addictive substances), smoking becomes a part of your life. In fact, you may light up without even thinking about it; with coffee, while talking on the phone, driving, or when you are stressed. The best part is, after you have quit smoking your real age will drop 8 years!

2. Relax

By reducing stress you can add a significant amount of time to your life. At your highest point of stress, your real age is 32 years OLDER than your calendar age. Stress can lead to panic attacks, irritability, headaches, chest pains, ulcers, insomnia and even depression. Learning to relax can be difficult. Start by not over scheduling yourself and getting a good night's sleep. Being optimistic is a great way to relieve

stress. Even if you're not a typically optimistic person, the brain can be trained to think more positively. Laugh a lot.

3. Be Active

As mentioned before, you are invited to join the Senior Games, but don't let that be your only exercise of the year. Being active is a major part of having a healthy future. Whether it's jogging and lifting weights or just a regular 20 minute walk, being physically active can take 5 years off your age. A great side effect from physical activity is reduced stress. Exercise is a great way to blow off steam and relax from the days activities.

4. Continue Your Education

Whether it's in a formal setting like a university or informal like job training or reading, continuing to learn new information keeps the brain sharp and keeps you almost 3 years younger. Many seniors have learned new skills through volunteer programs where they are given new challenges daily. Currently, the Commission offers RSVP, SCP and ShopWise as ways to volunteer with the Elderly Commission. You can help low income seniors apply for food stamps, become a friendly visitor, or volunteer at a hospital, all of which will teach you new skills. Each program provides on the job training and gives you plenty of opportunities to learn a new position.

Produce— Don't Fear the

By, Amalia Serafim

Broccoli

Are you really getting the proper amount of fruits and vegetables each day? Or does your diet look like that of the couch potato teenager – Cheetos with a shot of Twizzler to wash it down with. Let's be honest – even the dairy aisle of the supermarket is more appealing than the produce section. Mea culpa. I don't know rhubarb from mustard greens. It's a family problem – my father once mowed rhubarb down, with the lawnmower, because he thought it was a weed. Yesterday, my husband was asking me what kale was, and I had no answer. But I could name all the new varieties of spreadable cheese, by name. Worse still, I can say with a fair amount of certainty that my 1.5 lb guinea pig eats about three times the greens I do.

What is our aversion to produce? Most seniors tell me that fresh fruits and vegetables are just too expensive. However, this might just be a myth, fueled by our desire to eat cake instead of turnips. According to a recent USDA study, consumers can meet the current recommendations, three fruit servings and four servings of vegetables for 64 cents. That sure is a lot less than movie candy is going for these days. For low income households, this is only 16% of their daily average food budget. It leaves 84% of their "food dollar" left to buy from the other

food groups. This low cost is a reality, across a range of produce. Sixty-three percent of fruits and 57% of vegetables are cheapest in their fresh form. And the difference within this range, from priciest fresh produce to cheapest was usually less than 25 cents.

Other permutations of vegetables and fruit did not fare so well. Frozen and dried fruit are never the cheapest way to buy fruit, when measured in servings. Canned fruit was not as economical as fresh produce, either. Because canned vegetables are full of packing liquid, canned vegetables have less servings per pound. For most vegetables, the fresh form definitely has the highest serving per pound. A big eggplant just keeps on giving.

And while the bacon-cheddar-mushroom-melt at Burger King may beckon, ignore its Siren song. You get more of your nutritional money's worth with the fair vegetable. It is possible for three servings of fruit, for 35 cents total, to provide over 75% of your Daily Vitamin C, for only 150 calories and 1 gram of fat. And the more you buy, the better value fruit is. For 27 cents more, you can get four servings of fruit, with a day's worth of Vitamin A and C, and 15% of your daily fiber.

Even if you come from the 1 French fry = 1 vegetable school of nutrition, you can't argue with the variety and abundance of pro-

duce. To conduct this cited study, USDA examined over 154 forms fruits and vegetables! Last year, my husband became enamored with yucca and plantains, when he accidentally ordered them in Puerto Rico. When I went apple picking in the fall, I found that each apple variety had a markedly distinct appearance, taste and cooking use. So, throw out that iceberg lettuce and reacquaint yourself with zucchini, blackberries or even kale.

In the end, maybe we have to concede that Mom was right and we still do have to eat our salad, or no dessert. But, eating fruits and vegetables does not have to be expensive nor monotonous. Try your local farmer's market this spring and summer, for diverse produce at low prices. On a specific week day, there are farmer's markets at locations all over the city, including Charlestown, East Boston, and Jamaica Plain. On Mondays and Wednesdays, there is a market on City Hall Plaza. Also, certain supermarket chains sell fresh produce at a reasonable rate. Try the Super 88, Market Basket or Trader Joe's. The weather is warming up, and fresh produce is staging its annual comeback. Don't be caught unprepared.

HealthBeat

Question and Answer

with Dr. Nancy Norman

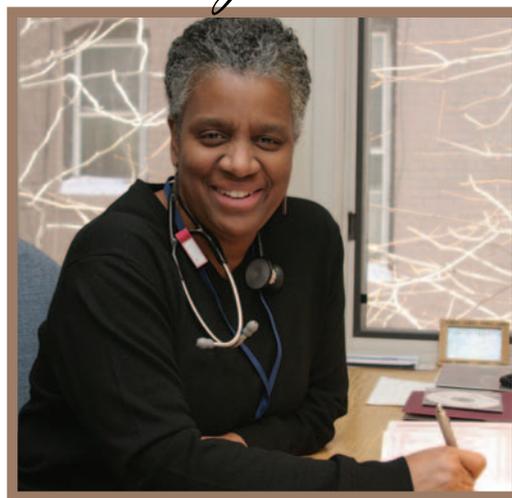
NEED ADVICE?

Send your questions to Health Beat

To ask Dr. Norman send your questions to:

Boston Seniority
 ATTN: Health Beat
 One City Hall Plaza, Room 271
 Boston City Hall
 Boston, MA 02201

or email your questions to
Kaysea.Cole@cityofboston.gov



Senior- I'm an older woman and I know that it is important for me to get enough calcium. I saw orange juice with calcium in the supermarket last week. I was wondering if this is a good way for me to get all of the calcium that I need?

Dr. Norman- Calcium is a vital element in the architecture of our bones, the scaffolding that helps to hold us together and upright! As children, most of us got our daily recommended requirement of calcium by drinking milk with every meal. Most adults, however, discontinue this habit thereby losing a valuable calcium source. Many other sources exist, including products like orange juice which have been fortified with calcium. Generally 1,000-1,500 mg/day is recommended for adults. It is important to note however as we age we may need to decrease this amount if problems exist such as kidney (renal) stones or other medical problems made worse by having too much calcium.

Senior-

I don't like taking prescription drugs but I have arthritis. I would like to have an alternative to taking medication. Is there anything else I can do to relieve some of the pain?

Dr. Norman -Definitely. Arthritis is a chronic condition where inflammation in joints can cause pain, swelling and stiffness. Although there are several different types of arthritis, the symptoms are usually the same and can lead to a decrease in one's ability to do functions of daily living, like buttoning a shirt or tying one's shoes. Early on in the disease, and throughout its course, it is vitally important to remain active and exercise as much as possible. Many patients have found stretching classes or yoga instruction to be helpful. Swimming is another way to improve the pain and stiffness in joints without taking over the counter (OTC) or prescription medication. Talk with your doctor and develop a plan of treatment you feel comfortable with and that suits your style. Ask your medical provider about the possible benefits from alternative therapies like massage, acupuncture or chiropractic care. Sculpting a plan you feel suits you and addresses your beliefs can only result in a more successful plan.

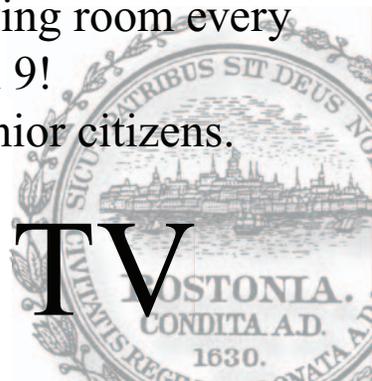


The Elderly Commission is *LIVE* in your living room every Tuesday at 3:30 p.m. on Channel 9!

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

The Elderly Commission

On TV



T ransitions



Area Agency Director Elizabeth Downton talks about her new position and role with seniors and the Elderly Commission.

By: Elizabeth Downton, MSW

Everyone faces transitions in their lives at one time or another. Some are momentous such as: marriage, the birth of a child, the loss of a parent or dear friend, graduation from school and retirement. Others are less momentous but equally important: moving into a new house, getting a new job and turning 50 (and receiving the AARP card in the mail). I am now facing such a transition. Effective March 26, I became the Director of Caregiver Services for the Elderly Commission. This position will allow me to return to my first love: working directly with people. The Family Caregiver Program, a federally funded program by the Older Americans Act, provides supports for persons caring for an elderly relative (age 60 or over) and for persons aged 60 and over who are raising their grandchildren. Services include: counseling, support groups, caregiver training,

respite care and supplemental services, access assistance and information. In my new position, I will be working with City of Boston employees who are caring for elderly relatives. I am eagerly looking forward to getting beyond the training period and doing the actual work.

I will remain the Coordinator of the Area Agency on Aging Unit (AAA) until my replacement is hired. As such, the AAA is currently converting to a new data reporting system, putting out the Request for Proposals (RFPs) for programs funded under the Older Americans Act and working with the Advisory Council to appoint new members. Therefore, my role is multi-faceted. I am a student on the new reporting system and in the nitty-gritty of the new position; a resource to many persons of all ages requesting information about our services. I am also an overseer of the RFP and the

Advisory Council appointment processes as well as a liaison to the Executive Committee. I am trying to clean off my desk and double check my agency files to pass on to my successor.

By the time this is published, a new Coordinator will have been hired and I will be in my new location in front of Fran Johnne. As the Director of Caregiver Services, I will still be part of the Area Agency on Aging and will still be in the Elderly Commission. Continuing to be part of the Commission was of primary importance to me while I was making the decision to apply for the new position. I have enjoyed working with all of you and will miss the friends I have made in our grantee agencies, but will continue to attend and see many of you at the monthly Advisory Council meetings.

The City of Boston Senior Companion Program



Elderly Commission

Featured Senior Companion Goes Above and Beyond

Marie Gayheart (left) has been a Senior Companion since 1999. When asked why she volunteers she stated “It is God’s work”. Although, everything that Marie does, she does from her heart.

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

(617) 635-3987

Are You a Finger Paint Picasso?

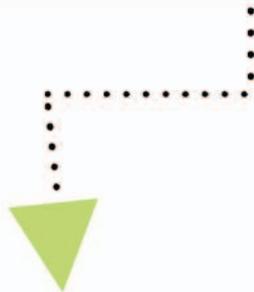
Come Play with Homeless Children!

Did you know at least 1 out of every 24 Massachusetts children is homeless at any given time? An even higher proportion of Massachusetts children experience homelessness over the course of a year, for a total of at least 82,000 homeless children and youth in the Bay State.

Horizons for Homeless Children is seeking 150 volunteers to interact and play with over 500 children living in 55 family, teen parent, and domestic violence shelters in Greater Boston. A commitment of 2 hours a week for 6 months is required. We offer daytime and evening shifts, so there is likely to be one that fits your schedule. It is a rewarding and fun experience for everyone involved.

The next training sessions will be Monday AND Tuesday,
June 4th and 5th from 6:00pm-9:00pm.
Please call Tiffany at 617-445-1480 for more information,
or visit www.horizonsforhomelesschildren.org.

Mayor's Youthline



617-635-2240

Youthline@cityofboston.gov

www.BostonYouthZone.com

WEEKDAYS 12-8
SCHOOL VACATIONS 10-6

**Sign up to receive our
monthly newsletter!!!**

Send a blank e-mail to
join-Youth@listserv.ci.boston.ma.us



Thomas M. Menino, Mayor of Boston

Attention Grandparents

**Looking for things
to do, jobs
resources, or
someone to listen?**

Mayor's Youth Council

www.BostonYouthZone.com/myc/

Volunteer teen representatives from each neighborhood working together to improve the city with various projects and outreaching efforts

Job Tips For Teens

www.BostonYouthZone.com/afterschool/employment/tips.asp

A few tips to help youth seeking employment

Teen Resume Guide

www.BostonYouthZone.com/myc/pdfs/teen_resume_guide.pdf

Guide to incorporating volunteer and work experience into a resume and cover letter, samples included

Our Vote Matters

www.BostonYouthZone.com/myc/pdfs/youth_voting_guide.pdf

Answers to questions frequently asked by young voters

Babysitting Tips

www.BostonYouthZone.com/myc/pdfs/babysitting_tips.pdf

Helpful information including safety precautions and general instructions for babysitters

From The Hatchshell to the Harbor

www.BostonYouthZone.com/myc/HtoH.asp

Free and low cost things to do and see in Boston

Boston Scholarship Guide

www.BostonScholarshipGuide.com

Helpful information regarding the college process including a large list of scholarships

Summer Stuff

www.BostonPublicSchools.org/summer.asp

Information about the hundreds of summer programs and opportunities available to Boston Youth.

gift of giving

Two Seniors Honored



During Older Americans Month, the Elderly Commission would like to recognize Thelma Burns and Billy O'Neill for their outstanding senior civic service.

Thelma Burns was recently awarded the African American Achievement Award from Mayor Thomas M. Menino for her community involvement. Burns gives her time to many organizations including REACH 2010, Seniors on the Move, Area Agency on Aging Advisory Council Member, Board Member for Central Boston Elder Services and ABCD. Burns most important work comes in the form of community advocate for area seniors. She volunteers in neighborhood church congregations, visits homebound seniors, and those who live in senior housing. Burns works to inform seniors of the services available to them through the Commission. Burns became

inspired while she was the main caregiver for her father. She struggled with finding services for her and her family and vowed to become an advocate for seniors when she retired from the Belmont Public School system after being an educator for 28 years. Her goal is to get seniors out of the house to socialize and prevent isolation. "I always said, 'When I retire, I'm going to be an advocate for seniors.'" There are services out there. You just have to know how to access them," Burns stated.

Billy O'Neill was recently awarded the first annual Jimmy Kelly Award for Senior Civic Participation awarded by Mayor Menino. O'Neill donates his artistic talents to the senior housing building in which he lives as well as many others. A cartoonist, O'Neill creates flyers, posters, cards and the like advertising everything from social events to health fairs. O'Neill's signs inform the residents of his building of important func-



tions. Before his art, O'Neill was always a loved member of the community. A South Boston lifelong resident, O'Neill grew up with Jimmy Kelly and has been a business owner and dedicated Bostonian for many years. O'Neill began drawing when his parents fell ill as an outlet. He now uses it to overcome many health problems of his own and deal with adversity in a positive way. O'Neill has been making hundreds of cards for the soldiers during the holiday season for the last three years. Spreading art and joy, O'Neill has positively impacted the lives of many.

Get well

The Elderly Commission staff and *Boston Seniority* readers would like to say a heartfelt get well to our favorite featured writer and friend

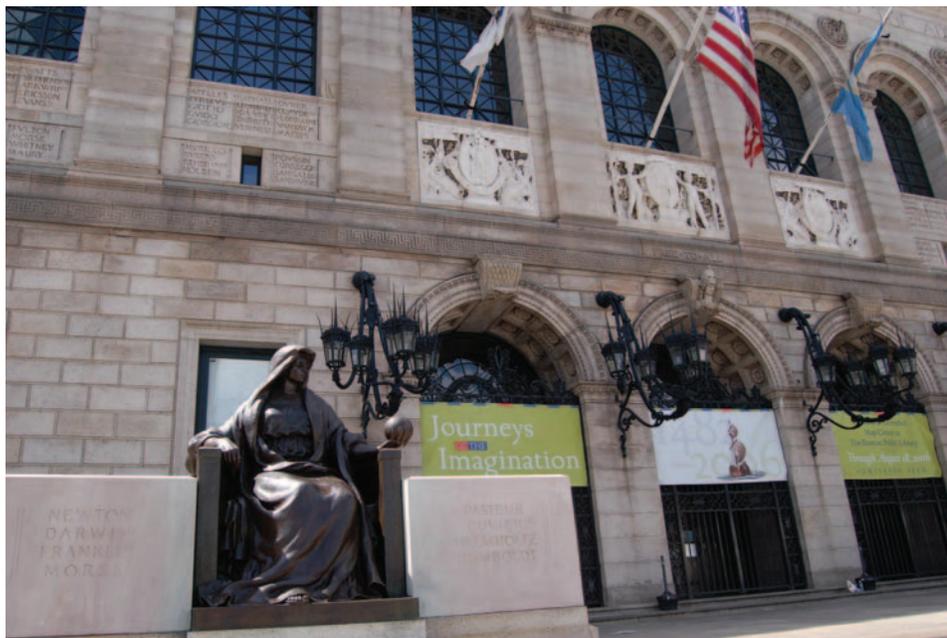
Mel Goldstein.

Cards can be sent to the Mayor's Office of Neighborhood Services at:

C/O Mel Goldstein
Office of Neighborhood Services
Room #708, Boston City Hall,
Boston MA, 02201

By Mel Goldstein

Mayor's Office Russian and Elderly Liaison



It's been 27 years since I first came to work for the City of Boston. Kevin White was Mayor, and I was going to work for the Elderly Commission. The date was February 21, 1979 - what were you doing at that time of your life? The city was in a state of flux the riots were over and peace had come at last... hopefully.

Then, in 1983 a new Mayor, Ray Flynn, was elected and I went

from the Elderly Commission to the Accessing Department and then on to Neighborhood Development. Upward I went to the Boston Redevelopment Authority in 1985 with more changes ahead; Flynn was going to run for Governor in 1986. I was told "Mel get on your track shoes the Mayor is going to run for Governor." Never happened! Instead he was appointed by President Clin-

ton as Ambassador to the Vatican (1993-1997). Enter, Thomas M. Menino. Boston has become a real first class City with a first class Mayor. The elderly are now front and center, a Mayor that is totally committed to their well-being.

Now back to nostalgia and old neighborhood haunts. How about the Alibi, Jack's Lighthouse, and Old City Square in the townies town of Charlestown? The uptown known as Scollay Square, The Old Howard, Epstein's Drugstore, Bowdoin Square Theater, Scollay Square Theater "featured top talent." The bars, clubs and tattoo parlors. The sailors, hookers and all the characters that make Old Scollay Square. Old Hanover St with Waldron's Casino Theater - where I was MC for 7 weeks and was all of 13 years old. The plethora of Italian bakeries and deli's that flooded the good ol' North End. The aromas of the imported cheeses and salamis

that permeated the fall air. What wonderful memories!

Let us visit the other end of our fair City in the 1920's, 30's, 40's and all the way up to the early 70's. The South End was as colorful and as shady with those terrific houses of chicken and ribs, Slades for BBQ's and Estelle's for fried. The clubs, the High Hat, the Little Dixie, Eddie's Lounge, Morley's, the Rainbow and so many more. How about those great dance palaces, the RayMore-PlayMore, the State Ballroom, Uptown Ballroom, the Tent, and Child's Old France? On Washington-the Langham and Woodcock Hotels, the Prime Restaurant, Checker Smoker, Harry the Greeks Army and Navy Store. We could go on and on to Roxbury with the Rivoli and Roxy Theaters, Blairs and Wellworth Markets, Timothy Smiths, Frednins, the Beacon Stores, Mickey's Lounge, Highland Tap, Swains and Tiffany's. Where have they gone but to that BIG barrel of beer in the sky!

I love Franklin Park. It was the oasis in the sea of despair. Right across from the park on Blue Hill Avenue was one of the busiest soup kitchens of the 1930's. Don't ever say to me that "good old days" but on to happier days and places. Who among us can remember the many stores that comprised the busy Blue Hill Avenue? The famous G&G Restaurant that situated next to a Chinese Restaurant was visited by all the politicians from FDR to Wendell Wilkie. I can still recall when I was Ward 14 Democratic Committee Chairperson

during the Presidential campaign of Republican Ike Eisenhower. Enough of politics and on to what comprised Mattapan and Cleary Square in Hyde Park. Do any of you out there remember Kennedy's Clothing Stores, the Flagship Facility on Summer Street in downtown Boston? Hyde Park's Cleary Square was considered such an integral part of the city that Kennedy's had a branch store there at the corner of River Street and Hyde Park Avenue. Mattapan had landmark businesses from Sunny's Cigar Store to Jimmy's Diner. Many great women's stores, men's clothing, Brigham's ice cream, the Embers Restaurant, Capital Electric and who knows what else.

The wonderful and colorful West End- the restaurants and deli's on Causeway Street, the great hotels, the Manger- it was demolished by implosion, Morton's Dress Shop- known throughout the city, The Old Boston Garden, North Station Concourse, the Lancaster Theater. Who can recall them all?

On to that garden spot East Boston with Ivey's in Maverick Square, Lombardo's in Central Square, Spinelli's in Day Square and all those lovely bakeries in between. How about Sammy Arkin's Clothing Store, Phillip's Furniture Store and Lacey's Department Store? What memories of what comprised great neighborhoods!

I think, today there is resurgence among our youth feeling of not only nostalgia but of caring a deep sense of community. I see and feel it among the guys and

girls with whom I have the pleasure of working. I admire their dedication, the sense of giving of themselves, their unselfishness and especially the warmth and tenderness towards the elderly and infirm, their insatiable curiosity as to what once was.

Now that Filenes is no longer with us what downtown buildings or facilities are left? Where is Gilchrist's, R H White, Raymond's, Wolfording's Costumes, the Restaurants of Warmuth's, Rosoff's, the Essex Deli, Joe and Nemo's, Shulte Cigar Stores, Bond's, Crawford's, Howard's, Scott's Clothing Stores and Homer's Jewelry Store. Who can recall them all? I hate to bring this up again, but when I think of all those cafeteria's that are gone and forgotten - Apple Pie Ala Mod at the Waldorf's 15 cent special, Albiani's spaghetti and meat ball, Walton's fig squares, Haye's and Bickford's custard pudding, upscale Pieroni's lobsters for \$2.95 complete diner, Durgin Park's roast beef \$2.95 (the side of a cow), Pie Alley, Thompson's Spa - LET'S EAT!

Boston is still well known for its dining, which has gone significantly upscale. How can you compare now to the Essex Deli with its pickles, coleslaw and sour tomatoes on the counter, Joe and Nemo's hot dogs and root beer, Mondo's in Quincy Market famous antipastos, Thompson's Spa from 9pm on was Taxi heaven pies, heroes sandwiches all a \$.25. Can Radius, Lydia Shire and Locke Ober compare to those gourmet bastions? In closing, come see me for a good joke!

Mel G.

DENNIS JOHNSON

A STAR IN EVERY WAY

By, Mike Flynn

Boston sports history lost one of its shining stars recently when Dennis Johnson passed away. He had just played a one on one game with Austin Toros basketball star Jamar Smith. DJ was the coach of the team. Later he was speaking with Toros spokeswoman Perri Travillion about a traffic ticket when he collapsed. "We were laughing" she said. That says it all about Johnson. He went out laughing. As one of the brightest lights on a team full of superstars, DJ always had a smile on his face. To his teammates he was a practical joker, keeping them on their toes but also bringing a certain amount of levity to the pressure of big time basketball. And make no mistake about it, this was big time basketball. He played on a team with four Hall of Famers, Larry Bird, Kevin McHale, Robert Parish and Bill Walton, but still managed to stand out. The game seemed to be different back then. Passing, teamwork and defense took center stage and that team could pass and boy could DJ play defense.

I know nowadays players like Kobe Bryant, Alan Iverson,

Kevin Garnett, LeBraun James etc are tremendous athletes. In truth, basketball players are probably the best conditioned athletes in any sport. But when you have players scoring 50 or more points in a game, game after game, where is the passing, the teamwork, the plays. Magic Johnson could pass one way while looking another. He could make the seemingly impossible, possible. It seems to be a lost art in today's game. The teamwork of those teams in the 80's like the Celtics, Lakers, Pistons, 76ers were great fun to watch. Now people pay to see stars, individuals.

Dennis Johnson was born into a family of 15 in Compton, California. As a 5'9" guard in high school he was not accomplished enough to play more than one or two minutes a game. After graduation he went to work in a warehouse, but continued to play in street games and continued to grow in height. A college coach happened to be walking by one of those pickup games and noticed Johnson. He convinced him to enroll at Harbor Junior College where two years later DJ led them to a state title. He

went on to Pepperdine in Malibu, a long way from Compton. In his only year there, Pepperdine went to the N.C.A.A. Tournament where they almost upset powerhouse U.C.L.A. He applied for a hardship to the N.B.A. and was selected in the second round by the Seattle Supersonics. When he finally won a starting job two years later, the Sonics made it to the N.B.A. Finals but lost to the Washington Bullets. The next year the Bullets and Sonics again met in the Finals but this time the Sonics became champs. Johnson was named Most Valuable Player of the Tournament.

The next year he was traded to the Phoenix Suns where he averaged 19 points per game and was named to the All-N.B.A. team with Larry Bird, Kareem Abdul Jabbar, Julius Irving and George Gervin. Pretty good company. In 1983 he was traded to the Celtics.

The Celts acquired him for his defense. He was an attacking defensive player, who would go after an opponent carrying the ball rather than wait for them to make a move.



He was a great shot blocker as well. Perhaps no one could cover Magic Johnson the way DJ did. Of course no one could actually shut down Magic, but in the 1984 playoffs he contained Magic in 7 games while making almost 20 points per game himself and was a major part of that Championship Team.

But defense was only one aspect of Johnson's game. Where as today many players are one or two dimensional or specialists, DJ could do it all. His quick first step when driving to the basket with his shoulder down would leave most defenders flat footed. He had an unorthodox jump shot (which he blamed his father for teaching him) which he seemed to never miss from anywhere on the floor. He was the master at leading his team up the floor calling the plays. His lightning quick passes to Bird on the base line almost always meant a basket. On the foul line he would bend low from the waist quickly bouncing the ball in shot bursts, one bounce for every year he had been in the N.B.A., stand tall, take a deep breath and float the ball to the

basket.

Many wonder why DJ is not in the Hall of Fame. Me too. He won 3 N.B.A. Championships, he was a finals M.V.P., All-N.B.A. First team in '81, All-N.B.A. Second team in '80, All-Defensive first team 1979-83 and '87, All-Defensive second team 1984-86 and a 5 time N.B.A. All-Star. Teammate Danny Ainge, who is now the Celtic's General Manager, calls Johnson "one of the most underrated players in the history of the game and one of the greatest Celtic acquisitions of all time." None other than Larry Bird, who is not known for spouting superlatives, calls Johnson "the best teammate I ever had."

Bird and Johnson will forever be joined as the pair who pulled off one of the greatest plays ever. In 1987, a pall of gloom had settled over my living room as my friends and I realized the hated Detroit Pistons, led by thug Bill Laimbier and the smirking Isaiah Thomas, were about to beat the Celtics in the Conference Finals. Detroit had the ball with only seconds left leading by one. All Thomas had to do

was inbound the ball to a teammate and the Celts were done. On the inbound pass Larry Bird seemingly came out of nowhere, stole the ball and relayed it to Johnson streaking down the lane for a lay-up and the win. I don't know if the emotion of despair to elation has ever changed that quickly. It has been hailed as one of the 100 greatest plays in the sport's history. The Celtics went on to beat Detroit in seven but lost to the Lakers in the Finals.

Dennis Johnson was only 52 when he died. He leaves his wife Donna and three children. But he also leaves legions of fans from California to Washington to Arizona to Massachusetts, to well, every where he has ever been. Not soon forgotten will be that freckled face, warm smile or the attitude he brought to the game. As he once said "I hate to lose. I accept it when it comes, but I still hate it. That's the way I am." I am sure that is how we all feel about losing him. But he will always be in our hearts as an exceptional athlete on a team that helped revive basketball and a man who brought joy to all he touched.



Martha Beacon and Rose Perard say hello to Senior staff.



Commissioner Greenberg practices her bear hug!



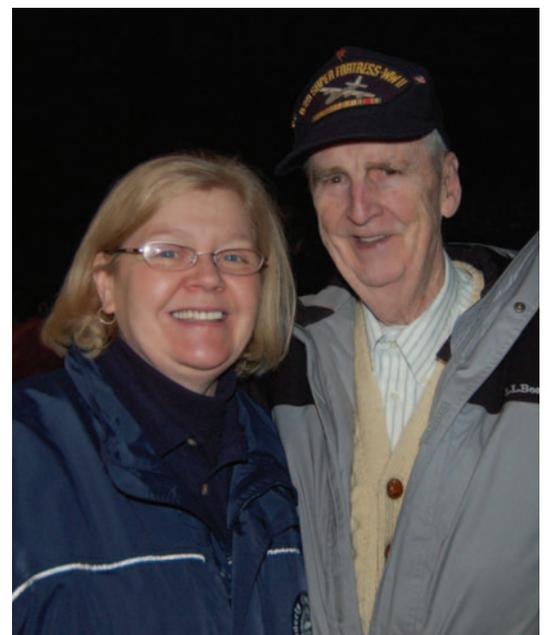
Mayor Menino with the Step Dancers from the Woods School of Dancing.



The spry Retha Almedida was the first to arrive at the South Boston St. Patrick's Day celebration. Even a blizzard didn't slow her down!



Billy O'Neil and his cronies celebrate on St. Patty's Day.



Kathy Giordano greets Jim Devlin at the Big Apple Circus.



World traveler and memior project participant writes her story of travels from China to India to America.



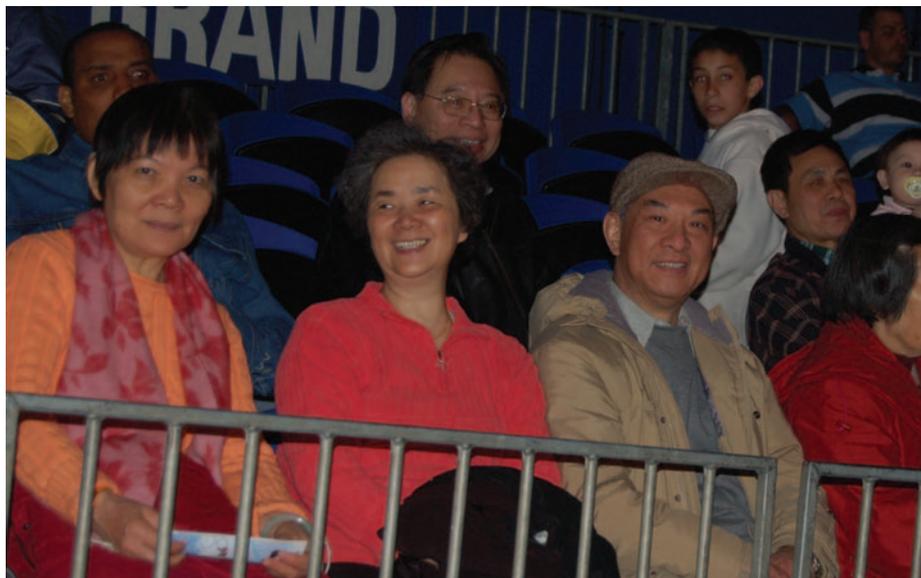
Ester Perry says hello to her friend the Mayor.



People of all ages came out for the opening of the swan boats in the Boston Public Garden, to celebrate with Mayor Menino.



The Lovely Ladies of Roxbury's Freedom House.



Chinatown seniors accompany Arthur Chi of Chinese Golden Age, to the Mayor's Senior night at the Big Apple Circus.



The Memior Project, Chinatown.



Mrs. Gerry Crowell with Commissioner Greenberg at the St. Parick's Day party.



Senior Companion group at Central Boston Elder Services.



Raising of the Irish flag outside on City Hall Plaza in honor of St. Patrick.



An artist gets ready for spring and gives seniors and others free art lessons in front of a gallery on Newbury Street.



Mayor Menino visits with Brighton residents at the Veronica B. Smith Senior Center.



Bridget Ronney gets a birds eye view of the St. Partick's Day parade from her Grandpa Giggs.



Billy O'Neill presents his handmade St. Patricks's Day card to Mr. and Mrs. Mayor Menino.



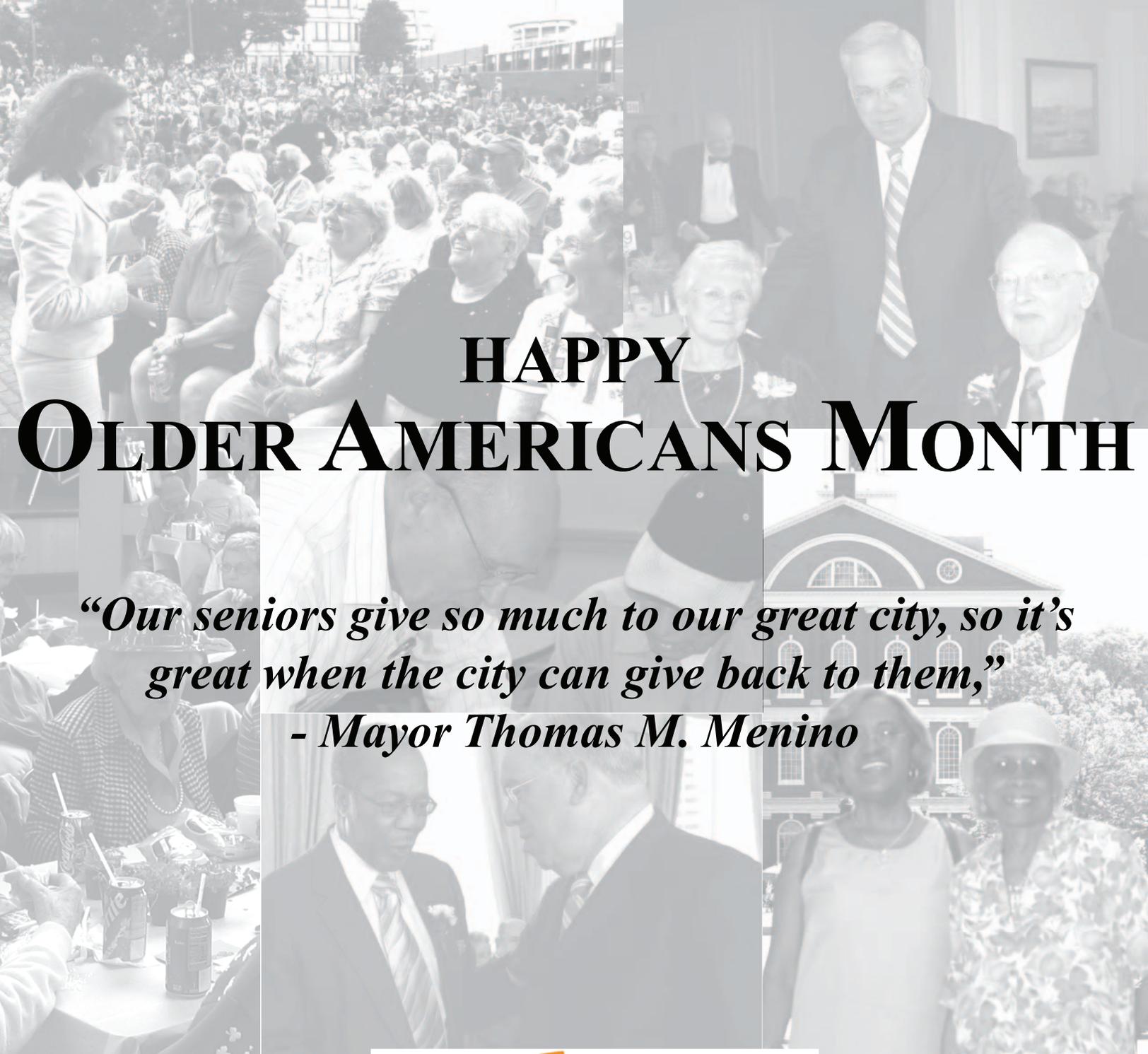
Chinatown seniors sing a familar nursery song from their childhood at the neighborhood center.



Barbra and Fanny Perryman.



The Easter Bunny with baskets in tow escorts Elderly Commission staff to visit the the lovely Cynthia Lui.



HAPPY OLDER AMERICANS MONTH

*“Our seniors give so much to our great city, so it’s
great when the city can give back to them,”*

- Mayor Thomas M. Menino



Making **Choices**
for a **Healthier Future**