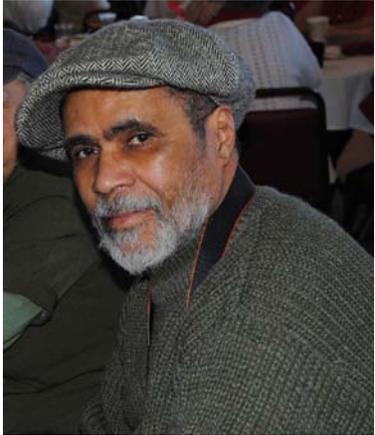


Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



March

FREE

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Check out our website
www.cityofboston.gov/elderly

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

Email articles and comments to
Bostonseniority@cityofboston.gov

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Thomas M. Menino, Mayor

Emily K. Shea, Commissioner

Martha Rios

Tula Mahl

Editors

Eileen O'Connor

Photographer

City Hall Plaza-Room 271

Boston, MA 02201

(617) 635-4366

www.cityofboston.gov/elderly

Karine Querido, Chief of Staff

Tula Mahl

Deputy Commissioner

Communication & Policy

Melissa Carlson

Deputy Commissioner

Advocacy & Planning

Michael Killoran

Deputy Commissioner

Transportation

Francis Thomas

Deputy Commissioner

Administration & Finance

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Mayor's Spotlight

Mayor Menino and Ten Boston Hospitals Work Together to Reduce Consumption of Sugary Beverages Among Patients, Staff and Visitors

Mayor Thomas M. Menino joined ten Boston hospitals and the American Heart Association to announce significant progress in efforts to help reduce the consumption of sugar-sweetened beverages like soda, sports drinks, and energy drinks in hospitals. These drinks are linked to obesity, heart disease, and diabetes, and Mayor Menino has made it a priority to help residents of Boston make smarter choices for their health.

“I have been concerned for years about impact of obesity and especially about children and youth drinking sugary beverages like soda, sports drinks, and energy drinks. My vision is to make the city of Boston a model for making the healthy choice the easy choice,” said Mayor Menino. “I commend these ten hospitals and the Public Health Commission for their leadership and for taking on the challenge of creating healthier environments for patients, staff, and visitors.”

Under the leadership of the Boston Public Health Commission, ten Boston hospitals – Beth Israel Deaconess Medical Center, Boston Medical Center, Brigham and Women’s Hospital, Carney Medical Center, Children’s Hospital Boston, Dana-Farber Cancer Institute, Faulkner Hospital, Massachusetts General Hospital, St. Elizabeth’s Medical Center, and Tufts Medical Center – have pledged to work together on efforts to reduce consumption of sugary beverages. Efforts include removing high-sugar beverages and replacing them with healthier options; displaying educational “Red-Yellow-Green” stoplight images about choosing healthy beverages; installing free

water dispensers; and patient education and staff training.

This hospital partnership builds on previous efforts by the Mayor and the Public Health Commission to end the sale of sugary drinks at Boston Public Schools and municipal buildings.



“Together, the 10 participating hospitals, the Boston Public Health Commission, and the City of Boston have influenced a shift toward healthier lifestyle choices,” said Ms. Brown, CEO of the American Heart Association. “By restricting or eliminating access to sugar-sweetened beverages, they have been willing to make the first move in a process with great potential to improve nutritional choices in their communities. Throughout the United States, there is no precedent for what they’ve done as a collaborative.”

Dr. Paula Johnson, a cardiologist at the Brigham and Women’s Hospital and chair of the Boston Public Health Commission’s Board of Health, said, “Hospitals play a critically important role in public health, not only in delivering high quality medical care once people are sick, but in setting norms about how we can all live healthier lives and prevent disease in the first place. As leading institutions in our community, hospitals should be environments where making the healthy choice is the easy choice for patients, visitors, and staff.”

“We’re proud of what we’ve accomplished in reducing consumption of sugar-sweetened beverages at St. Elizabeth’s Medical Center, Carney Hospital, and other Steward Health Care facilities,” said St. Elizabeth’s President John Polanowicz. “Helping our patients, families, visitors, and staff make healthy choices is a priority for us.”



RSVP Boston Volunteer Opportunities

Boston RSVP 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 Anique Langlois, RSVP Administrative Assistant at 617-635-3988

Boston Partners in Education

Boston Partners in Education has been mentoring public school students on the frontline for over 40 years. We match struggling K-12 students with volunteer academic mentors who provide students with the skills they need to graduate, the self-esteem they need to succeed, and tools and guidance to achieve their dreams. Become a volunteer academic mentor and make a difference in the life of a child in your community. All it takes is one hour of your time per week.

Horizons for Homeless Children is looking for volunteer Playspace Activity Leaders (PALs) in shelters throughout Boston. An ideal PAL is patient, dependable, and sensitive to homeless issues. Prior teaching experience is a plus, but not required. During a Playspace shift, you will prepare and lead age-appropriate activities with fellow PALs, coordinate clean-up after the shift, and communicate

with the staff at the shelter and Horizons for Homeless Children. We will provide ongoing support, including workshops, opportunities to join the PAL Council, and domestic violence training if you are interested. As a senior, you will be an especially amazing mentor figure.

Faulkner Hospital Volunteer Program

We celebrate diversity, welcoming all potential volunteers who would like to enrich their lives by donating their time in a healthcare setting. Rounders visit our medical and surgical units to interview inpatients about their hospital stay. Visitor/rounders also meet with oncology/hematology outpatients in our Dana Farber Cancer Institute regarding their experience with care and services. Volunteer support increases staff efficiency and morale and serves an important role in efforts to improve our patients' experience.

The “Refugee Independence through Service Enhancement” (RISE) Program

is funded by the state of Massachusetts to help refugees integrate with local communities and gain self-sufficiency. RISE seeks to train local and highly-qualified volunteers to become key participants in the successful resettlement of refugees. In partnership and coordination with staff at refugee resettlement agencies, the volunteers will provide practical support and help establish links to community during the initial months of refugee resettlement.

Stroke Is a
Brain Attack

STROKE

STROKE SYMPTOMS



SUDDEN
numbness or
weakness of
face, arm or leg,
especially on one
side of the body



SUDDEN
confusion,
trouble
speaking or
understanding



SUDDEN
trouble
seeing in one
or both eyes



SUDDEN
trouble walking,
dizziness, loss
of balance or
coordination



SUDDEN
severe
headache
with no
known cause

Act FAST and CALL 9-1-1 IMMEDIATELY

www.stroke.org

Use **FAST**
to remember
stroke warning
signs



FACE: Ask the
person to smile.
Does one side of
the face droop?



ARMS: Ask the
person to raise
both arms. Does
one arm drift
downward?



SPEECH: Ask the
person to repeat
a simple phrase.
Is their speech
slurred or strange?



TIME: If you
observe any of
these signs,
**call 9-1-1
immediately.**





**Bunker Hill Community College ArtMobile
Visit to Zelma Lacey House
Valentine's Day 2012**



Augustina and BHCC Student Ingrid Nelson work at some Valentine's cards.



Edna & Activities Coordinator Amy



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**Love is a symbol of eternity.
It wipes out all sense of time,
destroying all memory of a beginning and all fear of an end.**



Lily May and Enda Make Cards to Send Love!





The Elderly Commission

Mayor Thomas M. Menino
Commissioner Emily K. Shea

Attention:

Memoir Project

coming to WEST ROXBURY!

The Memoir Project

aims to capture the stories of Boston seniors systematically and over an extended period of time by teaching senior residents the rudiments of memoir writing. Learning these skills will give seniors a practical and meaningful way to turn memories into coherent narratives with lasting value. A book will be published!

By capturing these stories, we intend to document the living history of Boston and, by doing so, provide a greater understanding of the city's past and present for all its residents.

Class will start Thursday April 5th. It will be held in West Roxbury, place to be determined, one day a week for eight weeks. Every Thursday from 10 a.m. - 12 p.m.

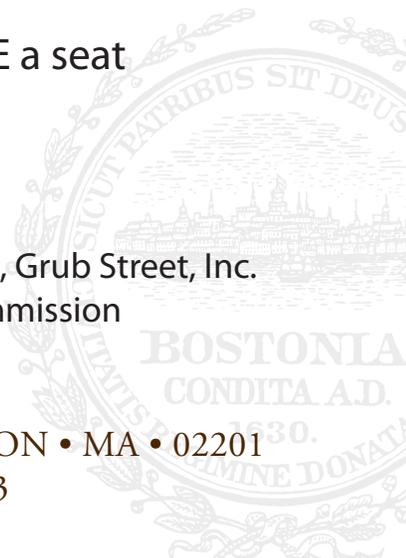
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Tula Mahl at **617-635-1922**

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HORIZONS FOR HOMELESS CHILDREN

SOMERVILLE NATIVE MAKES A DIFFERENCE FOR HOMELESS CHILDREN THROUGH HORIZONS FOR HOMELESS CHILDREN PLAYSPACE PROGRAMS

Somerville, MA (July 2011) - Robert Conway is blowing bubbles. White hair and a crinkling smile set him apart from the toddlers gathered around him on the steps of a Somerville homeless shelter, but as Robert sends a new cascade of dewy, iridescent spheres into the crowd, it's clear by the peals of laughter that his companions don't seem to mind the age difference.

Each Thursday evening, Robert serves as a Playspace Activity Leader (PAL) at Just-A-Start House in his native Somerville. Through the Playspace Programs, an effort of Horizons for Homeless Children, Robert spends two hours every week singing songs, reading books, coloring and, popularly, blowing bubbles with the children living in the homeless shelter.

Robert cites his impending retirement as the impetus to begin volunteering. An advertisement in the Boston Globe calling for PALs in the Greater Boston area caught his attention.

"I was going to be retiring and I figured I needed something to keep me occupied," said Robert. "I enjoyed my grandkids and

kids in general, so I thought this would be a good fit."

Now, after almost six years of volunteering, Robert is a fixture at Just-A-Start House. His tranquil, quiet manner has endeared him to the staff, mothers and children alike.

"Because they don't always get to interact with men, the children here often treat men differently," said Rhonda Gurley, shelter liaison at Just-A-Start House. "But the kids become very calm with Robert because his demeanor is so calm."

Observing his interactions with the children, Robert's influence on them is obvious. Two young boys turn an escalating argument into a friendly game of soccer as Robert deftly kicks a ball their way when he notices the angry words. A little girl, her face beaming, runs straight to Robert with arms outstretched when she sees him. He scoops her up and she hugs his neck before inviting him to help her onto the slide.

It is more than his affectionate nature, however, which has solidified his place at Just-A-Start House. Children require consistency, but that is often hard to come by for those living in homeless situations.

"I don't think he's ever missed a shift," said Rhonda. "He's here to play with them every week."

Robert has made the children at Just-A-Start House a priority, a refreshing attitude in the gauntlet of reactions to family and child homelessness.

“It’s all about the kids for me,” said Robert. “You become connected to the kids and their families, especially when they come into the shelter as infants and you watch them grow.”

His dedication to the children, in turn, has earned him the devotion of the mothers at Just-A-Start House. Recently named PAL of the Year by Horizons for Homeless Children, Robert had the exuberant support of the shelter residents and staff when he accepted his award at a recent Recognition and Awards Dinner hosted by the agency.

“He’s like the grandpa of the house,” said Rhonda. “The mothers got together and had a reception for him. They made a sign to congratulate him using their handprints and the handprints of their children.”

As Robert patiently helps a girl sop up spilled bubble soap, he says simply, “These kids are the same as any other kids. I look at them as the same as my five grandkids. The children at Just-A-Start House may be in a much tougher spot than some others, but they’re still just kids.”

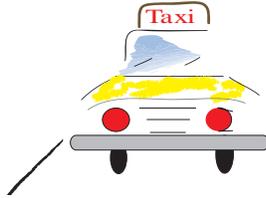
Horizons for Homeless Children founded the Playspace Programs in 1990. Through this program, the organization facilitates the creation of Playspaces (educational and recreational spaces) within family shelters to make healthy play possible for homeless children. The program recruits, trains and places volunteers in the Playspaces to supervise and engage the children in fun, educational play so that they can grow and develop, as all children should.

Horizons for Homeless Children’s Playspace Programs collaborate with residents and staff of family shelters to design and build age-appropriate, “kid-friendly” spaces that come equipped with libraries, building blocks, art supplies and more – the all-important tools to challenge children physically and creatively and allow them to have a place to play, use their imaginations and be just who they are...kids. Over 1,400 trained volunteers known as Playspace Activity Leaders (PALs) participate in educational play activities with over 2,200 children each week in approximately 140 family shelters in Massachusetts. To date, Horizons for Homeless Children has trained almost 14,000 members of the community to become PALs. For additional information on Horizons for Homeless Children, visit www.horizonsforhomelesschildren.org.

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Medication Errors

The Institute of Medicine estimates 7,000 deaths and 1.3 million injuries occur each year because of medication errors in American hospitals (August 31, 2011). These numbers do not include medication errors at home, doctors' offices or pharmacies.

Remember, medication errors can happen at any time.

We usually hear about the most serious medication errors when the media tells us about a death or a recall.

We nurses who administer medications practice the 6 Rights of Medication Administration

1. the right patient
2. the right medication
3. the right dose
4. the right route
5. the right time
6. the right documentation

As a patient who takes medication or a caregiver who administers medications to a loved one, you, too, have responsibilities.

Responsibilities

1. know your medicines and what they hope to accomplish (lower blood pressure, thin out your blood, fight infection, etc.)

2. write a list of all your medicines, doses, times, your primary care doctor's name and telephone number and place in your wallet. This is very important because every time you go to any doctor, the doctor will ask your medication list.

3. be sure to include all over the counter medications (aspirin, Maalox, Prilosec, etc), supplements (Ensure, Red Bull, etc) and herbs, including herbal teas.

4. read directions carefully: take on empty stomach, no grapefruit juice, take 1-2 hours after other medications or do not take other medications for at least 4 hours after taking certain medications. Sometimes juggling these multiple medications can be very confusing. I recommend that you write down your schedule and refer to it for a few weeks until you know your specific directions.

5. avoid interruptions. If you set up medications for another, do not be distracted!! Set up medications when you have some quiet time to concentrate.

6. save medication information sheets so you can refer to them when you might want to see the side effects or you forget what the medication is supposed to do for you.

7. always remember, if you cannot afford expensive medications, let your doctor know immediately. Your doctor may have a substitute to use.

Women's Scholarship Program

Helping Women Win Back Opportunity

The AARP Foundation Women's Scholarship Program is helping win back opportunity for low-income, 50+ women by funding education, training, and skills upgrades that can lead to better employment and increased financial security for women and their families.

Since 2007, The AARP Foundation Women's Scholarship Program has awarded scholarships to more than 800 eligible women — facilitating their entry into programs they could otherwise not afford, and ultimately assisting in their recession recovery efforts.

The scholarship program is made possible by AARP Foundation with generous support from Walmart Foundation and AARP.

How to Apply: The scholarship application period for the 2012-2013 academic year will last from Wednesday, February 1, 2012, at 9 a.m. CST until Friday March 30, 2012, at 5 p.m. CDT.

Apply at www.aarp.org/aarp-foundation/info-2010/scholarship-opportunities.html

ATTENTION MEN AGE 60 AND ABOVE

We are looking for volunteers to participate in a 12-month research study investigating whether the combination of testosterone replacement and an established osteoporosis treatment may increase bone density more than either treatment alone.

Volunteers will be randomly assigned to either of the two treatments or both.

The study requires 5 outpatient visits to MGH, involving blood tests and X-ray measurements of bone mineral density.

Participants will be compensated \$125 plus parking for completing the study.

Call Erica at 617-726-6129 or Ruchit at 617-726-2860 for details



MASSACHUSETTS
GENERAL HOSPITAL

Sarah Blakeney

“An Original Senior Companion”

By: Eileen O’Connor

According to Sarah, “Boston has not always been my home; I am from North Carolina, and at this age and time Boston will be it, until eternal life.” Sarah came to Boston because her husband wanted to move here, he had a brother that lived here, and he wanted a better job. Sarah is one of the “original” Senior Companions volunteering as a Senior Companion for over 21 years.

Ms. Blakeney has no favorite clients but enjoys going into each of her clients and seeing the smiles on their faces. She also enjoys being with them to do anything, to make their day brighter. Sarah has client that she visits, who is also from the South, so they often sit and talk about old times, way back when they were young girls. Sarah’s clients are in several parts of Boston: West Roxbury, Dorchester, Boston, Jamaica Plain and Roxbury. She gets to these clients by car.

When Sarah is not volunteering she is busy traveling and involved in her church. What makes Sarah happy is to get up every morning to be around friends.

I asked Ms. Blakeney what motivated her to become a Senior Companion. She said it is knowing that she is making a difference in someone’s life and being able to make friends out of strangers. According to Ms Blakeney “when I can go into these homes to visit and sometimes bring one of my home cooked meals and they say to me “I am so



glad to see you, you really make my day.” That’s enough for me. It makes me feel good. I never go in complaining about my pain, whatever the case might be. I put God first in everything I do.”

A quote from Sherry Ellis, volunteer coordinator for Central Boston Elder Services: a quiet demeanor, the way she cares and the concern she has for all her clients. She doesn’t just do friendly visiting; everyone she sees and comes in contact with becomes a part of who Sarah Blakeney is. Be assured, she is no “push over” and always know, that everything she does, is with deep love for everyone.

Central Boston Elder Services is a non-profit organization promoting independence, dignity and well-being among the elderly and disabled through quality, affordable and culturally appropriate home and community based care. The organization Central Boston Elder Services is affiliated with the Senior Companion Program at the Commission on Affairs of the Elderly, Boston City Hall, which matches Senior Companions with the elderly who have difficulty completing tasks. The Senior Companion Director is Gloria Rice-Stuart. Contact Sherry Ellis at (617) 277-7416 or at SEllis@centralboston.org for additional information.

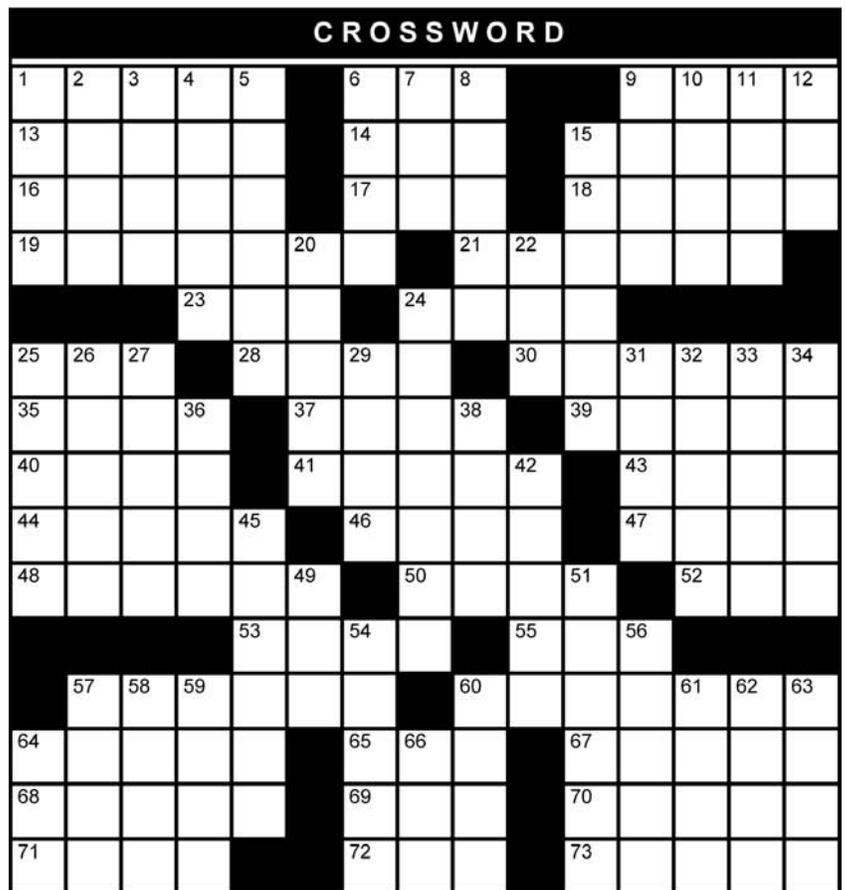
THEME: MARCH MADNESS

ACROSS

1. Frosting on a cake, e.g.
6. Heat or energy unit
9. *School with most championships
13. Love intensely
14. Dr. Cornelius in sci-fi movie classic, e.g.
15. Like dragon after knight's conquest
16. Copperfield's domain
17. Eating of forbidden fruit, e.g.
18. Total amount
19. *Game tracker
21. In an open way
23. Not vertical, abbr.
24. Be sick
25. Emergency responders
28. Home to Stags Leap and Wild Horse
30. Superlative of "yare"
35. Reluctant, usually followed by "to"
37. A tall one is not true
39. The present occasion
40. U.N. civil aviation agency
41. Rossini's opus, e.g.
43. It travels through air
44. Pulsating pain
46. At a great distance
47. *Final ____
48. Some give this when upset
50. Drug abuser
52. Dry, as in humor
53. Eagerness
55. Clinton ___ Rodham
57. Famous for its coffee
60. *Goes with March
64. NBC's "The ____"
65. "___ to Joy" by Friedrich Schiller
67. Become one
68. On the move
69. Julie Andrews in "The Sound of Music"
70. Holy See's administering body
71. *Ranking
72. Apollo to ancient Greeks
73. Levels

DOWN

1. Its fleece was white as snow?
2. Sixth month of civil year
3. Downward and upward dogs are part of this
4. ____ Maria Remarque



© StatePoint Media

5. Suppose
6. *Georgetown's conference, "The Big ___"
7. *Ranking based on strength of schedule
8. Major Italian seaport
9. ___ Bator, Mongolia
10. Collect telephone ____
11. Monet's water flower
12. "___ day now"
15. Novelist _____ Zweig
20. Muse of love poetry
22. Be nosey
24. Deadly or sinister
25. *Like last eight
26. Sweet coffee drink
27. A Beatle
29. Daddy
31. Over your head?
32. To give an income or property
33. Scrub or purge
34. Towel cloth
36. Ungulate's foot
38. Victorian or Elizabethan ones, e.g.
42. *Kentucky's Rupp _____
45. *_____ beater
49. "Big Island" flower necklace
51. Simplify
54. Movie "___ Came Polly"
56. Boredom
57. Speaker type
58. Baptism, e.g.
59. Important battery component
60. "Cobbler, cobbler, ___ my shoe"
61. Republic of Ireland
62. Done in a pot
63. Ligurian one and Adriatic one
64. Military hospitals
66. Simon & Garfunkel, e.g.

BBB warns about Refund Anticipation Loans

Tax preparers often offer Refund Anticipation Loans to allow you to immediately receive your tax refund. However, RALs are not an actual refund from the IRS but are a short-term loan from the company. According to the Consumer Federation of America, the interest rate and administration fees on RALs can range from 40% to over 700% of your refund. In 2009 Americans spent \$664 million on RALs and other fees for money that would arrive in two weeks. “Refund Anticipation Loans may do more harm than good and just aren’t worth the instant access they provide,” said Norman Wright, president and CEO of your BBB. “That’s a tremendous amount of money to spend to borrow your own money for two weeks.”

The RAL is an estimation made by the tax preparer of your refund amount, not a statement from the government. As a result, your refund could actually be less than the amount of your loan. This means you may end up owing the tax preparer more money than you received in your refund.

Some people believe they can’t wait the two weeks for their refund because of debts and bills that need to be paid. A better option than taking a RAL is to work with debt collectors and let them know a refund is on the way. Losing a

portion of the money to a loan only puts you further behind.

To avoid RALs, consider filing your taxes electronically and requesting to have your money direct deposited. This is a much easier process to do on your own now with tax return software. Visit irs.gov/efile for information on how to file your taxes electronically. While this entire process usually takes 10-14 days, you will receive 100 percent of your money and not have another loan to pay off as you would with a RAL.

The IRS is working to combat RALs. In 2011 they stopped providing tax preparers with a debt indicator notification which was used by tax preparers to decide which customers to offer a RAL. This move has significantly reduced the amount of RALs given out, but will not completely eliminate them.

For additional information you can trust or to find a trustworthy tax preparer, start with bbb.org.

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You can also view our website online at www.cityofboston.gov/fire

or visit the Boston Fire Department on Facebook.



Brian Roach

By: John H. O'Neill III

Boston State College had numerous alumni, who went on to lead students, not only in academics, but also in athletics. Thomas Brian Roach (1943-2012) was one such graduate.

Many schools have athletic teams in baseball, track, and other sports. Coaches help players achieve their goals. Roach helped many athletes through coaching and mentoring. The athletes went on to become respected members of society.

Roach began his days as a catcher, with numerous meetings on the mound. The pitchers' mound at Fenway Park has been the site of many consultations between pitchers and catchers. The catcher often has ideas on strategy. Teaching, for Roach, seemed like an ideal career.

Friends and colleagues gathered to honor Roach when he retired. Art became an interest of Roach. He



Painting by: Brian Roach

frequently painted on location, including paintings of Quincy Market. Roach would first visit a site, take numerous photographs, and sketch the scene, work on the sketch, and then paint the actual painting. He was friends with many other artists.

In 2008, Roach took part in the Greater Boston Senior Games, as part of a foursome at Franklin Park Golf Course. He later biked in the Pan Mass Challenge, a large fundraiser. People have enjoyed the art of Brian Roach. It will stand for all time.

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Cruising with the Stars: The 2011 Turner Classic Movies Film Cruise

By: Nick Thomas

Last December, some 2,000 people from across the U.S., Canada, and Europe made their way to Miami in order to take a four day round-trip cruise to Cozumel, Mexico. But it wasn't the golden beaches or sparkling blue waters that united this dedicated band of travelers; it was the onboard events and list of eminent guests.

While celebrity cruises are nothing new, this one – the inaugural Classic Cruise hosted by the cable channel, Turner Classic Movies, which brought together thousands of film fans with their favorite Hollywood legends on the Celebrity Millennium cruise ship – was truly a classic.

Celebrity shipmates included Ernest Borgnine, Eva Marie Saint, Tippi Hedren, director Norman Jewison, as well as TCM hosts Robert Osborne and Ben Mankiewicz. With the average age of the four special guests being around 87, it was clear the crowd appreciated their efforts to join the cruise.

“Oh my goodness, I couldn't have been treated better by the TCM folks or fans,” said the 94-year-old Borgnine during the cruise. “It's one thing to like an actor, but the kind of love people have shown me is amazing.”



Robert Osborne, Eva Marie Saint and Tippi Hedren talk about the Hitchcock Blondes

Borgnine was typical of all the celebrities. Far from retiring to their cabins and emerging only to fulfill their obligations, they regularly roamed the decks, mingling with the passengers, eating at the buffet, chatting, and posing for photographs.

Aside from snagging a much sought after celebrity snapshot, passengers were able to partake in a selection of scheduled events that TCM had planned: movie screenings, often preceded by introductions with the stars from the films; Q & A sessions with all the stars, and panel discussions with Osborne and Mankiewicz.

For instance, Saint talked about the making of “North by Northwest,” Borgnine discussed “The Poseidon Adventure,”



The author interviews Tippi Hedren



Ernest Borgnine poses for photos with passengers

Hedren spoke about "The Birds," and Norman Jewison featured his film "The Thomas Crown Affair."

TCM host Robert Osborne was clearly delighted by the passengers' response to the cruise.

"Fans have been coming up to me throughout the cruise, talking about their

favorite movies," said Osborne, who added that TCM is seriously considering another cruise. "I love that, because it really means they love the channel and love the work that I do."

Cabins went for around \$800-\$2,500 per person on this cruise, and sold out within 70 days. Announcements for any new cruise will be made on the TCM web site, www.tcm.com.

Nick Thomas is a freelance writer and author of the recently released book, "Raised by the Stars: Interviews with 29 Children of Hollywood Actors." He can be reached through his web site www.raisedbythestars.com

Photo credit: Debby Thomas

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Healthy Recipes

Pasta, Red Bean, and Parsley Toss

Ingredients:

- 8 ounces dried medium shell pasta or desired whole wheat pasta
- 3 cups broccoli florets
- 1 tablespoon olive oil
- 1 1/2 cups chopped onion
- 1 15 ounce can red beans, drained, reserving 1/4 cup of liquid
- 1/2 cup chicken broth
- 1 1/2 teaspoons chili powder
- 1/2 cup finely shredded pecorino or Parmesan cheese
- 1/4 cup snipped Italian (flat-leaf) parsley

Preparation:

1. Cook pasta according to package instructions, adding broccoli the last 3 minutes; drain.
2. Meanwhile, in a 12-inch skillet heat olive oil over medium-high heat. Add onion and 1/2 teaspoon salt. Reduce heat to medium; cook about 5 minutes more or until onion is tender.
3. Increase heat to high; add pasta, broccoli, beans, chicken broth, reserved

bean liquid, and chili powder to pan. Cook over high heat for 2 minutes, stirring occasionally. Add cheese and parsley. Cook and stir until cheese is melted.

4. Serve pasta with grated hard cooked egg.

Serves: 4

FUN FACTS

Spring Is On The Way

(SPM Wire) No matter if their winter was blustery or mild, many Americans are eagerly looking forward to spring. The first official day of the season, however, has nothing to do with groundhogs.

Set for March 20th this year, the Vernal Equinox is one of only two days in the year with nearly equal daylight and dark. Worldwide, cultures celebrate the astronomical occurrence of the sun crossing the celestial equator. In the Northern Hemisphere, festivities take place to mark rebirth and coming warmer days.

Easter, Nowruz (the Persian New Year) and Higan (a Japanese Buddhist tradition) are just a few examples of spring celebrations. The start of spring is a great time to learn about cultural traditions, or simply to put your coat in storage.

Hot Chocolate

Ingredients:

- 2 tablespoons sugar
- 4 teaspoons unsweetened cocoa powder
- 1 cup 1% milk, divided
- 1/4 teaspoon vanilla extract
- Pinch of ground cinnamon

Preparation:

1. Mix sugar, cocoa and 2 tablespoons cold milk in a mug until smooth. Heat the remaining milk in a small saucepan on the stovetop or in a 2-cup glass measure in the microwave until steaming hot but not boiling. Stir in the cocoa mixture and vanilla.
2. To froth the hot chocolate, whirl a whisk in it by rubbing your hands back and forth. (Alternatively, pour the hot chocolate into a blender, cover with the lid and a kitchen towel and blend until frothy.) Pour it back into the mug and sprinkle with cinnamon.

Serves: 1 cup



Don't Retire, Inspire!

Hosted by Augusta Alban

Tune in to find out how Boston seniors are INSPIRED everyday and listen to them share their wisdom with you.

Check out 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

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



The best advice I ever got!

Hosting the “Don't Retire, Inspire” show is an honor and privilege. What a pleasure it is to have meaningful conversations with my guests who, according to Freud, are in the stage of life called mature adulthood: age 50 and over. My guests share their stories on finding success, passion and new meaning in their lives. They believe happiness is abundant at any age.

What am I learning from these remarkable people?

First, they do not consider themselves remarkable. Their ages range from 50 to 99, but age is never considered a factor in setting or achieving goals. Uppermost is the **PASSION** to live each day of their lives with joy and great courage and to make choices about how they respond to the circumstances facing them.

Chester, age 99, is now in a wheelchair after suffering from a stroke this year. He tells me you must keep moving however you can. He drives that chair with **PURPOSE**, like a winner at the brickyard. He encourages others by his example to try new things and meet new people.

Sylvia, at a time when most are thinking retirement, opened a home for homeless women and children. “What a time to lose my husband,” she said. “I had a Pity Party that lasted about a month.” Then the phone rang! It was an agency with a mother and child who needed a place to call home. Sylvia immediately took them into her own home. That was 25 years ago! She made others a **PRIORITY** during her own time of mourning. Now, over 1500 woman and children later, she is 85 and going strong!

Hillary is a planner par excellence. There is only so much time, she tells me, but if planned well there is more than enough time to do everything you would like to do. Hillary and her husband are the only people I know who travel the world to witness the total eclipse of the sun. She says there's nothing like it: “After that, you know what real magic is.” A writer of several books, Hillary writes down her goals, and checks them off as she accomplishes them. **PLANNING** is strategic to her ability to live life to its fullest.

Mary Ann, a retired nurse the size of a munchkin, is still going to school at 90. She takes Chinese classes at Suffolk University: she calls them her “brain gym.” Mary's philosophy is

“No looking back, keep your eyes on the prize, and always move forward.” She gives herself PERMISSION to accelerate at a time when most people are slowing down.

These people and more give us such wonderful gifts when they tell us about their lives and how they choose to live.

Steven, a doctor, gives us all permission to be a child again when he describes himself as “growing up,” not “grown up.”

Andrew, a retired security guard at a men’s prison, makes a difference in the lives of terminally ill children at Camp Sunshine.

Jeannie, founder of a Hospital Clown Troupe, brings a smile to the faces hospitalized children in 23 countries.

Pastor Carl, renowned for his preaching for 45 years, keeps his eye on the noble truths of life, the simple wisdom that reaches through layers of paradox toward the heart of the matter.

Mark has created a new Christmas Story that has turned into a charity that keeps on giving all year round.

Alan, on the perils and pleasures of aging, believes we must feel good in our own skin.

Without exception, all of my guests are passionate about life and the way in which they use their gifts in finding success, passion and meaning. I am a student as they pass on their wisdom. It is inspirational to think that if we live with PASSION, PURPOSE, PRIORITY, PLANNING and PERMISSION, others will benefit because of what we have chosen to give, and how we have chosen to live. Many thanks to the amazing people who have appeared on the show. I look forward to learning from those to come!

Don't Miss

The Elderly Commission

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: Deputy Commissioner

Tula Mahl

at 617-635-1922

AG Coakley Launches New Tool in Fight Against Medicaid Fraud

Online Complaint Form on AG's Website Creates Additional Resource For Referrals

BOSTON – In an effort to encourage people to report instances of abuse, neglect, and fraud related to the Medicaid system in Massachusetts, Attorney General Martha Coakley has launched an online form to make it even easier to send complaints.

The newly created Medicaid Fraud Complaint or Fraud Reporting Form, located on the AGO's website, allows individuals to report instances of Medicaid fraud and misconduct electronically to the Attorney General's Medicaid Fraud Division for referral. The online form is in addition to the Medicaid Fraud tip line that currently receives hundreds of complaints each year and which has resulted in significant investigations and recovery of taxpayer dollars.

"Our office has recovered millions of dollars for the state's Medicaid program, but we can only be as effective as the referrals that we receive," AG Coakley said. "This online form adds another valuable resource for individuals to report crimes that involve the Medicaid system."

The Medicaid Fraud Complaint or Fraud Reporting Form requires information regarding the subject of the complaint, the suspected fraud, and a brief description of the events that occurred. Complaints are reviewed on a daily basis by members of AG Coakley's Medicaid Fraud Division. The form may be submitted anonymously by the

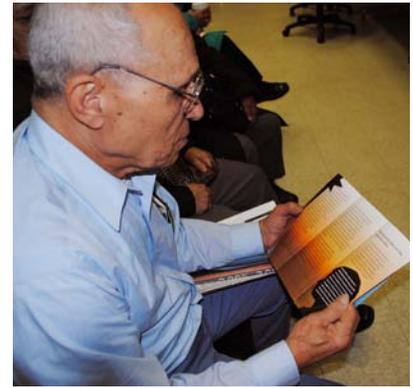
complainant. In addition to the online form, individuals may continue to contact the Medicaid Fraud tip line at (617) 963-2360.

The AG's Medicaid Fraud Division serves as the Medicaid Fraud Control Unit for the Commonwealth and is annually certified by the Secretary of the U.S. Department of Health and Human Services. The Division has found referrals to be very effective in producing successful cases and relies heavily upon them.

AG Coakley's Office continues to maintain a leadership role nationally in the fight against fraud, waste and abuse in the Medicaid program. Since 2007, Attorney General Coakley's Office has recovered more than \$210 million on behalf of the Massachusetts Medicaid program. This represents a ratio of \$18 returned to taxpayers for every dollar in the division's budget.

In December, a lawsuit filed against thirteen drug manufacturers over inflated prices ended with more than \$47 million recovered for the Medicaid Program. As part of that lawsuit, Merck & Co., Inc. (Merck) agreed to pay \$24 million to Massachusetts, which was the largest single payment to the Commonwealth for one Medicaid fraud case in state history.

Medicaid is a government run healthcare program for the poor, elderly and disabled, which is jointly funded by the states and the federal government. The AG's Medicaid Fraud Division works cooperatively with MassHealth and other state and federal agencies to prosecute fraud against the Massachusetts Medicaid program.



Senior Companions receive information about the North Star Program

Free Program for the Citizens of Boston

The North Star Personal Alert Program is a free and voluntary program for caregivers of individuals that have a tendency to wander or are a flight risk from a specific location. The program is designed to help individuals that would have a difficult time communicating with First Responders and in some cases do not understand the potential danger he/she may be in. This program is geared toward, but not limited to individuals with autism or Alzheimer's disease.

To learn more and take advantage of this great free program, please call 617-343-6503 or email them at northstar.bpd@cityofboston.gov.



**Volunteer for
Renew Boston and Boston RSVP**

You've gained a lifetime of experience - Now is the time to put your skills and talents to good use by volunteering through Boston RSVP.

When you volunteer, you are not just helping others – you are helping yourself and helping the environment by informing and educating Boston residents on this great program that can not only save them money, but also reduces greenhouse gas emissions for our environment.

If this opportunity is for you simply call Lourdes Lopez at 617-635-2713 or email at Lourdes.Lopez@cityofboston.gov

Save Energy, Save Money

Thomas M. Menino, Mayor

Need a Ride?

**Senior Shuttle
617-635-3000**

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

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

(Some restrictions may apply)

Dear EarthTalk: What's being done to "green up" professional sports? I know that the last two Olympic Games both made some effort, but are there others?

- **Rob Avandic, Chicago, IL**

The last two Olympics were indeed greener than any before, but environmental awareness isn't limited to the realm of international amateur competition. In fact, in just the last few years all of the major professional North American sports leagues have made strides in greening their operations.

The Natural Resources Defense Council (NRDC) has helped blaze the trail through its "Greening the Games" initiative. Since 2003, when the National Football League's (NFL) Philadelphia Eagles turned to NRDC for help saving energy and reducing waste, NRDC has helped dozens of pro teams evaluate their environmental impacts and make changes. Today the Eagles obtain all of their energy at Lincoln Field from wind power, pour fans' beverages in biodegradable corn-based plastic cups, power their scoreboard with solar panels and have reduced electricity use overall by a third. The NFL itself has also jumped on the bandwagon, implementing various green initiatives at the Super Bowl, the Pro Bowl and other big events.

In 2008, NRDC teamed up with Major League Baseball (MLB) to first green the All Star Game and, the following year, the World Series. Subsequently, NRDC assessed each team's environmental footprint and made recommendations for improving it. Several teams have gone on to build or refurbish their stadiums with sustainability in mind. Boston's Fenway Park, Atlanta's Turner Field, Washington, DC's Nationals Park, and San Francisco's AT&T Park all get high marks for pro-environment features and operations.

In 2008, NRDC began working with the U.S. Tennis Association (USTA) to green its signature event, the U.S. Open. For one, this led to a move to 100 percent post-consumer recycled paper for tournament programs. And an environmental review of all operations at the National Tennis Center in Queens, New York led to a number of green improvements, including the switch to 90 percent post-consumer recycled paper for some 2.4 million napkins and a move to wind turbines for the tournament's electricity.

The National Basketball Association (NBA) jumped on the NRDC sports bandwagon in 2009, working with the group to organize its first annual Green Week in early April whereby the entire league works in concert to generate environmental awareness and

funding for related causes. As part of the festivities, which took place in 2010 as well as in April 2011, each NBA team hosted community service events including tree plantings, recycling drives and park clean-up days.

NRDC got the National Hockey League (NHL) in on the act as well, helping to green the Stanley Cup Finals and working with individual teams as it did with baseball and football. In announcing the launch of the NHL Green program, league commissioner Gary Bettman commented that it's only fitting for professional ice hockey to care about staving off global warming: "Most of our players learned to skate

on outdoor rinks. For that magnificent tradition to continue through future generations we need winter weather and as a league we are uniquely positioned to promote that message."

CONTACTS: NRDC, www.nrdc.org/greenbusiness/guides/sports/; MLB Team Greening Program, mlb.mlb.com/mlb/official_info/community/team_greening.jsp; NBA Green, www.nba.com/green; NHL Green, www.nhl.com/ice/eventhome.htm?location=/nhlgreen; USTA, www.usta.com

SEND YOUR ENVIRONMENTAL QUESTIONS TO: EarthTalk®, c/o E – The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; earthtalk@emagazine.com. E is a nonprofit publication. Subscribe: www.emagazine.com/subscribe; Request a Free Trial Issue: www.emagazine.com/trial.

Solution to Crossword on page 13

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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

Is It Time for an Adventure?

(Family Features) Women are on the move - especially women of the Baby Boomer generation. If you've felt the urge to see different places and experience a new adventure, you're not alone. The Travel Industry Association estimates that 32 million single American women traveled at least once last year and a lot of them were Boomers.

"I'm in my early sixties, and in the last year, I traveled thousands of miles with my husband and children, with girlfriends and alone," says Harriet Lewis, Vice Chairman of Grand Circle Corporation. The company specializes in international travel and adventure for Americans aged 50 or older. Lewis says that travel can make a difference in our lives as individuals, and in the lives of those we come in contact with.

"During a recent trip to Egypt, I climbed Mount Sinai late at night in order to see the sunrise. The experience changed my life," says Lewis. "The Middle East was an area of the world I had explored before, but not in such depth, and spending time with people in Syria, Jordan, Israel and the Sudan in the past year has shifted my worldview. Travel changes us. It makes us more curious, more thoughtful, more tuned in to our world."

Lewis advises other women who are considering traveling to ask themselves some questions as part of their preparation:

- What do you want to gain from your travel experience: Adventure? Culture? Relaxation? Inspiration?
- Which destinations, countries or regions

interest you most? Make a list, put them in order, and outline the steps you need to take to make your "bucket list" a reality. Do you need to schedule vacation time or start saving?



Friends enjoying la dolce vita at an open air market in Italy.

- Do you want to travel with friends, family, or go it alone? Do you want to make your own travel plans or go with a tour operator that will handle the planning for you?
- If you choose a tour operator, consider the size of the groups (the smaller the better), your cost per day and what you are getting for your dollar. Are the guides local, knowledgeable, and able to connect you with local homes, schools and communities so that you get a real taste of local life?
- If you are traveling with a tour as a solo traveler (popular among women these days regardless of marital status), ask what the company offers solo travelers in terms of making them feel comfortable. Will they help match you with a roommate of the same gender? How will they break the ice? What do they do when it comes to meal times to ensure that solos have partners or friends to eat with?
- How can you get the best value for your dollar? Compare what a tour operator can offer you vs. what you can find on your own. Can you use your airline miles to save costs? If you choose a tour, are the single

supplement fees free or reasonable? Are there certain times of the year where costs are lower based on seasonality?

Lewis believes that taking the time to ask these key questions will ultimately give you a much more fulfilling experience. "Travel is the best way I know to enhance your life," she says. "I really believe what Mary Anne Radmacher said about travel is true for women: 'I am not the same having seen the moon shine on the other side of the world.'"

Dream Destinations

The style of travel you choose is just as important as your destination.

- **River and small ship cruises** currently top many travelers' wish lists. They allow you to unpack once and enjoy a leisurely pace, while your small ship can access ports that larger ships cannot, opening up small cities, towns, and villages for you to explore. Most popular for 2012 are river cruises in Europe and Russia, and small ship Mediterranean cruises.

- **Meeting local people and experiencing local cultures** are very important to travelers, especially women. Connecting with people in their homes, schools and communities is much easier to do when traveling in small groups, which is why small group adventures are another extremely popular way for women to travel today. Top destinations include Burma, Botswana, India, Turkey, Kenya, Tanzania, Peru and Costa Rica.

To learn more and start planning, please visit www.gct.com and www.oattravel.com.

Tips for the Savvy Female Traveler

Lewis has compiled a host of travel tips gleaned from her lifetime of travel and from the many women who have taken trips with Grand Circle over the years. "Women with a passion for travel are resourceful - I'm always

amazed by their expertise and ingenuity." To share this wealth of knowledge, she put together the book "101 Tips for Women Travelers," which is full of practical advice on making the most of your journey. Here are five key tips:

- **Prepare two essential lists - for packing and for medical emergencies.** Make an itemized list of everything in your checked luggage. Carry it in your purse. If your luggage gets lost, you can quickly reconstruct the information for the airline and insurance company. The other list should cite all your medications, what they're for, the name and phone number of your doctor, and prescription numbers.

- **Minimize what you pack.** A good rule of thumb is to pack one outfit for every three days of travel. If you're not planning on wearing something at least three times, leave it out.

- **Stay healthy with sleep and hydration.** You can bring an inflatable or down pillow to give you added comfort for sleeping. If tap water is unsafe, try a portable water filter or a collapsible water bottle that can be refilled from a clean source.

- **Bring gear that serves more than one function.** Dental floss can be used to repair jewelry or hang laundry. Duct tape holds suitcases together, repairs eyeglasses or cameras, and can serve as a bandage in an emergency. Wrap duct tape around a pencil to a one quarter inch diameter, so you don't have to bring a whole roll.

- **Carry a purse, not a satchel.** Some museums have size restrictions on purses allowed, so make sure yours is no larger than 8 x 11 inches.

To get your free copy of "101 Tips for Women Travelers," call 1-800-248-3737, or visit www.gct.com/tips.

Valentine's Day Luncheon





Thank you to Suffolk Downs and all of the sponsors for the fantastic Valentine's Day Luncheon

State Representative Carlo Basile
Councilor Sal LaMattina
East Boston Foundation
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MARTIN LUTHER KING TRIBUTE



Twelfth Baptist Church Black History Luncheon



Celebrate Women's History Month

with

Mayor Thomas M. Menino

&

The Elderly Commission

