



Elderly Commission

Thomas M. Menino, Mayor of Boston

Boston Seniority

2007 April



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Mayor's Spotlight

Just Browsing

Elderly Commission Advocate Receives Award

Aging Well: A New Take on Successful Aging

GO Direct Month



FREE 2007
Volume 31
Issue 4

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Check out our NEW and improved website

www.cityofboston.gov/elderly

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

Boston Seniority

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Mayor's Spotlight



The Boston Public Health Commission released a report on ground-breaking efforts the city has been taking to end racial and ethnic disparities in health. The report highlights progress made by hospitals, community health centers, community organizations and educational institutions in several key areas outlined by my Task Force to Eliminate Racial and Ethnic Health Disparities in 2005. Ending racial and ethnic health disparities is one of the eight priorities of my administration.

In all, 33 programs received grants to implement key recommendations from my Task Force Blueprint and to develop innovative solutions to help address inequities in health in communities of color. I am pleased that this report is not just another study documenting the problem of health disparities, but rather one that highlights some important work being done on the local level

to help solve the problem. We know that we have a long way to go, but this is a start and we will learn from the experience of the first year projects as we move forward with our efforts in Boston.

Considerable progress was made in improving the ability of government and health institutions to measure health disparities, including a first-in-the-nation local regulation mandating and standardizing data collection to help improve quality. Boston's regulation, passed in 2005, became the model for similar regulations on the state level.

Progress was also made in programs designed to diversify the health care workforce, and educating health and public health workers about the importance of cultural competency. Funded projects included "bridge programs" organized in collaboration with community colleges and the Boston Public Schools, and an assessment for replicating a college-through-medical school program targeted at students of color. Organizations funded by the grant also designed innovative "patient navigation" initiatives to help guide patients through the health care system and improve health outcomes.

I would also like to give special thanks to organizations that are helping to fund the Disparities Project in Boston. Those organizations include: Blue Cross Blue Shield of Massachusetts, The Boston Foundation, Brigham and Women's Hospital, Harvard Pilgrim Healthcare Foundation, and the Massachusetts General Hospital.

Copies of the report on Year One of Boston's Disparities Project will be available on the Boston Public Health Commission's web site at www.bphc.org.

While we are talking about the progress made in reducing health disparities in Boston, I must take a moment to praise the work of my former Executive Director of the BPHC John Auerbach. John was a prized member of my staff for close to 10 years. He served Boston's residents with honor and distinction and played a major role in Boston's overwhelming task to end healthcare disparities in our city. He will be difficult to replace and Governor Patrick is lucky to have John on his team as his new Commissioner of Public Health for the Commonwealth of Massachusetts.

They Spoke Out...

Below is a letter that was drafted by the Elderly Commission's Advocacy Task Force and signed

We are writing on behalf of Boston's seniors. Mayor Menino's Senior Advisory Council is a group of 100 Boston residents made up of people over the age of 60 and the human service agencies that serve seniors. Each one of us represents a Boston neighborhood and its residents; it is our job to advocate for seniors living in our districts. Through community meetings and talking to our neighbors, we know their needs well and ask for your help in meeting those needs.

We can tell you with great certainty that seniors want to grow old at home, living with their families in their own communities for as long as possible, rather than go to a nursing home. The Equal Choice law made this possible for seniors on Medicaid/Mass Health (many seniors in Boston are on this program). However, there is still much outreach work to be done to make this happen. We need to inform people about this new option through funding for pre-admission counseling, to make seniors and their families aware of the available choices. We also ask for your aid to inform those now in nursing homes and eligible for home care, of their choices. We speak for our friends who, if knowing about the option, would gladly return home.

We also ask for your support of a bill that has been on the table for years, the Personal Needs Allowance (PNA) for Persons in a Residential Care Facility. This bill applies to residents of nursing home and other residential care facilities covered by Medicaid. After paying the nursing home with her or his entire Social Security check, the resident is given \$60.00 per month for personal expenses. With your help we can give back to these seniors who have given so much. The PNA is set by the State and has not been raised since the 1960's when it was cut from \$72.00 to \$60.00. The Federal government reimburses the State for 50% of the cost of the PNA. We ask you to support a \$12.08 increase. Although this number is still far from where it should be, it is the fair thing to do, a step in the right direction.

Buying our groceries or paying our property tax is a harsh reminder of inflation. In Boston, home values have tripled in the past decade and many simply cannot afford to pay property taxes, leading to the loss of their homes. With your support of An Act Relative to Senior Citizen Property Taxes, we can help relieve a portion of this tax burden and perhaps help many older adults keep their home. We also urge you to simplify the Circuit Breaker tax credit. While this income tax credit is valuable, many don't know about it or get overwhelmed trying to apply for it. As a result, they do not receive the much-needed benefit. Even tax professionals are unaware of this program.

An especially critical piece of legislation has been overlooked for years: An Act Relative to the Uniform Probate Code. Under current law, it is easy for someone to assume guardianship over an elder. Though this is sometimes necessary, it is often abused. The law does not require the elder to be present at the hearing that determines his or her fate. Even more disturbing, a doctor can declare elders unfit to care for themselves or mentally incompetent, without an examination or ever having met them. This situation urgently calls for changes in the current law that will protect each of us from having someone assume our guardianship against our will.

We urge you to help make Boston a better place to live for seniors. In doing so, you will pave the way for yourself in advanced age and for your children. And please remember: many senior citizens are diligent voters.

On behalf of Boston seniors, we thank you for your help in advancing these urgent legislative issues.

Will You?

Below is a copy of a letter that was written by Paul Schratter, one of the city's most diligent and bright senior advocates. He sent it on behalf of Mayor Menino's progressive efforts to utilize a 1% meals tax in Boston solely to reduce property tax burden - now isn't that something! (This letter was also sent to Senate President Robert E. Travaglini)

Dear Speaker DiMasi:

The possibility of reducing Boston's increasingly burdensome and steadily growing property taxes by letting the City charge meals and telecom taxes is enormously attractive to the city's homeowners. While I realize that your concern about raising taxes has been beneficial for the taxpayer, I see Mayor Menino's proposal in a different light. It is more of a rebalancing, exchanging a part of the more onerous property tax for a form of taxation that is more dependent on choice such as restaurant meals and telecom messaging. The city gets more than half of its revenue from property taxes, far more than other big cities around the country. Local property owners urgently need relief. A \$200 cut would represent a 6 percent property tax decrease for fiscal 2008, without extra cost to the Commonwealth.

I urge you, Mr. DiMasi, to give serious consideration to Mr. Menino's proposal and give urban property owners a break.

Sincerely
Paul Schratter
West End Resident

If you would like to submit similar letters of support they can be mailed to the addresses below. Please note that hand written letters go a long way.

The Honorable Therese Murray
Room 330, State House
Boston, MA 02133

The Honorable Salvatore DiMasi
Room 356, State House
Boston, MA 02133

Boston Police Department



Jane Boyer, Elderly Commission Advocate, was recently honored by the Boston Police Department for her outstanding community service to the Elderly Community of District 13 - Jamaica Plain. Jane devotes her time to the seniors of Boston by providing assistance with government benefits, tenant/home owner issues, and issues that may affect seniors. Pictured at the left is Jane Boyer receiving a

Certificate of Appreciation from Edward Davis, Boston Police Commissioner. Advocates help with: 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!

To get in touch with your advocate call
(617) 635-4366

Honors Jane Boyer

**Boston
Shines**



citywide neighborhood cleanup



Thomas M. Menino, Mayor City of Boston

Boston Shines 2007

Please join us for the 5th Annual Boston Shines citywide neighborhood clean up!

To celebrate the end of a long hard winter and to get ourselves ready for summer, Mayor Menino is once again spearheading the citywide spring cleanup effort, Boston Shines, on Friday, **April 27th** and Saturday, **April 28th**.

For more information call **617-635-3485** or visit our website:

www.cityofboston.gov/neighborhoods/bostonshines.asp

We look forward to seeing you there.

Mayor's Office of Neighborhood Services
City of Boston

The City of Boston Senior Companion Program

Elderly Commission

Featured Senior Companion

Dorris Jones (right) escorts Sadie Roberts from the Foley Senior Apartments in South Boston to her medical appointment.

Dorris volunteers through the Senior Companion Program at Boston Senior Home Care.

Thank you Dorris!

For more information please call

(617) 635-3987



Do all you can with what you have, in the time you have, in the place you are.

-Nkosi Johnson

Retired and Senior **VOLUNTEER** Program

Museum of African American History

We are recruiting volunteers to serve as Museum Docents at Beacon Hill historic site, the Abigale Smith School and the African Meeting House. Days/hours flexible. All located on Joy Street in Beacon Hill. Call Julie 617-725-0022 x 19.

Hebrew Rehabilitation Center

Seniors in institutionalized settings often lack the benefits of healing touch, but volunteer services hopes to change that experience for the residents at Hebrew Rehabilitation Center. A new program called Hand-to-Hand Caring Touch will enlist trained volunteers to provide

complimentary hand rubs for treatment and relaxation to long-term care residents and patients on the short-term care units. Each volunteer would do a 15 minutes rub per resident, with each shift no more than 2 hours. Training is provided.

We are also interested in transport volunteers- exercise while doing good deed- push residents in wheelchairs to activities and appointments.

Email portman@hrca.harvard.edu or call 617-363-8459.

New England Baptist Hospital

Volunteers are needed in the Hospital Gift Shop evenings and weekends. Duties would include assisting customers and ringing up sales.

Other opportunities include:

- Visiting and cheering up patients
- Greeting patients and visitors
- Filing, and office work
- Transporting patients
- On-call mailings assistants

A minimum commitment of 4 hours per week is required for a period of 2-3 months. Orientation will be provided according to placement. Free parking and meal voucher. For more information call Lynn Stewart, Volunteer Coordinator (617) 754-5173 email:

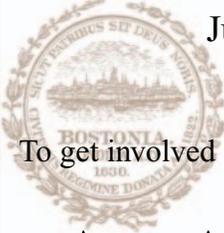
lstewartl@caregroup.harvard.edu

For more information on any or all of the opportunities call Fran Johnene at (617) 635-3988.

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.



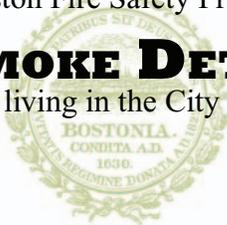
For information and referrals, assistance in gaining access to services, support groups, individualized counseling and much more **call (617) 635 - 2713.**

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

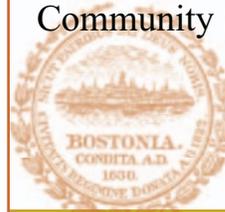
Boston Home Center

Freddie Mac
As made home possible

Thomas M. Menino, Mayor
City of Boston
Charlotte Galar 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.- 4 p.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 Elderly 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.

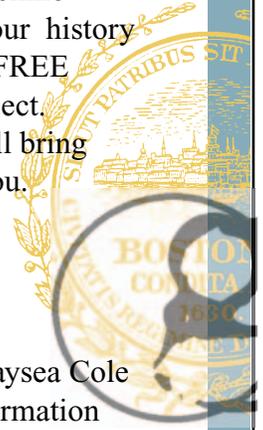
Talented instructors will bring

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 business 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

What's Happening at the Radcliffe Institute in April?

All events are free and open to the public unless otherwise noted.

Monday, April 9

Radcliffe Institute Fellows' Presentation Series

“Wandering & Wondering: A Back-Door Investigation of Goblins, Murmurs, and Other Forms of Memory”

Anna Schuleit, Independent Artist, current Radcliffe Institute fellow

3:30 p.m., Radcliffe Gymnasium, 10 Garden Street, Radcliffe Yard, 617-495-8212

Wednesday, April 11

Movie Night at the Schlesinger Library

Inside Deep Throat, directed by Fenton Bailey and Randy Barbato

A documentary about the making of Deep Throat. This film is rated NC-17 and contains explicit sexual content. A discussion with Deborah Swedberg, professor of Women's Studies at Boston University, will follow the film.

6 p.m., Radcliffe Gymnasium, 10 Garden Street, Radcliffe Yard, 617-495-8647

Wednesday, April 11

Radcliffe Institute Fellows' Presentation Series

“Below the Salt: A Novel-in-Progress”

Katherine Vaz, Harvard University, current Radcliffe Institute fellow

3:30 p.m., 34 Concord Avenue, second-floor Colloquium Room, 617-495-8212

Thursday, April 12–Friday, April 13

Conference

“Women, Men and Food: Putting Gender on the Table”

The Radcliffe Institute's fifth annual conference on women, gender, and society will include panel discussions on culinary memoir and food writing, rethinking sweetness and power, women and famine, obesity and anorexia, food studies and women studies, and race and gender in American food.

2:45–6:30 p.m. on Thursday and 9 a.m.–5 p.m. on Friday, Radcliffe Gymnasium, 10 Garden Street, Radcliffe Yard, 617-495-8600

Wednesday, April 18

Radcliffe Institute Fellows' Presentation Series

“Weaving Christ's Body: Clothing, Femininity, and Sexuality in the Marian Imagery of Byzantium”

Maria Evangelatou, Independent Scholar, current Radcliffe Institute fellow

3:30 p.m., 34 Concord Avenue, second-floor Colloquium Room, 617-495-8212

Thursday, April 19

Maurine and Robert Rothschild Lecture

“Women's Status, Men's States”

Catharine MacKinnon, Elizabeth A. Long Professor of Law, University of Michigan Law School

4 p.m., Radcliffe Gymnasium, 10 Garden Street, Radcliffe Yard

Tuesday, April 24

Lecture in the Social Sciences

“Psychological and Behavioral Responses to Disaster”

Robert Ursano, chairman of the Department of Psychiatry, director of the Center for the Study of Traumatic Stress, and professor of psychiatry and neuroscience at the F. Edward Hébert School of Medicine at the Uniformed Services University of the Health Sciences

4 p.m., Radcliffe Gymnasium, 10 Garden Street, Radcliffe Yard, 617-495-8600

Wednesday, April 25

Radcliffe Institute Fellows' Presentation Series

“Life History: Biography and Its Borders”

Humanities Cluster: John Demos, Jane Kamensky, Suzanne Lebsack, and William S. McFeely

3:30 p.m., 34 Concord Avenue, second-floor Colloquium Room, 617-495-8212

Protecting Your IDENTITY

Unfortunately, seniors are a target of many scams. From fake contests to identity theft we all have to be on our guard against possible scams. In the information age, it's important to protect yourself from these scammers.

What is identity theft?

Identity thieves count on consumers not checking their bank accounts, credit cards, and credit reports regularly. Their goal is to transfer funds from your bank account to theirs, max out your credit cards and open new loans and credit cards before you realize what is going on. Unfortunately, identity theft works because many people do not diligently check their bank statements for unusual purchases or their credit reports for new credit cards that they did not open.

Tips for protecting yourself against identity theft.

1. Monitor your spending.

Make sure that what you are spending appears on your bank or credit card statement. Write larger purchases down so that you remember what and when you purchased it. This way if there are large purchases that you don't recall you can go through your records and see if they match up. If there are charges that you don't remember, be sure to call your bank or credit card and speak to their customer

service department.

2. Sign up for Direct Deposit.

Direct Deposit is a convenient way of receiving a pay check. Most employers encourage this and some even require it. When payday rolls around instead of receiving a check, the money that you have earned gets deposited directly into your bank account. This saves us from waiting in line at the banks, delays due to mail delivery, lost checks or even simply being out of the office to receive your check. With Direct Deposit, checks with personal information like employee numbers and bank account numbers are far less risky. Social Security, disability checks and stock dividends can also be direct deposited.

3. Do Not Give Out Personal Information Over the Phone.

Many scams are conducted over the telephone. Often a person will receive a call and be asked personal information like Social Security numbers. Remember, if that person called you, you have no way of knowing where they are calling from and who they are. Sometimes banks will ask for personal information, only give them this information if you called them. When in doubt, set up an appointment to go into an established, reputable facility if you need to give personal information. Try asking them to give you their name and telephone number. You can call back a repu-

table institution and check to see if they have an employee there by that name.

4. Do not Respond to Direct Mail Advertisements.

Anything that says you won a contest that you did not enter is not reputable. Do not fill out any information sheets and send them back in. Chances are that this is a scam. Most scams that are aimed at senior citizens come in the form of direct mail. If you have even a doubt in your mind, run it by a friend or family member. It's always good to get a second opinion. Many advice columnists suggest ignoring direct mail advertising all together. It's a good idea.

5. Get everything in writing.

Most business and organizations send a letter with their company logo, letterhead, envelopes, etc. It's a good idea to have statements in writing anyway. Receiving a letter from your bank is a far more likely way to be contacted than a phone call. When in doubt ask for it in writing and double check the signers name. Call the organization and make sure that person works there. Keep the documents in a safe place. A file cabinet or drawer is necessary in every house to keep important papers off the coffee table and out of plain sight.

Eat Healthy

Oven-Barbecued Pork Chops

1 ½-1 ¾ pounds bone-in, ¾-inch-thick pork rib chops, trimmed of fat

¼ Tsp. freshly ground pepper

3 Tsp.s canola oil, divided

1 medium onion, diced

1 clove garlic, minced

1/3 C orange juice

½ C barbecue sauce*

Preheat oven to 400°F.

Sprinkle pork chops with pepper. Heat 2 teaspoons oil in a large ovenproof skillet over high heat. Add the pork chops and cook until beginning to brown, 1 to 2 minutes per side. Transfer to a plate.

Add the remaining 1 teaspoon oil to the pan. Add onion and cook, stirring, until softened, 3 to 4 minutes. Stir in garlic and cook, stirring, until fragrant, 30 seconds. Add orange juice and cook until most of the liquid has evaporated, 30 seconds to 1 minute. Stir in barbecue sauce. Return the pork chops to the pan, turning several times to coat with the sauce.

Transfer the pan to the oven and bake until the pork chops are barely pink in the middle, 6 to 10 minutes. Serve the sauce over the pork chops.

*Check the sodium content on the barbecue sauce. They can be high.

Serves 4

Recipes

Roasted Zucchini & Pesto

2 pounds zucchini (about 4 medium), trimmed and cut into 1-inch chunks

1 Tbsp extra-virgin olive oil

2 Tbsp prepared pesto

Freshly ground pepper to taste

Place a baking sheet on the middle rack of the oven. Preheat oven to 500 degree F.

Toss zucchini with oil in a large bowl. Spread the zucchini on the preheated baking sheet in a single layer. Roast until beginning to brown, 5 to 7 minutes. Turn the zucchini and continue roasting until just tender, 7 to 9 minutes more.

Return the zucchini to the bowl. Add pesto, pepper; toss to coat.

Serves 4 (1 cup each)

Paid Advertisement



GROWTH HORMONE STUDY

VOLUNTEERS NEEDED

Massachusetts General Hospital

Men and women, 65 years and older needed for research

study to evaluate the effects the stimulator of
growth hormone has on the body.

Studies involve 11 outpatient visits for women
and 19 for men and daily study drug therapy for six months.

Payment up to \$1000

For more information call:
Mary Ellen @ 617-724-0953



Healthy Wealthy and Wyse

Getting older.

Getting older doesn't cause geriatric problems!!

Sometimes we think it is natural to falling down, delirium or have increased forgetfulness as we get older. In fact, these conditions are not normal and you should tell your doctor. There is usually a medical reason why these conditions are happening and you should let your doctor know very soon. The conditions may be easily treated if diagnosed in time.

White coat hypertension.

Does anyone ever feel the minute you walk into the doctor's office, clinic or hospital, you know your blood pressure is rising? Interestingly, white coat hypertension is more common in elders. Your doctor may ask you to start taking your blood pressure at home every day. Remember, it takes a few hours for blood pressure medicine to get into your system. You can take your blood pressure a few hours after you take your blood pressure medicine and whenever your doctor recommends. Your doctor may ask you to take your blood pressure when you are both standing (orthostatic reading) and sitting. There may be a difference in the two readings. Be sure to take your blood pressure readings with you to the doctor so he can compare them to his readings.

Elevated Respiratory Rate

Most of us start breathing more when we walk up a flight of stairs, rush for the bus, or when we become anxious or angry. For many people, elevated respiratory rate may be an early sign that one is getting pneumonia or other respiratory infections. If you notice labored breathing, shortness of breath, unable to get a big breath, you should call your doctor and not wait for a high temperature.

Elderly: A Family Affair

When we were younger, we went to the doctor by ourselves. As we get older, a doctor's visit becomes a family affair. Why? Often times, we need a ride to the doctor, hearing impaired need to have information repeated and most importantly, we like company especially if we have trouble walking. It is often difficult because many doctors are now located in big complexes. It can be a five minute walk just to get to their office, never mind x-ray or blood labs that are often located on other floors. Some elders are lucky to have a family team, spouse, children, caregivers and friends who will escort them to the doctor's office. If you know neighbors or friends who need an escort, ask them if you can accompany them to the doctor's office or call the Elderly Commission. They can and will help you also.

Diarrhea

Do you have diarrhea and don't know why?

Do you use a lot of gum and mints?

Check the labels.

Many of these products contain sorbitol. In many cases, you may be sensitive to the additive sorbitol. Avoid these products and see if you improve. If not, call your doctor for an appointment. There may be something more serious going on. Also, sometimes there is a fecal impaction behind your diarrhea. Your doctor may want to investigate your bowels. Your doctor may order a colonoscopy and further testing. Do not be embarrassed to tell of your bowel problems. Your doctor needs to know what is going on inside your body.

Under reported disorders

Elders have many under reported conditions. Unless the doctor asks, an elder may not bring up certain problems. Some common conditions/disorders are falls, alcohol abuse, depression, memory loss.

Many doctors now realize that suicide attempts among elders are increasing. Your doctor may ask you about suicidal thoughts. Do not be offended. Holidays can bring up sadness for many people. If you need some emotional help, be sure to let your doctor/nurse know.



Greater Boston Senior Games

May 9, 2007

Golf Tournament - 7:00 a.m., Shotgun Start - William Devine Golf Course (\$35.00 includes Green and Cart Fees)

May 10, 2007

Bocce Tournament - 9:00 a.m. Langone Park, North End (Free)

May 11, 2007

Billiards & Bowling - Boston Bowl, Dorchester Bowling (choice of two starting times: 8:00 a.m. or 10:30 a.m.) Fee - \$7.75 Billiards - 9:00 a.m. Fee - \$4.50

May 12, 2007

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

All participants must be 50 or older. Pre-registration deadline for all events is

April 27, 2007

Application on back cover of this issue

Call or email Mike McColgan for additional application or information.
(617) 635-4168 or Michael.McColgan@cityofboston.gov

SAVE THE DATES

Boston Long Term Care Ombudsman Program Seeks Volunteers

Become an advocate for residents in long term care facilities in Boston, with mediation and resolution. Training in advocacy, mediation and resolution is provided by the Executive Office of Elder Affairs. This is a Federal and State mandated program. We are looking for a one year commitment from volunteers. Round trip transportation reimbursement is provided.

For more information call
(617) 522-6700.

Paid Advertisement

Are You Feeling Anxious?

You may be eligible to qualify to participate in a clinical study of anxiety. Have you been?

- Feeling tense or on edge
- Worried or often expect the worst
- Irritable
- Having trouble falling asleep
- Experiencing difficulty with concentration
- Easily startled

Are you:

- At least 66 years of age
- Experiencing these signs for the first time
- Have you been informed by your doctor that you suffer from generalized anxiety disorder (GAD)

Then you may be suffering from generalized anxiety disorder.

If so you may be eligible to participate in a clinical research trial of an investigational medication for generalized anxiety disorder. All eligible participants will receive all study related care at no cost.

For more information call Boston Clinical Trials at 617-202-6322.

Compensation: \$550

Total Control

The YMCA of Greater Boston is offering women a powerful, unique new workout class designed to help women get better sleep, stop bladder control problems and improve their sex lives. Total Control, a pelvic wellness program for women, was developed by the Women's Health Foundation as a medically-based, no-impact, total body workout aimed at developing fitness from the inside out.

The Total Control program helps women learn to isolate the three key support muscles for the spine and pelvis that make up the Pelvic Pyramid: the pelvic floor, transverse abdominals and the multifidus. The exercises are designed to locate, activate and tone key muscles for overall pelvic health.

It is important for women of all ages to maintain pelvic floor muscle strength. Many factors can put a woman's pelvic muscles at risk including childbirth, nutrition, urinating habits, obesity, menopause and pelvic surgery. Contracting the pelvic floor muscles can decrease the feeling of urgency, which allows many women to enjoy a full night's sleep.

The YMCA of Greater Boston offers Total Control exclusively for women by women at the following locations:

West Roxbury YMCA, 617-323-3200

Oak Square YMCA, Brighton
617-782-3535

Waltham YMCA, 781-894-5295

Burbank YMCA, Reading 781-944-9622

Charles River YMCA, Needham
781-444-6400

North Suburban YMCA, Woburn
781-935-3270

A Perfect Score!

*At Laurel Ridge Rehabilitation and Nursing Center, We Are **DEFICIENCY FREE!***

Last month, our nursing center received an unannounced visit from Massachusetts State Department of Public Health (DPH). It was time for the DPH annual survey.

And we couldn't be prouder of the results!

Thanks to the hard work of our staff and caregivers, we received a deficiency-free score! That means we achieved perfect results in areas such as adequacy of staffing, quality of care and overall cleanliness.

Under the leadership of Executive Director **Steven Greco** and Director of Nursing Services **Lena DeMiles**, Laurel Ridge is working toward getting another perfect survey result in 2007! We invite you to visit us and learn more about the quality care we can provide you or your loved one.



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A Kindred Healthcare Community

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HealthBeat

with Dr. Nancy Norman

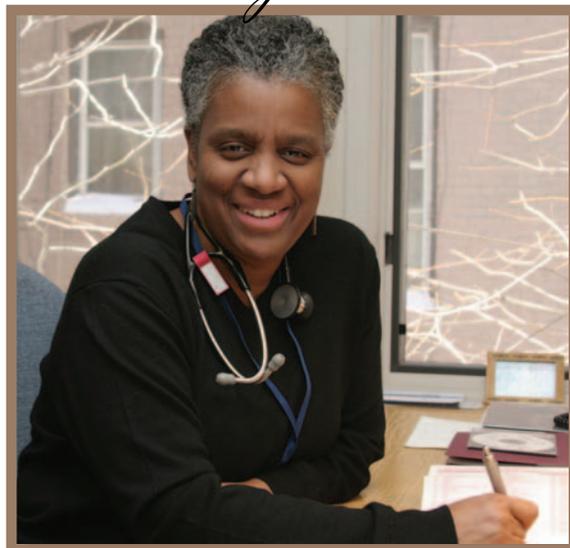
NEED ADVICE?

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. Review your requirements with your provider to avoid getting too much or too little of this important element.

Senior- Recently I have been experiencing memory loss more than my normal forgetfulness and I have diabetes. I've been told that diabetes can cause memory loss. Is this true?

Dr. Norman- Diabetes, is a chronic disease that can affect many of the

systems in your body including your circulatory system, or blood vessels. This effect can contribute to changes in memory over time. Blood vessels bring blood to all of your major organs, like your heart, kidneys and brain. If these vessels are altered in any way as the result of having diabetes, the brain will receive less blood and this can result in a change in its function. Watching your diet, exercising and monitoring your blood sugars can help control this chronic disease, lessening the possible effects on memory changes or other organ systems. It is also a great idea to remember to 'exercise your brain' by doing crossword puzzles, board puzzles and other stimulating and challenging tasks and projects.

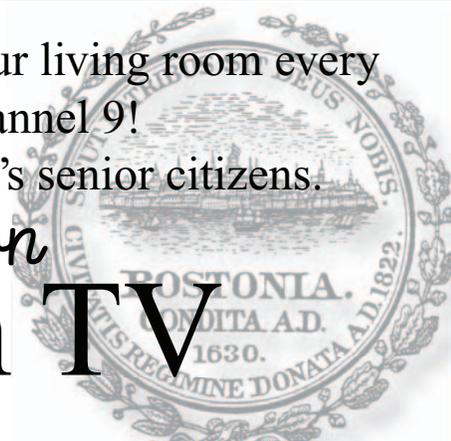


The Elderly Commission is *LIVE* in your living room every Tuesday at 3:30 p.m. on Channel 9!

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

The Elderly Commission

On TV



AGING WELL by Amalia Serafim

A *NEW* Take on Successful Aging

To live, to work, to learn something that I didn't know yesterday – to enjoy the precious moments”, says one 84-year old in the study group, in *Aging Well*, by George Vaillant M.D. *Aging Well* gives some fresh insight into successful aging. Vaillant and the Study of Adult Development observed 824 different individuals, both a Harvard group and an inner city cohort, over multiple decades, to analyze their development.

Social and emotional maturation are key to successful aging. To do this, we need to develop our coping mechanisms. Vaillant calls it making “lemonade out of lemons”. For example, when we become sick, it's important not to feel ill, a differentiation he calls “subjective health”. Other coping mechanisms include humor, to transform our pain into the laughs and altruism, giving to our loved ones what we cannot have. One study member, Susan Wellcome, had physical ailments, but said “I have too much to do” to worry about aging and illness, with her friends, who ranged from clergy members to teenage pool players, and volunteer work with the Akron Ecumenical Council. Contrast Susan Wellcome's successful aging with that of Bill Loman, who abused alcohol, socialized minimally and saw his present as “the unhappiest period of his life”.

People, like Susan Wellcome, are impacted by the past and it affects how all of us age. While Vaillant acknowledges that it is important

to have a happy family, childhood is not the biggest factor. As time goes on, our childhoods become less important. The significance of how much money we have dwindles. Our own personal habits, like whether we smoke, don't exercise, or drink excessively, our marriages and other social supports, as well as our coping and our ability to love, are the more dominant factors.

It is healthy for us to have “memories of love”, remembering those who we loved over the course of our lives. Whether we have a strong faith or spiritual life, can depend on our views of these lost loves.

However, Vaillant cautions that spirituality and religion don't necessarily predict successful aging. Hope and love are better indicators. These are characteristics we can grow into. We have to “take other inside and grow in the process” and “metabolize” the love of our social networks. Building up this network will make us more resilient. As we change, we should strive towards hopefulness, forgiveness, empathy, and forgiveness of past wrongs. We want to be the opposite of Zelda Maus, a study member, who said she enjoyed “resting”, and avoided from social contact and activity, in her old age.

Old age does not have to mean indolence and boredom, especially for the retired. Vaillant describes retirement as “overrated” as a life problem. He recommends that people replace work mates with a new

social network, that they learn how to play and be creative, and try to engage in lifelong learning. For example, Mary Fasano, at age 89, was the oldest person to earn an undergraduate degree from Harvard.

Both retired and non-retired seniors should strive for, what Vaillant calls, “generativity”. “Generativity” is to “invest one's substance in forms of life and work that will outlive the self”. To do this, we need to have mastered our own identity and accomplishments, so we can contribute to the next generation and beyond. Said Anna Love, one study participant, “if I don't do something every day to help somebody else, then I feel very badly at night”. Anna Love, at 78, was bringing a neighboring family supper and tutoring a next door neighbor's child. If we have become generative, then our next task is to become a “Keeper of Meaning”. These are the “social heirs” of our society.

As we age, Vaillant believes that we can change and that we have the potential to become more understanding, aware and thoughtful as we grow older. This isn't necessarily an increase in wisdom, says the author. It *is* that seniors have more experience and people begin to recognize this wealth of knowledge they possess. Relative disadvantage and financial need have no bearing on whether we become “Keepers of Meaning”. Maria, who only finished high school and only earned \$5,000 dollars per year in 1960, as Appointed Chairman of the

continued on next page...

USS JFK

makes a stop in Boston before her retirement.

by John O'Neill III



Boston - The USS John F. Kennedy, the first US aircraft carrier ever built, made its final visit to Boston during the week-end of March 3rd and 4th, 2007. The ship is scheduled to be decommissioned after over 40 years at sea.

Thousands of people, including this writer, had the opportunity to tour the ship while it was at Black Falcon Pier. The tour was, indeed amazing.

AGING WELL

continued from last page

San Diego Brotherhood of Federal Clerks, just a year before she died. Elders in Bali, are asked their opinion on everything because they are considered the wisest members of their society.

Once we have become “generative” and a “Keeper of Meaning”, “integrity”, can follow. This is the reflection on human dignity and the acceptance of the life cycle, as we reach our final years. Vaillant suggests that we model this dignity to the young and keep trying to “squeeze the lemon” of life. For example, Henry Emerson was nearing the end of his life and continued writing and creating products, as he had through his whole career. He still wanted to make “an explosion in the sky”,

as he termed his hope in a new innovation.

Aging Well equates aging and its stages, with a garden. We must work at it, patiently and cheerfully, and ultimately, it will bring us joy. Vaillant leaves us with a few guidelines for successful aging, observed from the most flourishing seniors, in his study. Care about others, and be tolerant of the effects of old age, while maintaining hope and autonomy, as well as humor and creativity. Keep touch with the past, but learn from the young. Keep reaching out to others, since “seeds of love must be eternally re-sown”.



Spinal Cord Injury Volunteers are Needed



The *Translational Pain Research Group* at the Brigham and Women's Hospital is conducting clinical trials that evaluate various medications to help relieve chronic neuropathic pain as a result of a Spinal Cord Injury.

You may be eligible if you are:

- 18-70 years old
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Go Direct

highlights safety benefits of direct deposit

Nowadays, we can't open the newspaper or watch TV without encountering some reference to identity theft. It's an issue we unfortunately deal with all of the time in Boston and we are especially concerned when the victims are seniors and other vulnerable citizens. A recent U.S. Treasury Go Direct poll found that 30 percent of Bostonians have had a check or other important document lost or stolen, and another 39 percent have been a victim of identity theft or know someone who has. The good news though is that there is a simple step people can take to stop identity thieves in their tracks: use direct deposit.

Financial crimes such as identity theft and check fraud affect millions of Americans. As you may have seen, March was Go Direct Month and the City of Boston joined hundreds of cities and organizations nationwide to call attention to the safety benefits of direct deposit for those receiving federal benefits -- America's retirees, people with disabilities and many others.

The Go Direct campaign -- sponsored by the U.S. Department of the Treasury and the Federal Reserve Banks -- encourages people who receive Social Security and other federal benefits to help protect themselves from financial crimes by switching from paper checks to direct deposit. Whenever there's a problem with a Social Security payment, nine times out

of 10 it's with a paper check, not a direct deposit payment into a bank account.

Using direct deposit instead of paper checks is an important way you can help protect yourself against identity theft and fraud because:

- It's safer. Direct deposit eliminates the risk of stolen checks and forgeries and helps protect people from identity theft. When there's a problem with a Social Security payment, nine times out of 10 it's with a paper check, not a direct deposit payment.
- It's easier. Payments go straight into your account, so you don't have to go to the bank or credit union to deposit a check.

• It gives you more control. Direct deposit is completely predictable -- you know you'll have your money at the same time each month. Also, you can access your money from virtually anywhere -- so you have it when you need it most.

Mayor Thomas Menino and the Boston City Council have partnered with the Go Direct campaign and encourage anyone who receives Social Security or other federal benefits to get on board with direct deposit. Signing up is fast and easy. People are available to help you.

You can call
800-333-1795,
or sign up online at
www.GoDirect.org.

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Affordable Assisted Living



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Love's a Gamble.

Mary Borzillo, 74, of East Boston participated in the Mayor Menino and Grub Streets Pilot Program **L**ove's a Gamble, a mini version of the *Memoir Project*. Below is her story.

Please call Eliza Greenberg or Kaysea Cole at 617-635-3244 for information.

The love of my life was my husband, who died when he was only 47 years old. We had a good life: a good 23 years together, three children, two boys and one girl.

We met in 1952, on a blind date. My girlfriend's boyfriend was in the Navy. She said, "he's bringing someone home with him, would you like to meet him?" I said no. When I saw him he was wearing those tight Navy pants and he looked ridiculous. But I liked his little sailor hat. I asked him if I could wear his pea coat. He used to write me these letters that had the number 143 written on the back. That number-- it means, I love you.

I knew he was the one when he kissed me. It was just different than all the others. He liked to dance, and we got into it. In fact, I feel like dancing now. He used to jitterbug and everything. We both loved Frank Sinatra-- that song, "New York, New York." He was a big New York Yankee fan, he brainwashed my two kids.

He was very, very smart, and he had a management job at

an electronics place. He was a terrific bowler. He used to get high singles and high averages and I got jealous. But so did he, in a different way. He didn't like when I used to go bowling and would go out after and have a couple drinks with other men. I'd say, "I didn't do anything with those guys, we were just bowling!" Sometimes he would go out for a couple of drinks-- there was a club across the street from us. He'd come home late at night and I'd start screeching at him.

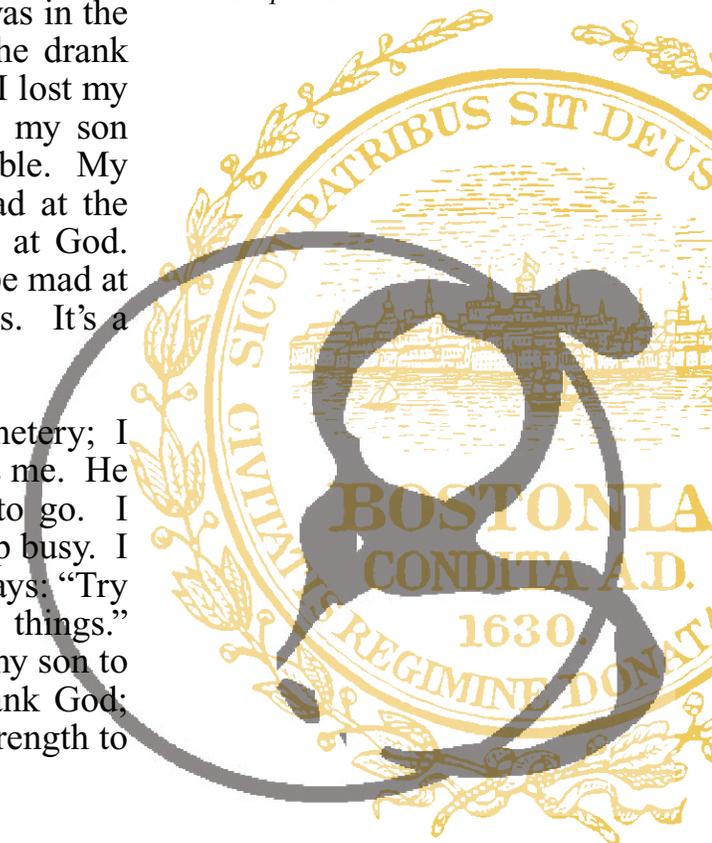
He got sick after he was in the Post Office; I guess he drank a little too much. So I lost my husband in 1979 and my son in 1981. It was horrible. My other son, he was mad at the world after that, mad at God. I told him, You can't be mad at God, he didn't do this. It's a sad life.

We drive to the cemetery; I can't drive so he takes me. He doesn't always want to go. I try to stay strong, keep busy. I like what my doctor says: "Try to think about good things." But every time I tell my son to go, he says no. I thank God; God's given me the strength to go on.

I still remember the best Valentine's Day we ever had-- he gave me a sexy nightgown, and I gave him sexy shorts with hearts all over them. The secret to lasting love is to love each other as much as you can. What makes you do that is not cheating on them, and doing as much as you can together, and with the kids.



Grub Street is a non-profit organization that nurtures writers and readers of all ages and levels of experience.



My Easy by Susanne Garris GARDENING

It's always springtime when you have an indoor garden complete with lights and shelving. With the right setup, you can start seedlings, grow herbs, or experiment with orchids and other flowering exotics.

One of the first things you will need to address for your indoor gardening is lighting. No matter what else you do for your plants, if they do not have the proper lighting they will not thrive. Lighting is, in fact, the most important aspect of indoor gardening. When choosing decorative plants for your home, if you want to start without special lighting, look for plants that require medium to low light, like Philodendrons, some ivy and some ferns.

Plants are quick to let you know they are unhappy when they are not getting enough light. Symptoms are thin stems and small leaves.

Most plants with medium light requirements will benefit from a south facing window. Windows that face east and west will generally give plants with medium light requirements adequate sunlight, as well. However, plants that prefer low light will probably prefer a north facing window. Even in the middle of winter, an unobstructed south- or east-facing window will admit sufficient light to nurture all but the most sun-loving plants. Of course, light will be increased if you open the drapes

or pull up the shades.

Additionally, houseplants should be rotated every other week to expose all sides to the sunbeams. Bay windows, sun porches and rooms with skylights that provide light coming from several angles tend to nurture your inside garden the best; but, any window will do if plants are positioned so they don't lurk in each other's shadows.

Now you get to decide what kind of plants you want to grow inside! There are hundreds of different houseplants that will happily grow and thrive on your windowsill. What you choose is based on your style and décor. I prefer the herbs that lend a Country French style, but you may like the Southwest style of cacti. Country living lends itself to the lush and leafy plants. Your interior style will often decide the plants you will choose. But there's nothing wrong with just picking your favorite! There are no rules when you unleash your green thumb.

When you arrive at your local garden center, look for foliage plants which appear to be insect and disease free. Check the undersides of the foliage and leaves for signs of insects or disease. Select plants that look sturdy, clean, well potted, shapely, and well-covered with leaves. Choose plants with healthy foliage. Avoid plants which have yellow leaves. Plants which have new flowers and

leaf buds along with young growth are usually of superior quality.

For the serious indoor gardener, there are specially built lights and shelves. Home-built light carts are normally less expensive than commercial units. If you are handy with tools, you can build a shelving unit for only \$50-\$100 dollars while others have cost \$1000 or more ready built commercial model. It all depends on what you choose. Your local hardware store is a far more cost effective place to shop for these rather than a specialty garden shop. You will enjoy many days surrounded by flourishing green plants despite the weather, when you decide to grow using indoor gardening lights and shelving.

Susanne Garris is a gardening enthusiast and green thumb advocate who enjoys helping others get started with easy gardening tips.<http://www.myeasygardening.com>

Article Source: http://EzineArticles.com/?expert=Susanne_Garris

The United States Post Office

Jazz's it up

Now we can say it in style will Ella.



Ella Fitzgerald, the most popular female jazz singer in the United States, “The First Lady of Song” has recently been honored and immortalized by the United States Postal Service with her very own stamp. Debuting in January of 2007, the stamp was honored at the Boston African American Achievement Awards in February. Part of the Greatest Generation, Ella Fitzgerald changed the face of American Music with a flexible,

accurate and ageless voice.

Ella Jane Fitzgerald was born on April 25, 1917, in Newport News, VA and soon moved to Yonkers, New York. Singing and dancing from an early age, Ella would often tell neighbors, friends and family members that one day she would be famous – those without foresight chuckled, but it would be she, who had the last laugh. After her mother passed away in 1932, she moved to Harlem and eventually became dancing for tips as a street performer. Ella soon found her calling in a 1934 talent show in which she was signed up to dance but at the last minute chose

to sing instead – she won.

From there, Ms. Fitzgerald’s career skyrocketed. Over the years, Fitzgerald won 13 Grammy Awards and many other honors, including the National Medal of Arts, presented to her in 1987 by President Ronald Reagan. She was one of five artists awarded Kennedy Center Honors in 1979. In 1989, the Society of Singers created an award for lifetime achievement, called it the “Ella,” and made her its first recipient.

Representing the U.S. Postal Service, vice-president and consumer affairs advocate, Delores Killete stated at the stamp unveiling, “From her first appearance at the Apollo, throughout a career that spanned seven decades, she was never satisfied. As Ella once said, ‘A lot of singers think all they have to do is exercise their tonsils to get ahead. They refuse to look for new ideas and new outlets, so they fall by the wayside.’ Ella never stopped looking and she never stopped achieving.”

Ella is the 30th honoree in the Postal Service’s Black Heritage series. The 39-cent stamp is now available across the country and on the net at www.usps.com.

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Just Browsing

By Mel Goldstein

Mayor's Office Russian and Elderly Liaison



I have written quite a few times about Boston before WWII. I know that there are many from this era referred to as the Greatest Generation. This term was coined by Tom Brokaw from his best selling book of the same title and refers to the younger half of the G.I. Generation. We're speaking of those born in the United States from approximately 1911 to 1924. This generation went on to give life to the generation who is generating the most media attention these days, the Baby Boomers. This generation fought during World War II and many fought again in the Korean War, then went forward to reconstruct the world's industries in the years that followed.

Prior to World War II, the economy was in a simple word, lousy. Welfare, Workers Project Administration, Public Works Administration, Civilian Conservation Corps, and the National Youth Administration all founded between 1933 and 1935 were government run initial agencies (meaning most

were abbreviated – WPA, PWA, CCC, and NYA) that were not exactly solving the gloomy financial burden of the average American. The economical atmosphere was gloomy and the so-called theories that were established to solve our financial doldrums were completely impractical. Then, along came Adolf Hitler, Father Charles Coughlin, Mr. Chamberlain and Charles Lindbergh. Hitler taking over the land Chez Republic and the move that precipitated WWII, the occupation and annexation of Poland, with that – the partnership of Joseph Stalin and the Soviet Union. This was to bring such a surge to the economical well-being of this fair country that had never before been accomplished. With Germany's annexation of Poland, this was the onset of the declaration of Germany's WWI avowed enemies – France and England, also the Netherlands, Belgium and the Scandinavian countries, all invaded by the Germans.

The partnership that existed be-

tween the Soviet Union and Germany was dissolved by the then invasion of the German war machine into Stalin's territory. A lend lease system was installed by the United States to help the newly established European Allies. This occurred in 1939. Our country at this time had not yet committed our armed forces. The war in Europe had given great emptiness to our impetus of well-being. Our shipyards and factories were humming providing much needed material aiding our European allies. Then along came December 7, 1941 and the sneak attack by the Japanese Navy and Air Force on Pearl Harbor, Hawaii, the Philippines and all the surrounding islands. With this dastardly act it brought about a declaration of war by our then president Franklin D. Roosevelt against the Axis of unmitigated evil – Italy, Germany and Japan, with their various allies.

This of course, was our greatest stimuli, not the best way to go, but it absolutely changed the face of,

not only the U.S., but the world. It also set the stage for all the wars that followed from the Korean War forward. However, our concern at our present writing – what went on during WWII, as I said before, our financial burdens were about to be by-gones. Things had started to hum, despite of war, shortage and allotments, business was booming and jobs were plentiful. Women, for the first time in many instances, were pushed into the labor force doing jobs that we usually think of as masculine. Much of the populous was fulfilling occupations that they had never even heard of and learning occupations that would put them into positions that make a new and lucrative career. The European Axis powers were defeated in 1945 and Boston went crazy. Downtown Scollay Square was similar to New Orleans at Mardi Gras time. Everybody was hugging and kissing strangers. This was just a small preview of what was to come. In 1946, Japan was also defeated by utilizing what was to become the most horrendous endings of any war – the atomic bombing of Hiroshima and Nagasaki. The death toll was both devastating and horrific. This was a defeat of the enemy Axis and the celebrations world wide were really something that one must not forget. This surpassed Mardi Gras it was a time that was featured in every aspect and publication. The war was over and our economy reached a new high and was not about to end. With new occupations and brand new industries, old and new schools

established new models of teaching and not to mention, the absolutely fantastic new technologies – Burlington, Wakefield, Melrose plus other towns in the area this doesn't include Maynard, Hudson, Acton and Concord wherever the founding towns of Intel and other international high tech firms were located.

Enough of industry and economic advancements - as new business and manufacturing companies were installed what happened to downtown Boston? What used to be the Times Square of Boston became a depressed area and turned into what became known as the combat zone. The beautiful stores on Tremont and Washington streets went belly up to be replaced with schlock stores and fast food restaurants. Prior to WWII, there was no such thing as McDonald's, Wendy's, or Burger King. Now, low and behold, here they are. What happened to Bailey's, Warmuth's, Rosoff's, and Monty's – all gone. Boston has now become the home of upscale. Our Mayor, Thomas M. Menino, has over seen a change in the face of Boston that is overwhelming the schlock stores are now gone. New theaters and hotels have forced the removal and elimination of the combat zone. This has even spread to the neighborhoods, Roslindale, West Roxbury, East Boston, South Boston, Jamaica Plain, and Roxbury, seeing upscale businesses being established in their communities because of the present administration (a mayor that cares about

and is continually made aware of by neighbors and friends of what is going on in their immediate environs). Little did we realize that, until Thomas M. Menino, who perpetuated such drastic changes. No neighborhood has been ignored that have all been given the Menino touch. All have transformed into a model community, despite of some foibles and problems. These areas have great potential. They all have something to say about the rebirth that has taken place in within their community. A prime example is Roslindale, which is now reaching through the level of its old grandeur when Corinths street was a hub of shoppers from around the community with markets and related businesses. Today, it's becoming a vital, viable, stable neighborhood. The businesses that have remained have updated their façade. New shoppers have flocked to these areas, not only to Roslindale but to other communities with our new diversity which has served to establish new forth coming resurgences. These groups featuring new foods, new ideas and thoughts move Boston onwards and upwards. Thomas M. Menino leads the pack. Let me take this opportunity to wish you all a Happy Passover and Easter. God Bless. Mel G.

Mel G.

THE BOSTON MARATHON

by Mike Flynn

A True Forerunner

Today marathons are held world wide. Almost every race draws hundreds if not thousands of entrants (from here on entrants will be know as those who absolutely have no chance of winning and only a fair chance of even finishing) and actual competitors. What a long way we have come since 15 men left Ashland in 1897 on a race to see who would be first to the clubhouse of the Boston Athletic Association on the corner of Exeter and Boylston St. in Boston. They could not have envisioned what they started.

In 1896 a French nobleman, Pierre de Fredy, Baron de Coburtin, had an idea of combining an international competition of university students as an extension of their educations. Healthy body, healthy mind. It led to a congress in Paris out of which grew the International Olympic Committee. It was decided an inaugural Modern Olympic Games was to be held in the Olympic birthplace, Athens, Greece. Along with the first ever United States Olympic Squad, was team manager John Graham who was a member of the Boston Athletic Association. (As a matter of fact, almost half the American squad was comprised of B.A.A. members.) After watching the Olympic marathon he brought the idea home to Boston and with the help of other B.A.A. members and wealthy Boston businessman, Herbert Holton, the Boston Marathon was born.

The original start in Ashland, 24.5 miles from B.A.A. headquarters was selected after several sites were considered. The distance was .3 of a mile shorter than the Athens race. Legend holds that after a stunning defeat by the Greek army of far superior Persian force on the plains of Marathon, a Greek soldier was dispatched with the

news to Athens. After running the 24.8 miles and delivering his message he promptly collapsed. Today the official distance of a marathon is 26 miles 385 yards, all because of Royalty. The 1908 Olympics were held in London. King Edward and Queen Alexandria wanted to see the beginning and the end of the race, so it was started in front their residence at Windsor Castle, 26 miles from the Olympic Stadium. When the runners got to the stadium they were made to run 385 yards around the track so they would finish in front of the Royal Box. Rank does have its privileges.

The first Boston Marathon was won in a time of 2 hours 55 minutes by John McDermott, a New Yorker. (We will get to New York later.) The race was then called the American Marathon. The second running, although no one could have known at the time, was a sign of things to come. It was won by Nova Scotia native and Boston College undergraduate Ronald MacDonald in 2 hours 42 minutes shaving 13 minutes off the previous time and becoming the first foreigner to win. So far 19 countries citizens have claimed the laurel wreath crown. The third year Cambridge, Massachusetts blacksmith Lawrence Brignolia was champ.

The year 1911 saw the first victory of the legendary Clarence DeMar. The Melrose, Massachusetts native immediately retired because of health reasons. A decade later he would return and win three in a row before finally retiring in 1930 at 40 years old with his record seventh victory. In 1928, while DeMar was on his way to his sixth title, a young man named Johnny Kelley was making his first attempt.

John A. Kelley personifies the persistence of the marathon runner. He re-

mains the only B.A.A. member to win the race. His first victory was in 1935 with his second coming 10 years later. Born in 1907 in Medford as one of ten children, he became a standout athlete at Arlington High. He finished his first marathon in 1933 after failing to finish his first two. Although only victorious twice, he finished second seven times and in the top ten 18 times. He was also a three time Olympian finishing 18th in Berlin in 1936 and 21st in London in 1948. The 1940 Olympics were canceled due to WW II. He started a record 61 marathons, finishing 58. His last race was at 84 years old and he passed away in 2004 at 97. (That is why your doctor tells you to jog.) He was a colorful character and the B.A.A.'s greatest ambassador. Kelley even had a "hand" in the naming of the famous Heartbreak Hill. In 1936 Ellison "Tarzan" Brown was leading going into the Newton Hills when Kelley caught and passed him. On the way by Kelley gave Brown a friendly tap on the shoulder. Mistakenly thinking Kelley was mocking him, an incensed Brown mustered all he had, caught Kelley on the final hill, passed him and held on to win. A Boston Globe reporter the next day wrote that Brown had "broken Kelley's heart" on that final hill. If you are driving east on Commonwealth Ave., look to the base of the third hill. There you will see a statue of a 27 year old Kelley after his 1935 win slapping hands with an 83 year old Kelley after his 1991 finish.

The race had always been held on the 19th of April, Patriots Day. In 1969, the holiday was moved to the third Monday in April. The Red Sox also play a home game starting at 11 a.m. so it usually ends at the same time the leading runners are coming through Kenmore Square. If you have never

had the experience of being there when the park empties out merging with the crowd already lining the streets, give it a try. Or head out to Wellesley where the college girls are deafening in their support of all the runners. Or try the Newton Hills, especially the top of Heartbreak Hill, where the television stations position there remote vehicles. There is always tremendous drama at this spot as the top runners are making their moves as they are nearing the end. Or get to the turn onto to Beacon St. where the Boston College girls are almost as loud as their Wellesley counterparts. This is also one of the most treacherous spots for the wheelchair athletes as they try to maneuver over and around the trolley tracks. Or at Hereford and Boylston where the runners round the corner for the sprint to the finish. When I lived in the South End, we would get to the finish line hours before the runners started to get in just to find a spot. There the crowd is always 5 or 6 deep. If it happens to be raining, standing under the overpass just down from Kenmore Square is a great option. No matter where you stand you can't help but be astounded by the speed of the top runners over such a distance.

Every year there is drama in this monumental race, far too much to go into in detail. However, one moment stands out from the others and had a hand in changing the face of marathoning world wide. Women had never been allowed to participate in marathons because of their grueling nature. Roberta Gibb in 1966 was the first to run and finish but she hid in the bushes at the start and ran without a number. She did this for three years and was thus the three time unofficial woman champion. In 1967, official number 261 was given to contestant K.V. Switzer. K.V. was 20 year old Katherine Switzer who became the first woman to compete in a marathon, albeit illegally because the A.A.U. did not recognize female runners. Four miles into

the race, B.A.A. official Jock Semple noticed Switzer as he was monitoring the race from the press truck. Septuagenarian Semple jumped from the moving vehicle and screamed at Switzer "Get out of my race" and tried to rip the number from her jersey. Unfortunately for Jock, Switzer was running with a friend who was quite a bit bigger and decades younger than Semple. Jock hit the deck and Switzer kept pounding the pavement until she reached Copley Square and became the first female finisher with a number. A series of pictures of the confrontation was taken from the press truck Semple had just been on and flashed all over the world. Switzer went on to win the New York City Marathon in 1974. Yet it would not be until 1972 that women were allowed to run legally. Eight women started that year and the first recognized female winner was Nina Kuscsik. Who knows how much longer it would have taken if Switzer had not crossed paths with Semple.

Now back to New York. Ask a New Yorker why their right arms are not sore from patting themselves on the back. Their sports teams are no longer contenders (OK maybe the Yankees, but that remains to be seen.) but now they claim marathoning superiority. The Official web site of the New York Marathon says that around the world the word "marathon is associated with New York." What!! It goes on to say that before New York "marathons were modest events run by a few athletes and sports fans" Huh?? They claim of their race that none is more "prominent or overpowering but all are modeled on it" Are they kidding?? "Modern marathoning owes its start – and its world class status - to New York." Sorry, you can write what you want but that does not always make it so. More press credentials are given out for the Boston Marathon than any other single day sporting event except the Super Bowl. Where is their

history, their legends, their stories, their Clarence DeMars, Johnny Kelleys, Bill Rogers, K.V. Switzers, and Joan Benoit. They cannot come close to matching Boston's amazing course; the girls of Wellesley, the hills of Newton, the turn at Hereford for that sprint down Boylston, that headfirst downhill rush at the starting line for the wheelchairs as they jockey for position and try to avoid disastrous crashes. The greatest wheelchair athletes in the world, seven time winner Jean Driscoll and multiple winner from Germany Franz Neidermier choose to race here. Prize money does lure many top runners to New York and because of sheer size many New York residents are entrants. (See previous definition for entrant.)

There are so many stories that will revisit Boston Marathon history later. The amazing but true saga of Rosie Ruiz, the incredible father and son team of Dick and Ricky Hoyt, the Boston and Olympic victories of Maine's Joan Benoit, the courage and intestinal fortitude of Uta Peppig (pun intended), the brilliance of seven time winner Jean Driscoll who is the only one to match Clarence DeMar's record, the amazing sprint down Boylston St. in 1982 between Alberto Salazar from Sudbury and Dick Beardsley with Salazar reaching the tape just two seconds ahead. And then of course there is Bill Rogers who did more for the revolutionizing of marathoning than any 10 New York races. Hey, you guys have the nickname Big Apple which you should be proud of, but Rogers nickname denotes the place where it all started and where history continues to be made and we know he is proud to be known as "Boston" Bill.



Elderly Commission Staff Richard Morrison with his pretty Aunt Mabel.



Commissioner Greenberg visits with Mable and Anne at the African American Achievement Awards.



Anne and Steven Cesso with Micheal Athenas of Anthony's Pier 4 and Mayor Menino.



Betty Kelley and her daughter, Marybeth enjoy a lunch at Paddy O's.



Commissioner Greenberg visits with Mrs. O'Connor.



Bernadine and Mary Borzillo at East Boston Valentine Celebration.



Happy pair enjoys meal at St. Patrick's Day Luncheon at Paddy O's.



Thelma Burns accepts her well deserved Community Achievement Award form Mayor Menino at the annual African American Achievement Awards. Congratulations!



Charlestown and South Boston seniors enjoy corned beef and cabbage provided by Paddy O's.



A proud Mr. Burns celebrates his wife's achievement.



Charlene Natalie and Bob Richey celebrate St. Patrick's Day with Paddy O's.



Councilor Sal Lamatina chats with seniors at a lunch compliments of Paddy O's.



Micheal O'Connor enjoys a traditional St. Patrick's Day meal with his beautiful mother.



Paul Schratte gives his neighborhood update at the Mayor's Advisory Council meeting.



Eleanor and Joe Guarino enjoying the festivities at the East Boston Valentine's Day Party.



Mayor Menino poses with Mrs. Hendrix at the Anthony's Pier 4 Anniversary Luncheon.



Commissioner Greenberg with Thelma Burns at the African American Achievement Awards.



Florence Johnson wears festive attire for St. Patrick's Day.



John Joseph Sommers owner of Paddy O's and Commissioner Greenberg.



Al and Elaine Knupis of Roslindale married for over 50 years show their wedding picture to a proud Mayor.



Gerry Crowell and Pat Lucas enjoy each others company at Paddy O's.



Civil Rights Leader and Author, Mary Frances Berry signing for a fan at a speaking engagement at Bunker Hill Community College.



Friends and family of Thelma Burns come out to support her at the African American Achievement Awards.



Ms. Fitzsimmons claps to the sounds of a traditional Irish band at Paddy O's.

2007 Greater Boston Senior Games

Official Registration Form – May 9th, 10th, 11th and 12th

Golf and Early Registration Deadline 04/27/07

(Please Print)

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

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

<input type="checkbox"/> Golf: WEDNESDAY, MAY 9, 2007 Registration at 7:00 a.m. at William Devine Golf Course, Dorchester. Shotgun Start at 8:00 a.m. PRE-REGISTRATION DEADLINE 04/27/07 – 128 Player Maximum – \$35.00 includes Green and Cart Fees. Cash or checks payable to Fund for Parks & Recreation at the Course on day of the tournament. Foursomes should request Foursome Golf Registration Form by calling 617-635-4366.	
<input type="checkbox"/> Bocce: THURSDAY, MAY 10, 2007 - Starting At 9:00 a.m., Langone Park, North End. Teams should request Bocce Team Registration Form by calling 617-635-4366	
Bowling: Select <u>one</u> start time. Start time confirmed on first come, first served basis.	<input type="checkbox"/> (8:00 a.m. start time) FRIDAY, MAY 11, 2007 - Boston Bowl, Morrissey Blvd, Dorchester - \$7.75. – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. Please do not send payment with registration.
	<input type="checkbox"/> (10:30 a.m. start time) FRIDAY, MAY 11, 2007 - Boston Bowl, Morrissey Blvd, Dorchester - \$7.75. – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. Please do not send payment with registration.
<input type="checkbox"/> Billiards: FRIDAY, MAY 11, 2007 - Starting At 9:00 a.m. Boston Bowl, Morrissey Blvd, Dorchester - \$4.50-Cash or checks payable to Boston Bowl on day of the tournament: Please do not send payment with registration.	

**Saturday, May 12- Starting @ 9:00 a.m. - The Following Events Will Be Held @
University of Massachusetts-Boston, 100 Morrissey Boulevard, Boston, MA 02125**

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

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

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

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

I hereby agree to hold harmless the organizers and sponsors of the 2007 Greater Boston Senior Games from any and all claims of whatsoever kind and nature which I may have, or at any time in the future have, of any injury arising out of my participation in the 2007 Greater Boston Senior Games. I am in good physical condition and have no medical restrictions that would prohibit my participation in the 2007 Greater Boston Senior Games.

Signature:	Today's Date:	Your age as of 05/09/07
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Let The Games Begin!



City Of Boston – Commission on Affairs of the Elderly

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

