



Elderly Commission

Thomas M. Menino, Mayor of Boston

Boston Seniority

Summer 2007

Inside this issue:

- Mayor's Spotlight
- BEAT THE HEAT
- Senior Tax Credit
- Summer Events
- Senior Games



FREE

2007
Volume 31
Issue 6

Table of Contents:

Page Number

3	Mayor's Spotlight
4	The Local Option Meals Tax
5	Tax Breaks for Seniors
6	How the Elderly Commission can benefit you
8	Cyber Seniors
10	Sheriff Andrea Cabral visits City Hall
11	Port of Boston
12	Beat the Heat
14	Summer Events
16	Fun Boomer Classes
18	OLLI, Umass Boston
19	Saving Energy and Money
20	Health benefits of eating fatty fish
21	Healthy summer recipes
22	Healthy Wealthy and Wyse
23	Eastie is walking
25	Ernie Deeb Honored
28	Cooling Sites near you
30	Francis Ouimet and golf's greatest game
32	Senior Games medals
36	Senior Scene



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

BostonSeniority@cityofboston.gov

Boston Seniority

Volume 31 Number 6

Published by the City of Boston

Commission on Affairs of the Elderly

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

Kaysea Cole
Teresa O'Connor
Martha Rios
Editors

Eileen O'Connor - portrait
Kaysea Cole - landscape
Photographers

City Hall Plaza-Room 271 Boston, MA 02201
(617) 635-4366
www.cityofboston.gov/elderly

Tomas Gonzalez, Chief of Staff

Kaysea Cole
Deputy Commissioner of Communication &
Policy

Kathleen Giordano
Deputy Commissioner Community Relations

Joanne Lee
Deputy Commissioner Advocacy and Planning

Greg Rooney
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



Mayor Menino Reminds Residents to Keep it Cool in Hot Weather

With temperatures expected to top 90 degrees this summer, Mayor Thomas M. Menino reminds residents to prepare for the hot and humid weather by taking precautions to stay healthy.

“The summer heat can be dangerous if we don’t take the right precautions, so it’s important that we all help each other stay safe and cool,” Mayor Menino said. “The city is here to assist all residents this summer, especially our seniors and those with young children.”

Children and the elderly are particularly vulnerable to heat-related illnesses and injuries, but everyone should remember to limit their activities during very hot weather, drink plenty of fluids,

and avoid beverages that contain caffeine or alcohol. Additional measures to beat the heat include avoiding cooking, taking cool showers or baths, and wearing loose, light-colored clothing.

The city’s pools and community centers are now open for summer activities (see cooling sites listed on page 28). Mayor Menino urges residents to utilize these facilities. A complete list of cooling centers and pools is attached. For additional information, residents can contact the Mayor’s 24-Hour Hotline at 617-635-4500 or www.cityofboston.gov/heat. Residents are reminded that fire hydrants should not be tampered with or opened; doing so may hinder fire prevention capabilities.

The Mayor’s Commission on the Affairs of the Elderly has been proactively informing seniors of staying healthy during hot, humid weather through community seminars. Today, an auto call went out the city’s elderly to alert them of the upcoming heat. The elderly are advised to call the Elderly Commission at 617-635-4366 or the Mayor’s 24 - Hour hotline at 617-635-4500 if they experience problems and to drink plenty of water and avoid outside activity. Boston seniors can also take advantage of Senior Shuttle service to and from the cooling centers. Additional information is avail-

able by calling the Elderly Commission at 617-635-4366.

The warning signs for heat illness include: dizziness, weakness, fainting and vomiting, stomach cramps or cramping of the legs or arms, and confusion and agitation. If anyone experiences any of the symptoms listed above, they should first stop what they are doing and, if possible, move themselves to a cooler area. If symptoms persist, they should call 9-1-1 immediately. Family, friends and neighbors are also urged to check in frequently with elderly residents who may need assistance during the hot weather.

For questions about heat-related city services, residents should call the Mayor’s 24-Hour Hotline at 617 635-4500.

On another summer note, It gives me great pleasure to welcome you to another exciting event filled summer in Boston, a summer that reflects the city’s diversity and rich cultural life.

I am sure you will find something for people of all ages and tastes to enjoy. I invite you to join us as Boston comes alive with activities for all.

Please see the summer events listing on page 14.

The Local Option Meals Tax

A **smart** plan to reduce your property tax bills.

To help lower residents' property tax Mayor Thomas M. Menino has proposed a sensible one percent tax on restaurant meals to generate additional revenue. Currently more than 80 percent of the City of Boston's budget comes from either property tax or state aid. Expecting to generate \$19 million from this tax, \$12 million of it would mostly come from business travelers, tourists, and other visitors. This is due to the fact that residents only consume one-third of the meals in Suffolk County.

Through diligent fiscal management the city's budget has been through momentous trials, but this is not a plan that is sustainable. This is why Mayor Menino's proposal for a meal tax is crucial for the benefit of reducing the property tax bill for the taxpayer in the City

of Boston. This relief can happen for only one penny on each dollar. For instance, you would only spend an extra penny on a cup of coffee or five cents on a sandwich.

Consumer behavior studies in other states, cities and towns that have the local options meals taxes have revealed that there is no discernible change in business. Restaurant owners would actually be paying less property tax on their building under the meals tax. It is also expected that the lower property tax would be passed on in the form of lower rent for those who lease.

The restaurant industry is considered to be so strong that a one percent meals tax will virtually have no impact on sales or employment. This meal tax would lower property tax rates up to \$200, which would make

an increase in disposable personal income statewide. Extra disposable personal income is highly associated with restaurant sales. Meaning more people will be dining out. This will help boost restaurant industry jobs because of the demand and sales that would occur.

The proposed one percent meal tax would increase the total tax on meals to six percent which would be the same of that in Connecticut. It is far lower than New York City's 8.3 percent and the 10 percent that is imposed in Vermont.

Call your legislator and ask that they help enact the local options meals tax is House 3118. Let them know that you believe that enacting a reasonable one percent meals tax would be beneficial to you, your family, and businesses.

Don't be left in the dark ages

Learn how to use the computer...

What are you waiting for?

Free introductory computer classes for senior citizens at Suffolk University

Call
Kate at
617- 573-8251

Tax Breaks for Seniors

As a member of Mayor Menino's Senior Advocacy Task Force, I'd like to assure that homeowners over the age of 65 are aware that they may qualify for property tax exemptions not only if they reside in their property but also based on their age, if they meet certain income and other limits. To inquire regarding eligibility, call the city's Taxpayer Referral and Assistance Center (TRAC) at 617-635-4287.

There is also a possibility for elders to obtain a reduction

in the state income tax. A tax credit is available to eligible senior homeowners and renters who do not live in public housing who do not exceed given income and other limits. If you qualify, the state will reimburse you up to \$860 per year, and you can back-file for the past 3 years!

For more information, call the Department of Revenue at the State House at 617-887-6367 or toll-free in Massachusetts at 1-800-392-6089. Ask about the "Circuit Breaker".

The Mayor's Senior Advocacy task force, operating within Boston's Commission on Affairs of the Elderly, attempts to advise senior members of our community about the City's extensive services available to those in need.

To learn more about those services, call 617-635-4366 and, please tell your friends.

Paul Schratte
West End

The City of Boston *Elderly Commission* Senior Companion Program



Featured Senior Companion Bernice McNee (pictured left with Stanley James of Roslindale) enjoys listening to seniors telling stories from years past. A five year veteran to the Senior Companion Program volunteers like Bernice prove to be invaluable

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

*"I Volunteer because I have the time now and I like knowing that I am making a difference."
Senior Companion*

A personal story about how the *Elderly Commission* can benefit you

By Martha Rios



Richard Morrison

The Commission on Affairs of the Elderly provides a broad range of beneficial programs and services for the elderly. To name a few we have the Senior Shuttle, Taxi Coupons, Shine Program, Senior Events, etc. There is also our Community Service Advocates who provide one-on-one assistance to seniors who need help with different issues from government benefits to making appropriate referrals.

In this issue and the ones to follow we would like to give you a sense of how our advocates are able to assist you. There are eight experienced and caring advocates who each cover a section of Boston. One well known advocate who covers the area of Roxbury and North Dorchester is Richard Morrison. He has been an advocate for the last decade and he says, “I really like to help

people out and I am a good problem solver for seniors.” Richard is a dedicated worker who tells me he enjoys his co-workers and the team effort they put in. He goes on to say, “The environment at City Hall is uplifting to me.”



Fannie and Barbara Perryman

One senior that Richard was able to help was Fannie Perryman a great grandmother who originally lived in Georgia but ended up staying in Boston to give her children a better life. Fannie mentions how she remembers the monthly cost for living in Boston, an apartment was \$17.00 and the light bill would come for \$3.00. Times have definitely changed and the cost of living now is a big challenge at times but she says, “We still do the best we can and know that we are blessed.” Fannie enjoys attending our senior events which are all free and her eldest daughter Barbara Perryman says, “It has

expanded her world view. It’s opened up a more social life for her and it’s allowed her to be able to attend programs and stuff that she ordinarily would not be able to do because of the funding.” At the events Fannie sees familiar faces and socializes with other people. She is not sturdy on her feet but she is relaxed more and feels like getting out so she can enjoy life. This is due to the fact that transportation is provided to the events. This allows her to go out in the evening and safely get a ride back.

As we all know everyone needs to be careful not to have an accident while in the tub or taking a shower especially for Fannie who at the age of 84 was very wary of slipping again due to a previous experience. She began to feel claustrophobic and frightened while taking showers so she mentioned it to Barbara who also happens to be the Residence Service Coordinator at St. Joseph’s Community, Incorporated in Roxbury. Barbara called Richard asking for help. He knew exactly what to do and was able to give her the correct agency along with the contact person. This helped them get a bench for Fannie, so she could com-

comfortably sit down and feel safe while taking a shower. About the service Fannie would encourage other seniors to get help. She says, "It was very good for me and I highly recommend that for anybody and I am very well pleased with that."

Barbara has also received help from Richard for some of the seniors she works with from getting one a Lifeline, a rail put on the toilet because one

had fallen due to medical issues, also another senior who was able to receive assistance with payment for a portion of their eyeglass bill because they didn't have enough funding and so fourth. "Richard is very well connected with the people in the community as well," Barbara said.

If you are reading this and think you or even someone you know may benefit from our elderly services, please feel free

to call for more information. Richard tells me, "There is always a challenge to be met but if you can't you just have to try different solutions to meet it."

To learn more about City Services for seniors please call us at [617-635-4366](tel:617-635-4366)

or visit us online at www.cityofboston.gov/elderly

CALLING ALL SENIORS HELP WANTED AT THE ELDERLY COMMISSION

Position Title:

AmeriCorps VISTA: Public Interest Coordinator (INTERNSHIP)

This a Volunteer position through Americore which pays a stipend of 11,000 per year.

Job Description:

Research and write new articles for the Boston Seniority magazine. Create and research new topics for BNN TV, Boston Seniors Count and radio shows. Create new public service announcements geared toward low-income seniors. Create a new distribution system for Commission flyers. Re-

cruit new guests to participate on BNN and Boston Seniors Count. Create viewer/readership surveys. Update the current network listing of seniors for information sharing. Recruit new seniors to be a part of the contact network to share information with. Reach out to new and/or recently low-income seniors who have not received or attended our events before. Recruit new volunteers to assist at Elderly Commission special events. Explore and lay out new avenues for

events.

Minimum Entrance Qualifications:

THIS IS A VOLUNTEER POSITION WITH THE ELDERLY COMMISSION.

IF INTERESTED, PLEASE CALL AMALIA SERAFIM, AMERICORPS VISTA, AT 617 635-3989 OR E-MAIL amalia.serafim@cityofboston.gov

This is No Dear Abby

By Amalia Serafim

Forget that stereotype of that grandparent in the rocker, knitting or smoking a pipe, telling you to stay in school, watch out for the bad boys, and soap behind your ears. Like everything else advice from our elders has taken a step forward with the times. Check out the website, elderwisdomcircle.org, where seniors can dispense advice, for the benefits of the rest of us, Generation X, Y and eventually Z.

The site is a great resource for those of us who live far from our grandparents. Generations do not live in the same households, for the most part, anymore. This is a modern way to pass down valuable community wisdom. And for those elders, who are brimming with ideas and solutions, we welcome your input, which is as relevant today as it was fifty or sixty years ago, when you were in our position.

The site is user friendly, for both users and contributors. Users are mostly between 15-45. Contributors are between 60 and 105, with an amazing combined 405,000 years of advice. To contribute, you must be over 60. You can do this on your own or as a group. As such, it is a great option for retirement communities or groups in senior housing. All you need is one computer with

the Internet. For an application, just email ewcmembershipcommittee@yahoo.com. There is an application/questionnaire to fill out initially. Once you are a certified “elder”, you contribute regularly, applying your insight over an array of questions.

Don't think that this advice column is on how to knit booties and bake tasty jello molds. These “cyber-grandparents”, as they are called, give seasoned advice on all kinds of professional and personal matters. The topics include – career, children, family, health, marriage, relationships and self-improvement.

“How do I get my adult child to get out of the house?” reads one question. “My friends keep letting me down” reads another. My obvious favorite is, “My son wants to get a body piercing”. I was prohibited from getting a nose ring upon penalty of death, as a teenager. The responding elder recalls her experience of a grandson with a tattoo. Overall, the responses are empathetic, with a good dose of that tough love, which it is the duty of our elders to dispense. A chocolate chip cookie, combined with a spanking, if you will. “Don't let your marriage go out with the garbage” is a response to the letter, “Marriage: He Needs Constant

Reminders to Take Out Trash”. But, even the more stern advice is accompanied by humor, “Here you are, married 20 years after me and still having this problem I have always had.” I envision cave women trying to find a way to get the trash out of the cave and onto the Cliffside.

Some of the responses are productive brainstorming. One advice-seeker is 67 and wants to know when to retire from teaching. The respondent gives him different options, such as volunteering, tutoring or helping special-needs children or children learning English as a second language. I don't think a self-help book or overpaid career consultant would give you such sincere and personalized advice.

Uniformly, the responses are thought provoking, and there is a notable absence of cliché. There is no, “Don't put off until tomorrow what you can do today” or “Absence makes the heart grow fonder” on this site. Instead, “There are no mistakes...only happy discoveries” according to one profound elder.

Do not miss the “Featured Elder Page”, updated regularly, showcasing the contributing elders. One elder, Shreya, served as one of the U.S. delegates to the UN

one year, was a Deputy Wedding Commissioner who married people in her City Hall, and had her own consulting firm. Her accomplishments serve as their own form of guidance, even without her written advice. She makes me want to spring out of my cubicle and conquer the world.

The website has been met with such popularity, that it has been compiled into a book, *The Elder Wisdom Circle: Guide For a Meaningful Life*, which will be published in October. In the meantime, hop on the website – you can still read the 150 most recent entries. You might even

see the question I plan to pose. How can I marry a millionaire, save the world, but still have my weekends free? I am sure the elders will have both enlightenment and well-deserved chastisement for me.

“A Legacy of Taste” Benefits

Meals on Wheels Boston

Wine tasting: the territory of the rich and famous. It is the stuff that the Great Gatsby is made of – wine, cigars, and manors in the Hamptons. Not anymore. On May 16-18, at 6:30 and 8:30 p.m., the Elderly Commission hosted a wine tasting to benefit Meals on Wheels. Beringer wines were featured at an event entitled, “The Legacy of Taste”.

For those of us who are not wine connoisseurs, Beringer’s is one of the most well-known wineries in the United States. It is the oldest continuously operating winery in the Napa Valley. Clark Gable even visited the winery in 1941.

“The Legacy of Taste” was hosted at the Top of the

Hub’s “Skywalk”, on the 50th floor of the Prudential. Guests admired all 360 degrees of Boston’s vistas, strolling the circumference of the “SkyWalk”. They might have even seen the score at Fenway.

Master Sommelier and Master of Wine, Doug Frost, opened the evening with a presentation about the growth/processing of grapes and the history of Beringer. Then, the wine tasting began in earnest, with each individual wine presented, including Napa Valley and Private Reserve wines.

Staff nutritionist, Melissa Carlson, fielded a multitude of questions, about Meals on Wheels. Many visitors already had a basic familiarity with the program. However, according to Deputy Commissioner, Joanne Lee, “People were surprised we serve 1,000,000 meals, to over 7,000 homebound 60+ seniors, for just a donation.

They could not believe that 25% of them are ethnic meals. There is a real diversity in our community”. In-home nutritional risk assessments and the availability of meals, geared toward specific dietary needs, were also discussed.

Even with my meager knowledge of wines, mostly of Shaw’s vintages, I enjoyed the evening... and the sauvignon blanc. Adding his perspective, Deputy Commissioner, Francis Thomas says, “I don’t even drink alcoholic beverages, and I had a fabulous time.” It was a night to elevate our palates for a good cause, Meals on Wheels. The Commission and Beringer hope to do another wine tasting, next year - it is not to be missed.

For more information on

Meals on Wheels Boston

please call Melissa Carlson at 617-635-1838

Sheriff Cabral Addressed Mayor's Senior Advisory Council In Boston City Hall



Boston – Suffolk County Sheriff Andrea J. Cabral addressed the Mayor's Senior Advisory Council of Boston on Friday, June 1. The elderly council known as the Triple A was held inside the Albert L. O'Neil room on the 8th floor of Boston City Hall.

As guest speaker, Sheriff Cabral spoke about the role of the Sheriff's Department and brought information about the Elderly ID program the Department runs for the elder citizens in Suffolk County.

The conference room was filled with over seventy seniors, representing different neighborhoods within the City of Boston, who were very attentive when Sheriff Cabral spoke.

"Everyone that comes to the Nashua Street Jail or the House of Correction gets released back into the communities they came

from and most live within five miles of our facilities," said Cabral. "I'm looking to have these individuals in a better position when they leave than they were when they arrived."

Sheriff Cabral then discussed important safety tips on everything from being aware of one's surroundings, watching out for fraud, and carrying personal alarms on key chains.

Computer crimes and scams to be leery of were mentioned. Also, the old saying still holds true, "that if it sounds too good to be true, it probably is." Cabral passed on advice that was handed down to her through her family, stating, "You pay for every convenience."

With all of the daily conveniences we have from online paperless banking, ATM's, and e-mail marketing, these conveniences

do have a price. Human ingenuity will allow the common criminal to devise ways of taking your hard earned money, mentioned Sheriff Cabral.

"It was great that Sheriff Cabral came to meet with our members," said Joe Chaisson, the AAA Clerk. "The seniors asked a lot of really good questions and the Sheriff did a wonderful job of answering them."

At the end of the question and answer session, Sheriff Cabral handed out Sheriff's Department Safety Tips booklets and scheduled for the Department to come back and create Elderly ID's for the seniors this fall.

"Sheriff Cabral was favorably received by the seniors and many of them want her to come back," said Joanne Lee, Deputy Commissioner of Advocacy and Planning for the Commission on Affairs of the Elderly. "She gave out very important information on fraud, safety tips, home safety, and she interacted well with the group."

For additional information about the Suffolk County Sheriff's Department Elderly ID program, please visit the Department's website at www.scsdma.org and look under Community Affairs.

Port of Boston



Boston Harbor has become very active. For years, it was considered unsafe due to environmental hazards. The once popular seaport had become littered with trash, pollutants and waste. Several cases were argued in court about the harbor. Seniors might remember the battles.

Luckily for us and for the many species that call the harbor their home, the harbor has changed over time. Due to current leadership, (at both the city and state levels) environmental protection acts and some other factors the harbor has become quite active.

The MBTA oversees several commuter boats that take travelers to different city ports. Many people commute to work each day via

the commuter boats. One boat leaves Hingham Shipyard, makes its way out to the main channel, and heads for Boston Harbor. In so doing, the commuter boat passes Castle Island, Logan Airport, and the World Trade Center. Others go to and from Logan airport and in-between Charlestown and the Aquarium. Taking a boat to work often makes for an enjoyable commute.

The harbor is patrolled by different agencies. They include: Coast Guard, Boston Police, Harbormaster, and MBTA Police. It helps to make the harbor safe. Many large ships enter Boston Harbor. They may continue on to ports in Everett or Medford. The ships include cruise ships, cargo ships, navy ships, and LNG tankers. LNG stands for Liqui-

fied Natural Gas. Members of boating clubs sail around Boston Harbor. Captain Ron Hatch, who steered the “Salacia” as it made its way to Boston, spoke of boats in Boston Harbor, saying: “It’s increased. Tonight (Wednesday) is a busy night with sailboats.” Captain Hatch said the water is: “cleaner to the eye.”

Trade between different nations is important for the economy. Ships arrive at, and depart from, Boston Harbor. Automobiles are often imported. Logs and lumber are exported. Boston Harbor is an important part of Massachusetts. It’s imports and exports create jobs for many people. It is key to economic development. The fact that the harbor is now bustling is a very good thing.

John H. O’Neill III

The Elderly Commission

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

BEAT THE HEAT

Any Elder issues or services call the Commission on Affairs of the Elderly from 8:30 am to 5:00 pm at **617-635-4366**.
Any non-medical emergencies or concerns after hours call the Mayor's 24 hour Hotline at **617-635-4500**

The following populations are at risk for heat disorders due to sustained heat and humidity:

- Elderly
- Chronically disabled or unable to care for self
- Those with heart disease or diabetes
- Those taking medication such as: HCTZ, Lasix, Inderal, Elavil, Benadryl, Thorazine, Scopolamine, Mellaril
- Those in top floor apartments

Warning signs of heat illness (HEAT EXHAUSTION):

Dizziness, Weakness, Fainting, Vomiting

Life threatening signs of heat illness (HEAT STROKE):

Confusion, Agitation, Unresponsiveness, Hot Skin, anyone with prolonged heat exposure and behavioral changes must be evaluated for Life Threatening Heat Stroke

Preventative Measures:

- Limit outside activities to early AM or late PM
- Use a fan or air conditioner; if no air conditioner is in the house, access a building where it's available
- Drink fluids (water, juice)
- Take frequent baths/showers
- Wear a hat; Wear loose and light colored clothing
- Open the windows at the top and bottom; keep the shades down during the day
- Avoid using the oven
- Keep an eye on neighbors who are at risk for heat disorders – "buddy system"

Emergency Measures:

- Call 911 if any warning of life threatening signs present
- If patient not traumatized, remove to a cool environment
- Remove clothing
- Apply cool water or ice to entire skin
- Fan patient
- If patient is conscious, give fluids



Congratulations John O'Neill!

Mayor Menino, Commissioner Eliza Greenberg and many colleagues and friends send a big congratulations to John O'Neill on his recent accomplishment of earning a Bachelors Degree in Communications from Emerson College. Mr. O'Neill handles the mail correspondence for the Commission and has recently become one of *Boston Seniority's* favorite staff writers!

Commissioner Greenberg pictured above with John O'Neill

Mayor Thomas M. Menino
Presents

GOSPELFEST 2007

featuring:
Karen Clark Sheard & J. Moss

July 22, 2007

5pm to 8pm

BOSTON CITY HALL PLAZA

For more information call
617-635-3911
www.cityofboston.gov/arts



The Office of Arts, Tourism & Special Events

NEX GRAPHIX & PRINTING 1.617.572.3327

sponsored by



in partnership with



Looking for something to do this summer?

The following are Free Events open to the Public-



July & August



The Coit Observatory

Most Wednesday Evenings - (All year round / Weather permitting)

Spring & Summer – 8:30 p.m. / Fall & Winter – 7:30 p.m.

Observe the night sky through telescopes and binoculars. For more info please call (617)353-2630 two hours before start time. Located at 725 Commonwealth Ave, at Boston University right above the Astronomy Dept. The stairwell to the Observatory is on the 5th floor right next to room 520.



The Gilliland Observatory

Most Friday Evenings - (All year round / Weather permitting)

8:30 p.m. – 10:00 p.m.

Stargaze with a computer controlled 12 inch Meade LX200 Telescope on the roof of the Science Museum's parking garage at Science Park. For more info please call (617)589-0267 at 5:30 p.m. on Friday for an update of the session for that night.



Dorothy Curran Wednesday Evening Concert Series

July 11 - August 15 7:00 p.m. – 9:00 p.m.

July 11 Charlie Thomas' Drifters and The Tokens

July 18 Felix Cavaliere's Rascals

July 25 US Air Force Band of Liberty with Broadway star Gregg Edelman

August 1 The Glenn Miller Orchestra

August 8 The 5th Dimension

August 15 US Air Force Band of Liberty with Ann Hampton Calloway

This is the 34th year for the longest running outdoor concert series in Boston City Hall Plaza. For more information please call (617)635-4505.



The Boston Harbor Hotel

Tuesday Night Summer Soul

July 3 – August 28 6:00 p.m. – 10:00 p.m.

July 3 World Premier Band

July 10 Soul Sound Revue

July 17 Ray Greene & Innervisions

July 24 Soul of Boston

July 31 Soul City

August 7 World Premier Band

August 14 Soul Sound Revue

August 21 Ray Greene & Innervisions

August 28 World Premier Band

Enjoy some of the city's top R&B and soul singers with their bands at the Boston Harbor Hotel. For more information please call (617)439-7000.



Wednesday Night Summer Swing

July 4 – August 29 6:00 p.m. - 10:00 p.m.

Dance to the sounds of the White Heat Orchestra at the Boston Harbor Hotel. For more information please call (617)439-7000.

Thursday Night Blues Barge

July 5 – August 23 6:00 p.m. – 10:00 p.m.

July 5 James Montgomery
July 12 Toni Lynn Washington
July 19 Tutu Jones
July 26 The Nighthawks
August 2 The Love Dogs
August 9 Jeff Pitchell
August 16 Janiva Magness
August 23 James Montgomery

Some of the hottest local and national blues artists will be playing on a floating stage anchored behind the Boston Harbor Hotel. For more information please call (617)439-7000.



Friday Night Movies By Moonlight

July 6 – August 31 Beginning at Dusk

July 6 Vertigo
July 13 To Kill a Mockingbird
July 20 The Philadelphia Story
July 27 Inherit the Wind
August 3 A Man for All Seasons
August 10 Invasion of the Body Snatchers
August 17 The Best Years of Our Lives
August 24 Citizen Kane
August 31 The Thin Man

This is a terrific opportunity to view these classic films under the stars at the Boston Harbor Hotel. For more information please call (617)439-7000.



Gospel Fest

July 22 Sunday 5:00 p.m. – 8:00 p.m.

Have a wonderful time enjoying gospel music featuring choirs and soloists at Boston City Hall Plaza. For more information please call (617)635-3911.



Peace Boston 2007 Hip-Hop Festival

August 4 Saturday 4:00 p.m. – 8:00 p.m.

Featuring Boston's greatest hip-hop stars at Boston City Hall Plaza. For more information please call (617)635-3911.



National Night Out Boston 2007

August 7 Tuesday 5:00 p.m. – 8:00 p.m.

The theme for this event is “Unity Through Community” which will include entertainment, food, and awards. For more information please call (617)343-4345.

For a viewing of more events please visit the City of Boston website at

www.cityofboston.gov

Boomers! Check Out These Summer Classes at the BCAE

What Comes Next? A Holistic Approach to Career and Life Planning for Baby Boomers

Today's boomers take a more active approach to retirement than previous generations. Instead of simply relaxing, many boomers are committed to using their "third age" to pursue long-shelved dreams, to find a new career, to give back by volunteering, to pursue their hobbies, to spend more time with family and friends, or a combination of the above. But where to begin? How best to navigate all the factors and choices? Explore "what comes next" with us, and develop a plan to create a fulfilling next stage. Engage in exercises and discussion to stimulate ideas and open new possibilities. Learn about resources to help plan your transition to whatever you're looking to pursue. Price: Member \$41 Non-Member \$45. When: 8/21/07. Time: 5:30p.m.-7:30p.m. Where: 5 Comm Ave. Boston, MA. Phone: 617-267-4430

Cheese Tasting for Single Boomers

Spend a fun and engaging evening with other cheese lovers who also happen to be single boomers. An expert from Formaggio Kitchen will lead the group beyond gouda, havarti, cheddar, and brie. You'll enjoy dry red and white wines as you sample cheeses from around the world. The tuition includes a materials fee for food. (Demonstration and participation.). Price: Member \$65 Non-Member \$70. When: 7/13/07. Time: 6:00p.m.-9:00p.m. Where: 5 Comm Ave. Boston, MA. Phone: 617-267-4430.

Improv for Single Boomers

You probably thought that improvisation was only for actors and comics, right? Guess again. It's also a fun way to meet new people and gain insights into your own psyche (as well as the inner lives of others). Sharpen your "dating and relating" skills by learning how to live in the moment. Join theatre artist Michael LaChance and a game group of singles for a series of fun games and lively exercises that will improve your ability to think on your feet and communicate more effectively. Retire those old pick-up lines - and get a better handle on how to respond when you're on the receiving end of them. You'll be glad you did. Price: Member \$36 Non-Member \$40. When: 8/1/07. Time: 7:30p.m.-9:30p.m. Where: 5 Comm. Ave. Boston, MA. Phone: 617-267-4430.

Boston's Public Art: A Walking Tour for Single Boomers

The Back Bay is your museum! Join Sarah Hutt to exercise your eyes as well as your feet. We'll visit landmarks on the Commonwealth Avenue Mall, in the Public Garden, and on the Boston Common. You'll enjoy some lively conversation about public art in general as well as some particular pieces you have always admired (or not). The conversation continues following the tour when you are invited to dine as a group at a local restaurant. The cost of dinner is not included in the tuition. Price: Member: \$36 Non-Member \$40. When: 7/26/07. Time: 6:00p.m.-7:30p.m. Where: 5 Comm. Ave. Boston, MA. Phone: 617-267-4430.

Moonlight Paddle for Single Boomers

There's nothing like enjoying nature by moonlight. And what better way to do that than with a canoe ride on the Charles River? Join the staff of Charles River Canoe and Kayak for an evening of paddling, snacks, and sight seeing. The tuition includes canoe, paddle, life-jacket rental, and some munchies. Whether you're looking for a romantic way to spend an evening or a new way to see the world, you won't want to miss this trip. Wear appropriate attire: clothes and sneakers you don't mind getting wet. Also, bring a change of clothes. The instructor may call you before the class starts to ensure you are properly prepared. Directions will be mailed shortly after you register. In the event of rain, call Charles River Canoe and Kayak at (617) 965-5110 to ensure that class will meet. Sorry, no discounts apply, and no refunds or transfer credits will be issued. Price: Member \$40 Non-Member \$46. When: 6/30. Time: 7:00p.m.-10:00p.m. Where: 5 Comm. Ave Boston, MA. Phone: 617-267-4430

A Southern Barbecue for Single Boomers

Enjoy authentic barbecue flavors, rain or shine, indoors or out. Prepare "sticky" chicken in homemade spicy barbecue sauce with caramelized onions, bourbon-molasses ribs, jalapeño cornbread, a unique homemade coleslaw, and pineapple upside-down cake. Sip wine or beer while you cook. Wear casual clothes and come prepared to cook and eat! The tuition includes a materials fee for food. (Participation.). Price: Member \$65 Non-Member \$70. When: (There are two separate barbeques. Cost is for one). When: 6/22 and 7/13. Time: 6:30p.m. -10:00p.m. Where: 5 Comm. Ave, Boston, MA. Phone: 617-267-4430.

Career Anchors: Navigating New Directions

Edgar H. Schein, Sloan Fellows Professor of Management Emeritus at the Sloan School of Management at MIT, talks about his book "Career Anchors," an assessment tool for third-agers who are thinking about what's next. Join Professor Schein and other boomers for a lively discussion about navigating new directions for work and retirement. The book is included with the price of tuition. Price: Member \$55 Non-Member \$59. When: 8/1/07. Time: 6:00p.m.-8:00p.m. Where: 5 Comm. Ave. Boston, MA. Phone: 617-267-4430

Age and Experience as Assets in the Workplace

Your professional savvy, special insights into problem solving, and track record of successes were acquired through years of hard work. And yet with workplaces becoming more and more dominated by young people, it can sometimes be hard to whole-heartedly embrace the road you've taken and the time you've invested. There is no doubt that boomers face challenges in their professional lives as some employers (and potential employers) cling to preconceptions about middle-aged and older workers. However, there are ways to dispel their misguided ideas and to demonstrate how midlife professionals add value to an organization. Join us for an exploration of the attitudes, realities, and skills that create the perception of a worker's worth. Learn how to confidently respond to age-related interview questions and how to combat myths about the older job seeker. Also, get a leg up on the competition with expert advice on how to craft a resume and conduct a job search in the electronic age. You're not just getting older - you're getting better! Price: Member \$41 Non-Member \$45. When: 8/15/07. Time: 5:30p.m.-7:30p.m. Where: 5 Comm. Ave. Boston, MA. Phone: 617-267-4430



OLLI is part of a nationwide (and worldwide) movement of so-called Lifelong Learning Institutes (LLI) for learners aged 50 and older who are retired or partially retired. In the United States and Canada, there are over 500 programs, and around the world, more than 1,000 programs known in other countries as Universities of the Third Age. Some of these programs are directly tied to college and university campuses, and others are independent.

Established in 1999 with a University of Massachusetts' Service Endowment grant and with support from the Gerontology Institute of the John W. McCormack Graduate School of Policy Studies, OLLI is one of 19 LLIs operating in Massachusetts and is the only program associated with a public university in the city of Boston. In just a few years, the OLLI program has emerged as

a large, distinctive, public-service contribution for UMass Boston. OLLI's membership has grown steadily from 147 in the first year to a current membership of 313. OLLI members come from over 60 cities and towns, particularly from the South Shore, Quincy, Milton, South Boston, and Dorchester. However, most members have had no previous contact with the University.

What can I learn?

Nearly 70 courses or seminars on a variety of topics are offered each year. They meet once a week during the day and might last anywhere from 4 to 12 weeks. Field trips, special lectures, and social events are also included in the offerings. Most seminars are held at the Harbor Campus of UMass Boston. It is a short walk from the Massachusetts Archives building and the John F. Kennedy Library and easy to reach

by public or private transportation. Parking is available for a small fee.

Scholarship Opportunity:

Even though there is a fee for Olli membership, the institute wanted to make scholarship money available. The purpose of the Harry Gloss Scholarship Fund is to provide full or partial scholarships to individuals who cannot afford to pay the annual LETS membership dues because of financial hardships. This scholarship is for one year (fall and spring semesters). It may be renewed for one additional year with a new application.

For more information,
OLLI, Gerontology Institute
UMass Boston
100 Morrissey Blvd., Boston,
MA 02125-3393
Phone: 617-287-731



Rose Fitzgerald Kennedy

*She bore nine children in her prime and buried four before their time,
loved the matriarch of all the clan, she made for every child a plan,
we know she'll hear as years pass by thier every laugh thier every sigh,
and keep each always in her sight through realms of everlasting light.*

Poem written By Betty Craig,
Dorchester

Saving energy means saving \$\$

Have you seen the light?



Homes Use Energy Like It's Going Out of Style. The typical U.S. family spends \$1,300 a year on home energy bills, and some of that energy is wasted. Heating, ventilating and air conditioning units are inefficient, windows leak conditioned air, and appliances devour energy.

This is money out of your pocket, and it's bad news for the environment—electricity generated by fossil fuels for a single home puts more carbon dioxide into the air than two average cars.

Compact Fluorescent Light Bulbs
If every American home replaced just one light bulb with an ENERGY STAR qualified bulb, we would save enough energy to light more than 3 million homes for a year, more than \$600 million in annual energy costs, and prevent greenhouse gases equivalent to the emissions of more than 800,000 cars.

Earning the Government's ENERGY STAR
ENERGY STAR qualified CFLs: ENERGY STAR qualified bulbs use about 75 percent less energy than standard incandescent bulbs and last up to 10 times longer. Save about \$30 or more in electricity costs over each bulb's lifetime. Produce about 75 percent less heat, so they're safer to operate and can cut energy costs associated with home cooling. Are available in different sizes and

shapes to fit in almost any fixture, for indoors and outdoors.

How to Choose and Where to Use CFLs:

ENERGY STAR qualified CFLs provide the greatest savings in fixtures that are on for a substantial amount of time each day. At a minimum, ENERGY STAR recommends installing qualified CFLs in fixtures that are used at least 15 minutes at a time or several hours per day. The best fixtures to use qualified CFLs in are usually found in the following areas of your home:

- family and living rooms
- kitchen
- dining room
- bedrooms
- outdoors

How to Choose the Right Light:
Matching the right CFL to the right kind of fixture helps ensure that it will perform properly and last a long time.

For example:

CFLs perform best in open fixtures that allow airflow, such as table and floor lamps, wall sconces, pendants, and outdoor fixtures.

For recessed fixtures, it is better to use a reflector CFL than a spiral CFL since the design of the reflector evenly distributes the light down to your task area.

If a light fixture is connected to a dimmer or three-way switch, you'll need to use a special ENERGY STAR qualified CFL designed to

work in these applications.

Make sure to look for CFLs that specify use with dimmers or three-way fixtures.

Choose a qualified CFL that offers a shade of white light that works best for you. For example, while most CFLs provide warm or soft white light for your home, you could choose a cooler color for task lighting.

To choose the ENERGY STAR qualified CFL with the right amount of light, find a qualified CFL that is labeled as equivalent to the incandescent bulb you are replacing. Light bulb manufacturers include this information right on the product packaging to make it easy for consumers to choose the equivalent bulb. Common terms include "Soft White 60" or "60 Watt Replacement."

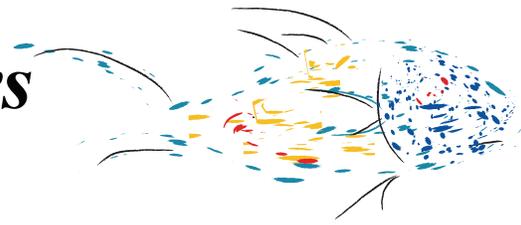
You should also check the lumen rating to find the right CFL. The higher the lumen rating, the greater the light output.

CFL Disposal —

CFLs contain a small amount of mercury and should be disposed of properly, ideally recycled. Be sure to read the packaging for more information on proper disposal.

Fatty Fish does wonders

By Rachelle Caves, Nutrition Intern



The “fatty” part of fatty fish may scare people into thinking this type of food is unhealthy. However, several studies have been conducted that show the benefits of fatty fish on cardiovascular health. Fatty fish has been shown to be heart-healthy, lower blood pressure, reduce inflammation, and reduce the risk of heart attacks.

What is it that makes fatty fish so healthy? Fish fats contain omega-3 polyunsaturated fatty acids, which have been shown in previous studies to help keep a person’s cholesterol numbers in the healthy range. Omega-3 fatty acids are considered essential fatty acids, which means that they are essential to human health but cannot be made by the body. Fatty fish like mackerel, lake trout, herring, sardines, albacore tuna and salmon are high in two kinds of omega-3 fatty acids - EPA and DHA. Evidence suggests that EPA and DHA found in fish oil help reduce risk factors for heart disease including high cholesterol and high blood pressure. Studies show that a diet rich in omega-3 fatty acids may help lower

triglycerides and increase levels of good cholesterol, HDL. People with diabetes tend to have high triglyceride and low HDL levels, so diabetics may benefit from eating foods high in omega-3 fatty acids. Large amounts of omega-3 fatty acids may also act as an anticoagulant to prevent blood from clotting. Several other studies also suggest that these fatty acids may help lower high blood pressure.

A recent study presented at an American Heart Association meeting shows that elderly adults can lower their risk of having a fatal heart attack by consuming as few as one serving of fatty fish each week. This current study is the first to show that this protection extends to more elderly people. Earlier studies in middle-aged adults also show that eating fatty fish protects the heart.

David S. Siscovick, MD and his colleague looked at the fish-eating habits of approximately 4,000 men and women aged 65 years and older as part of the Cardiovascular Health Study. The average study participant was 72 at the time the study started, and

almost 79 by the time it ended. The study showed that people who ate at least one serving of fatty fish every week were 35% less likely to die of a heart attack. People in the study who ate more fatty fish had higher blood levels of these omega-3 fats. Eating lean fish had no effect on heart attack death risk. Lean fish is usually eaten fried in America and includes cod, catfish, and snapper. Lean fish do not offer the same health benefits as fatty fish. Siscovick advises, “If you want to reduce your risk of dying of heart attack, it may not be the same having fried fish as fatty fish.”

Siscovick says “other studies have suggested that you can alter [your] fatty acids over a period of weeks to months -- and those changes may have relatively short-term effects on heart function.” In other words, foods recently eaten can make a difference in a person’s state of health. This finding is significant because it demonstrates that diet makes a difference despite the person’s age.



Eat Healthy Recipes

Greek Pasta Salad

SALAD:
3 cups uncooked farfalle (bow tie pasta)
Cooking spray
1 (8-ounce) tuna steak (about 3/4 inch thick)
1/8 teaspoon salt
1 1/2 cups sliced peeled cucumber
3/4 cup (3 ounces) crumbled feta cheese with peppercorns
1/4 cup coarsely chopped red onion
1/4 cup sliced kalamata olives
1/4 teaspoon freshly ground black pepper
12 cherry tomatoes, halved

DRESSING:
1/4 cup fresh lemon juice
2 teaspoons extra virgin olive oil
1 teaspoon dried oregano
1/4 teaspoon freshly ground black pepper
1/8 teaspoon salt

1. To prepare salad, cook pasta according to package directions, omitting salt and fat. Drain and rinse under cold water. Drain; place in a large bowl.
2. Heat a large grill pan coated with cooking spray over high heat. Sprinkle tuna with 1/8 teaspoon salt. Add tuna; cook 5 minutes on each side or until desired degree of doneness. Remove from pan; cool slightly.
3. Cut tuna into 1-inch pieces. Add tuna, cucumber, and next 5 ingredients (cucumber through tomatoes) to pasta.
4. To prepare dressing, combine lemon juice and remaining ingredients, stirring with a whisk. Drizzle over salad, and toss gently to coat.

Serves 4 (serving size: 2 cups)

Summer Fruit Soup

1 tablespoon minced ginger
3 cups chopped strawberries
2 cups chopped pineapple
1 1/2 cups chopped mango
2 pieces lemon peel
2 pieces lime peel
2 pieces orange peel
4 cups water
1 1/2 cups sugar
1/4 cup fresh orange juice
2 tablespoons fresh lemon juice
2 tablespoons fresh lime juice
1 cup blueberries
Mint sprigs, for garnish

1. Sauté the ginger in a medium pot over medium-high heat until fragrant, about 2 minutes (no oil is necessary.)
2. Add 2 cups strawberries, 1 cup pineapple, 3/4 cup mango and the lemon, lime and orange peels; cook for another 2 minutes.
3. Add water, sugar and fruit juices and bring to a simmer, stirring occasionally. Simmer for 5 minutes and remove from the heat.
4. Allow mixture to cool slightly and then transfer in batches to a blender or food processor. Puree and strain into a large bowl.
5. Add remaining 1 cup strawberries, 1 cup pineapple, 3/4 cup mango and blueberries. Stir to combine, cover and refrigerate until well chilled. Serve with mint sprigs for garnish

Serves 8 (serving size: 1 cup)

Healthy Wealthy and Wyse

By Geraldine Wyse R.N.

Age Spots, Liver Spots, Solar Lentigo

Most common on those over 55, age spots, those little brown spots on your hands, add up after years of working or basking in the sun. Age spots are collections of pigment caused by exposure to the sun. The pigment is deposited as a response to injury, similar to a scar that responds to a cut on the skin.

Pigment collects in areas injured because of thin skin or a large amount of sun exposure. They can also be caused by bruising that leaves blood pigment behind.

Example: You hit your hand on a door, later that day there is a large, ugly dark purple area on your hand. You then wonder where this bruise came from!!

General age spot facts
Locations: Age spots are often found on your hands. They can be found anywhere, especially in areas that are exposed to the sun, face, back, arms, feet and shoulders.

Symptoms: painless, no itch or swelling. They are darkened spots on skin.

You don't need to see a doctor for a diagnosis. If you have any concerns about the change in size or color, have your doctor look at them. Your

doctor may send you to a dermatologist for further evaluation to rule out skin cancer.

Age spots may fade but they do not usually disappear because the skin has been damaged.

Treatment: none. Age spots are not harmful.

You may want to talk to your doctor about cosmetic treatment to make the age spots look lighter.

Prevention:
Everyone is aware of the American Cancer Society campaign to avoid sun and its dangers.

Prevention begins in infancy by avoiding the sun. At an older age, you can still limit your exposure to sun and this will help age spots from enlarging or darkening.

Wear long sleeved shirts, pants and hats while in the sun.

Sunscreen applied before you even leave the house (one hour before). #15 SPF or higher.

Avoid intense sun during the day 10-3pm.

Age spots can be avoided by limiting exposure to the sun.

You may want to share this information with your young grandchildren. Now is the time they should learn about age

spots and not when they are 40 and they suddenly appear!!

W



The SoWa Open Market
May 19- October 28 (Sundays)
Featuring arts and crafts vendors
Harrison Avenue, South End
www.southendopenmarket.com

Farmers Market
May 21- November 21
(11am - 6pm, Mondays & Wednesdays)
Boston City Hall Plaza

May 22- November 22
(11am - 6pm, Tuesdays & Fridays)
Copley Square

June 5- October 30
(3 - 7pm, Tuesdays & Thursdays)
Dudley Street, Roxbury

July- October (2 - 7pm, Tuesdays)
Constitution Beach, East Boston

July- November
(12 - 5pm, Tuesdays;
12 - 3pm, Saturdays)
Centre Street, Jamaica Plain

July 18- October (2 - 7pm, Wednesdays)
Thompson Square, Charlestown

July 23- October 29
(10am - 6pm, Mondays)
West Broadway, South Boston

May 21- November 8
(11:30am - 6:30pm, Mondays,
Wednesdays, Thursdays)
Dewey Square
www.mass.gov/agr

WALKING FOR HEALTH AND FRIENDSHIP IN EASTIE

By Roberta Marchi, YMCA Program Coordinator



East Boston Branch YMCA

On May 2nd, the Y-Walk Club, a member of the Boston Steps Program, agreed to meet a bit earlier than usual for their Wednesday jaunt in order to join the Mayor for his annual Coffee Talk at Cuneo Park in East Boston. They had written a song thanking Mayor Menino for supporting the Boston Steps Program of which the East Boston YMCA Walking Club is a part.

This group, which began with just a few walkers last spring, now numbers about 40 women over the age of 60 who want to do more than grow old gracefully and play bingo in their golden years. These women are determined to keep physically and mentally active and healthy by getting out twice a week in all kinds of weather to walk and network with one another.

The quick growth and high level of participation among the members made it very clear to administrators at the YMCA that this was an idea whose time had come. During the

hot and humid days of summer and the raw rainy days of fall, the women continued to show up at the Y on Mondays and Wednesdays for their exercise. When the Y put out the call for marchers to join a contingent in the Columbus Day Parade, the Y-Walkers were first to volunteer.

Originally expected to end just before Thanksgiving and the onset of bad weather, we were pleasantly surprised when the group expressed a desire to continue to walk throughout the winter. Many suburban communities have shopping malls that make it possible for older people to continue to exercise throughout the worst of the winter weather. We have no such malls in East Boston, but we do have Logan Airport with its enclosed public terminals and aerial walkways that are air-conditioned and heated 12 months a year.

As luck would have it, Massport Administrators heard about the Y-Walking Club and actually invited the women to come

walk the airport whenever they wished. Massport Director Thom Kinton reasoned that it might be a very good idea to have these alert and active senior citizens frequenting the terminals as “Secret Shoppers” and observers. After all, who would be better at critiquing Massport facilities such as restrooms and eateries than your mother-in-law? Who would be more observant of inappropriate behavior and suspicious packages than Grandma? With this in mind, Mr. Kinton invited the group to lunch and to participate in a special security training by the State Police. Members of this group have been walking the airport weekly ever since.

But the fun didn’t stop there. This is a multi-talented group of ladies. When invited by the East Boston YMCA’s Executive Director Joey Cuzzi, to attend the annual Reach Out Breakfast Fundraiser and “say a few words,” they decided to do much more. One of the members wrote a special song to the tune of “Hey Look Me Over.” The group spent many walks practicing their song and by March 22nd, they were ready to perform. Donning their bright yellow Boston Steps tee-shirts, and announcing themselves as the “new kids on the block,” they nearly stole the show from the kiddies whose performance is generally the highlight of the breakfast. They also raised more than \$500 to contribute to the YMCA Reach Out Scholarship effort, showing that these women are as generous as they are fun-loving.

Continued on page 24

City's Volunteer Programs work together in the name of Unity



Volunteers from The Elderly Commission's Retired Senior Volunteer Program and the Senior Companion Program work together on a joint project to promote the together each year to this years project was the creation of a Martin Luther King Jr. Quilt which now hangs outside of the Elderly Commission room 271 of Boston City Hall.

The Quilt was lovingly created by Sarah Allen, Teresa Chichiullo, The Hooks and Needles group, Terry Mazzulli, Eleanor Armstrong, Joyce Bailey, Nan Brown, Wilena Hall, Grace Locker, Harriet O'Neal, Norma Booker, Lee Emerson, and Keitha Hassell. The aforementioned volunteers working together to create a piece of art that represents the diversity and strength of Boston and the importance of the ties that each one of us has. For more information on how to become a volunteer please call the Elderly Commission at 617-635-4366 ask for the volunteer programs.



Quilters group pictured with Mayor Menino and RSVP and Senior Coppanion directors Gloria Rice-Stuart and Fran Johnene (far right)

YMCA Continued

The YMCA has also been generous in supporting several free classes for the Y-Walkers, including Yoga Stretch, and Chi Gung, and stability and strength training with light weights. The women in the group, who come from all over East Boston's neighborhoods, have grown closer, and consider one another "family" in the words of member Joan Capone. They have plans to do "destination walks" in the future, and have sought and received their first grant from the East Boston Land Use Council for taking a bus to a special destination

trip where they can walk, shop, and maybe have lunch.

They are looking forward to the Boston Steps Neighborhood Challenge walk around Jamaica Pond in June, as well as a special sail in Boston Harbor with the Piers Park Sailing Center. Their fondest desire is to have a full-fledged Senior Center in East Boston someday. In the meantime, they are happy to have a gathering place at the YMCA, their community walks and workouts, and materials provided by Boston Steps such as pedometers, water bottles,

whistles, and tee-shirts. With a group of women as determined and energetic as this one, who knows what can happen? "The sky's the limit!"

Y-Walk meets 10:00 AM on Mondays and Wednesdays at the YMCA in East Boston for approximately an hour's walk. Everyone walks at his/her own pace, and all are welcome.

For more information, call Coordinator Roberta Marchi at 617-569-9622 X 207.



Ernie Deeb Honored

By John H. O'Neill III

JUNE 6th was Ernie Deeb Day!

The City Council met on Wednesday, June 06, 2007. President Maureen Feeny called the meeting to order. The Council, from time to time, honors citizens and on June 6th, 2007 they honored one of our own, Ernest Deeb, BFD, Rtd.

It happened that June 6th is the anniversary of the invasion of Europe, known as D-Day, in order for the retaking of Europe which had fallen into the hands of Nazi Germany. D-Day was a planned invasion of the beaches of Normandy by allied forces. Deeb, and numerous others, arrived to try to

take back the land. The war lasted quite a long time. Deeb helped to build some of the bridges needed by the allies in order to ensure freedom.

After World War II, Deeb joined the Boston Fire Department.

He served, at one time, on Engine 36 helping to put out dangerous fires. His years with the fire department had him working, at different times, in Roslindale, Charlestown, and downtown Boston.

Ernie Deeb officially retired from the fire department in 1980 though the story doesn't end there. In 1999, then Fire Commissioner Martin E. Pierce Jr., asked Ernie to

manage a new Senior Fire Safety program. The program helps seniors receive new smoke Alarms, which are then installed, all at no cost to the senior. Each Day, he'll arrive bright and early, working out of the Elderly Commission.

Ernie's four sons and numerous grandchildren attended the honoring. Also in attendance was Roderrick Fraser, the new Fire Commissioner and Eliza Greenberg, Commissioner of Elder Affairs offering congratulations and thanks to Ernie.

Many of Ernie's friends and colleagues gathered in the Chamber along side of his boys to see Ernie being honored. Deputy Commissioner Francis Thomas said it was: "uplifting to see Ernie and others appreciated for the sacrifices they've made."

Freedom is what makes America. Many have helped to continue the freedom. It is nice to honor one such person.



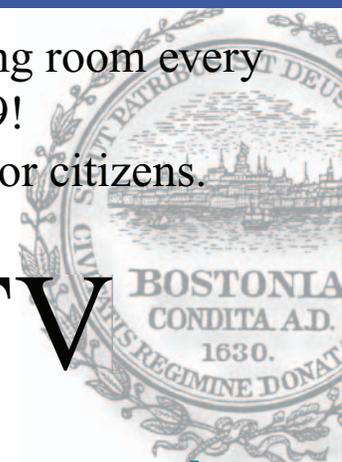
The Elderly Commission is *LIVE* in your living room every Tuesday at 3:30 p.m. on Channel 9!

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

The Elderly Commission

On TV

For more information on how to get involved please contact Kathleen Giordano, Deputy Commissioner of Community Relations at 617-635-4362.



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.



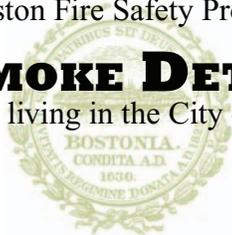
For information and referrals, assistance in gaining access to services, support groups, individualized counseling and much more **call (617) 635 - 3973**

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 Eldelry 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**



BEAT THE HEAT

THIS SUMMER

Mayor Thomas M. Menino reminds residents to prepare for the hot and humid weather by taking precautions to stay healthy.

The Boston Commission on Affairs of the Elderly reminds residents to check on their elderly neighbors. The elderly are advised to call the Elderly Commission at 617-635-4366 or the Mayor's 24 Hour hotline at 617-635-4500 if they experience problems and to drink plenty of water and avoid outside activity. Boston seniors can also take advantage of Senior Shuttle service to and from the cooling centers.

The warning signs for heat illness include: dizziness, weakness, fainting and vomiting, stomach cramps or cramping of the legs or arms, and confusion and agitation. If anyone experiences any of the symptoms listed above, they should first stop what they are doing and, if possible, move themselves to a cooler area. If symptoms persist, they should call 9-1-1 immediately. Family, friends and neighbors are also urged to check in frequently with elderly residents who may need assistance during the hot weather.

The following sites are available, based on required needs, when Mayor Menino declares a Heat Emergency or after the City's temperatures have reached 90 degrees or higher for three or more consecutive days. List is subject to change, please call the Mayor's 24 Hour Services at 617-635-4500 for updates.



Cooling Sites

- Agassiz Community Center, 20 Child Street, Jamaica Plain 617-635-5191
- Archdale Community Center, 125 Brookway Rd, Roslindale 617-635-5256
- Blackstone Community Center, 50 West Brookline Street, Boston 617-635-5162
- Charlestown Community Center, 255 Medford Street, Charlestown 617-635-5169
- Condon Community Center, 200 D Street, South Boston 617-635-5100
- Curley Community Center, (L St.) 1663 Columbia Road, South Boston 617-635-5104
- Curtis Hall Community Center, 20 South Street, Jamaica Plain 617-635-5193
- Gallivan Community Center, 61 Woodruff Way, Mattapan 617-635-5252
- Golden Age Center, 382 Main Street, Charlestown 617-635-5175
- Grove Hall Community Center, 48 Geneva Avenue, Dorchester 617-635-2648
- Harborside Community Center, 312 Border Street, East Boston 617-635-5114
- Hennigan Community Center, 200 Heath Street, Jamaica Plain 617-635-5198
- Holland Community Center, 85 Olney Street, Dorchester 617-635-5144
- Jackson Mann Community Center, 500 Cambridge Street, Alston 617-635-5153



Kent Community Center, 50 Bunker Hill Street, Charlestown 617-635-5177
Marshall Community Center, 35 Westville Ave. Dorchester 617-635-5148
Mattahunt Community Center, 100 Hebron Street, Mattapan 617-635-5159
Mildred Avenue Community Center, 5 Mildred Ave., Mattapan 617-635-1328
Murphy Community Center 1 Worrell Street, Dorchester 617-635-5150
Nazarro Community Center 30 North Bennet Street, North End 617-635-5166
Ohrenberger Comm. Center 175 West Boundary Rd., West Roxbury 617-635-5183
Orchard Gardens Community Center 2 Dearborn Street, Roxbury 617-635-5220
Orient Heights Comm. Center 86 Boardman Street, East Boston 617-635-5120
Paris Street Community Center 112 Paris Street, East Boston 617-635-5125
Perkins Community Center 155 Talbot Avenue, Dorchester 617-635-5146
BCNC/ Quincy Comm. Center 885 Washington Street, Boston 617-635-5129
Roche Family Comm. Center 1716 Centre Street, West Roxbury 617-635-5066
Shelburne Community Center 2730 Washington Street, Roxbury 617-635-5213
Thomas Johnson Comm. Ctr. 68 Annunciation Road, Roxbury 617-635-5212
Tobin Community Center 1481 Tremont Street, Roxbury 617-635-5216
Tynan Comm. Ctr. 650 East 4th Street, So Boston 617-635-5110
Vine Street Comm. Ctr., 339 Dudley Street, Roxbury 617-635-1285
Walsh Community Center, 535 East Broadway, So Boston 617-635-5640
West Roxbury Community Center, 1205 VFW Parkway, West Roxbury 617-635-5190

BCYF Centers with Pools

Charlestown Community Center, 255 Medford Street, Charlestown 617-635-5169
* Curtis Hall Community Center, 20 South Street, Jamaica Plain 617-635-5193
* Draper Pool, 5279 Washington St., West Roxbury 617-635-5021
* Flaherty Pool, 160 Florence Street, Roslindale, 617-635-5181
Harborside Community Center, 312 Border Street, East Boston 617-635-5114
Hennigan Community Center, 200 Heath Street, Jamaica Plain 617-635-5198
Holland Community Center, 85 Olney Street, Dorchester 617-635-5144
Madison Park Community Center, 155 New Dudley St., Roxbury 617-635-5206
Marshall Community Center, 35 Westville Ave. Dorchester 617-635-5148
Mattahunt Community Center, 100 Hebron Street, Mattapan 617-635-5159
Mildred Avenue Community Center, 5 Mildred Ave., Mattapan 617-635-1328
Murphy Community Center, 1 Worrell Street, Dorchester 617-635-5150
* Paris Street Pool, 113 Paris Street, East Boston 617-635-5125
Quincy Community Center, 885 Washington Street, Boston 617-635-5129
West Roxbury Community Center, 1205 VFW Parkway, West Roxbury 617-635-5190

BCYF Outdoor Pools Only Sites (Until Dusk)

Clougherty Pool, 150 Bunker Hill Street, Charlestown 617-635-5173
Mirabella Pool, 475R Commercial Street, North End 617-635-5235
* BCYF Free-Standing Pool Sites. All other Pools



FRANCIS OUIMET AND GOLF'S GREATEST GAME

By MIKE FLYNN

If you can believe it, golf was once a rich man's game. Ha. Only kidding. Of course it was a rich man's game. Look at all the private courses and the amount of dues to belong. But at least there are a lot of public courses today, which you don't have to be a millionaire to enjoy. That was not always the case. At the turn of the century there were about 400 golf courses in America, all private. Everyone believes the sport originated in Scotland. I've been there and they surely believe it themselves. But in its infancy it was banned and archery was encouraged as a sport because a bow and arrow was also the weapon of the day and Britain was always being invaded. Dual purpose equipment; recreation and war. Eventually the bows were put away and the clubs were picked up again. But even as it grew in popularity overseas, in America it was still a rich man's sport.

Francis Ouimet was born poor in Brookline, Massachusetts in 1893. His father was a French Canadian immigrant who toiled as a laborer and his mother an immigrant Irish housewife. His father worked hard enough to achieve what would come to be called the American Dream. When Francis was 4 years old the family purchased a home on Clyde Street in Brookline. As luck would have it the house was directly across the street from the Country Club golf course. It was so exclusive it did not even have a name; just The Country Club.

Francis and his brother

would earn spare change by scouring the wooded areas surrounding the course for lost balls. On one of these excursions they earned enough to trade for a club. In a pasture behind their house they mapped out a course and young Francis was hooked. At ten he followed his brother across the street and learned how to caddy. Every free minute was spent carrying rich men's bags and soon he knew the course better than the groundskeepers. He would sneak on and practice in the early mornings before anyone was there and would go out in nasty weather when no one chose to play. His ability to play in inclement weather would work to his advantage later on. In the summer when school was out he would take the long trolley ride to Franklin Park, which was the only public course around. At least he didn't have to sneak on and he could play on sunny days.

Golf had become a passion for Francis, but his father insisted he get a job to help support the family. So he dropped out of school and began working at a sporting goods store. This job would prove fortuitous as the store's owner had been a professional baseball player and understood Francis' enthusiasm for the sport. Plus, Francis was a good kid. Everybody liked him. In his time caddying at the Country Club, the caddy master took such a shining to the young Ouimet, that he flaunted Club rules by letting Francis play with members if he was asked. He often was. His boss at the sporting goods store, George

Wright (for whom Boston's other public golf course in Hyde Park is named) gave him ample time off for competing in local tournaments. In 1913 at the age of 20 Francis won the Massachusetts Amateur Open. He was granted more time off that year to compete in the Nationals. He did not win but impressed the President of the U.S Golf Association so much that he was invited to enter the U.S. Open which, as luck may have it, was being played at the Country Club that year.

Harry Varden shared a similar up bringing as Francis Ouimet, only it was an ocean away. He was born in Jersey in England to a poor family that lived in a hut on the coast. At an early age his family was forced from their home for the construction of the Royal Jersey Golf Club. How ironic that golf would affect both of them so young in life.

He grew into a strapping young man and learned the game of golf much as Francis would several years later. Varden went on to become England's greatest golf champion, capturing the British Open a record 6 times. He was the world's first trans-Atlantic star when he traveled to America in 1900 to play in the U.S. Open. While in the U.S. he put on a series demonstrations and at one such event a seven year old Francis Ouimet met Varden and came to idolize him.

Varden went on to win the Open. He is credited with changing the way golf was played and with altering the fundamentals of the game. Many golfers today still use what is called the Varden Grip. He was nicknamed the “King of Clubs”. No one could hit the ball farther with greater accuracy.

It was probably true that no one knew the Country Club course better than Ouimet. But at 20 years old he was just another player. Two Brits, Varden and the reigning British Open champion Ted Ray, who had traveled from England with Varden to play in the 1913 U.S. Open were the real deal and all the money was on them. Varden had been promised a membership in an exclusive club back home if he came home with the trophy. On the first day Francis was panicked because he could not find his friend Jack Lowery, who was supposed to caddy for him. Ten minutes before his scheduled tee time Jack’s 10 year old brother Eddie ran up to him and breathlessly told him that Jack’s mother had made him go to school. Little Eddie begged Francis to let him carry the bag. The bag itself was almost bigger than Eddie himself, but Francis had no time to find someone else. So with many people snickering they headed off to the first tee.

The weather was rainy and windy, but coming from England this is just what Varden and Ray were used to. But then again, so was Francis from his days of playing when no one else would. However, just being on the same course as his idol left Francis a nervous wreck, and he drove his first shot into the rough. Little Eddie grabbed Francis and gave him

a talking to. The kid was 10! Francis settled down and at the end of the first day he was only four shots behind. On the second day he shot the lowest round of all competitors and incredibly found himself in a tie at the top with Varden and Ray.

Word spread quickly. “Have you heard what that 20 year old local kid is doing out in Brookline”. Everyone assumed this would be a match between the two Brits. They had been in town for weeks leading up to the Open, and if you had not seen them you had heard of them. But now a local lad was matching them. There would be a playoff between the three. All of Boston descended on the Country Club. Trolleys were full to capacity. It is estimated that a crowd in excess of 20,000 packed the course that day, many walking there. Francis’ mother, who had always encouraged him, was so nervous she could not watch. She sat on her porch listening to the roars from across the street, knowing they were for her son. The three went back and forth over the first several holes. On the eighth there was once again a three way tie. Could this kid actually pull this off? Well, you would not be reading this if he hadn’t. On the 17th, Varden missed a putt for a bogie and Francis made a fifteen footer to put him ahead to stay. His mother probably fell off her porch when Francis’ birdie went in because the 17th was directly across the street and the huge crowd sounded their approval with the loudest roar ever heard on those stately grounds. After rolling in the winning putt, both Francis and little Eddie were carried off on the crowd’s shoulders.

Never in its history had America experienced something like this. It became international headlines. The sport of golf was changed forever, not only in the U.S. but around the world. Maybe this was not a game just for the rich. Golf courses began springing up everywhere, many of them public, making golf accessible to the common folk for the first time. In the decade following Ouimet’s victory, it is estimated that 2 million people in the U.S. took up the game. He influenced all Americans, not just golfers. He was a poor kid who lived across the street from where the privileged played, yet it well may have been a million miles away. But this kid was actually able to cross that street and earn their respect. If he can do it so can I.

This was no fluke for Francis Ouimet. He went on to win the U.S. Amateur in 1914, 1931, French Amateur 1914, Western Amateur, Mass. Amateur 1913-15, 1919, 1925, Mass. Open 1932. He played on a dozen Walker Cup teams, many as Captain. He has become known as the “Father of American Golf”, which he surely is.

If you find yourself on the Hammond Pond Parkway in Brookline, pull over at Putterham Meadows Golf Club. It abuts the Country Club. In front of the clubhouse is a bronze sculpture of Francis Ouimet and little Eddie Lowery carrying his bag. If you have a camera, have a picture of yourself and a true American hero.

The Elderly Commission



2007 Greater Boston Senior Games Medals



Become a senior games sponsor
call Michael McColgan at 617-635-4168

Basketball Free Throw - Men – U-Mass Finalé, May 12, 2007

Age	Gold	Silver	Bronze
60-64	Doug Richard	John Howard	Stan Howard /Yu Shan Li
65-69	Ray Carroll	Al Killilea/Steve McCracken	
70-74	Allan Sneider/Richard Lawless		Thomas Killilea
75-79	Horst Langer	Gnang Zhon	Xiong Hui Min
80+	Chuang Shon Lin	ShaoYing Wu	

Basketball Free Throw - Women – U-Mass Finalé, May 12, 2007

Age	Gold	Silver	Bronze
55-59	Robin Ball		
60-64	Pam Zenhua	Suyan Chang/Francine Feeney/Din You xiang	
65-69	Kingling Kwok	Lanying/ You Zhen Chen	
70-74	Xi Lin Chen	Gong Shu Hua/Mei Guan	Li Zhang/Bessie Blackwell/Zhu Cuide
75-79	Brigitte Langer	Ci Tan	
80-84	Xiu Wen Chang		

Billiards- Men – Boston Bowl, Dorchester, May 11, 2007

Inter Age	Gold	Silver	Bronze
Cometitors	Arnold Gatto/ Rocky Kinteris	Foster Bates	Robert Cheffro

Bocce - Men and Women – Langone Park, North End, May 10, 2007

Inter Age	Gold	Silver	Bronze
Team	Brighton 2	Brighton 1	Nazzaro Center
Member # 1	Pasquale Barone	Loreto Leone	Teresa Palermo
Member # 2	Salvatore Cucuniello	Gino Salvucci	Mary G. Ania
Member # 3	Tony Pewter	Romeo Cardarelli	Theresa Reppucci
Member # 4	Angelo Pagliucia	Luciano Camilli	Ida D. Pasquale

Bowling – Men 8:00 a.m. – Boston Bowl, Dorchester, May 11, 2007

60-64	Vincenzo D'Amato		
65-69	Paul Tenney	Salvatore Ferlito	
70-74	Dominico Federico	Eraldo DeSantis	Jack Luisi
75-79	Joseph Monterisi	Edward Burns	Harold Jacobs
80-84	Walter Mulloney		

Bowling – Women 8:00 a.m. – Boston Bowl, Dorchester, May 11, 2007

Age	Gold	Silver	Bronze
65-69	Barbara Wirtz	Lucille Delano	
70-74	Grace Kiley	Faith Fiore	Virginia Foley
75-79	Bridget Sheehan	Mary Mulvey	Alice Horan
80-84	Agnes Cassano	Frances Conlon	Arline Atwood
85-89	Vicki Mello		



Bowling – Men 10:30 a.m. – Boston Bowl, Dorchester, May 11, 2007

60-64	Francis Adamczyk	Chet Lander	
65-69	John H. Dennis Sr.	Sal Marchese	James Marchese
70-74	Paul Dunphy	Leo Page	Warren Woodward
75-79	Robert Heine	Joseph McLaughlin	Sam Polcari
80-84	Silvano Pacchielat	Antony Marino	Louis Iazar
85-89	Sal Cifa	Joseph Prendergast	Felix Zullo

Bowling - Women 10:30 a.m. – Boston Bowl, Dorchester, May 11, 2007

Age	Gold	Silver	Bronze
50-54	Patricia Griffin		
55-59	Nancy Josey	Judith Adelizzi	
60-64	Mary Battle	Ellen Jordan	Bettie Pounds
65-69	Barbara George	Diana McKeon	Margaret Woodward
70-74	Evora Regis	Mary Conway	Maureen Devine
75-79	Helen Maloney	Mary Atkins	Eldoner Lewis
80-84	Dorothy Powell	Loretta Marino	Laura Kwiatkowski
85-89	Annie Waltower	Pat Giordano	
90-94	Grace Giordano	Lillian Sullivan	Mary Schlitz

Golf -Men – Members – Devine Golf Course, May 9, 2007

Age	Gold	Silver	Bronze
50-54	Eric Watson		
55-59	Vincent Easterling		
60-64	Arthur Sturinant		
65-69	Jerry Haynes, Jr.	James Orr	Robert Bell
70-74	Isa Smith	Abu Abdal-Khallag	Robert Jones
75-79	George Jones	Andrew McGhee	Bob Berry
80-84	Wesley Alston		
85-89	Leon Jackson		

Golf –Women Members – Devine Golf Course, May 9, 2007

Age	Gold	Silver	Bronze
50-54	Steve O'Donnell	Curtis Jones	Sam Smith
55-59	Earl Garrett	Vernon Williams	Mark Sullivan
60-64	Larry Ayers/Paul Doherty	Ernie green	Mr. Bowen
65-69	Guy Roston	Daniel O'Shea	John Adamchek/ Ronnie Robertson
70-74	Tom Murphy	Frank Storer	Richard Ghelfi/ John Kirksey
75-79	John Hinson	Tony Cibbotti	Thomas Bullock
80-84	Joseph MacIssac		
90-94	Paul Hasgill		

Golf –Women – Non Members– Devine Golf Course, May 9, 2007

Age	Gold	Silver	Bronze
55-59	Linda Wynn	Mary Ahern	Willie Pleasants
60-64	Regina Shearer	Carolyn Hasgill	Sandra Albright
65-69	Ellen Torpey	Judith Hurley	

Half Court Basketball Men – U-Mass Finalé, May 12, 2007

	Gold	Silver	Bronze	
Under 60	Team Berkshire Bob O'Neill Bob Barton Jay Clapp Ed Cole Peter Haviland Hank Philbrick	Cape Codders George Dern Thomas Donahue Ronald Knight Richard Lunn Christopher Myland		
60-64	New Hampshire Senior Hoop Robert Corallino William Dolbow Arthur Ellison David Krumenacker Douglas Ricard	Over the Hill I Edward Conway Joseph Cooke David Dansereau William Donald John Howard Dennis Parker		
65-69	Over the Hill II Moore Dodge Ralph Greenwood Steve McCracken Robert Sansone	Post Prime Ray Carroll Dick Harper Maury Kelin Al Killilea		Young Associates Mike Akstin John Hunt Frank Monette Jay Taylor Ken Tripp Conrad Young
70+ (Two teams tied for Gold)	Boston Generals Tom McElroy Bill Murphy Phil Powell Colonials Harold Bernard Alfred DeBrave Neil MacNevin William O'Leary Edward Power Delabarre Sullivan			



Track 1500 Meters

Men U-Mass Finalé, May 12, 2007

Age	Gold
75-79	Horst Langer

Track 800 Meters

Women U-Mass Finalé, May 12, 2007

Age	Gold
65-69	Yue Zhen liv

Track 400 Meters - Women U-Mass Finalé, May 12, 2007

Age	Gold	Silver	Bronze
60-64	Ju Zheng Feng	Mo Chiu	Chun Pang Hu
75-79	Brigitte Langer	Joan Porter	

Track 100 Meters - Men

Age	Gold
55-59	Mike Conway
75-79	Horst Langer
80-84	Pei Zhen Li

Track 100 Meters - Women

Age	Gold	Silver	Bronze
60-64	Ju Zeng Feng	Xuhua Pan	Mo Chin
65-69	Lan Yian Yu	Karen Wepsic	
70-74	Dolores Hufnagel	Feng Lian Li	
75-79	Brigitte Langer	Joan Porter	



Horseshoes -Men U-Mass Finalé, May 12, 2007

Age	Gold	Silver	Bronze
55-59	Mike Conway		
60-64	Giyang Zhu	Yushang Li	
65-69	Xinbao Ji	Zhang Baolin	Lee Poh
70-74	Steven Mazur	Rong Zeng Pin	Yan Dao Jiang
75-79	Zhangzan Zhang	Harold Jacobs	Xiong Huimin
80-84	Zufa Ren		

Horseshoes - Women U-Mass Finale, May 12, 2007

Age	Gold	Silver	Bronze
55-59	Robin Ball	Mo Chiv	
60-64	Xiufang Wang	Franciae Feeney/Shiheng Xiao	Hu Chun Fang/Chang Suyuan
65-69	Fang Hui	Quan Youkun	Liu Yuezhen
70-74	Zhong Jie Duan	Ying Chean Chang	Mai Shuzhen
75-79	Betsey Blackwell	Lee Jung Zheng	

Softball Throw - Men U-Mass Finalé, May 12, 2007

Age	Gold	Silver	Bronze
55-59	Mike Conway		
60-64	Zhu Q Yang		
65-69	Xin Boo Ji	Baolin Zhang	
70-74	Xuan Chen	Yun Xie Zhong	Allen Sneider
75-79	Zhang Zan Zhang	Horst Langer	Jin Yin Ferg
80-84	Pei Zhen Li	Lin Chuang Shou	Zu Fan Ren
85-89	Sichun Tsai		

Softball Throw -Women U-Mass Finalé, May 12, 2007

Age	Gold	Silver	Bronze
55-59	Robin Ball		
60-64	Constance Mohammed	Carolyn Barnes	Feng Juzhen
65-69	Sun Shun Ian	Bao Rong Wan	Yipin Li
70-74	Ling Qui	Cui Zhu	Ying Chuon Chang
75-79	Brigitte Langer	Ci Zhen Tan	Kwei Ying Chan
85-89	Su Herr		



The Always lovely Joan Porter shows off her metal at the Senior Games. GO JOAN!



Mayor Menino says hello to his new pal Natalia.



Commissioner Greenberg visits with the three generations of Scali-Rooney family of Charlestown.



Memoir Project instructor, Michelle Seaton (center) with Keitha Hassell left, and Wilma Browne right at the Boston Public Library reading.



Liouse Taglieri of the North End reads a section from her memoir at the BPL event.



Looking good ladies! Laura Moore, Elynor Kelly and Barbara Hopwood enjoy the Mayor's Coffee hour in Hyde Park.



Recent Centragenarian(100 years old) Sarah Cooke celebrates her big day with Joyce Espuet, and Senior Companion Joyce Bailey.



Three generations of the Kelly family attend the Charlestown Pride Luncheon.



Eastie girls welcome back their president at the annual Xerox party.



Mary Dorian right with Alexis Rizzutto at the Memoir Project event.



Mayor Menino says hello to Nancy Thomas and her daughter Patricia Boseman.



Elderly Commission's Connie Mohammed cuts a rug with a senior games participant at UMass Boston.



Marsha Corbett and Hattie Kae.



The Lovely Angela Menino presents Karen Adams of Xerox with a gift of thanks for her years of service.



Bridget Rooney (right) visits with her new friend Margaret Fortes.



Bill Morrissey and Jodi Dickie of West Roxbury light up the dance floor of the Xerox party.



Mary Raneiri (right), and Betty Sgarano (right) wish Theresa D' Alelio a happy 95th Birthday! Theresa let us know your secret!



Commissioner Greenberg (second from left) visits with all three generations of the Daly family at the Anthony's Pier 4 Mother's Day tribute.



The handsome couple Mary and Ken Brunell of Dorchester.



Lu O'Brien, Pat Lucas and Lee Toland of South Boston.



Wilma and Ralph Browne with Commissioner Greenberg at the Dorchester parade of Seniors event.



Bridget Lagner gets nothing but net at the Senior Games!



Anthony Frisolla of the North End and Jenna Fitzgerald of South Boston read their memoirs at the Memoir Project event at the Boston Public Library.



Richard Walsh volunteers to put flags on veterans' graves for Memorial Day.



Mayor Thomas M. Menino
Commissioner Eliza F. Greenberg

&
The Elderly Commission

invite you to enjoy the
City of Boston Summer Events
for more information call
Mayor's Office of Arts, Tourism and Special Events
Telephone: 617.635.3911
www.cityofboston.gov/arts

