



Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

2009
Volume 33
Issue 3

APRIL

Table of Contents:

Page Number

3	Mayor's Spotlight
5	Healthy, Wealthy & Wyse
6	Counting Fingers Holding Hands
8	Don't Retire, Inspire
10	10 Tips
12	Free Things to do Around Town
14	Eating Organic on a Budget
19	MA Mini-Loan Program
21	Mayor Menino Resident Coffee Hours
22	Our Winter Wonderland
24	Eat Healthy Recipes
26	Tips for your Overall Well Being



Check out our NEW and improved website
www.cityofboston.gov/elderly

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

Email articles and comments to
Bostonseniority@cityofboston.gov

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.

Boston Seniority

Volume 33 Number 3

Published by the City of Boston

Commission on Affairs of the Elderly

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

Martha Rios
Tula Mahl
Editors

Eileen O'Connor
Photographer

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

Karine Querido, Chief of Staff

Tula Mahl
Deputy Commissioner
Communication & Policy

Kathleen Giordano
Deputy Commissioner
Community Relations

Melissa Carlson
Deputy Commissioner
Advocacy & Planning

Michael Killoran
Deputy Commissioner Transportation

Francis Thomas
Deputy Commissioner
Administration & Finance

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

© 2011

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

Mayor's Spotlight



I have always said that partnership is one of the most effective tools that we as leaders can use to achieve progress on almost any front. In difficult circumstances, bringing people

together to work toward a common goal becomes even more important. As government leaders across the country grapple with the question of how best to overcome the financial crisis, it's reassuring to know that we have a leader in President Obama who understands the value of partnership when it comes to problem solving. In February, I traveled to Washington D.C. to join other mayors from cities across the nation to meet with President Obama and Vice President Biden to discuss the steps moving forward to implement the \$787 billion American Recovery and Reinvestment Act (ARRA). This meeting symbolized a renewed partnership between the White House and America's urban leaders from both parties.

There is a lot of work to be done in order to effectively implement the Recovery Act, and these meetings in Washington D.C. emphasized the need for partnership and cooperation at every level moving forward. President Obama has called on mayors to help get the job done, and I'm committed to working with his administration so that the City of

Boston benefits as much as possible from the sensible investments that the legislation provides. Much of the funding is directed toward priorities that my administration has long championed, including modernizing public housing, investing in neighborhood development, supporting youth opportunities in education and summer jobs, strengthening public safety, and advancing renewable energy and energy efficiency initiatives.

President Obama's commitment to cities is evident in his creation of a White House Office of Urban Policy, and my recent meeting with the President and other key administration officials reaffirmed this partnership. President Obama and I also agree that the only way to effectively implement the Recovery Act is with accountability and transparency. I urge those with questions about the bill to visit www.Recovery.gov, an online tool to help people understand where funding is being directed. Accountability and transparency are critical tools for maintaining the public's confidence in this process, and we will make sure to uphold this responsibility. Over the next several days and weeks, we will launch a website for the City of Boston, so that residents can understand exactly how recovery funds will impact their communities.

By working together, we'll make the necessary investments to strengthen our City and put our economy back on track.

The City of Boston's
Elderly Commission

2009 Greater Boston Senior Games



Golf: Wednesday, May 13, 7:00 a.m. at Wm. Devine Golf Course, Dorchester. Fee \$40.00, includes Green & Cart Fees. Foursomes should request Foursome Golf Registration Form.

Bocce: Thursday, May 14, 9:00 a.m. at Langone Park, North End. Teams should request Bocce Team Registration Form - Free.

Billiards & Bowling: Friday, May 15, at Boston Bowl, Dorchester - Bowling (choice of two starting times: 8:00 a.m. or 10:30 a.m.) Fee - \$9.00; Billiards - 9:00 a.m. Fee - \$5.50.

Tennis: Sunday, May 17, 12:00 p.m. at Sportsmen's Tennis Club, 950 Blue Hill Avenue, Dorchester - \$20.00 Fee.

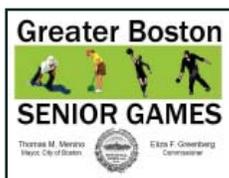
Finalé @ University of Massachusetts: Saturday, May 23, 9:00 a.m. Basketball Free Throw, Horseshoes, Softball Throw, Swimming, Track Events and *Keep Moving* Walk (Free), Half Court Basketball (pre-established team sport) - \$20 (cash) fee per player – Special Half Court Basketball Team Registration Form required.

Eligibility: Men & Women age 50 & over. Pre-registration deadline for all events is Friday, May 1, 2009.

Awards: Bronze, Silver and Gold Medals

Call: Michael McColgan at 617-635-4168 for applications and information.

E-mail: michael.mccolgan@cityofboston.gov



Thomas M. Menino, Mayor
City of Boston Commission on Affairs of the Elderly
Eliza F. Greenberg, Commissioner



..... Medication Disposal

It is time to clean out your medicine cabinet.

Why do you still have a few remaining penicillin, narcotics, outdated vitamins and/or pills that your family cat or dog refused to swallow? What if your grandchild swallowed them?

Most of us remember when we just flushed old medications, cough syrups, etc., down the toilet and that was the end of them. Times have changed. Americans are now more conscious of their consequences.

We have raised our awareness about the potential environment impact from improperly disposal of medications. This includes our awareness about personal health, adults, children, pets, wildlife, lakes, rivers and streams. We need to protect the environment.

Suggestions:

- Do not flush unused medications down the toilet, sink or drain.
- Do not throw in household trash.
- Pour medications into sealable plastic bag. If the medication is solid (pill or liquid capsule) crush it or add small amount of water to dissolve it.
- Add coffee grounds, kitty litter, saw

dust, etc.

This will make it less appealing for children and pets to eat.



- Seal the plastic bag and put in the trash.
- Remove all personal prescription labels from medication bottles and destroy. Recycle containers or throw in trash.
- Alternative choices: place these medications in your community hazardous waste recycle bins.
- Ask your pharmacist if s/he will dispose medications for you.

For safety reasons, The Food and Drug Administration recommends that some medications still be flushed down the toilet. These are narcotics and narcotic pain patches.

There is a short video on smarxtdisposal.net. This is an easy to understand film about the correct way to dispose of human and pet medications.

Remember, if you have any questions, please talk to your pharmacist.

Counting Fingers, Holding Hands

By Megan Davis

Approaching the room, I saw Eleanor sitting by the window, in her usual spot, slightly slumped forward, her beloved sunlight silhouetting her tiny, weakened frame. Her hands were splayed in front of her, palms facing up, and she appeared to be counting her fingers very slowly.

“I was just about to ask you why you were counting your fingers...your losses?”

“Yes....ten losses. My mother, father, brothers and sisters make six, Edward, my husband is seven, and then my three children...that’s ten” At this declaration, she looked up at me sadly, her soft face searching mine.

“That’s a lot of losses, Eleanor”
“Yeah and I was just wondering why the angels came for Ellie. I am 97. She was only 52 and had three boys. We had the same name, Eleanor Walker. I was wondering if they got us mixed up, took the wrong one, the angels I mean”.

Nothing in my professional experience had prepared me to respond to a comment like that. Hardly anything in my personal life had prepared me either. I have learned though, both professionally and personally, that I don’t always need to have any answers. I can just be with someone through this. I will witness their pain. I wanted Eleanor to know that I could do that.

I don’t know the agenda of angels, but I am sure that I can sit with Eleanor and her sadness. And that is when I remembered the first lesson of social work: *meet the client where she is.*



She is a 97-year-old, frail, yet alert and oriented, widowed woman who had just lost her youngest daughter, her namesake, to cervical cancer. It was her third child that had died in her lifetime. She had six remaining children, most living in different areas of the country. She was tired and weak, but mostly, Eleanor was sad. She was profoundly and utterly sad.

I remembered our talks together, the first time she told me of her daughter’s illness, how she suspected that her family was trying to shield her from the gravest truths about her daughter’s prognosis, how she was upset that she wasn’t given all of the details, especially since she was a “detail person”. She had been certain that her daughter’s death was imminent and that she would have to bear witness not only to her daughter’s passing, but also to her son-in-law’s grief and her grandsons’ loss of their beloved mother.

We know that it is unnatural to have to bury a child. This is even, maybe especially, true for an elderly

woman. Indeed, having lived almost a century on this earth, bearing and raising eight children, saying good-bye to two, becoming dependent on a wheelchair for mobility, and being confined to life in a nursing home did not protect her from having to lose a daughter.

I remember, after learning of her daughter's death, going in to her room to see her and offer my condolences and she just looked at me and wept, letting me hug her as she folded her head into my embrace and let go completely, if temporarily.

Not having any answers then, all I could do was feel her grief in the room, as I felt it right now. I could feel the sunlight in streams across the windowsill, on her tray table, dappling my feet. I could feel her grief, heavy, mixing with the sunlight.

"Ten losses, Eleanor. That's a lot of sadness for one woman." "Yes. I have buckets full..." "Well, I can help you carry your buckets." And she smiled. Her hands were still opened, the accounting of the losses still splayed on the table for us to review.

"Your hands have a lot of meaning. They represent all of the people you have lost in your life." I did the only thing I could think of doing. I sat down next to her and picked up her hands in mine. "Then we will hold them together." "Yes, could we?" she asked me quietly.

And there we sat, together, holding Eleanor's losses in our hands. I held her gaze, her pain, and her hands. I may not have known what to say, but I knew that I could be there with Eleanor and hold her grief. I felt the sadness in the room, the brilliance of the sunlight and the heaviness of her heart. We sat together in that small room by the window and held her ten losses together in our hands.

Megan Davis Collins a mother, writer and geriatric social worker living in Billerica. Contact her at megdavcol@gmail.com

The City of Boston Fire Safety Program provides
FREE SMOKE DETECTORS
for Seniors living in
the City of Boston.
For more information please call
Ernie Deeb at 617-635-2359.



DON'T RETIRE, INSPIRE!

By Augusta Alban

I am a Boston-based writer, speaker and host/producer of several live cable television shows, including “Positive People,” “Literary Limelight,” and “Act II”. While my guests on these shows have reflected tremendous diversity (including professional entrepreneurs, educators, civic leaders, authors, playwrights, actors and artists), my goal has remained constant – to explore and celebrate their inspirations and accomplishments.

During these past eight years, many of those I’ve interviewed have lived “a long time,” and seem to know soul-searching secrets that have enabled them to reinvent themselves over and over again. My curiosity to know how they were able to do this prompted me to start collecting inspirational letters, notes, anecdotes, and excerpts from our live conversations.

All of my guests, without exception, believe in life-long learning. They believe life is a gift, that each day is a new adventure, a clean slate – yours to design anyway you like. As I ended each show, I felt uplifted, renewed, as if I had found a mental fountain of youth. As an empowerment specialist and life-long

student of psychology and metaphysics, I knew that if this knowledge affected me so positively, then perhaps sharing it with others would enable them to profit from my guests’ life-changing experiences. This was the genesis and motivation for my book “Don’t Retire, Inspire.” Duane Lucia president of Boston’s West End Community Center knew I was on to something, too, as they’ve recently chosen to partner with Suffolk University in producing a pilot series of live-to-tape “Don’t Retire, Inspire!” shows. The message needs to be shared.



The definition and our perception of growing older must change as we embrace the 21st Century. We are better educated, not necessarily formally, but through job and life experiences; we have transferable skills unlike earlier generations. Americans can expect to live well into their eighties. The accepted retirement age of 65 has begun to creep up to 70, 75, or higher; in fact, some never retire! They keep doing whatever they’ve been doing, but with the wisdom and experience of added years.

One of my guests, Bradford Glass, a Leadership Coach with The Road Not Taken, suggests: “We humans are unique, the only creatures capable of fundamentally altering the course of our

lives, a path available to us by changing the ways in which we believe, see, think and speak. How can we learn to step more boldly into that opportunity?” Other show guests Marilyn and Shelia Brass (The Brass Sisters), who wrote and produced the top selling “Heirloom Baking” at the age of 70, believe “life is a journey to be experienced, not a destination to be reached.” Among the metaphorical tools the Brass sisters include in their repertoire is a tool called the “3Ds.” In order to re-invent yourself at any age, the girls said, you need to use the tools in your metaphorical toolbox. For Marilyn and Shelia, the “3D approach” has always proved successful:

DISTANCE yourself from a bad experience so that you can evaluate it, whether it is professional or personal.

DISASSOCIATE yourself from damaging remarks or situations. Try to avoid dealing with toxic people.

DISENGAGE yourself from battles that aren’t worth fighting.

These ladies use “visualization” to see themselves doing the things they want to do and being the people they want to be. By seeing “as if” it were already so, they have learned to create remarkable results. We will explore the “behave as if” idea in a future column.

Perhaps our lives are meant to be edited,

in much the same way as we edit writing before a final copy. As an opening, you might stop for a moment right now, and take a personal inventory of your life. Examine the paths your life has taken up until now, specifically noting its twists and turns. Look for places and ways in which you may have “reinvented” yourself along the way. Once you get the idea in your mind, you might then ask yourself, “OK, what could my next reinvention look like? Who would I like to be now?” We’re told it will be common for people living in the 21st century to have five careers in a lifetime. How remarkable it would be if, instead of five dead-ends or five false starts, we reclaimed the power of conscious choice available to each of us, and became the producer, director and star in a life of which we could be proud. How beautiful it would be if each of us left a legacy that not only made us feel fulfilled, but offered the world the wisdom of our unique gifts as well.

Get going – it’s your life to live!

Let’s enjoy the adventure!

To contact Augusta Alban please send her an email at:

dontretireinspire@yahoo.com

or

augusta.alban@yahoo.com

10 Tips: How to Beat the Baby Boomer Blues

A lot of the more than 76 million baby boomers headed toward retirement are losing sleep at night because in most cases, they have not taken the time to plan for what's next in their lives, according to Joan Strewler-Carter and Stephen Carter, co-founders of the Life Options Institute, an organization dedicated to helping people plan for life after age 50.

If you're one of the millions of baby boomers beginning to think about retirement, here are some tips from the Life Options Institute:

1. Start your planning engines. Avoid the sudden and often drastic changes that retirement can bring by starting to plan for it at least 5—10 years in advance. Baby Boomers need to reevaluate goals or set some new ones periodically because life constantly changes. Web sites such as www.WhatsNextInYourLife.com offer helpful planning tools and tips.



2. Review your finances. Determine your post-retirement budget. Most people underestimate how much money they will need for retirement. Consider that less than one-quarter of workers age 55 and older—just 23%—have savings and investments totaling \$250,000 or more, according to a study published by the Employee Benefit Research Institute. About 60% have less than \$100,000.

3. Consider working a few more years. The average retirement age in the US is 63—but most people don't recognize the benefits from working even just two or three additional years. According to T. Rowe Price, a 62-year-old with \$100,000 salary and a \$500,000 nest egg will see his annual retirement income rise 6% for every additional year he remains in the workforce.

4. Think about an “encore career.” With the recent economic downturn, more boomers are asking if it is time to reinvent themselves by pursuing dreams and turning their passion into “encore” careers. If you are going to have to or want to continue working, then pursue something that makes you happy—such as a career you left behind many years ago when you met that fork in the road of life.
5. Review your health insurance needs. Decide whether you should purchase additional coverage such as Medicare supplemental insurance.
6. Consider long-term care insurance. Since many boomers have already seen the enormous expenses tied to maintaining long-term care for their parents, now may be a good time for them to talk to their insurance agent about a policy of their own.
7. Set rules. Known as the “sandwich generation” because many boomers are caring for aging parents as well as their “boomerang” children who graduate from college and then move right back home, it is important to set rules. Start asking your kids for rent or set a schedule of home chores.
8. Let go of your former identity. Many boomers have tied what they do for a living to their identity as a person. Introduce yourself to a boomer and chances are he or she will include a job title in the first few seconds of conversation. According to outplacement experts Right Associates, one of the biggest hurdles for boomers in transition is to let go of the identity they are clinging to based on a former role.
9. Cultivate outside hobbies and interests. Studies show that acquiring new skills later in life helps ward off depression and may reduce the likelihood of dementia. Maybe it’s time to take up painting, quilting, piano lessons, or volunteer work.
10. Exercise your mind and body. The importance of exercise in preserving your physical, cognitive and emotional well-being is well known. In fact, according to Dr. Gary Small in *The Longevity Bible*, recent research found that regular physical activity could add two or more years to an individual’s life, not to mention enhancing the very quality of your life.

Free Things To Do Around Town!!

Financial Crises, Technology, and Why Boston Might Just be the Center of the Universe (at least for now)

**Thursday, April 16 / 6:30pm – 8:00pm
Boston Public Library,
Rabb Auditorium**

As we live through an almost unprecedented economic crisis, we are also living through an extraordinary scientific age. On the one hand, we are witnessing unprecedented wealth destruction. On the other hand there are, especially in Boston, extraordinary opportunities to create the next great industries and power the global economy. Juan Enriquez, Managing Director of Excel Medical Ventures, founder of many successful companies, and best-selling author of *As the Future Catches You*, joins us to explore why life sciences will be the “dominant language and economic driver of this century,” and why Boston is perhaps the single most interesting place at this particular time.

The Empty Cradle: How Falling Birthrates Threaten World Prosperity And What To Do About It
**Thursday, April 23 / 6:30pm – 8:00pm
Old South Meeting House**

Overpopulation has long been seen as one of the most serious dangers facing the globe. Just the opposite is however, true argues Phillip Longman, Schwartz Senior Fellow at the New American Foundation. As countries get richer, their populations

age and birthrates plummet. This is not just a problem of rich countries: the developing world is also aging fast. Falling birthrates might seem beneficial, but the economic and social price is too steep to pay. Longman talks about the population implosion and how we can help families and the world build a sustainable future.

**Public Talk “Exile:
The Wealth of Humanity”**
Tuesday, April 27th at 7:00pm
MIT, Cambridge Room 6-120
(enter from 77 Mass Ave.)

French-based Mali-raised filmmaker Abderrahmane Sissako, whose shorts, documentaries and feature-length fiction film explore the exile experience and the relationship between African and Western societies, will be an Abramowitz Artist-in-Residence from April 20-May 1 at the Massachusetts Institute of Technology. The talk is co-sponsored by the Dalai Lama Center for Ethics and Transformative Values.

Of Spies and Spokesmen: A Cold War Correspondent Looks at Russia Today
Thursday, April 30 / 6:30pm-8:00pm
**Boston Public Library,
Rabb Auditorium**

Journalism can be a dangerous profession and, according to one index, Russia is among one of the most perilous places to report the news. In this country – one that likes to publicize its democratic credentials – journalists are regularly targeted for

The City of Boston

Elderly Commission

Senior Companion Program



Senior Companion couple
Irma & Ilya Magid

**Thanks for making
a difference!**

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

**“I volunteer because I have the time now and I like
knowing that I am making a difference”.**

- Senior Companion

Continued from page 12

murder and no one is held accountable. Nicholas Daniloff, Professor of Journalism at Northeastern University and a 30-year media veteran, draws upon his own international reporting experiences (including thirteen days locked up by the KGB) to explore the challenges and possibilities of writing in the former Soviet Union today.

Afghanistan

Thursday, May 7 / 6:30pm – 8:00pm
Boston Public Library,
Rabb Auditorium

What would a peaceful, stable, and productive Afghanistan look like? What

can the new American administration do to help Afghans realize this goal? Joining the Forum to discuss the roots of the current crisis and how to move toward a better future are Paul Fitzgerald and Elizabeth Gould, co-producers of the 1981 PBS documentary *Afghanistan Between the Wars* and authors of *Invisible History: Afghanistan's Untold Story*, Nick Mills, Associate Professor of Journalism at Boston University, award-winning broadcaster, and author of *Karzai*, and Sima Wali, former Afghan exile and current President of Refugee Women in Development. Moderated by journalist Alan Berger of the Boston's Globe's editorial board.

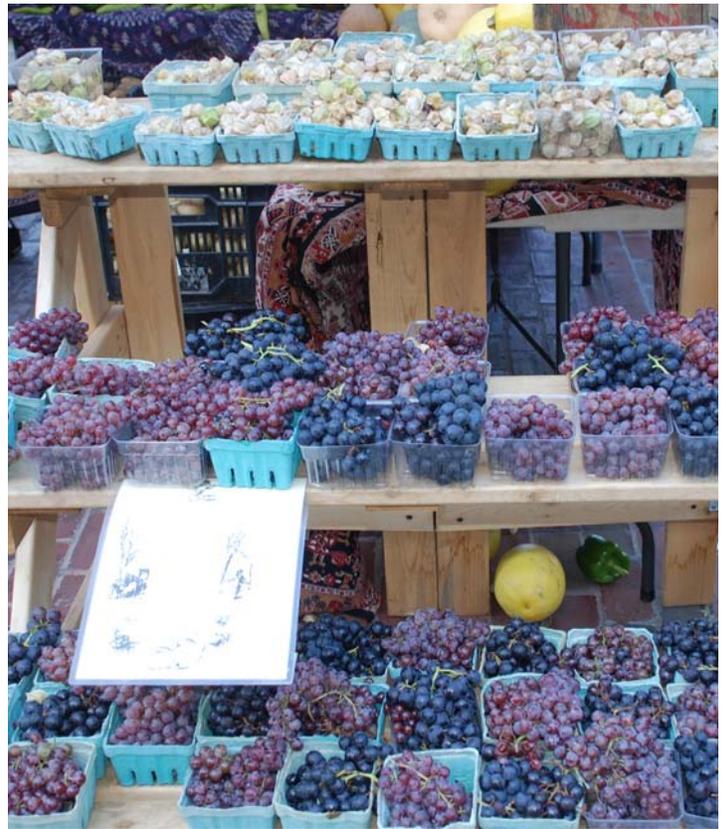
Eating Organic on a Budget

As Americans grow more informed about the origins of the food they eat, organics have become more widely available. Choosing organic food more often means less toxins in your system, which can only be good, right? But is all organic food worth the higher price tag? Here's what you should know.

First of all, always look for the USDA Organic label. It means government certifiers have inspected the farm where the food was grown in order to ensure that:

- Meat, poultry, eggs and dairy products come from animals raised without antibiotics and growth hormones.
- Fruits and vegetables are grown without using most conventional pesticides, fertilizers made from synthetic ingredients or sewage sludge, bioengineering or ionizing radiation.

Processed foods can show one of four labels. For example, a cereal with 100 percent organic ingredients can call itself "100% organic." One with 95 to 100 percent organic ingredients may carry the label "organic." Cereal with 70 percent organic ingredients can list as many as three organic ingredients — such as raisins or nuts — prominently on the package. Cereals with fewer than 70 percent organic ingredients may list organically produced ingredients in the ingredients statement on the package, but cannot use the term "organic" anywhere



on the principal display panel.

Look for organic food at your local farmers' market, too. Farms selling less than \$5,000 annually in organic products require no certification to label their goods organic. But only a certified farm may display the USDA seal.

Additional resources

Organic.org, Organic Made Easy, Life Made Better: www.organic.org
Nutrition Action Health Letter (requires subscription): www.nutritionaction.org
Organizations and Web sites related to community-supported agriculture:
www.nal.usda.gov/afsic/pubs/csa/csaorgs.shtml

Reprinted with permission from Harvard Pilgrim Health Care's Your Health member newsletter.



What to buy organic?

If you want to avoid pesticides as much as possible but can't afford to buy everything organic, use this guide published by the Environmental Working Group:

“The Dirty Dozen”

Buy these foods organic

12 Most Contaminated

Peaches
Apples
Sweet Bell Peppers
Celery
Nectarines
Strawberries
Cherries
Pears
Grapes (Imported)
Spinach
Lettuce
Potatoes

These foods have the least amount of detectable pesticides

12 Least Contaminated

Onions
Avocado
Sweet Corn (Frozen)
Pineapples
Mango
Asparagus
Sweet Peas (Frozen)
Kiwi Fruit
Bananas
Cabbage
Broccoli
Eggplant

Tips To Avoid Pesticides

You can effectively decrease pesky pesticides lurking on conventional food with these simple strategies:

- Scrub produce thoroughly under running water.
- Trim the skin from poultry and fish and the fat from meat.
- Some pesticides collect in these areas.
- Peel fruits and vegetables, if possible.
- Throw away the outer leaves of leafy vegetables.



Make a Difference in the Life of a Middle School Student! Become a Tenacity Buddy Today!

Tenacity, an urban youth and tennis program, is currently looking for Tenacity Buddies! Tenacity Buddies will work with small groups of students, reading aloud to them, guiding conversations about what our students are reading, and helping students with projects. Tenacity Buddies will have the opportunity to build strong relationships with the young people in their groups, and will have a strong influence on the children's sense of belonging and community at their Tenacity site. Our students are in middle school and range in age from 11 – 14 years old. This is a wonderful opportunity to really make an impact in your own neighborhood.

Tenacity was created in 1999 to serve children who otherwise would lack a safe, productive and healthy out-of-school-time (after-school and summer) environment. The vision of Tenacity's founders, Ned Eames and Bud Schultz, was to create an organization that would enable urban youth to achieve excellence in the classroom while imparting life skills and promoting character development. Tennis is the magnet to attract and retain students who participate in a high quality academic support and physical fitness program. However, Tenacity's literacy programming is the key component of the "Tenacity journey." As we celebrate our 10th anniversary, Tenacity programs have been refined and expanded to meet our fundamental mission:

“to improve the scholastic, character, and physical development of urban youth through a combination of academic support and tennis instruction/competition with a focus on life-skills.”

Tenacity has served over 30,000 kids since 1999.

www.tenacity.org

For more information contact Tenacity, Inc. at 617-562-0900 or call Kelley Wedge from the Retired Senior Volunteer Program (RSVP) at 617-635-1794.



RSVP Recognition 2008

Thank You!



St. Elizabeth's



WGBH



West Roxbury V.A.

It's Here!!! **Only \$15.95** *Volume II*

The Memoir Writing Project's second edition My Legacy Is Simply This contains personal stories from seniors in Charlestown, Chinatown, East Boston and Mattapan.

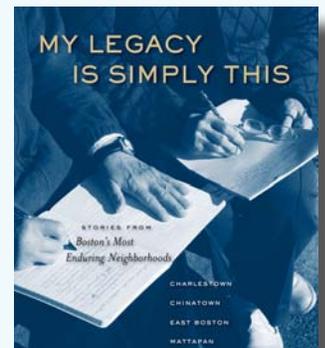
For more information or to purchase My Legacy Is Simply This please contact Tula Mahl at 617-635-1922.

Special offer:

Buy both books as a set for only

\$25.00

Don't miss out on this amazing offer!



Volume I

Volume II

Massachusetts Assistive Technology Mini-Loan Program



The MA AT Mini-Loan Program gives people with disabilities access to the low-cost devices they need to live more independently.

What is the Mini-Loan Program?

The AT Mini-Loan Program, operated by Easter Seals Massachusetts, is a new long-term equipment loan program that is now part of the MA AT Loan Program.

The AT Mini-Loan Program provides; free of charge, low-cost assistive devices to residents of Massachusetts. “Low-cost” means anything with a total cost of under \$500.00.

Who can get the free equipment through the Mini-Loan Program?

If you are a Massachusetts resident with a disability or are acting on behalf of a relative with a disability, you may participate in the program. This program is specifically for those with low household incomes, so certain financial need has to be demonstrated.

Is this really free?

Absolutely! This program is designed to allow those with a demonstrated financial need to have access to the low-cost devices they need to live independently. You can keep the device for as long as you need it!

The MA AT Loan and Mini-Loan Programs are dedicated to helping those with disabilities and their families to live more independent lives. Please call the program for more details and information on how to apply!

For more information please contact:

Jason M. Luciano, Ph.D.

Director of the AT Loan Program

800 244-2756 ext. 428 or 431

www.MassATLoan.org

The AT Mini-Loan Program is operated by Easter Seals Massachusetts and funded in part through MassMATCH, Massachusetts’s AT Act Grant, managed by the Massachusetts Rehabilitation Commission.

Spring Humor

Q. Can February March?

A. No, but April May!



Q. What flowers grow on faces?

A. Tulips (Two-lips)!

MIT Salutes Institute Professor John Harbison's 70th Birthday

Cambridge, MA - This spring, the Music and Theater Arts Section at the Massachusetts Institute of Technology will celebrate and honor one of the most prestigious members of its faculty, composer John Harbison with a concert and other tributes to mark his 70th birthday.

The **Harbison celebration concert** will take place at 8 p.m., **Friday, April 24**, in **Kresge Auditorium** and will offer the opportunity to sample some of his vocal and instrumental chamber works performed by professional friends and colleagues. **Admission is free** and the public is invited.

Professor Harbison's teaching and music have for years enriched the students from all areas of the MIT music program. This spring, student ensembles will offer their own tributes to the composer by programming some of his works on their concerts.

HARBISON CELEBRATION CONCERT

John Harbison's music is distinguished by its exceptional resourcefulness and expressive range. He is considered "original, varied, and absorbing -- relatively easy for audiences to grasp and yet formal and complex enough to hold our interest through repeated hearings -- his style boasts both lucidity and logic" (*Fanfare*). The program at the celebration concert on April 24 is the premiere of the French Horn Suite. Followed by the second performance of "A Clear Midnight".

"A Clear Midnight" was recently commissioned by The Georgina Joshi Foundation in memory of Chris Carducci, Garth Eppley, Georgina Joshi, Zachary

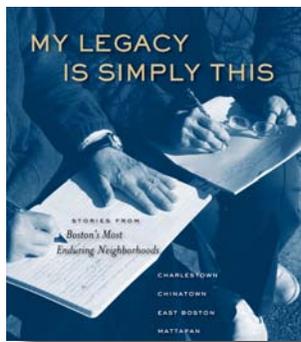
Novak, and Robert Samels, five Indiana University voice students who died in a single-engine Cessna plane crash on April 20, 2006 on a return flight from a rehearsal north of Indiana University. "This event was a devastating tragedy for the friends and families of these gifted musicians, and for the entire community at Indiana University" where the work will be premiered on March 29, 2009, wrote Harbison in his program note.

The first half of the concert program will conclude with "Cucaraccia and Fugue" a viola quartet. Following intermission will be the first Boston performance of "Crane Sightings" The piece, according to the composer, "celebrates the persistence of [cranes], as they inhabit less and less of our planet with undiminished dignity." The program will end with "Umbrian Landscape with Saint," a sinfonietta.

HARBISON'S BACKGROUND

Premieres and commissions, awards and distinctions are numerous on John Harbison's vitae. In addition to many other prizes, he has received the MacArthur Foundation's "genius" award, the Pulitzer Prize, and the Heinz Award in the Arts and Humanities. Harbison has composed music for most of this country's premiere musical institutions, including the Metropolitan Opera (for whom he wrote "The Great Gatsby"), New York Philharmonic, Chicago Symphony, Boston Symphony, and the Chamber Music Society of Lincoln Center. His works include four string quartets, five symphonies, a ballet, three operas, and numerous chamber and choral works, over 60 of which have been recorded on leading record labels.

Contact:
Clarise Snyder, MIT Music and Theater Arts
(617) 253-2906, email csnyder@mit.edu



A reading for the Memoir Writing Project's second edition *My Legacy Is Simply This* was held in Chinatown at the Boston Chinatown Neighborhood Center. This was a very successful event with all the authors attending, many accompanied by family.



Enjoying the memoir reading.

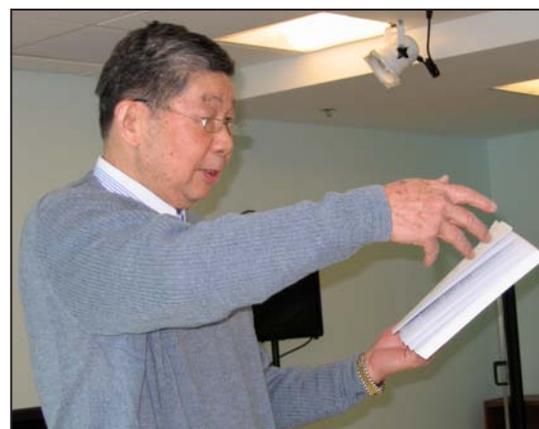
A big thanks to all who helped in the Chinatown program!



Michelle introduced the readers, with Kwan translating.



Cui Mei proved to be an incredibly dynamic storyteller.



Yu Szeto got a big laugh with his story of looking for a bathroom.



Yu Ye Tan read about her grandfather in Chinese followed by her granddaughter (reading about her own great-great grandfather) in English.



A fan gets his book signed by author Yu Szeto.

Mayor Menino Welcomes Residents To 11th Annual Neighborhood Coffee Hours

Coffee Hour series is held from 9:30 a.m. to 10:30 a.m. at each site with dates and locations as follows. Locations marked * are rain or shine events.

Monday, April 27 - Clarendon St. Tot Lot
Clarendon St. and Commonwealth Ave, Back Bay

Tuesday, April 28 - Hynes Playground
VFW Parkway, West Roxbury

Wednesday, April 29 - Christopher Columbus Park *
Atlantic Avenue, Boston

Thursday, April 30 - Walter Playground
Norfolk St., Mattapan

Friday, May 1 - Ramler Park
Peterborough St., Fenway

Monday, May 4 - Mozart Playground
Mozart and Centre Streets, Jamaica Plain

Wednesday, May 6 - Ringer Park
Allston St. and Griggs Place, Allston

Thursday, May 7 - Iacono Park *
Milton and Readville Streets, Hyde Park

Friday, May 8 - Doherty Park *
Bunker Hill and Medford Streets, Charlestown

Monday, May 11 - Porzio Park
Sumner and Marginal Streets, East Boston

Tuesday, May 12 - Fallon Field
South and Robert Streets, Roslindale

Wednesday, May 13 - Titus Sparrow Park
West Newton St., South End

Thursday, May 14 - Gertrude Howes Playground *
Moreland and Fairlands Streets, Roxbury

Friday, May 15 - Medal of Honor Park
East Broadway and M St., South Boston

Wednesday, May 21 - Martin Playground
Myrtlebank and Hilltop Streets, Dorchester

For more information, please contact the Boston Parks and Recreation Department at 617-961-3039.



Thank you to all of the sponsors for making the East Boston Valentine's Day Party a success!

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

Gift Certificates donated by: Carmen Christopher, Donna's Restaurant, East Boston Diamond & Gold Exchange, Ginos Hair Styling, Jeveli's Restaurant, Kelly's Pub, Milano's, Off The Boat, Rino's, Royal Roast Beef & Seafood, Santarpio's Pizza

Cookies donated by: Carlo's Catering & Spinelli Bakery

OUR WINTER WONDERLAND

By Mike Flynn

If there is one thing New Englanders know about, especially if you were around in 1978, it is snow. It is part of life around here. Cities and towns must budget plowing the stuff, schools run way into summer because of “snow days” and you might be ticketed if you don’t shovel your sidewalk. We laugh at newscasts showing freak snowstorms in the South with drivers sliding and skidding on a dusting. Oh yeah, we know snow.

But we also rejoice in it. Skiing has almost become a religion around here since farmer Ted Cook had his oxen haul an engine up a hill in 1935 in Woodstock, Vermont to install the first rope tow in America. (The first in North America was in Quebec.) Soon rope tows were springing up everywhere. But with those early ones it was just as much of a challenge actually reaching the top as it was skiing to the bottom. Heavy gloves were a necessity for avoiding rope burns. At Black Mountain in Jackson, New Hampshire shovel handles were attached to the rope for a hand hold. (Those original handles now hang in Whitney’s Pub in Jackson.) Where previously skiing appealed to only the athletic and adventurous minority (didn’t it seem silly to walk up a mountain carrying all that equipment, reaching the peak exhausted only to slide back down again?) the tows opened up the sport to the masses. Ski Schools sprung up and numbers of mountains cut new trails. Soon snow trains were leaving North Station heading to both ends of the Kancamag, North Conway to the East and Lincoln to the west. Of course all these people needed places to eat and sleep, so with the sport beginning to expand so did the hospitality industries.

Technology was now being used to improve the sport by making better equipment.

In its infancy, skiing was simply a mode of transportation. People had to work, shop in town, go to school, so many made their own skis. It wasn’t until the turn of the century that waxing the bottom of the skis became popular. But now with skiing becoming recreational more were involved and many injuries were occurring. Those old home made boards were just plain dangerous, so to make the sport safer another industry arose; equipment manufacturing. Safety improved by leaps and bounds as did the number of injuries, but skiing was still a high risk endeavor. Even today with high tech equipment and many safety innovations and standards accidents occur as was seen recently when a fall on a beginners slope in Quebec tragically took the life of a beloved actress, mother and wife.

Still skiing is exhilarating and wildly addictive as witnessed by long lift lines at every mountain. As more people took up the sport it was clear tow ropes were not going to cut it. Too slow. The first aerial tram was put into operation in 1938 on Cannon Mountain at New Hampshire’s Franconia Notch State Park, home to the late Old Man of the Mountains. Cannon was and is a state run park and after much haggling Legislation was passed in 1937 to use tax payers money to build a tram. Before construction could start, a rail to pull materials up the mountain was needed. Dozens of men trudged up the hill with backpacks full of cement and steel throughout November and December. Construction on the tram started in December and continued through the harsh winter weather. Over the next six months more than 200 tons of steel, miles of cable and hundreds of tons of cement were hauled up that mountain by hand. This truly was an engineering marvel for it’s time. The tram opened in June of 1938 and became a major tourist attraction. That original tram is on display at the New England Ski Museum at the base of Cannon Mountain.

Meanwhile, just to the east over in North Conway, Mount Cranmore was installing its own new lift that was certainly unique. Called the

Skimobile, it actually looked like a small car without a roof and was pulled up the mountain on a raised track. It was an adventure just trying to get into the car before the walk way ended while holding your skis as the car was moving up the rails. Fun! The skimobile at Cranmore took its last ride up



the hill in 1989. Part of Cranmore's past involves Adolph Hitler. When he invaded Austria in 1938, he placed the head of the Austrian Ski Instructors, Hannes Schneider, under house arrest because he was a fervent anti-Nazi. Schneider managed to escape Austria and by a circuitous route ended up in North Conway and Cranmore where he founded the Hannes Schneider Ski School where thousands the world over would come to learn his Arlberg Technique. Today he is known as the Father of American Skiing.

With almost sixty ski areas within a two hour drive is it any wonder why New England is such a popular winter destination and why many natives have achieved world status in the sport. Certainly the most famous and controversial racer in the world is a New Englander. Bode Miller grew up in tiny Franconia, New Hampshire with hippie parents in a rustic log cabin with no electricity or running water. He has said he would rather ski as fast as possible than win medals. But win medals he did! In 2002 he won four World Cup Gold Medals and two Olympic Silver Medals. His fame became solidified in those Olympics with an incident witnessed by a world wide television audience. After missing a gate in the slalom and with no chance of winning, he climbed back up the mountain to the starting line to finish his run, an action heretofore unheard of in ski racing circles. In 2003 he fell just short of winning the overall World Title but came back in 2005 to win it all and then repeat in 2008. However, his laid back attitude and "who cares" demeanor have made him tremendously unpopular. He has been accused of

violating the "Olympic Spirit." He has quit the United States Ski Team and now competes as an individual traveling throughout Europe to competitions in his motor home. He has also lost lucrative endorsement deals because of his late night carousing. When his sponsor Nike, launched a "Join Bode" advertising campaign, one journalist quipped

"Where? At the bar?" Beyond all of this he is still the greatest ski racer this country has ever produced surpassing Phil Mahre in the number of World Cup victories. He still remains one of the best hopes for American medals at next years 2010 Olympics in Canada.

However, on the Olympic woman's side is a bright shining beacon. Lindsay Vonn (nee Kildow having recently been married) has just become the most successful U.S. woman skier in World Cup history by winning back-to-back World Cup Overall titles, surpassing her hero Picabo Street and Tamara McKinney. She is a huge star in Europe, more popular than Tom Brady and Big Papi combined, but almost an unknown in her own country. If you have not heard of her, you will. With her stunning good looks, winning smile and personality along with tremendous ability and athleticism, by this time next year she may be one of the recognizable people on the planet with endorsement deals through the roof.

So as summer approaches and the white stuff is gone, its time to put away the gloves and the scarves for a few months. But those of you who are downhillers, telemarkers, boarders or those of us who just go for the Après Ski, the snow will soon be back with those roads to be plowed, walks to be shoveled and equipment pulled out and tuned up for the trek north to our own "Winter Wonderland."

HEALTHY

Ham & Swiss Rosti

Ingredients:

- 1 large egg
- 1 cup diced ham (about 5 ounces)
- 1 cup shredded part-skim Jarlsberg or Swiss cheese, divided
- 1 shallot, minced
- 1 teaspoon chopped fresh rosemary or 1/4 teaspoon dried
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 4 cups frozen hash brown potatoes
- 2 tablespoons extra-virgin olive oil, divided



Instructions:

1. Beat egg in a large bowl. Stir in ham, 1/2 cup cheese, shallot, rosemary, pepper and salt. Add frozen potatoes and stir to combine.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Pat the potato mixture into an even round in the pan. Cover and cook until browned and crispy on the bottom, 4 to 6 minutes.
3. Remove the pan from the heat. Place a rimless baking sheet on top. Wearing oven mitts, grasp the pan and baking sheet together and carefully invert, unmolding the rösti onto the baking sheet. Wipe out any browned bits from the pan. Return it to the heat and add the remaining 1 tablespoon oil. Slide the rösti back into the pan. Top with the remaining 1/2 cup cheese, cover and cook the second side until crispy and browned, 4 to 6 minutes. Slide onto a platter, cut into wedges and serve.

Serves: 4

Spring Humor

Source: www.jokesaboutspring.com

Four high school boys afflicted with spring fever skipped morning classes. After lunch they reported to the teacher that they had a flat tire.

Much to their relief she smiled and said, “Well, you missed a test today so take seats apart from one another and take out a piece of paper.”



Still smiling, she waited for them to sit down. Then she said:
“First Question: Which tire was flat?”



RECIPES

Italian Roasted Snap Peas

Ingredients:

- 1 large leek, white part only, halved lengthwise and thoroughly washed
- 1 pound sugar snap peas, trimmed
- 2 teaspoons extra-virgin olive oil
- 1/2 teaspoon salt
- 1 cup cherry tomatoes, halved
- 1 teaspoon dried oregano



Instructions:

1. Preheat oven to 425°F.
2. Cut leek halves into 2-inch lengths and then very thinly slice each piece lengthwise, yielding 2-inch-long strips. Toss the leek strips, peas, oil and salt in a medium bowl. Spread evenly on a baking sheet.
3. Roast for 15 minutes. Stir in tomatoes. Return to the oven and roast until the vegetables begin to brown, about 10 minutes more. Toss with oregano and serve.

Serves: 4 (about 1/2 cup each)

FREE



FREE

**Introductory computer classes
at Suffolk University.**

**For more information call Kate
at 617-573-8251**



Basketball



Seniors over age 60 who are interested in playing Basketball are welcome to join us every Thursday from 10:30 a.m. to 12:30 p.m. at the Roslindale Community Ctr, 6 Cummings Hwy. You can just shoot around or you can participate in 3 on 3 Half Court games.

**For more information, please call
Ed Conway at (617)327-6831 or
e-mail him at edconway14@yahoo.com**

Tips for improving your over-all well-being

Offered by Always Best Care Senior Services

- **Get Moving** – Exercise is fundamental to maintaining circulation and bone density in older adults. Gardening, walking and running errands should be incorporated into each day as long as the chosen activity doesn't cause any aches or pains.

- **Eat Ample Protein** – Muscle loss is an inevitable consequence of aging, but incorporating adequate amounts of protein into the diet can actually help the body make muscle. Healthy sources of the nutrient, which should be integrated into each meal, include baked chicken, fish and low-fat dairy products.

- **Remain Engaged with Friends and Family** – For seniors who live alone, isolation is an unfortunate aspect of their daily lifestyle. Visits with friends and family members can boost their mood, while regular conversation fine-tunes the mind and memory.

- **Stay Safe** – Seniors who live at home can often fall prey to burglars and other community mischief. Older individuals should refrain from opening the door to strangers. Installing a back yard fence for both safety and privacy purposes is also a wise choice.

- **Encourage Community Involvement**

- Seniors can easily stay active in their communities by volunteering at the local hospital, library or city center. This type of participation empowers the elderly with a sense of purpose and can provide some rhythm to daily life.

“Always Best Care Senior Services is dedicated to serving the needs of the senior community,” said Newman. “Anyone feeling burdened by the responsibility of caring for their elderly friends or family members is welcome to use us as a resource.”

About Always Best Care Senior Services

Founded in 1996 by Michael Newman, Always Best Care Senior Services is based on the belief that having the right staff for the right level of care means peace of mind for the client and family. Always Best Care Senior Services has assisted over 100,000 seniors representing a wide range of illnesses and personal needs. This has established the company as one of the premier providers of in-home care and assisted living placement assistance. Franchise opportunities are available to individuals interested in leveraging the company's clear strategy and proven track record for delivering affordable, dependable service to area seniors.

WOMEN IN SPORTS BROADCASTING

By John H. O'Neill III

Sports broadcasting for years, has been handled by men. The pre-game warm-up, over time became an important part of the broadcast.

Kathryn Tappen, a Rutgers University graduate, entered pre-game commentary. Tappen had been a member of the track and cross-country teams while at Rutgers. Tappen had worked at WJAR-10 in Providence, RI.

Naoko Funayama, the rink-side reporter at Boston Bruins games is a graduate of Williams College and Boston University Graduate School of Journalism. The pre and post game discussions offer insight into a game.



Tappen



Funayama

Seniors often enjoy viewing sports events. Many have participated in the Senior Games which are held each year. Those games include: golf, bowling and many track events.

Television has become an important part of daily life. Athletes participate in many games. NESN broadcast many games. Tappen and Funayama play important parts of each broadcast.

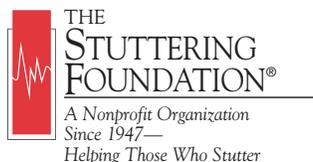
Don't Let Stuttering Put You On the Bench.



NBA All Star and Hall of Famer Bill Walton never let his stuttering problem keep him out of the game. Today millions of

fans recognize his authoritative voice as a sports commentator.

If you or someone you know stutters, write or call:



A Nonprofit Organization
Since 1947—
Helping Those Who Stutter

1-800-992-9392

www.stutteringhelp.org

3100 Walnut Grove Road, Suite 603
P.O. Box 11749 • Memphis, TN 38111-0749

CERUOLO, HAGSTROM & WHITE, P.C. ATTORNEYS AT LAW

AREAS OF PRACTICE (WITH OVER 10 YEARS EXPERIENCE):

PROBATE & ESTATE PLANNING

- WILLS & TRUSTS
- HEALTH CARE PROXIES & POWERS OF ATTORNEY
- ADMINISTRATIONS & GUARDIANSHIPS
- ELDER LAW & MEDICAID

REAL ESTATE- RESIDENTIAL & COMMERCIAL

- BUYER & SELLER REPRESENTATION
- LANDLORD & TENANT
- LEASES

AFFORDABLE RATES*HOME VISITS

TEL: 781-662-9200 FAX: 781-662-9290

403 Franklin Street • Melrose • MA 02176
Email: dceruolo@chwhite.com





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

BNN-TV Channel 9

Boston Seniors Count
Live Call-in Cable Television Show

New Day & Time

Thursday at 3:30 p.m.

Repeated Sunday at 11:30 a.m.

Tuesday at 8:30 p.m.

For more information call
Deputy Commissioner
Kathleen Giordano, Producer
at 617-635-4362



The Commission's BNN-TV hosts (left) Marybeth Kelly, Lorraine Capozzi, Connie Mohammed, Marie Barry, Fran Johnnene, Carolyn Barnes and Mike McColgan

Need a Ride?

Senior Shuttle 617-635-3000

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

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

(Some restrictions may apply)

DON'T MISS

The Elderly Commission

On Radio



Tune into:

Zumix Radio 1630 AM

on Wednesday at 2:00 p.m. also streaming on

the internet at **www.zumix.org**

WJIB 740 AM on Sundays at 7:30 a.m.

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

The Elderly Commission

Seniors - are you eligible?

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance no longer counts -

- * Savings or Retirements accounts
- * your car
- * your home
- * or other assets

Unless your income is higher than:

- * Individual - \$1,734 per month
- * Couple - \$2,234 per month

For more information or to complete an application contact:

Shannon Murphy Lorna Pleas
617-635-3745 617-635-4335

Discounted TAXI COUPONS

at 1/2 Price

- Buy 2 books each month -

Call 617-635-4366 to find a location near you.



Interested in placing an ad in *Boston Seniority*?

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

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

We accept editorial articles



BOSTON RESIDENTS

FREE TAX PREPARATION

SITES OPEN
IN JANUARY 2009

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

IF YOU WORKED AND EARNED LESS THAN \$42,000 FILE AND GET YOUR REFUND IN 7-10 DAYS!

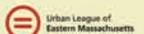
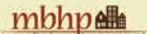
- ✓ Claim the Earned Income Tax Credit (EITC)
- ✓ Review your Credit Report
- ✓ Build Wealth for the Future
- ✓ Beware of High and Unnecessary Fees and Misleading Offers
- ✓ Sign Up for Health Insurance

HAVING NO HEALTH INSURANCE COULD COST YOU: The Health Care Reform Law requires you have health insurance to avoid penalties of up to \$912 on your tax refund.

Call **617.918.5275**
or visit www.bostontaxhelp.org



CITY OF BOSTON
Thomas M. Menino
Mayor



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

- DON'T FORGET: Proof of health insurance is required if privately insured. Bring your 1099 HC or health insurance card(s) for you and your spouse
- Photo ID for you and your spouse
- Social Security Card or Individual Taxpayer ID Number (ITIN) for you, your children and/or spouse
- All W-2 forms (earning statements)
- All 1099 forms including 1099G (Government Payments) and 1099R (pension payments)
- All 1098T forms (tuition payments)
- Any IRS Correspondence
- Total child care expenses in 2008—name, address, Employer Identification Number (EIN) or SSN of child care provider
- Total student loan interest paid
- Total rent paid in 2008—landlord/rental agent's name and address
- Copy of prior year's tax return
- Your Account and Routing Numbers if you want to use Direct Deposit. Up to 3 accounts can be used to Split your Refund
- Pay stubs for health insurance enrollment
- Economic Stimulus Payment (ESP) amount from last year

2009 FREE TAX PREPARATION SITES

ACORN

196 Adams Street
Dorchester, MA 02122
(617) 436-7100
massachusetts.acorn.org

ALLSTON BRIGHTON APAC

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

ALLSTON BRIGHTON RESOURCE CENTER

367 Western Avenue
Brighton, MA 02135
Catherine Snedeker (617) 562-5734
catherine.snedeker.jcs@cityofboston.gov

BOSTON CHINATOWN NEIGHBORHOOD CENTER

38 Ash Street
Boston, MA 02111
(617) 635-5129 x1041
TTY (617) 292-6501
eitc@bcnc.net

BOSTON CITYWIDE HISPANIC CENTER

178 Tremont Street, 2nd Floor
Boston, MA 02111
Jenny Cintron (617) 348-6567
bostonabcd.org/centers/boston-hispanic

CODMAN SQUARE TECH CENTER

 450 Washington Street
Dorchester Center, MA 02124
Shauntell Foster (617) 822-8171
CivicHealth Institute-DotWell
shauntell.foster@dotwell.org

DORCHESTER HOUSE

 1353 Dorchester Avenue
Dorchester, MA 02122
Shauntell Foster (617) 822-8171
CivicHealth Institute-Dotwell
shauntell.foster@dotwell.org

DORCHESTER NEIGHBORHOOD SERVICE CENTER

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

EAST BOSTON APAC

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

ELM HILL FAMILY SERVICE CENTER

22 Elm Hill Avenue
Roxbury, MA 02121
Rodretta Evans (617) 442-5900 x 202
bostonabcd.org/centers/elm-hill

HISPANIC OFFICE OF PLANNING & EVALUATION (HOPE)

 165 Brookside Avenue Ext.
Jamaica Plain, MA 02130
Rhina Betances (617) 524-8888 x 0
TTY (617) 983-0249
rbetances@hopemass.org

JAMAICA PLAIN APAC

 753 Centre Street
Jamaica Plain, MA 02130
Ana Soto de Bechtold (617) 522-4250
bostonabcd.org/centers/jamaica-plain

JVS PARTNERSHIPS FOR CAREERS AND LEARNING

29 Winter Street
Boston, MA 02108
Brian Badgley (617) 399-3208
bbadgley@jvs-boston.org

LEARNING WORKS

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

MATTAPAN FAMILY SERVICE CENTER

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

METROPOLITAN BOSTON HOUSING PARTNERSHIP

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

NORTH END/ WEST END NSC

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

PARKER HILL FENWAY NEIGHBORHOOD SERVICE CENTER

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

ROXBURY RESOURCE CENTER

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

1199 SEIU

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

SOUTH END NEIGHBORHOOD ACTION PROGRAM (SNAP)

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

SOUTH BOSTON APAC

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

SOUTH BOSTON RESOURCE CENTER

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

SOUTH SIDE HEAD START

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

WINTHROP CREDIT UNION

South End Branch, 410-412 Tremont St.
Boston, MA 02116
(617) 846-1226 x3205

SITE OFFERS CREDIT ADVISING

 For information about our mobile tax sites for individuals with disabilities call Christina McRorie at (617) 918-5468

FILE YOUR TAXES ONLINE FOR FREE AT WWW.BOSTONTAXHELP.ORG

Mayor Menino poses with these 9 beautiful couples at the Valentine's Day Celebration held at

Anthony's Pier 4



Thelma & Ed Burn



Bill & Dorothy Blaney



Florence & Nicolas Lamberti



Margaret & Louis Labadini



Mary & Mario Pegurri



Wilma & Ralph Browne



Shong Yee & Chung Tuch Chang



Sally & Frank Gentile



Leoner & Edward Woodson

Thank you to Anthony's Pier 4 for the wonderful luncheon.



Patricia Fitzsimmons and Mary Brook celebrating St. Patrick's Day at Paddy O's.



Mayor Menino greets Ruth and Bernie Donohue.



Mrs. Angela Menino and the ladies from East Boston at the Valentine's Day Party in East Boston.



Commissioner Greenberg poses for a picture with her pal.



Taking in the Fashion Show at Kit Clark Senior Services.



Dom Terrazzi shares a laugh with his friend.



Mayor Menino chats with Eleanor Sawyer.



Mrs. Angela Menino gives flowers to Sara Gracie for her 99th Birthday.



Commissioner Greenberg spreads her Valentine's Day cheer.



Dancing at the Valentine's Party.



Showing off the different styles of head scarves at Kit Clark.



Doing the YMCA.



Mayor Menino with John Somers at the St. Patrick's Luncheon held at Paddy O's.



Mrs. Angela Menino says Happy 98th Birthday to Edith Tacelli.



Lee Grant (left) with her friend.



Commissioner Greenberg and the lovely ladies of East Boston hit the dance floor.



2009 Greater Boston Senior Games

Official Registration Form – May 13th, 14th, 15th, 17th and 23rd

Golf and Early Registration Deadline 05/01/09

Let The Games Begin!

(Please Print)

First Name:		Last Name:		
Address:		Apt #	City:	Zip:
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 13, 2009 - Registration at 7:00 a.m. at William Devine Golf Course, Dorchester. Shotgun Start at 8:00 a.m. PRE-REGISTRATION DEADLINE 05/01/09 – 128 Player Maximum - Mandatory \$15.00 golf cart fee will be charged to each participant, including Devine Course Members . In addition, there will be a greens fee of \$25.00 for all non-members for a total of \$40.00 . 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 14, 2009 - 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 15, 2009 - Boston Bowl, Morrissey Blvd, Dorchester - \$9.00 . – (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 15, 2009 - Boston Bowl, Morrissey Blvd, Dorchester - \$9.00 . – (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 15, 2009 - Starting At 9:00 a.m. Boston Bowl, Morrissey Blvd, Dorchester - \$5.50 - Cash or checks payable to Boston Bowl on day of the tournament: Please do not send payment with registration.	
<input type="checkbox"/> Tennis: SUNDAY, MAY 17, 2009 - Registration at 12:00 p.m. Sportsmen's Tennis Club 950 Blue Hill Ave Dorchester - \$20.00 Fee. Cash or checks payable to Sportsmen's Tennis Club. Please check preference: Doubles <input type="checkbox"/> Singles <input type="checkbox"/>	

Saturday, May 23rd - 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"/> Horseshoes <input type="checkbox"/> Keep Moving Walk (Non-Competitive) <input type="checkbox"/> Softball Throw <input type="checkbox"/> Swimming Breast Stroke 100 M <input type="checkbox"/> Swimming Breast Stroke 50 M <input type="checkbox"/> Swimming Freestyle 100 M	<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 - cash payable on day of Event) <input type="checkbox"/> Swimming Freestyle 50 M <input type="checkbox"/> Track 100 Meters <input type="checkbox"/> Track 800 Meters <input type="checkbox"/> Track 1500 Meters <input type="checkbox"/> Track 400 Meters
--	---

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

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

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

I hereby agree to hold harmless the organizers and sponsors of the 2009 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 2009 Greater Boston Senior Games. I am in good physical condition and have no medical restrictions that would prohibit my participation in the 2009 Greater Boston Senior Games.

Signature:	Today's Date:	Your age as of 05/13/09:
------------	---------------	--------------------------



Thomas M. Menino, Mayor
City Of Boston – Commission on Affairs of the Elderly
Eliza F. Greenberg, Commissioner

