



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

Although all 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.

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Mayor's Spotlight

Mayor Menino Announces Comprehensive Actions to Better Prepare Boston for Storms like Sandy

In February, Mayor Thomas M. Menino announced new planning and policy initiatives to better prepare Boston for Hurricane Sandy-like storms and other effects from the changing climate.

“The government and private sector need to be proactive in planning for a future with rising sea levels and future storms like Sandy,” Mayor Menino said. “The steps that I am announcing will help make our waterfront and the rest of Boston better prepared to handle future storms and get the city back in business as quickly as possible.”

In the wake of Sandy's devastation on the East Coast, Mayor Menino is raising the profile of the City of Boston's ongoing efforts and taking further actions to better prepare the City for future storms and other natural hazards associated with climate change. Mayor Menino also heralded the release of The Boston Harbor Association's report, *Preparing for the Rising Tide*, which outlines vulnerabilities of Boston's coastline and recommends how the private and public sectors can work together to address them. Mayor Menino is tasking his Cabinet to accelerate the implementation of climate preparedness outlined in the City's climate action plan, and he is asking the private sector to become an active partner in this work. In the next six months, the City will review the status of its own preparedness activities and explore new measures to ensure that all areas of Boston are prepared

for the changing coastal climate.



“Boston has a vibrant and growing waterfront, with millions of square feet of development planned over the coming years,” Brian Swett, Chief of Environment and Energy said. “The realities of climate change and associated sea-level rise and natural hazards have become increasingly clear, and the City and private sector need to make sure that our current and future buildings and infrastructure are prepared. The initiatives the Mayor announced are a critical next step in ensuring that Boston is a dynamic and resilient city for decades to come.”

The Boston Harbor Association's *Preparing for the Rising Tide* provides property owners and planners with site-specific examples of how to assess vulnerability and prepare for the projected changes in sea level and coastal flooding for the next 90 years. This report is the next step in moving from the general framework for preparedness in Boston's climate action plan to the concrete and specific on-the-ground actions necessary to increase Boston's resilience.

Mayor Menino is instructing the Office of Environmental and Energy Services to focus the next update of Boston's Climate Action Plan, due in 2014, on developing more specific and concrete strategies and actions on climate preparedness and expanding the public-private partnership necessary for successful climate action.



The Elderly Commission

Mayor Thomas M. Menino
Commissioner Emily K. Shea

Attention:
One Time Opportunity!

Memoir Project

coming to the BACK BAY & FENWAY!

The Memoir Project

aims to capture the stories of Boston's over 60 residents by teaching them the basics of memoir writing. Learning these skills will give you a practical and meaningful way to turn memories into coherent narratives with lasting value.

A book will be published!

Class will start late March. It will be held in the Back Bay/Fenway neighborhood, place to be determined, one day a week for eight weeks. Every Thursday from 10 a.m. - 12 p.m.

No writing experience necessary, just life experience!
Must be a resident of Back Bay or Fenway

Space is limited call to RESERVE a seat

Greg Josselyn at **617-635-4250**

Sponsored by Mayor Menino, Grub Street, Inc.
and the Elderly Commission

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PHONE • 617-635-4366 • FAX 617-635-3213

WEBSITE: www.cityofboston.gov/elderly



The City of Boston Elderly Commission 2013 Greater Boston Senior Games



Golf: Wednesday, May 8, 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 9, 9:00 a.m. at Langone Park, North End. Teams should request Bocce Team Registration Form - Free.

Billiards & Bowling: Friday, May 10, at Boston Bowl, Dorchester. Bowling (choice of two starting times: 8:00 a.m. or 10:30 a.m.) Fee - \$10.00; Billiards - 9:00 a.m. Fee - \$6.50.

Field Day @ University of Massachusetts: Saturday, May 11, 9:00 a.m. Soccer Kick, Horseshoes, Softball Throw, Swimming, Track Events, *Keep Moving* Walk and Tai Chi (Free), Half Court Basketball (team sport) \$20 (cash) fee per player - Teams should request Special Half Court Team Registration Form.

Tennis: Saturday, May 18, 9:00 a.m. at The Sportsmen's Tennis & Enrichment Center, 950 Blue Hill Avenue, Dorchester. Fee \$18.00.

Eligibility: Men & Women age 50 & over. Pre-registration deadline for all events is Friday, April 26, 2013

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
Emily K. Shea, Commissioner



*** Registration form on back cover**

BOSTON RESIDENT CARMEN POLA RECEIVES PRESTIGIOUS NATIONAL AWARD FOR VOLUNTEERISM

- 2012 AARP Andrus Award for Community Service



AARP Massachusetts State President Linda Fitzgerald, City of Boston's Chief of Human Services Daphne Griffin, Boston's Commissioner of Elderly Affairs, and AARP Massachusetts Interim State Director Michael Murray join Carmen Pola (center) after she accepted the AARP Andrus Award for Community Service and shared highlights of her rich volunteer history.

Boston – In recognition of her dedication, commitment and advocacy to make her community better for residents age 50 and older, AARP has named Carmen Pola of Boston the Massachusetts recipient of the association's most prestigious volunteer award, the 2012 AARP Andrus for Community Service. Pola, 73, received this honor during a dinner ceremony at Wentworth Institute of Technology in Boston.

“AARP has long celebrated and recognized the achievement and important contributions of dedicated volunteers across the country,” says AARP Massachusetts State President

Linda Fitzgerald. “Carmen is a great example of the impact one person can make on a community; she empowers seniors in her community and gets things done, no matter how challenging.”

At the age of 73, Pola continues to serve as a powerful voice and organizer for the senior and Latino communities throughout the city. In her Mission Hill neighborhood, Pola founded the Legacy Project – a grassroots effort to unify seniors of all races with action for seniors by seniors – and led the successful campaign to establish a local senior center.

A citywide celebration of urban gardening



Thomas M. Menino, Mayor
Antonia M. Pollak, Commissioner

Mayor Menino's 2013 Garden Contest

Generously sponsored by



COMCAST

Important Dates

Entry Deadline – Friday, July 12 - 5:00 p.m.

Finalist Notification – Thursday, July 18 (5 per category)

Judges Visit Gardens – Week of July 22

Awards Ceremony – Mid August

Eligibility

Boston resident, business, or organization gardens. Amateur gardeners' work only.

General Information

Photographs or images submitted to the Boston Parks & Recreation Department become City of Boston property and may be used for press or marketing purposes. The Department has the right to choose the appropriate garden category for entrants, if one has not been chosen or if management believes the garden should be placed in a different category. Gardeners may only win one category per year. For more information, please call (617) 961-3051.

Judging Criteria

General Appeal – Natural or Formal, Use of Color, Definition – Neatness, Plant Material – Variety/Quality, Sustainable Features and Methods, Garden Hardware – Furnishings/Art,

Gardener's Hall of Fame

Participants that have won three or more times in the last ten years will automatically be entered in the second annual Mayor's Garden Contest Hall of Fame. These distinguished garden hall-of-famers are able to participate as an honorary judge during the 2013 contest, but will not be eligible to participate as a contestant.



Please fill out the form completely and submit photos of the nominated garden.

Please mail this form with photos to:

Mayor Menino's Garden Contest
Boston Parks & Recreation Department
1010 Massachusetts Avenue, 3rd Floor
Boston, Massachusetts 02118

or apply online:

www.cityofboston.gov/parks/gardencontest

Gardener's Name _____

Organization _____

Address _____

Neighborhood _____ Zip _____

Daytime Phone _____

Evening Phone _____

Email Address _____

Garden Address if different than above:

Categories (please check all that apply)

- Porch, Balcony, Deck, or Window Box Garden
- Shade Garden
- Small Yard Garden (250 sq. ft. or less)
- Medium Yard Garden (250 to 500 sq. ft.)
- Large Yard Garden (larger than 500 sq. ft.)
- Community Garden
- Vegetable or Herb Garden
- Senior Garden Category (65+)
- Storefront, Organization, or Main Street District Garden

Smoking: New Statistics

According to Dr. Michael Thun, vice president emeritus of the American Cancer Society, smokers, both male and female have differences.

Women who smoke have a dramatic increased risk of death from lung cancer and chronic obstructive pulmonary disease (COPD) than they did 20 years ago.

There have been great strides in preventing and treating lung cancer and COPD, yet the numbers are still high. Younger teens have started smoking. Those quitting smoking by age 40 have success in avoiding the problems of lung disease.

A second study noted that lifetime smokers lose about 10 years of their life when compared to non smokers. When quitting smoking at 55-64, smokers can add an extra 4 years to their life. “Cutting down” on smoking does not seem to matter. The importance is to quit all cigarettes.

Advertising lighter, milder and healthier cigarettes is untrue. They are no safer than regular cigarettes. Inhaling a light cigarette has the same effect of a regular cigarette.

There are many programs, medications and support groups to encourage a person to quit smoking.

Today, smoking is banished from the workplace, subways, events and even smoking in the family car or household.

It is never too late to quit!!

Dry Mouth

Have you noticed that you have dry mouth since starting a new medicine?

Dry mouth is especially common in older people. There are many causes and a few treatments. In fact, dry mouth can cause dental problems-including risk of cavities.

The American Dental Association has suggested several tips to help with dry mouth.

1. Over the counter mouthwash and spray can contribute to dry mouth in seniors.
2. Medications may cause dry mouth. Speak to your doctor. You may need a new medication or need to have the dose of the medicine evaluated.
3. Carry a water bottle with you and drink the water frequently.

4. Sugarless gum and sugar free lozenges may help. They increase your saliva production.
5. If your house is dry, especially in the winter run a humidifier.
6. Avoid irritating food and drinks. Examples: coffee, soda, alcohol and fruit juices high in acids. Try eliminating one food or drink at a time. A few days for each food and you may discover the culprit.
7. Look in your local pharmacy for a spray or gargle specific for dry mouth.
8. Some mouth and throat surgeries, chemo or radiation can cause dry mouth.

The voice of freedom never faltered, even though it stuttered.

Winston Churchill was perhaps the most stirring, eloquent speaker of his century. He also stuttered.

Churchill's life is proof that, with the will to achieve, a speech impediment is **no** impediment. If you stutter, we can help.

800-992-9392

StutteringHelp.org



THE STUTTERING FOUNDATION®

Muscle Mass & Strength Research Study

**Men and Women,
Age 18-30 or 60+ years**

Northeastern University recruiting for an **8-week research study** examining the role of weight lifting in maintaining muscle mass & strength in healthy women and men.

Earn up to \$330

Diabetes, rheumatoid arthritis, obesity, individuals with prostate disease and/or those taking blood thinners or prostate medication will be excluded.

Must be willing to stop daily aspirin 3 days prior to testing measures.

For more information, please e-mail

g.cloutier@neu.edu

Senior Count

BNN-TV Channel 9

Boston Seniors Count
Cable Television Show

Thursday at 3:30 p.m.

Repeated Sundays at
11:30 a.m. and

Tuesdays at 8:30 p.m.

For more information call

Deputy Commissioner

Tula Mahl, Producer at

617-635-1922



Want to fight cancer with your fork? There's an app for that

Boston - Dana-Farber Cancer Institute has launched a free, easy-to-use iPhone® app that provides recipes and nutrition information that can be searched by cancer patients in accordance with their needs. The recipes are also helpful to anyone who wants to have a healthy diet.

“We developed *Ask the Nutritionist: Recipes for Fighting Cancer* to encourage and empower cancer patients, and others, to explore and enjoy healthy eating habits,” says Steven R. Singer, senior vice president for Communications at Dana-Farber. “Studies have long shown that good nutrition is tied to good health, and, for those with cancer, treatment side effects can make eating well a real challenge.”

Ask The Nutritionist: Recipes for Fighting Cancer contains over a hundred easy-to-prepare recipes ranging from nutritious snacks to good-for-you main dishes to delicious desserts. Users can access a list of ingredients, directions on how to prepare the dish, a shopping list to use at the grocery store, nutrition tips, and nutritional analysis information in a standard USDA label format. New recipes are added each month.

“Nutrition information is one of the most popular sections of the Dana-Farber web site, and we wanted to share the expertise of our terrific nutritionists with a wider, mobile audience,” Singer said. The app curates many of the frequent

questions and responses to Dana-Farber’s nutrition staff, and allows users to ask a direct question.

The app, developed with Dana-Farber’s staff of registered and board-certified dietitians, is designed to help find the optimal diet for any type of cancer. It also offers users the ability to search by common symptoms (such as nausea or mouth sores), helping to customize dietary needs while going through treatment. There also are recipes and healthy eating tips for cancer survivors.

“Eating a well-balanced diet is one of the best ways to lower the risk of cancer,” says Stacy Kennedy, MPH, RD, CSO, LDN, a nutritionist at Dana-Farber. “Our hope is that this app will not only be a useful tool for cancer patients and their families but will also make choosing the healthiest foods easier and more fun for everyone.”

Some unique features of *Ask the Nutritionist* include:

- On-the-go access to over a hundred healthy recipes with an evidence-based approach.
- Nutrition tips and information on cancer-fighting nutrients.
- Innovative option to search by symptom management.
- Specialized diet section for those who require foods that are gluten-

free, are high-fiber or provide immune support, etc.

- The ability to create a shopping list to take to the grocery store and never forget a key ingredient.
- An “ask the nutritionist” function. Dana-Farber’s nutrition department will respond to questions from the app’s users.
- An extensive searchable database of frequently asked questions (FAQs) and archived questions and responses about nutrition.

The app is available for all iPhone® users with IOS 5 or higher. It is free and can be downloaded by going to the Apple iTunes® store. *Ask The Nutritionist: Recipes for Fighting Cancer* was designed and developed in partnership with iFactory, a Boston-based interactive agency.

Dana-Farber Cancer Institute (www.dana-farber.org) is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States. It is a founding member of the Dana-Farber/Harvard Cancer Center (DF/HCC), designated a comprehensive cancer center by the National Cancer Institute. It provides adult cancer care with Brigham and Women’s Hospital

as Dana-Farber/Brigham and Women’s Cancer Center and it provides pediatric care with Boston Children’s Hospital as Dana-Farber/Children’s Hospital Cancer Center. Dana-Farber is the top ranked cancer center in New England, according to U.S. News & World Report, and one of the largest recipients among independent hospitals of National Cancer Institute and National Institutes of Health grant funding. Follow Dana-Farber on Twitter: @danafarber or Facebook: facebook.com/danafarbercancerinstitute.

Need a Ride?

Senior Shuttle
617-635-3000

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

The Senior Shuttle offers free door-to-door transportation service to Boston Senior residents age 60 or over. Rides are offered to non-emergency medical appointments.

We kindly request that you notify us as soon as possible to schedule an appointment since rides are scheduled on a first come first serve basis.

Occasionally, due to cancellations, we can accommodate same day requests.

Planning your Care - Advance Directives

By: Gabriel Belosevic, R.N., 3rd Year NP
Student MGHIHP

At a certain age or time in life it is important to start thinking about the care you will want down the road when you can benefit from enhanced care. Clear documentation of these preferences is important to ensure that you get the type of care that you want.

An advance directive refers to any instructions about your health care that you write. A living will is a type of advance directive in which you describe what medical care you want under certain circumstances. A health care proxy is someone you legally name as your health care agent, someone who can speak for you if you cannot speak for yourself. Living wills often cannot account for all the issues that can arise, so health care proxies are useful in filling those gaps.

The goal of any directive or proxy decision is to ensure that you get the amount of care that you wish. To achieve that goal it is better to have those emotional and difficult discussions with your loved ones sooner rather than later because accidents and unexpected illnesses can suddenly limit your ability to decide for yourself. The following are topics to consider before writing or discussing:

- Your religious beliefs or ethical perspectives.
- What is most important to you? Being active, independent, interacting with people, being alert, being at home, being with family, being comfortable, etc.
- What are your thoughts regarding organ donation?
- What kind of medical treatment do you or don't you want? Some treatments to think about are: CPR, breathing tubes, feeding tubes, dialysis, blood transfusions, organ transplant, and antibiotics. It is important that you ask your health care provider about the risks, benefits, survival rates and complications of each of these treatments.
- What kind of comfort care would you like? Pain management, nausea or gastrointestinal distress, incontinence, sedation, or simply personal hygiene, music & companionship.

Other important non-medical future issues to consider and clearly document are:

- Legal issues such as your assets and possessions.
- How you would like to be memorialized and your final resting place.

• What you would like your obituary to say about you and your life. A growing trend is self-written obituaries for which there are many tools available online. There are also many tools available for all of the issues discussed above such as the Five Wishes form (available from agingwithdignity.org) or the MOLST form, the Medical Orders for Life Sustaining Treatments (available from molst-ma.org). Both forms are legal in Massachusetts if the instructions are carried out properly.

NOTE: These organizations are NOT endorsed by the Boston Commission on Affairs of the Elderly. They are simply examples of organizations that can help in Massachusetts or other states. Always consult your health care provider about these types of questions, issues and decisions.

References
<http://www.bidmc.org/PatientAndVisitorInformation/PreparingforYourVisit/MassachusettsHealthCareProxyInformation.aspx>

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 retirement accounts
- * your car * your home
- * or other assets

For more information or to complete an application contact: Lorna Pleas at 617-635-4335 or email lorna.pleas@cityofboston.gov

Should You Be Screened for Hepatitis C?

Know Your Status Before It Is Too Late

Over 5 million Americans have a silent and deadly liver disease called hepatitis C¹. However, 75 percent don't know it.²

Baby boomers (born during 1945-1965) represent 76.5 percent of all people with hepatitis C in the United States.³ The CDC recently updated guidelines recommending all baby boomers have a one-time test to check for it. This complements previous screening guidelines based on risk factors.⁴

For many patients, hepatitis C can be cured.⁵ Ask your doctor for a hepatitis C test at your next appointment.

Visit www.BetterToKnowC.com.

(Endnotes)

¹Chak E, et al. Hepatitis C Virus Infection In USA: An Estimate of True Prevalence. *Liver Int.* 2011;1096-1098.

²Colvin HM, Mitchell AE, eds. Hepatitis and liver cancer: a national strategy for prevention and control of hepatitis B and C. Institute of Medicine of the National Academies. Available at: <http://www.iom.edu/Reports/2010/Hepatitis-and-Liver-Cancer-A-National-Strategy-for-Prevention-and-Control-of-Hepatitis-B-and-C.aspx>. Accessed October 3, 2012.

³Centers for Disease Control and Prevention. Recommendations for the Identification of Chronic Hepatitis C Infection among Persons Born between 1945-1965. *MMWR* 2012;61(No. RR-4):1-18.

⁴Centers for Disease Control and Prevention. Hepatitis C FAQs for the Public. <http://www.cdc.gov/hepatitis/C/cFAQ.htm>. Accessed October 3, 2012.

⁵Pearlman BL, Traub N. Sustained Virologic Response to Antiviral Therapy for Chronic Hepatitis C Virus Infection: A Cure and So Much More. *Clin Infect Dis.* 2011 Apr;52(7):889-900.

Celebrate Women's History Month

with
Mayor Thomas M. Menino
&
The Elderly Commission



Commission on Affairs of the Elderly RADIO AND T.V. SHOW SURVEY

Thank you for taking a moment to complete this survey about our Radio and T.V. show *Seniors Count* and *Don't Retire, Inspire*. Produced by the Elderly Commission, our *Seniors Count* shows are informative and educational programs about connecting you to resources and benefits to enhance your life. Our other television program, *Don't Retire, Inspire*, is hosted by Seniority columnist Augusta Alban. *Don't Retire, Inspire* invites mature adults to share their dreams and motivations, providing a model of inspiration for all age groups.

Have you ever listened to our radio show called *Seniors Count* on WJIB 740AM either on Sundays at 8:30a.m or online at Zumix.org (click LIVE RADIO at top) on Mondays at 9:00a.m and Wednesdays at 2:00p.m?

Please check.

YES NO

What was the subject of the last episode you listened to? _____

Have you ever watched our television show called *Seniors Count* on the Boston Neighborhood Network (Comcast Channel 9 and RCN Channel 15) on Thursdays at 3:30p.m and Sundays at 11:30a.m?

Please check.

YES NO

What was the subject of the last episode you watched? _____

Have you ever watched our television show *Don't Retire, Inspire* either on the Boston Neighborhood Network (Comcast Channel 9) on Fridays at 2:30p.m and Saturdays at 11:30a.m or on Boston City TV (Comcast Channel A-24 and RCN Channel 16) on Tuesdays and Saturdays at 5:00p.m?

Please check.

YES NO

What was the subject of the last episode you watched? _____

PLEASE CUT THIS PAGE AND MAIL YOUR ANSWERS TO:



Commission on Affairs of the Elderly
c/o Greg Josselyn
1 City Hall Square, Room 271
Boston, MA 02201

We welcome written feedback about what you like about these shows, what you don't like, and/or what you would like to see. You may also e-mail us with your recommendations at elderly@cityofboston.gov.



AARP Foundation Tax Aide

The Mattapan Branch, in partnership with AARP, is offering tax assistance on the following dates:

March 16th and April 6th
9 a.m. to 2 p.m.



Please bring the following with you

- Copy of last year's tax returns
- Current year's tax forms
- W2's (wages)
- Unemployment compensation statements
- SSA-1099 form (if paid Social Security benefits)
- All 1099 forms(1099-INT, 1099-DIV, (interest, dividends, etc)
- 1099-misc, W2-G's,(misc. income, winnings
- 1099-R (pension, annuity, retirement income)
- All forms indicating federal income tax paid
- All receipts or cancelled checks if itemizing deductions
- Social Security cards and/or ITINS for all and picture ID for taxpayer(s)
- Dependent care provider information(name, employer, ID,(SSN/FEIN)
- Receipts or cancelled checks for donations.
- Homeowner over 65 (Real Estate taxes paid and Water & Sewer Bill)

For more information, please call Bernice Payne at 617-538-4301.



www.bpl.org

Mattapan Branch of the Boston Public Library
1350 Blue Hill Avenue ~ 617-298-9218

New Orleans Couple Celebrating 82nd Wedding Anniversary

New Orleans Residents Norman and Norma Burmah believed to be Longest Living Married Couple in the United States

New Orleans - Longtime New Orleans residents Norman and Norma Burmah recently celebrated their 82nd wedding anniversary and are now believed to be the longest living married couple in the United States. They have been married since January 26, 1931. Louisiana Governor Bobby Jindal recognized the couple last year on Valentine's Day as the longest living married couple in Louisiana. Norman is 102 years old and Norma will celebrate her 100th birthday on July 4.

Recent national attention touting a Connecticut couple married 80 years as "The Longest Living Married Couple" created a stir among Burmah family

members. "We knew our grandparents were Louisiana's longest married couple and were pretty sure they were the longest living African-American couple in the United States, but the fact that they could be the country's longest living married couple is just phenomenal," granddaughter Glenda McKinley said. "We see them as our national treasure," she added.

The Burmahs once owned a private catering company and still enjoy entertaining in their home, where they live independently. They went through much of the Great Depression together, World War II and the social upheavals of the 1960s. Then in 2005, after about three-quarters of a century together in New Orleans, Hurricane Katrina decimated their New Orleans East neighborhood. They moved to Marksville, LA to be near their daughter.

The Burmahs have two daughters (one deceased), six grandchildren, and ten great-grandchildren.

Source: New Orleans Tourism Marketing Corp



Senior Companion Program

Become a Senior Companion and become a friend.

Senior Companions bring a friendly face into the homes of homebound elderly.

For more information on how you can brighten a senior's day call 617-635-3987.

Mayor's Health and Long-Term Care Task Force



Pictured above are members of the Health & Long Term Care Task Force at their February meeting. The Task Force is a part of the Elderly Commission's Area Agency on Aging. It is comprised of agencies receiving Title III funding, seniors and other representatives interested in senior services provided to Boston seniors.

The Task Force is currently chaired by Michael Kincade of the Alzheimer's Association of Massachusetts. Representatives come from agencies like BPHC's Elders Living at Home, Uphams Corner Health Center, GB Chinese Golden Age, Greater Boston Legal Services, West End Senior Center, Mass Association of Older Americans, Ethos and the Anna Bissonette House to name those who are most often represented.

The mission of the Task Force is twofold:

- 1) To advocate for all Boston seniors in the areas of Health and Long Term Care
- 2) To provide a forum where seniors, Title III recipients and other H<C professionals can be updated and exchange information relative to current Health & Long Term Care policies, procedures and legislation.

The Task Force meets on the second Wednesday of each month from 9:00 a.m. to 10:30 a.m. in the Piemonte Room on the 5th Floor in Boston City Hall unless otherwise notified.

Volunteer Opportunities
At One Of Boston's Premier Historic Sites

Castle Island Association

~ 617-268-8870 ~
www.bostonfortindependence.com

Boston Fire Department

Free Elderly Fire Safety Program

Photo Electric Smoke Alarm and Carbon Monoxide Detector available for owner occupied single family homes/condos

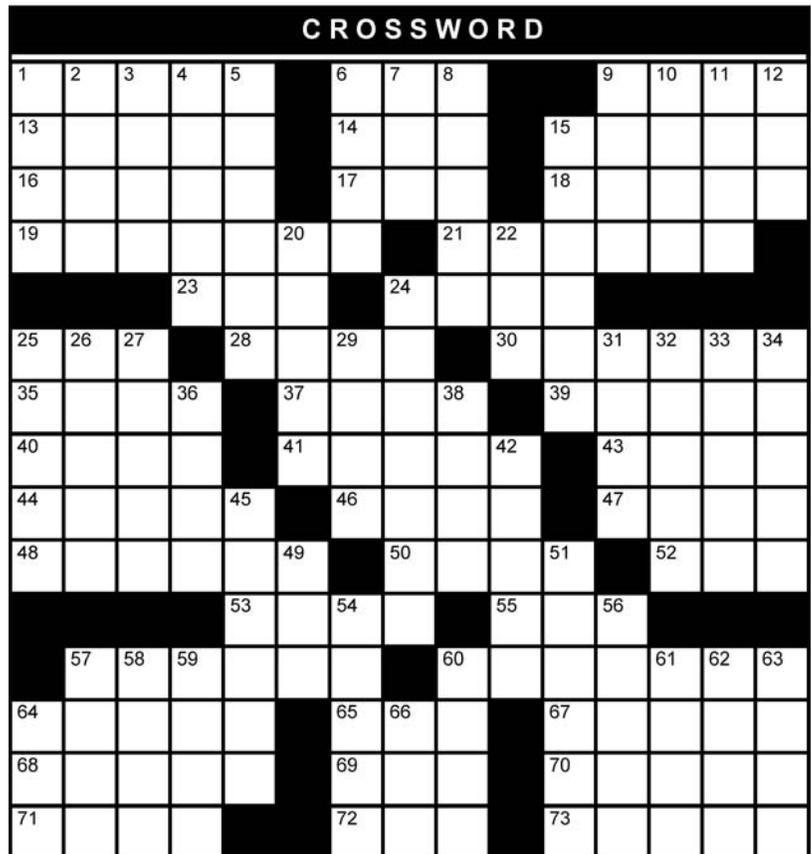
Restrictions Apply

For more information please call Ernie Deeb at 617-635-2359.

You can also view our website online at www.cityofboston.gov/fire or visit the Boston Fire Department on Facebook.



STATEPOINT CROSSWORD
THEME: U.S. PRESIDENTS



ACROSS

- 1. Ruler sides, e.g.
- 6. Toward the stern
- 9. Hit the bottle
- 13. "La traviata" composer
- 14. Tokyo, formerly
- 15. *First President to resign
- 16. One of three hipbones
- 17. Bruin legend Bobby
- 18. Some tournaments
- 19. *First to be assassinated
- 21. Protests
- 23. Corn spot
- 24. Mischievous Scandinavian god
- 25. Actress ___ Gasteyer
- 28. Famous Christmas guests
- 30. As much as necessary
- 35. Follows ding?
- 37. Sold in bars
- 39. "Tonight's _____ be a good night..."
- 40. Allege
- 41. *Andrew Johnson's tribulation, e.g.
- 43. Clever tactic
- 44. Bouncing off the walls
- 46. Sports award
- 47. Equal
- 48. Scraps
- 50. Brewer's kiln
- 52. Word for a nod
- 53. Second word of many fairytales
- 55. Poison ___
- 57. *First to have been divorced
- 60. *First Rhodes Scholar
- 64. Model-building wood
- 65. Boiling blood
- 67. Nobody
- 68. Open up
- 69. Belonging to us
- 70. Capital of Tunisia
- 71. Big first for a baby
- 72. Meaning literally "born"
- 73. Cancel, as in correction, pl.

DOWN

- 1. *Reagan's description of Soviet Union
- 2. Hero place
- 3. Smiley face
- 4. Something concluded
- 5. Arabian sand-laden wind

- 6. Quite a stretch
- 7. *First to appear on black-and-white TV
- 8. Body center
- 9. Cone-shaped quarters
- 10. Farm team
- 11. French-American soprano Lily _____
- 12. Ensign, for short
- 15. Paying close attention
- 20. Minimum
- 22. *First to appear on color TV
- 24. CIA connection, e.g.
- 25. *First to live in White House
- 26. Star bursts
- 27. Beside, archaic
- 29. *Clinton's number two
- 31. "My bad!"
- 32. Untwist a rope
- 33. Garden creature

- 34. *Rutherford _____
- 36. "True _____," starring John Wayne
- 38. Pop
- 42. Disinfectant brand
- 45. Courtney Cox's character
- 49. Hot springs resort
- 51. Contaminates or corrupts
- 54. Tear jerker
- 56. Type of whip
- 57. Deliver a tirade
- 58. Dresden's river
- 59. Hurry up!
- 60. Wrap in waxy cloth
- 61. Voice quality
- 62. "Get ___ ___!"
- 63. "The Untouchables" leader
- 64. *Presidents Obama and Bush both campaigned from one
- 66. Street in Paris

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Train Rides Are Memory Trips

“Don’t Retire, Inspire”

By: Augusta Alban



Train rides are memory trips for me. As the train moves away from the station, I start to relax, lean back, and give my mind permission to take a trip of its own. The evolving landscape outside the window transforms a tall city building into flat marshy waterways as my mind drifts down streams of time to visit experiences of the past.

I hear the laughter of very young children accompanied by the off-key singing of Happy Birthday. I smile to myself as I am reminded of a special 4 year old's first big party. He is the host, standing at the front door receiving his invited guests, his tiny trembling hands reaching out to touch the brightly wrapped packages coming his way. I feel sad as I remember the tears flowing down his little face. He is overwhelmed with his out-of-control guests. "Mommy, Mommy, please tell those kids to go home. I don't want to play with them. I just want to open my presents." Tender sweet moments of growing up.

I think of the most unforgettable Thanksgiving I ever had. I am in Florida, helping a friend who has suffered a stroke. I am overwhelmed by the kindness of others as I am invited to 6 different Thanksgiving dinners. Not wishing to offend anyone, I accept all six invitations. A friend asks me how

I am going to attend all the dinners. I tell her my strategy: "You get 6 bottles of good wine - not great, but good. You let each host know you are invited elsewhere so you can only stay for a short visit. I arrive early when everyone is on their best behavior, and leave before they have had too much to drink. I grab a turkey sandwich, and the best piece of pie or cake you have ever eaten." It's the most fun kind of Thanksgiving you will ever have. I recommend it! I had a wonderful time!

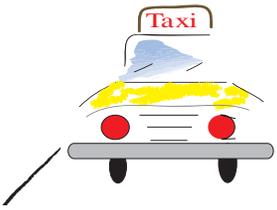
My mind tumbles across years as I think of trips I had with my young children. I tell myself that trips with small children should be educational as I hand the clerk my credit card for an easy-to-operate movie camera. We go over the instructions together, and buy plenty of film. What a fun way to learn! Two little boys on a picture taking adventure. Every day, the kids go out to film. I am pleased with myself! My idea is a success! We process the film, and arrange a home movie night with popcorn and soda upon our return. The movies seem to be mostly blue skies and water until the last roll. Suddenly there is a moving speck on the screen, coming straight for the camera. The image becomes clear: it is a jet liner moving down the runway,

heading straight for the camera. At the last second, it rises above the lens of the camera for take off. I catch my breath, almost afraid to ask. "Great movie, kids - just great! How did you ever get a shot like that?" The boys look at each other. "Well, we were lying down at the end of the runway." That was the end of our educational trips. Now I hear the conductor moving past me, announcing the train's arrival to its destination. I am disoriented. It is difficult to discern the difference between reality and fantasy, to pull myself from the past into the present. I don't want this trip to be over. Then I remember: There is always the return trip home, and more tender sweet moments just waiting for me.

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On Radio



Tune into:

Zumix Radio

on Wednesdays at 2:00 p.m.
and Mondays at 9:00 a.m.
Streaming on the internet at
www.zumix.org

WJIB 740 AM on Sundays
at 8:30 a.m.

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*

Turkey Lasagna

Ingredients:

- 8 ounces lasagna noodles, preferably whole-wheat
- 3 cloves garlic, smashed and peeled
- 8 ounces cremini mushrooms, large ones cut in half
- 1 large carrot, cut into 2-inch pieces
- 1 stalk celery, cut into 2-inch pieces
- 1 large onion, peeled and cut into 2-inch pieces
- 2 teaspoons extra-virgin olive oil
- 1 pound lean (90-93%) ground turkey or beef
- 1 1/2 teaspoons Italian seasoning
- 1 teaspoon fennel seeds
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 2 cups part-skim ricotta cheese
- 1 large egg
- 1 24-ounce jar prepared marinara sauce
- 2 cups (8 ounces) Italian blend shredded cheese or shredded part-skim mozzarella, divided

Preparation:

1. Bring a large pot of water to a boil. Add noodles; cook until not quite tender, about 2 minutes less than the package directions.

Drain; return the noodles to the pot and cover with cool water. Set aside.

2. With the food processor motor running, drop garlic through the feed tube and process until minced. Add mushrooms, carrot and celery and process until finely chopped. Turn the machine off, add onion and pulse until coarsely chopped.

3. Heat oil in a large skillet over medium-high heat. Add turkey (or beef) and cook, breaking up with a wooden spoon, until no longer pink, 4 to 6 minutes. Reduce heat to medium and add the vegetable mixture, Italian seasoning, fennel seeds, pepper and salt. Cook, stirring often, until the mushrooms' liquid has evaporated, the mixture has cooked down, the vegetables are soft and the skillet is dry, 12 to 15 minutes.

4. Combine ricotta and egg in a medium bowl.

5. Preheat oven to 350°F. Coat a 9-by-13-inch baking pan with cooking spray.

6. To assemble lasagna: Drain the noodles and spread out on a clean kitchen towel. Spread half the marinara in the prepared baking dish. Layer 3 noodles over the sauce. Spread half the ricotta mixture over the noodles. Top with half the meat mixture, one-third of the remaining marinara and one-third of the shredded cheese. Continue with another layer of noodles, the remaining

ricotta, the remaining meat mixture, half the remaining marinara and half the remaining shredded cheese. Top with a third layer of noodles and the remaining marinara. Cover the lasagna with foil.

7. Bake until bubbling, about 45 minutes. Remove the foil; sprinkle the remaining shredded cheese on top. Bake until the cheese is just melted but not browned, 10 to 15 minutes more. Let stand for 10 to 20 minutes before serving.

Serves: 9 **Calories:** 400 per serving

Tips:

- **Make Ahead Tip:** Prepare through Step 6; refrigerate for up to 1 day. In Step 7, bake the lasagna, covered, for 1 hour before removing foil and topping with cheese.
- **Tip:** Sneak some finely chopped vegetables into your ground-meat mixture for lasagna, meatloaf or chili to make servings generous but keep calories and fat in check.

Source:

http://www.eatingwell.com/recipes/turkey_lasagne.html

Inside-Out Lasagna

Ingredients:

- 8 ounces whole-wheat rotini or fusilli
- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped
- 3 cloves cloves garlic, sliced
- 8 ounces sliced white mushrooms (about 3 1/2 cups)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 14-ounce can diced tomatoes with Italian herbs
- 8 cups baby spinach
- 1/2 teaspoon crushed red pepper (optional)
- 3/4 cup part-skim ricotta cheese

Preparation:

1. Bring a large pot of water to a boil. Add pasta; cook until just tender, 8 to 10

minutes or according to package directions. Drain and transfer to a large bowl.

2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, about 3 minutes. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms release their liquid, 4 to 6 minutes.
3. Add tomatoes, spinach and crushed red pepper (if using). Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted, about 4 minutes.
4. Toss the sauce with the pasta and divide among 4 bowls. Dollop each serving with 3 tablespoons of ricotta.

Serves: 4 (1 1/2 cup each)

Calories: 364



Source:

http://www.eatingwell.com/recipes/inside_out_lasagna.html

Medical Order Life-Sustaining Treatment (MOLST) -

A New Tool for Advanced Healthcare Planning

MOLST is a standardized form allowing patients to communicate their preferences for life-sustaining treatment with their healthcare providers. Healthcare providers may be physicians, nurses, emergency responders, etc. Life-sustaining treatment is that which attempts to keep a patient alive (e.g. CPR).

In the last few years, the Massachusetts legislature launched a pilot program, the MOLST Demonstration Project, implemented in the Worcester area in 2010. The program was well received and the final report recommended expansion throughout Massachusetts by 2014. Statewide expansion of MOLST began in April 2012 and will occur in phases.

Major treatment decisions are personal or sensitive choices. MOLST allows for some additional privacy as it is a medical document between you and your healthcare provider. However, you as the patient are encouraged to discuss the MOLST with both your physician and loved ones.

MOLST is voluntary and value neutral. Patients may indicate whether or not they would like to receive life-sustaining treatment. A MOLST may be changed at anytime by either requesting specific treatment or filling out a new MOLST form.

Completing a MOLST may be appropriate for a patient of any age if and when a diagnosis of a serious, chronic or progressive illness occurs.

Signing a MOLST is a method of Health Care Planning, although it is not an Advanced Directive. Often, the discussion and signing of a MOLST may lead to the execution of Advanced Directives, such as a Health Care Proxy, which detail desired future medical care in the event of incapacity.

The MOLST, as a medical order, becomes part of your medical record. It is honored by physicians and health care professionals, unlike a “living will” or “final wishes” which are not recognized by Massachusetts law.

A MOLST does not replace a Health Care Proxy, a person you chose to make medical decisions when you become incapacitated. Adults of all ages are still advised to designate a health care proxy and to sign the appropriate documents, to avoid the need for a court-appointed guardian. A proxy is able to make major

medical decisions and revise a MOLST in the event of incapacity and under changing circumstances.

One key difference between the MOLST and a Health Care Proxy is that MOLST does not require you to name someone to serve as your agent to make medical decisions. MOLST is a medical order, discussed between you and your health care provider.

For additional information and forms visit <http://www.molst-ma.org>

References:

Massachusetts Medical Order for Life-Sustaining Treatment.
Available at <http://www.molst-ma.org>.



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 Director, Patricia McCormack at 617-635-1794.

Solution to crossword on page 19

E	D	G	E	S		A	F	T		T	O	P	E	
V	E	R	D	I		E	D	O		N	I	X	O	N
I	L	I	U	M		O	R	R		O	P	E	N	S
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S	T	E	P			N	E	E		S	T	E	T	S



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

Red Sox 2013

By: John H. O'Neill III

Opening day at Fenway Park is a little less than two months from today. It seems the Red Sox equipment truck just left, headed to sunny Florida. Players will gather there and begin training for the 2013 season.

Ah, but, what will it be like? So many player changes, better known as trades, have occurred. Ben Cherington, now GM, has been recrafting the Red Sox package. Players from all over the major leagues were acquired to help the Red Sox. Cash, minor leaguers, or the famous: "player to be named later" have been offered as compensation. John Farrell, former Red Sox pitching coach, was encouraged to accept the position of manager of the team which calls Fenway Park home.

One thing I feel is interesting, is that former members of the Red Sox, whether players or managers, are scattered throughout baseball. It means that a team visiting Boston for a regularly scheduled game might include a player or coach who had previously been connected with the Red Sox organization. Imagine if player X had accepted a one year deal with the Red Sox, playing many games at historic

Fenway Park, instead of signing a multi-year contract with the Colorado Rockies for example.

Every time we visit the theatre to see a new show, the cast is different. We might recognize some actors, but, for the most part, it is a new group. That seems to describe the Red Sox, a new group. Their show opens at Fenway Park. I hope it gets rave reviews.



If you are or know this couple please contact:

**Eileen O'Connor at
617-635-2844**

They attended the Mayor's 50th Anniversary event and we would like to give them their portrait.

Concetta “*Connie*” Falanga

100th Birthday

By: Eileen O'Connor



Connie was born on February 21, 1913. At the age of twenty three Connie became the first female pastry chef at the Sheraton of Boston. Connie and her husband Charlie were married for 75 years. They owned a restaurant together.

Connie is a thoughtful and giving neighbor. She is very close with one of her neighbors. When they bought the house next door, they did not know how

to speak English. Connie took it upon herself to teach them English. Now the neighbors regularly check on Connie.

Connie celebrated her 100th birthday at her home with friends and family. The staff from Ethos brought her a cake and flowers. Commissioner Emily K. Shea brought a citation and greetings from Mayor Thomas M. Menino. Her sister-in-law Lillian, from East Boston, and her daughter Mary Francis from Salem New Hampshire also came with flowers and cards. They all sang Happy Birthday and she was thrilled. Special thanks to her doctor who visits her on a regular basis and also stopped by later that day with a cake.

Again Happy Birthday Connie!!



Strand Theatre - Showcasing the Play *Xernona and the Grand Dragon X*



Strand Theatre



Memor Project Reading at Veronica B. Smith Senior Center





2013 Greater Boston Senior Games Official Registration Form

May 8th, 9th, 10th, & May 18th



See Reverse Side of this Form for Field Day Events on Saturday, May 11th at UMass
REGISTRATION DEADLINE 04/26/13

(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:

Golf: WEDNESDAY, MAY 8, 2013 - Registration at 7:00 a.m. at William Devine Golf Course, Dorchester. Shotgun start at 8:00 a.m. **PRE-REGISTRATION DEADLINE 04/26/13** – 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.

Bocce: THURSDAY, MAY 9, 2013 - Starting At 9:00 a.m., Langone Park, North End. Teams should request Bocce Team Registration Form by calling 617-635-4366.

Bowling:
Select one start time. Start time confirmed on first come, first served basis.

(8:00 a.m. start time) FRIDAY, MAY 10, 2013 - Boston Bowl, Morrissey Blvd, Dorchester - **\$10.00** – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. **Please do not send payment with registration.**

(10:30 a.m. start time) FRIDAY, MAY 10, 2013 - Boston Bowl, Morrissey Blvd, Dorchester - **\$10.00** – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. **Please do not send payment with registration.**

Billiards: FRIDAY, MAY 10, 2013 - Starting at 9:00 a.m. Boston Bowl, Morrissey Blvd, Dorchester - **\$6.50** - Cash or checks payable to Boston Bowl on day of the tournament: **Please do not send payment with registration.**

Tennis: SATURDAY, MAY 18, 2013 - Registration at 9:00 a.m. Sportsmen's Tennis Club 950 Blue Hill Ave Dorchester - **\$18.00** Fee. **Cash or checks** payable to Sportsmen's Tennis Club. **Please check preference: Doubles Singles**

**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, or scan and email to michael.mccolgan@cityofboston.gov**

For more information call 617-635-4366 (Please Note: There is no transportation for the Events Above)

ALL GREATER BOSTON SENIOR GAMES PARTICIPANTS MUST SIGN THIS WAIVER

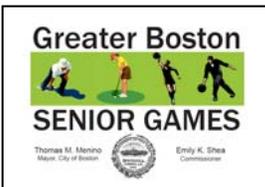
I hereby agree to hold harmless the organizers and sponsors of the 2013 Greater Boston Senior Games from any and all claims of whatsoever kind and nature which I may have, or at any time in the future have, of any injury arising out of my participation in the 2013 Greater Boston Senior Games. I am in good physical condition and have no medical restrictions that would prohibit my participation in the 2013 Greater Boston Senior Games.

Signature:

Today's Date:

Your age as of 05/08/13:

Let The Games Begin!



Thomas M. Menino, Mayor
City of Boston – Commission on Affairs of the Elderly
Emily K. Shea, Commissioner





2013 Greater Boston Senior Games
Official Registration Form
for Field Day Events on Saturday, May 11th at UMass
 See Reverse Side of this Form to Register for Events on May 8th, 9th, 10th, & May 18th
REGISTRATION DEADLINE 04/26/13



(Please Print)

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

Saturday, May 11th – All Events except Track - Registration 8:30 a.m. Event start time @ 9:00 a.m. –

Please Note: Track registration at 12:00 p.m. Track start time at 1:00 p.m.

Events will be held @ University of Massachusetts-Boston, 100 Morrissey Boulevard, Boston, MA 02125

Please check the events that you would like to participate in:

<input type="checkbox"/> Horseshoes	<input type="checkbox"/> Keep Moving Walk (11:30 a.m. Non-Competitive)
<input type="checkbox"/> Soccer Kick	<input type="checkbox"/> Tai Chi (1:00 p.m. Non-Competitive)
<input type="checkbox"/> Softball Throw	<input type="checkbox"/> Track 100 Meters (Starting at or after 1:00 p.m. Must be pre-registered)
<input type="checkbox"/> Swimming Breast Stroke 100 M	<input type="checkbox"/> Track 800 Meters (Starting at or after 1:00 p.m. Must be pre-registered)
<input type="checkbox"/> Swimming Breast Stroke 50 M	<input type="checkbox"/> Track 1500 Meters (Starting at or after 1:00 p.m. Must be pre-registered)
<input type="checkbox"/> Swimming Freestyle 100 M	<input type="checkbox"/> Track 400 Meters (Starting at or after 1:00 p.m. Must be pre-registered)
<input type="checkbox"/> Swimming Freestyle 50 M	<input type="checkbox"/> Half Court Basketball Competitive Team Sport. We recommend that teams request the Half Court Registration Form by calling 617-635-4366. (\$20 fee per player - cash payable on day of Event)

If transportation is needed, please check (√) your preferred pick-up site:

Boston <input type="checkbox"/> Blackstone Apts, 33 Blossom St. <input type="checkbox"/> Harriet Tubman Hse, 566 Columbus Ave.	J. P. <input type="checkbox"/> Flynn House, 805 Huntington Ave. <input type="checkbox"/> Julia Martin House, 90 Bickford St.
Brighton <input type="checkbox"/> Chinese Golden Age Ctr, 677 Cambridge St. <input type="checkbox"/> JCHE, 30 Wallingford Rd. <input type="checkbox"/> V. B. Smith Sr Ctr, 20 Chestnut Hill Ave.	<input type="checkbox"/> Nate Smith, 155 Lamartine St. <input type="checkbox"/> Woodbourne Apts, 6 Southbourne Rd.
Dor. <input type="checkbox"/> St Brendan Church, 589 Gallivan Blvd. <input type="checkbox"/> Keystone Apartments, 151 Hallet St. <input type="checkbox"/> Franklin Field, 100 Ames St.	Roxbury <input type="checkbox"/> Council of Towers, 2875 Washington St. <input type="checkbox"/> Reggie Lewis Ctr, 1350 Tremont St. <input type="checkbox"/> St Joseph Commun., 86 Cripus Attucks Pl. <input type="checkbox"/> MLK Towers, 280 MLK Blvd.
E. Bos. <input type="checkbox"/> East Boston Social Center, 68 Central St.	South <input type="checkbox"/> 185 West Ninth St.
Hyde Park <input type="checkbox"/> Cleary Sq. Pking. Lot, Across from Police Sta. <input type="checkbox"/> Georgetown Apts, 400A Georgetown Dr. <input type="checkbox"/> Readville Srs., St Ann Pkg. Lt., 82 W. Milton	Boston <input type="checkbox"/> Foley Apts, 199 H St. <input type="checkbox"/> W Broadway TF, 81 Orton Marotta Way
Matt. <input type="checkbox"/> Church of the Holy Spirit, 535 River St. <input type="checkbox"/> Foley Apartments, 249 River St.	West <input type="checkbox"/> Spring St. Apts., 24 Spring St. Roxbury <input type="checkbox"/> Center St. between CVS & Walgreens <input type="checkbox"/> Cheriton Grove, 20 Cheriton Road

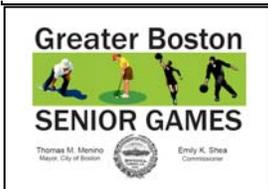
(Please Note: There is also transportation provided by the Senior Shuttle from JFK T stop for the U-Mass Event.)

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, or scan and email to michael.mccolgan@cityofboston.gov. For more information call 617-635-4366

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I hereby agree to hold harmless the organizers and sponsors of the 2013 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 2013 Greater Boston Senior Games. I am in good physical condition and have no medical restrictions that would prohibit my participation in the 2013 Greater Boston Senior Games.

Signature:	Today's Date:	Your age as of 05/08/13:
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Thomas M. Menino, Mayor
City of Boston – Commission on Affairs of the Elderly
Emily K. Shea, Commissioner

