



Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

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**Commission on Affairs of the Elderly
Main number (617) 635-4366**

**Email articles and comments to
Bostonseniority@cityofboston.gov**

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Mayor's Spotlight

Mayor Menino Announces City's First "Greenovate Fellows"

Mayor Thomas M. Menino announced the selection of the first two "Greenovate Fellows" for the City of Boston. The two new staff members, Benita Hussain and Charles Zhu, will work to expand Greenovate Boston, a new sustainability movement to ensure a greener, healthier and more prosperous future for the City by meeting Mayor Menino's goal of reducing greenhouse gas emissions by 25% by 2020.

"Our new Greenovate Fellows will engage residents, businesses and institutions in greening their lifestyles, operations and commutes," Mayor Menino said. "Their efforts will build on all the important work we've done to establish Boston as a national leader in sustainability, and I'm thrilled these two have joined us on that journey."

The Fellows will use a variety of innovative tools to build awareness of the Greenovate movement and to promote the environmental resources offered by the City of Boston and its community partners. Through on-the-ground outreach, business engagement and an interactive website where Bostonians can share how they are "Greenovating," the Fellows' upcoming work will culminate in a spring media launch that will include the Mayor's "Greenovation" awards and an event-filled month promoting the City's sustainability efforts.

The City of Boston is now a national leader among major cities in hosting a fellowship program specifically focused on

sustainability. Hussain and Zhu were chosen following an extensive selection and interview process, and will work for two years in the City's Office of Environment and Energy under the direction of Chief Brian Swett.

With a degree in Environmental Studies from Cornell University and a J.D. from Fordham University School of Law, Benita Hussain is a former corporate associate at the international law firm of Morrison & Foerster. A fellow of the Journalism & Women's Symposium, Hussain is also a freelance journalist whose environmental, adventure, and design writing has appeared in publications including Sierra Magazine, Conde Nast Traveler and Outside Magazine, among others.

Charles Zhu most recently worked for the Center for Climate and Energy Solutions (formerly the Pew Center on Global Climate Change), and previously for the U.S. Department of Transportation, where he gained expertise on electric vehicle policy, solar deployment, CO₂-enhanced oil recovery, and energy efficiency financing. He has also worked on building a start-up accelerating community investment in local energy efficiency projects. Zhu holds a degree from Yale University in environmental studies and concentrations in economics and applied mathematics.

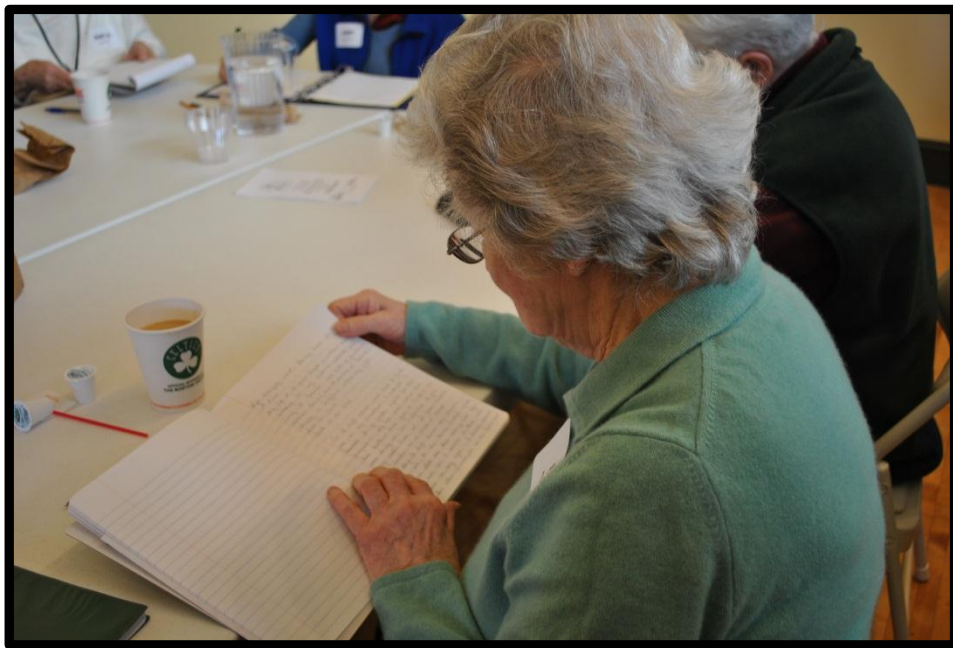
The Greenovate Fellowship Program is supported by a grant from the Barr Foundation. For more information on Greenovate Boston, visit <http://greenovateboston.org>.



Please join MAYOR MENINO
and THE ELDERLY COMMISSION for . . .

An Afternoon of Memoirs

Stories from Allston and Brighton



Read by local writers of The Memoir Project

Wednesday, February 20

1pm – 3pm

VERONICA B. SMITH SENIOR CENTER

20 Chestnut Hill Avenue, Brighton, MA

Light refreshments will be served.

STATEPOINT CROSSWORD
THEME: Twentieth Century

ACROSS

1. Alfred Hitchcock in his movie, e.g
6. *Banned insecticide
9. *Infamous weapon in Persian Gulf War
13. *'"The Hitchhiker's Guide to the Galaxy'" author
14. Two halves
15. Chummy
16. Site of witchcraft trials
17. Fred Flintstone to Barney Rubble, e.g.
18. Stupid or silly
19. *Code name for detonation of first nuclear device
21. *1945-1990 antagonism
23. Batman and Robin, e.g.
24. *Rock and ____
25. Unit of absorbed radiation
28. Manufactured
30. Stubbornly unyielding
35. Prima donna problems
37. Clever
39. Used to indicate compliance over radio
40. It hovers
41. Red Cross supply
43. Like something that can't fit anymore
44. Stay clear
46. *Ernest Hemingway's nickname
47. Blue-green
48. *Split by a wall
50. Like Dr. Evil's tiny self
52. Hog heaven?
53. Openmouthed astonishment
55. Recipe amount
57. *Salk's discovery
61. Sea dog
65. "____ Last Night," movie
66. *Shock and ____
68. Wide open
69. One who "____ it like it is"
70. 100 lbs.
71. Attach to, as in a journalist
72. Editor's mark
73. Lamb's mother
74. Plural of lysis

DOWN

1. Those in a play
2. Purim's month
3. *French Sudan after 1960
4. Correct
5. Heaviest known metal
6. Showing stupidity
7. *Its discovery had a huge impact on crime investigation

8. *Ma Bell, e.g.
9. Equivalent to hands on clock?
10. Eagle's talons, e.g.
11. Long forearm bone
12. Textile worker
15. ____ talk
20. A despicable person, pl.
22. *Hemingway's '"The ____ Man and the Sea"'
24. Sometimes done to an argument
25. Betty Ford Center, e.g.
26. Type of nectar
27. Sorrow
29. Like a billionaire's pockets
31. Received on special occasions
32. They can be Super or Krazy
33. Enthusiastic approval
34. *First cloned mammal
36. Potting need

38. South American Indian people
42. Kind of ray
45. 20 on a human body
49. *A Bobbsey twin
51. *Newly-founded state, 1948
54. *Gerald Holtom's sign
56. Unusually small individual
57. Giant kettles
58. Lend a hand
59. *First African-American to host a TV show
60. *Branch Davidians or Heaven's Gate, e.g.
61. "Out" usually follows it
62. Captures
63. D'Artagnan's weapon of choice
64. *Bolsheviks
67. *A huge web

CROSSWORD														
1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19						20			21	22				
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40					41				42		43			
44				45		46					47			
48					49		50			51		52		
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57	58	59	60					61				62	63	64
65						66	67			68				
69						70				71				
72						73				74				

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Dear EarthTalk: Recycling can be a somewhat time-consuming task; so can you please provide some benefits of taking the time to separate my trash?

- Joseph J., Houston, TX

Recycling, which turns materials that would otherwise be incinerated or become landfill-clogging waste into valuable resources, has become second nature for many Americans. As many as four out of five U.S. households already take the time to separate recyclables from trash. Those hold-outs not yet willing to bother should consider the benefits to their household and society at large.

First and foremost for consumers is saving money. Many municipalities across the U.S. today don't charge customers for curb-side pickup of recyclables but continue to charge for garbage pick-up, so recycling is a way to reduce a household's overall waste expense. Otherwise, consumers who collect large amounts of recyclables may be able to find a local company willing to buy them in bulk. Some municipalities operate drop-off centers where consumers can trade in aluminum cans and other scrap metal (copper, steel, etc.) for cash. Yet another way to recycle and make some cash is to sell your old

stuff in a yard sale. Likewise, shopping at yard sales and second-hand stores will also prevent the manufacture of new items altogether.

And there are many benefits to recycling beyond each household's own bottom line. Recycling saves resources. By recycling paper we save oxygen-providing, carbon-sequestering trees from the axe. By recycling plastic, we save petroleum, contributing (however slightly) to national security. By recycling metals, we take a bite out of energy-intensive mining. And recycling anything saves large amounts of energy and water that would otherwise be expended in making new goods from virgin materials. The U.S. Environmental Protection Agency (EPA) adds that recycling "protects and expands U.S. manufacturing jobs and increases U.S. competitiveness."

Yet another benefit of recycling is reducing the amount of waste we send to overcrowded landfills and polluting incinerators. At the other end of the consumer loop, buying products made out of recycled rather than virgin materials is another way to save money, as they are often less costly and just as good quality.

Beyond recycling, reducing our consumption of goods that are heavily packaged (often with materials not

recyclable themselves) is another important part of any effort to spare bulging landfills and reduce greenhouse gas emissions. And the re-use of materials that would otherwise end up in landfills is yet another way to conserve resources. It's not difficult to think of many ways that used boxes, packaging, paper and plastic bags can be re-purposed to extend their usefulness and spare the garbage (or recycling) man. Also, composting food scraps—either at home or as part of a community effort—helps reduce the amount of waste sent to landfills and incinerators.

With world population still growing and developing countries now fully embracing an American-style consumer

culture, recycling and other waste reduction techniques take on an increasingly important role in efforts to protect the environment. Indeed, there's no time like the present to step up reducing, re-using, recycling and composting. To find out where to recycle just about anything near you, visit the Earth911 website, where you can search by entering your zip code along with the item you're looking to unload.

CONTACTS: EPA, www.epa.gov/osw/conserve/rrr/recycle.htm; Earth911, www.Earth911.com.

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Free Trial Issue: www.emagazine.com/trial.

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GREEN BOSTON**



Mayor Thomas M. Menino invites you to a FREE Household Electronics Recycling Event!

Event Sponsors: Thomas M. Menino, Mayor of Boston



Boston Water and Sewer Commission

Public Event:

Date: Saturday, March 23, 2013 (Rain or Shine)
Time: 9 AM Until 2 PM (No Appointment Necessary)
Location: West Roxbury Public Works Yard
315 Gardner St.
West Roxbury At Millennium Park



For more information on this event and other ways to recycle go to:
www.cityofboston.gov/publicworks/recycling

C. Diff - Clostridium difficile

C. diff

- Infects 336,00 people each year
- It is linked to 14,000 deaths
- \$1 Billion in cost
- Antibiotic-associated diarrhea refers to diarrhea that develops in a person who is taking or recently took antibiotics. One of the most serious causes of antibiotic-associated diarrhea is an infection with the bacterium clostridium difficile. The most common infections are in hospitalized patients.

General information

- C. diff is a disease-causing bacterium that can affect the large bowel and cause colitis.
- The intestinal tract of normal people contains millions of bacteria. These bacteria are called “normal flora.”
- These bacteria protect the body from infection.
- Taking antibiotics can kill these “good” bacteria. This allows c. diff to multiply and release toxins that damage the cells linings that line the intestinal walls, causing diarrhea, abdominal pain and fever.
- C. diff can be found on the surface of

bedside tables, door knobs, counters, sinks bathroom fixtures.

Good hand washing is very important to prevent the spread of the bacteria from infected person at home, in the community and in the hospital.

You may be familiar with the term “c. diff”. These infections have become more frequent, more severe, more difficult to treat and more likely to return after the initial treatment (50-65% chance).

Most c. diff infections occur in the hospital but many more are becoming more common in nursing homes and in the community.

Risk factors vary

- Current or recent hospitalization or resident in a long-term care facility
- Many of these patients may have c. diff in their feces yet do not show signs of infection
- Exposure to these carriers increase a person’s risk of becoming infected
- Current or recent use of antibiotics (some antibiotics increase the risk of becoming infected with c. diff)
- Older age, 10 times greater chance of infection in people 65 years or older
- Severe illness, especially those with a weakened immune system

- Recent c. diff infection - Treated correctly yet may have an increased chance of becoming infected again (50-65%) soon after stopping treatment.
- Symptoms may begin during antibiotic treatment or 5-10 days after stopping antibiotic, very seldom as late as 10 weeks later.
- Common symptoms - watery diarrhea (3 or more times a day) and often with abdominal cramps
- Severe cases colitis (inflamed colon), blood or pus in the stool, dehydration, abdominal tenderness and cramping, fever, nausea, no appetite and weight loss
- Life threatening disease if not treated quickly may lead to organ failure or death

The diagnosis of c. diff is by stool analysis and identifying the patient's signs and symptoms. The range of treatment may be oral antibiotics for 2 weeks: oral antibiotics, plenty of fluids, diet as tolerated, up to surgically removing the infected area of the bowel. Most importantly - for all who have contact with the patient or touch anything in the room. Washing hands after contact with patient protects self and others.

Clostridium difficile is a serious infection and one should not take it lightly. Call the doctor if you think you may be infected.

Solution to Crossword on page 5

C	A	M	E	O		D	D	T		S	C	U	D	
A	D	A	M	S		O	N	E		P	A	L	L	Y
S	A	L	E	M		P	A	L		I	N	A	N	E
T	R	I	N	I	T	Y		C	O	L	D	W	A	R
			D	U	O		R	O	L	L				
R	A	D		M	A	D	E		D	O	G	G	E	D
E	G	O	S		D	E	F	T		W	I	L	C	O
H	A	L	O		S	E	R	U	M		F	U	L	L
A	V	O	I	D		P	A	P	A		T	E	A	L
B	E	R	L	I	N		M	I	N	I		S	T	Y
			G	A	P	E		T	S	P				
V	A	C	C	I	N	E		M	A	R	I	N	E	R
A	B	O	U	T		A	W	E		A	G	A	P	E
T	E	L	L	S		C	W	T		E	M	B	E	D
S	T	E	T			E	W	E		L	Y	S	E	S

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*** correction from the Winter issue.**

ONE PAYCHECK AWAY

Written by: Willie Pleasants

From the book, *“Ain’t That the Truth”*

Last night, as I lay under a clear moon lit sky with a parade of stars, I was mesmerized and fell into a state of euphoria. Then a hand shucked my shoulder and said, “Mister, you cannot sleep here!”

The calmness disappeared and fear surfaced, because my bed was the ground, my rolled up blanket was my pillow, and the cloth in a bag was all I could carry after leaving my other things in storage.

It’s hard to image that a year ago my life was so different. There I was, the Director of Marketing, on the 20th floor of Biochip International a major computer company. My office had a spectacular view of Main Street and the Atlantic Ocean. Our company was featured in a fortune 500 magazine as the best company for young graduates wanting to excel.

Landing that job gave me a great sense of independence. It was the boast I needed after my foster mother lost her battle with cancer a month before my college graduation. She had encouraged me to get a good education and for that I was grateful.

Single life was good, but lonely. My first apartment was a penthouse with a view of the Atlantic Ocean. I bought expensive jewelry and spent my income foolishly. I was young and felt age was on my side. My mistake was thinking that my job would last forever and that I had time to save for a rainy day.

I even tried to have meaningful relationships with ladies, but they were like my money, hard to keep.

One night I called an escort service and they sent me a woman with golden hair that touched her shoulders, large red lips, and a dress so tight that it looked as if she slides into it.

My liquor cabinet was filled with top shelf gin, vodka, rums, and the best wines. That night we partied and when I woke she was gone along with my expensive jewelry, and all my money. I think she cleaned me out for over five thousand dollars. I called that escort service and learned she quit. Boy! After that I learned to deal with loneliness.

A week later as I was reading the morning newspaper I learned that my company was about to be downsized. The headlines read, CEO TAKES THE MONEY AND RUNS, I thought, ‘another Enron.’

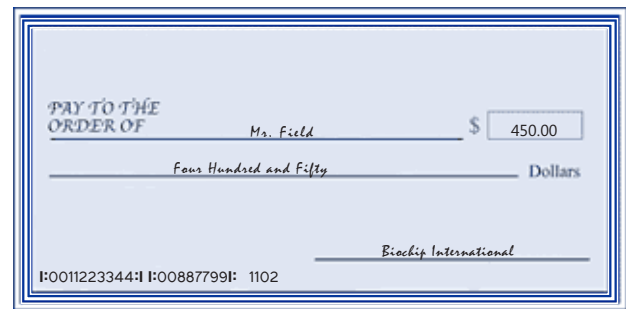
After five years of working at that company, I was a paycheck away from living in the streets, and I never saw it coming. Four months later the company gave out pink slips and I was faced with being homeless again.

As a foster child, I had experienced moving from home to home, because my biological mother died of Sickle Cell Anemia when I was a baby. I never knew my father. I was placed with a foster mother whose family never visited her and I cannot remember a time she ever visited them.

After two months of being out of work, I regretfully had to vacate my penthouse apartment. I tried calling one of my old classmates from high school; we had stayed in touch with each other until I graduated from college. I called her number only to find out it had been disconnected. Man! Life was starting to feel like crap.

Fortunately, I was blessed that the manager from that penthouse apartment liked me enough to allow me to use the address to get my unemployment checks, and my mail.

I remember one interview in particular that I had with a company called Didwhoya International, it was an assistant manager's position that I felt I was more than qualified. I could work



my way up to an executive level once in the door. I applied for it because executive jobs with six figure salaries were in short supply.

The gentleman doing the interview said, "Well, Mr. Field, this position is not at the level you were working, do you think you will be happy doing this work which is below your education and experience level?"

I walked out of that interview thinking that, 'any job at any level would be fine.' Later that night I wished that I had bought a car with some of that money, at least I could use it to sleep safely at night. Sadly some shelters cost money. With little money and no other place to go, I have to sleep among the stars and the clear blue sky.

I still send out resumes, after resumes, and go on countless interviews, and take temporary jobs with minimum wages, for which I am over qualified.

But I refuse to give up hope... trying to cope... alone.

34th Annual USS CONSTITUTION Model Shipwright Guild Exhibit Hosted by the USS Constitution Museum

*Sponsored by the
Boston Marine Society*

“Honey, I Shrunk the Ships!”

BOSTON - Members of the USS Constitution Model Shipwright Guild display the finest of their craft at the USS Constitution Museum this winter in a War of 1812 themed exhibition. Commemorating 200 years of peace between the United States and the United Kingdom, this unique display is open to the public beginning February 2, 2012 through March 23, 2012. The Museum and exhibition of models is open to all daily from 10:00 AM – 5:00 PM. Donations are encouraged.

Over 50 different ships created by modelers from across New England will be on display, presenting a variety of reproductions from War of 1812 vessels, to modern ships, and ships-in-bottles. Modelers have masterfully captured the richness of our maritime history in miniature. A panel of Guild members judge qualifying entries on scale, detail and artistic excellence to award the top craftsmen in respective categories.

If you have ever wondered, “How do they get that ship in a bottle?” - Volunteers from the USS Constitution Model Shipwright Guild will be on hand to answer your questions and demonstrate

the technique, time and skill required to build a mini - masterpiece. After a visit to the Model Show, stop in the “Old Ironsides Discovery Center” to learn about the causes and consequences of the War of 1812 and brush up on your history. It was during this war that USS Constitution earned her famous nickname, “Old Ironsides” and our young nation came together as a unified people. For more information about the Model Show and visiting tips call 617-426-812 or log onto www.ussconstitutionmuseum.org.



The USS Constitution Model Shipwright Guild encourages the art of constructing model ships and supports research in nautical history through its workshops, educational activities, and exhibits. It is among the largest ship model associations on the East Coast with more than 100 members. The Guild meets on the first Tuesday of every month and encourages those who are

interested to attend their meeting at the USS Constitution Museum or to visit the Guild's website at www.usscmsg.org

The USS Constitution Museum is located in the historic Charlestown Navy Yard, across from USS Constitution and on the Freedom Trail. The USS Constitution Museum is a nonprofit, educational institution whose mission is to serve as the **memory** and **educational voice** of USS Constitution, by collecting, preserving, and interpreting the stories of Old Ironsides and the people associated with her. The Museum is honored to be rated a prestigious 4 stars on Charity Navigator, a Smithsonian Institution Affiliate, and a recent recipient of the Parent's Choice Award.

www.usconstitutionmuseum.org

The Elderly Commission

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From Artist to Artist

By: Brittany Capozzi

An artist sees the complete creation of a piece before the craft begins. Whether one is a visual, musical, or kinesthetic artist, the element of intuition comes with the creativity and technique. My Grandma Marilyn's intuitive sense of identifying herself as a painter allowed her to connect with life in a patient way, a way in which many do not know of. As a busy working Loan Officer, housewife, and mother in New York during the sixties, she found a therapeutic outlet through art classes and painting. The class, taught by Edgar Whitney, traveled to different towns in Maine. She saw nature there at its slow pace and knew, with confidence, that she could mirror it through acrylics and watercolors. It is important to mirror what life shows the naked eye and at the same time, give the mundane a new angle through individuality.

For instance, the one framed watercolor that I have painted by my Grandmother shows a basic scene in the woods.



However, the swirling colors take me in and my imagination is off and running. I do not know anything about this painting, the location of this scene is unknown, the time of day is unknown but I find myself asking, did she sit in front of dusk or did she sit in front of dawn while taking it in? Did Robert Frost speak to her through these Birch trees that I admire so much? I step close to the picture and notice her signature; I take another look from far away and see it differently. Her initials fall across the bottom far left corner in a bold way, reminding me of her adventurous spirit that match the swirls in the background. Now the trees don't part just to show the sun's warmth, but to introduce the sky and show how life is wide open. There's always a path to self-purpose, to possibility, and my grandmother has validated that through her own artwork.

For myself, there has been a strong pull towards finding my own self-purpose,

a part of my life's purpose through different styles of writing. As I started finding my identity during my late teen years with the help of therapeutic writing, my grandmother, unfortunately, was just beginning to lose her identity to dementia. As I wasn't able to connect with her artist to artist while she was alive, I was a bit surprised to hear a message from her during a mediumship class almost two years after her passing. Mediumship is a new age practice where people, known as mediums, connect with those who have passed on. As an item on my list of things to try, I had nothing to lose by sitting in a circle meditating for fifteen dollars...except the fifteen dollars.

After meditating for almost twenty minutes and discussing our visualizations, a young man across from me delivered the phrase, "Keep dancing" from my grandmother. Apparently she had been spinning in a long flowing gown and wished to be called Marilyn Monroe when she came in contact with him. I responded with a head nod and a "thank you." She did joke with people if they called her that in the Assisted Living, I thought. Had she actually been that Marilyn, her art class would have made headlines since Jackie Onassis was a fellow student in class with her at one point.

"Keep dancing". This was not something I could connect with as one who trips going up the stairs and has fallen into her closet door while grooving to tunes. I was certainly no dancer, nor was my grandmother for that matter. It was definitely a colorful phrase to hear but very general, words of inspiration that could be given to anyone, really.

Ironically enough and less than three weeks later, I was reminded of a belly dance class I looked into taking prior to my mediumship experience. I forgot all about it. What served as a reminder was an e-mail from the dance instructor herself asking if I would like to set up a schedule for private lessons since the class did not work out. What started as something intriguing to try, belly dance has since become a rite of passage for me. I literally made a name for myself through the process of understanding and identifying with this new craft. In turn, the exploration brought me to getting published for the first time after college. My essay "Identity of a Belly Dancer" appeared in Belly Dance New England Magazine the following December, and then again in the American Dance Therapy Association newsletter.

From the start, I have taken naturally to the movements of one of the most challenging dances. With each movement I learn, and re-learn what it

means to have patience with my body. My grandmother needed patience for her art and so do I.

The woman dancing and spinning in the young man's visualization was not supposed to be my grandmother, it was me. Wherever her energy has moved to, she saw how I would express my dormant courage and energy in order to explore the multiple facets of my personality. I was the dancer all along and did not know it until I saw it and felt it in my own mirror with my own intuition.

From one type of vision to another, artists are all connected by intuition; there is something spiritual about being

in the flow of creativity and passing that flow around. Just as mediums do, we work by being receptive to the energy that the world gives us in terms of signs, guidance, and lessons.

Not only do I sense my grandmother's presence in her artwork but also while I dance because art and spirituality are never lost. The energy we create in both gets recycled in the universe. Like grandmother like daughter, I too, see the creation of an art piece before it is crafted; I see the movement of the essay before the words come together just as I see the choreography for my dance before spinning a veil. I follow my intuition and my self-purpose becomes unveiled.



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CAMPAIGN
THOMAS M. MENINO, MAYOR



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- Social Security card or Individual Taxpayer ID Number (ITIN) for you, your children and/or spouse
- Proof of health insurance card(s) for you and your family and HC-1099
- All W2 forms
- All 1099 forms – 1099G (unemployment) and 1099R (pension payments)
- All 1098T forms (tuition payments) and receipts for materials and books and proof of payment
- Total student loan interest paid (1098E) and proof of payment
- Total child care expenses in 2012, and name, address, Employer Identification Number (EIN) or SSN of child care provider(s)
- Total rent paid in 2012
- Any mail from the IRS
- A copy of last year's tax return
- Your bank account and routing numbers to direct deposit your refund
- Any mail from Massachusetts Department of Revenue

FOR HOURS & OTHER INFORMATION:

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www.BostonTaxHelp.org



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(617) 347-5624
info@AllstonBrightonAPAC.org



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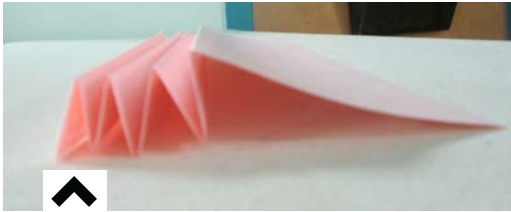
Site offers FAFSA

Paper Craft Activities at Upham's Elder Service Plan

The participants at Upham's Elder Service Plan were tired of the lack of snowfall before Christmas, and took up the paper craft known as "fancy fans."

With the "fancy fans" folding paper craft, people can make their own snowfall - snow that won't clutter a front porch, soak a much loved pair of boots, or chill the person enjoying the snowfall.

Using recycled white printer paper, the Upham's Elder Service Plan participants created a blizzard of snow and a fountain of flakes inside the PACE centers.



Fancy fans can also be used as a decorative piece. When folding colored or printed paper. Using wrapping paper or leftover newsprint, the accordion folded fancy fans can become incredible artwork or seasonal pieces.

Stationary and scrapbook paper make for especially lovely designs.

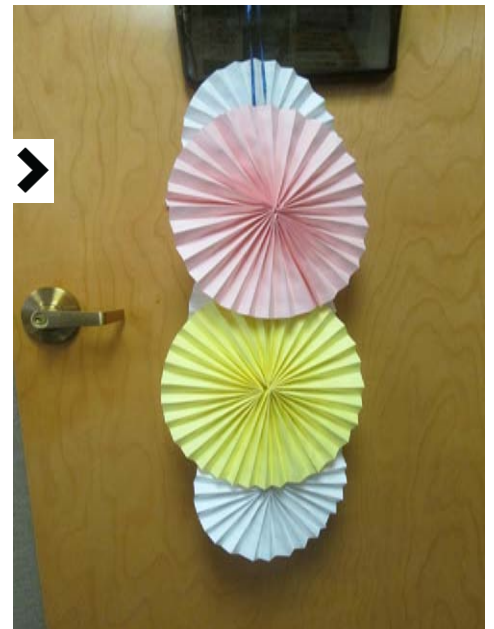
To make your own fancy fan, you'll need at least two pieces of paper. Fold any piece of paper (on the long way) back and front into an accordion fold, making sure the pieces are equal.



When you've completed all of your folds, again fold the paper in half. Glue the halves together. Proceed and glue the rest of the folds side to side until you have a full circle. Allow time for the glue to dry or cool down. If you've used three sheets of paper, you have a fuller fan than if you used two.

When you finish, you have a pretty design to hang onto your front door, decorate as snow, use as a theme for a party, all with just a few sheets of paper.

For more information about the paper craft activities or enrollment for the PACE program, contact the Enrollment Coordinator at 617-288-0970, extension 33.



LIGHTHOUSE KEEPERS WEEKEND

“Don’t Retire, Inspire”

By: Augusta Alban



The unpredicted experiences are what add depth to our lives. Somehow they seek us out; they surround us and often take us on a magical journey of unanticipated pleasure.

I have a friend who lives in Maine. She would be my friend no matter where she was living, but a friend in Maine (on the coast) is like hitting the jackpot. Our friendship goes back 35 or 40 years. We have lived through parallel universes of Greek tragedies, most of which would have done in the average person. Looking back, we wonder how we did it. That aside, it did not stop us and it never will.

I received an e-mail from her recently with a subject line that read “The sheets are clean, when are you coming up?” I quickly picked a date to travel that would not interfere with the filming of my show “Don’t Retire, Inspire.” Without a second thought, I booked my ticket on the Amtrak Downeaster. Having a friend such as this reminds you how life works. It’s not all good or all bad: IT JUST IS and it’s up to you to make of it what you will. The binding together of the those memories somehow gives you strength and the depth of a mutual foundation. Just one look says it all: Here we are once again! It’s the best feeling ever.

“Well, my dear,” she said, “I have a surprise for you. We are invited to the Goat Island Lighthouse Keepers Reunion this weekend.” Goat Island has always been particularly fascinating because my friend’s husband had been the Lighthouse Keeper there at one time. He and I had often talked about his experiences, and about the unique kind of people who live in lighthouses. Lighthouse people are different: they truly appreciate the energy of raw life and the adventure they are living. They have an assurance they can handle whatever comes to them.

I spoke with each and every Lighthouse Keeper at the reunion. Their wisdom was clear, like looking out to sea from the top of the very lighthouse they tended. Looking out from that vantage point would give anybody a clearer picture. They talked of trusting their gut instinct, not just their sight to know when a storm was approaching. They could not play the mainland game of denial. In the lighthouse, there was no place to hide, so they had to prepare for what was coming. One keeper told me, “This lighthouse taught me what life is all about. Learn to read the signs, understand what you need to do, and then JUST DO IT!”

I guess most of us do not want to see life that clearly. The fear of knowing would paralyze some of us. Not so for the Lighthouse Keepers. One keeper said, "We deal with fear on a day-to-day basis, but if we don't take action, it is certain that we will lose. Even if it is the wrong thing to do, move forward. If you can't live in that world: make a world you can live in. There is a price either way, they tell me, up front or behind: take your pick! If it's up front, you know what you are playing for."

I got aboard the Amtrak Downeaster back to Boston very early the next day. I felt a new sense of reality and adventure, of trying to listen and to really hear, to be prepared and not postpone. This was one of the best adventures in "life's lessons" I have ever had – all thanks to the "Lighthouse Keepers" on Goat Island.

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For more information please
contact: Greg Josselyn
at 617-635-4250

Don't Retire, Inspire!

Hosted by Augusta Alban

Tune in to find out how Boston
seniors are **INSPIRED** everyday

On BNN channel 9 on
Fridays at 2:30 p.m. and repeated
on Saturdays at 11:00 a.m.

On Boston City TV, Comcast
channel A-24 and RCN channel 16,
Tuesdays and Saturdays at 5:00 p.m.

Collaboration between
Mayor Thomas M. Menino,
the Elderly Commission
& Suffolk University

Healthy Recipes

*All Healthy Recipes are carefully selected by our expert nutritionist
Melissa Carlson, MS, RD*

Chicken and Rice Bowls

Ingredients:

- 2 tablespoons olive oil
- 12 ounces button mushrooms, sliced
- Salt and pepper to taste
- ½ cup chicken stock
- 4 ounces fresh baby spinach, stemmed
- 4 cooked chicken thighs, meat shredded or cubed
- 6 cooked carrots, diced
- 4 wedges cooked onions, coarsely chopped
- 5 cups cooked brown rice

Instructions:

1. In a large skillet over medium heat, heat the olive oil. Add the mushrooms, salt, and pepper. Cook, stirring, for 3 minutes.

2. Add the stock and the spinach. Cook, stirring often, for 1 minute, or until the spinach wilts.

3. Add the chicken, carrots, onions, and rice. Cook, stirring often, for 5 minutes or until hot. Taste for seasoning and add more salt and pepper, if you like. Spoon the mixture into 4 shallow bowls.



Serves: 4

“Cocoa-Nut” Bananas

Ingredients:

- 4 teaspoons cocoa powder
- 4 teaspoons toasted unsweetened coconut
- 2 small bananas, sliced on the bias

Instructions:

Place cocoa and coconut on separate plates. Roll each banana slice in the cocoa, shake off the excess, then dip in the coconut.



Serves: 4

Calories: 80 per serving

Exchanges: 1 fruit

Source: http://www.eatingwell.com/recipes/cocoa_nut_bananas.html

AT&T Boston employees ring in the season of giving



In our highly connected world, many of us don't give a second thought to the smartphones, tablets and computers that we use daily. But for some senior citizens in Boston, having the chance to call loved ones once a year is an incredible gift.

AT&T's Global Network Field Operations team has delivered that gift, of connecting with loved ones, for more than 16 years. They work with the Boston Commission for the Elderly to provide transportation to City Hall. They provide the phone lines. And the seniors make calls to loved ones all over the world.

"This is the only time that some seniors talk to family members who live far away," said Katie Wernau, an AT&T external affairs manager and longtime project volunteer. "We see many tears of joy as they learn about marriages, births and other family milestones. It's truly heartwarming."

Katie knows one couple in particular who participates every year. They

sit next to each other and dial their relatives. Then, after speaking for a few minutes, they swap handsets so they can visit with family members on the other's line.

These important connections are made possible thanks to the AT&T Boston-based employees who volunteer year after year. The team of volunteers installs roughly 40 phone lines for the one-day event. Other volunteers are also on hand to help with international dialing and calls to places like Cuba, which still go through an operator. Light breakfast and lunch are also offered.

"This is one of our favorite events we do in Boston each year," Katie said. "The elderly are so thankful. Some even pull over a team member in an AT&T shirt to take a photo as a memento of the day."



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 call Ed Conway at (617)327-6831 or e-mail him at edconway14@yahoo.com

*Excerpt from My Legacy is Simply This:
Stories from Boston's Most Enduring
Neighborhoods (Charlestown, Chinatown,
East Boston, Mattapan), 2008.*

The Roxbury I Remember

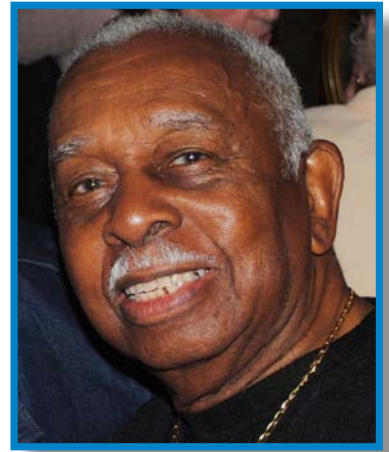
By: Carl Vickers

(Mattapan)

I was born and raised in the Roxbury section of Boston. The house I was born in still stands at 5 Alvah Kittredge Park, which is two blocks up Highland Street from Eliot Square. That section of Roxbury was quite a diverse neighborhood with Irish, Italian, Greek, Jewish and black families. Back then, Eliot Square was a shopping mecca in the community even though it had no supermarkets. We had a First National and an A&P, but there was also a fish market, a shoe repair shop, a drugstore, a tailor, a battery charging shop, a soda fountain, and a sweets shop, which was located in what the people called the Roundhouse.

I fondly remember my mother making carrot marmalade and all the siblings pitching in to prepare all the fresh

ingredients, citrus, grated carrots, and sugar. What a heavenly aroma! This marmalade was preserved along with many other jams, jellies, fruits, and



vegetables. Of course, these days you don't find many families canning. At that time, canning was the best way to keep food year-round. We didn't have refrigerators. Just about everyone had an icebox instead. I remember the iceman coming through the neighborhood to deliver ice from his truck. We paid fifteen cents, twenty-five cents, or fifty cents depending on the size of the ice block. Like everyone, my mother had an ice card that she would put in the window to denote the size of the piece of ice that she wanted that week. My family was the first in the area to get a refrigerator. When word got out, many of the neighbors had to come to view this new "ice machine."

Some weekends my father and godfather went away on weekend trips to New York City, which cost three dollars and fifty cents round-trip. They left Boston on Friday night and returned Sunday night to visit their friends. On Saturday morning, my mother told us children to roll up the rug in the living

room, move the furniture, and call our friends to come and enjoy a fun evening of dancing and good food. She was a very good cook, and she made different dishes or snacks. She also used to make homemade root beer. I was never a dancer myself. We listened to Count Basie, Jimmie Lunceford, and Frank Sinatra. We didn't have all these electronic gadgets. We had a wind-up gramophone that had a handle on the side, and we put the disc on, wound it up, and it played. When things improved, we got an electric turntable. We paid twenty-nine cents for a platter, a 33 1/3 rpm or 78 rpm disc. A spindle or a

disc was placed over 78s in order to play 45s. A switch moved from 78 to 33 to 45 to adjust to the speed of whatever was playing. When the Saturday night party was over everybody pitched in cleaning up and returning the rug and furniture to their original places. When my father returned, he never knew there had been visitors in the house. Everybody loved my mother. We didn't have a lot of money, but we had a whole lot of clean fun. What I miss most is my mother's carrot marmalade. Sadly, no one in my family ever got the recipe from her. Sometimes I think I can still taste it.



The Boston RSVP Program has an array of volunteer opportunities to choose from. Call us today to receive an informational packet on the RSVP Program, a volunteer opportunities booklet, and directions on how to sign up for the program.

Take the time, make the call, help out in your community.

For more information on the RSVP Program or to sign up, please call RSVP at 617-635-1794.

Excerpt from Sometimes They Sang with Us: Stories from Boston's Most Enduring Neighborhoods (Hyde Park, Jamaica Plain, Mission Hill), 2010.

Some Dreams Do Come True

By: Gwendolyn Keith
(Mission Hill)

When I was a young girl of seven or eight, I wanted to be a nurse. I finally became one at age fifty-five.

When I came of age in 1934, I applied to Good Shepherd, a local nursing school, but they told me they were not taking colored students. Then they said that if I could find a roommate they would accept me. Of course, my mother told me I had to do other work to pay the bills; I couldn't just go to school. That work went on and on, and I didn't end up going to nursing school. During the day, I worked in Newton cleaning and babysitting. I got married in 1940. My husband was a cook in the navy.

After we married, we moved into a one-room apartment in Boston. It had a bed, a bureau, and a bathroom. He heard about a one-bed-room apartment

nearby, and when we moved in we didn't have a kitchen table. I was still commuting to Newton for day work when a friend's wife got



me a job making men's clothing. I worked there ten years. Three of us stood on the line, doing the same work. One woman who did piecework had been there nineteen years; she was the oldest on the line. The company was going to let her go, but since I had a husband and could scramble, I left instead. They had a going away party for me and someone gave me a card that read, "With God, all things are possible." When times got tough over the years, I reflected on that saying.

I collected unemployment for a while and one day while I was meeting with my caseworker, I learned that I could be retrained for another job. She made a long list of careers I could train for, and one of them was to be a nurse (LPN). I got in under the Manpower Development Act. I was in my fifties when I started nursing school at the Trade High School for Girls in the late 1960's.

I graduated in 1971 and was the oldest in the group of age fifty-five. After I graduated, my friend was after me for my test results, but I couldn't bring myself to open the letter. Finally, I let her open it. The top score was 500 and I had earned 495! My instructor, Mrs. Manassin, asked what I was going to do next. I said I wanted to take a couple weeks off and then look for a job. She wrote a letter, put it in an envelope, and said, "Take this to the nursing director's office; she's expecting you." The nursing director

was a member of my church; our daughters were friends. I went to see her after a short break and she hired me.

I worked at Boston City Hospital for ten years. I had to retire from nursing after my bypass surgery when I was sixty-seven, but it felt good to help people and feel useful. My dream of becoming a nurse had finally come true. With God, all things really are possible.



A Big Thank You to the Seaport Hotel & World Trade Center for Sponsoring 1st Night



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Mayor Thomas M. Menino's 11th Annual Three Kings Day Luncheon Recognizing 3 Latino Employees



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MC: Daphne Griffin
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& Executive Director
of BCYF*



Kit Clark at Heritage Apartments

Kit Clark Senior Services' Congregate Meal Site, at Heritage Apartments in East Boston, hosted a Thanksgiving Dinner for residents and guests on November 20, 2012. Site Manager, Torsonna Cobb, worked with volunteers to put up festive decorations and outreach to residents who are not regular participants of the congregate lunch. It was wonderful to see residents come together to share the lunchtime meal, and celebrate Thanksgiving!

Photos by: Tierney Clement



Martin Luther King Tribute



Celebrate Black History Month

with

Mayor Thomas M. Menino

&

The Elderly Commission



BOSTON
PUBLIC LIBRARY

Boston Public Library will observe Black History Month in February with a series of programs, films, and activities for all age groups. Highlights from the month's programming include:

- **Author Calvin Alexander Ramsey** will share readings from his book, *Ruth and the Green Book*, on [Saturday, February 9, at 2 p.m.](#) at the Central Library in Copley Square. [RSVPs are required](#) for this free event sponsored by the Associates of the Boston Public Library.
- **Central Library Film Series.** The Central Library in Copley Square hosts a trio of Monday evening films celebrating African American Actors in February with screenings of [To Wong Fu](#), [The Preacher's Wife](#), and [Hotel Rwanda](#). The films are shown at 6 p.m. in Rabb Lecture Hall on February 4, 11, and 25. The Central Library is located at 700 Boylston Street.
- **Dudley Branch Film Series.** The Dudley Branch of the Boston Public Library hosts a [Wednesday afternoon film series](#) during the month of February. All films relate to the theme "at the crossroads of freedom and equality" and will be shown at 3 p.m. on February 6, 13, 20, and 27. The movie titles are *Glory*, *The Long Walk Home*, *Do the Right Thing*, and *Pariah*. The Dudley Branch is located at 65 Warren Street in Roxbury.

The complete schedule of upcoming events at Boston Public Library locations, for Black History month and beyond, is available at www.bpl.org/calendar.

Also in February, the Boston Public Library will publish its annual "Black Is" booklist, a compilation of recent works by and about African Americans for adult readers. The 2013 booklist contains dozens of fiction and nonfiction works, including autobiographies by Vanessa Williams; Rodney King; and Zakes Mda, the noted South African contemporary writer.

About BOSTON PUBLIC LIBRARY

Boston Public Library has a Central Library, twenty-five branches, a literacy center, map center, business library, and a website filled with digital content and services. Established in 1848, the Boston Public Library has pioneered public library service in America. It was the first publicly supported municipal library in America, the first public library to lend books, the first to have a branch library, and the first to have a children's room. Each year, the Boston Public Library hosts thousands of programs and serves millions of people. All of its programs and exhibitions are free and open to the public. At the Boston Public Library, books are just the beginning. To learn more, visit www.bpl.org.

