



# Boston Seniority

## Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

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# *Table of Contents:*

## *Page Number*

3	.....	Mayor's Spotlight
4	.....	RSVP Volunteer Opportunities
6	.....	Fenway Views
8	.....	Knitting New Stitches
10	.....	Hot Flash
14	.....	SCP Volunteer Highlight
17	.....	Healthy, Wealthy & Wyse
20	.....	Don't Retire, Inspire
24	.....	Healthy Recipes



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# *Boston Seniority*

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# Mayor's Spotlight

## MAYOR MENINO INVITES RESIDENTS TO 13th ANNUAL NEIGHBORHOOD COFFEE HOURS

Mayor Thomas M. Menino and the Boston Parks and Recreation Department invite local residents to enjoy informational Coffee Hours in various neighborhood parks throughout the city. The annual series, sponsored by Dunkin' Donuts, will take place from May 2 to May 17.

The Coffee Hours give residents a unique opportunity to speak directly with Mayor Menino about open space and other needs in their neighborhoods. Through these one-on-one discussions and a suggestion box at each site, Mayor Menino looks forward to hearing how the City of Boston can improve upon local parks, public areas, and city services.

All participants will enjoy coffee and breakfast treats provided by Dunkin' Donuts. In addition, each family in attendance will receive a flowering plant grown in the city's greenhouses as a gift from Mayor Menino. Residents at the event will also be eligible to win a "Day on the Town" raffle prize package including a Dunkin' Donuts gift basket, Macy's gift certificates, Swan Boat rides, and free parking downtown for the day compliments of the Massachusetts Convention Center Authority.

The thirteenth annual Coffee Hour series is held from 9:30 a.m. to 10:30 a.m. at each site with dates and locations as follows:



- Monday, May 2** - Medal of Honor Park  
East Broadway and M Street, South Boston
- Wednesday, May 4** - Christopher Columbus Park,  
Atlantic Avenue, North End
- Friday, May 6** - Hynes Playground  
VFW Parkway, West Roxbury
- Monday, May 9** - Porzio Park  
Sumner and Marginal Streets, East Boston
- Tuesday, May 10** - Byrne Playground  
Everett and Elm Streets, Dorchester
- Wednesday, May 11** - Marcella Park  
Marcella and Highland Streets, Roxbury
- Thursday, May 12** - Rutherford Union Park  
Rutherford and Union Streets, Charlestown
- Friday, May 13** - Mozart Park  
Mozart and Centre Streets, Jamaica Plain/  
Mission Hill
- Monday, May 16** - Iacono Park  
Milton and Readville Streets, Hyde Park
- Tuesday, May 17** - Fallon Field  
South and Robert Streets, Roslindale

For more information, please contact the Boston Parks and Recreation Department at (617) 635-4505 or online at [www.cityofboston.gov/parks](http://www.cityofboston.gov/parks) or [www.facebook.com/bostonparksdepartment](http://www.facebook.com/bostonparksdepartment).



# RSVP Boston

## Volunteer Opportunities

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The Boston RSVP Program has an array of volunteer opportunities to choose from. Call us today and 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 Chinatown Neighborhood Center**

Be a volunteer tutor. Teach English to Chinese immigrants through friendship and cultural exchange. No experience needed! We provide training.

### **Children and Mentors Partnership (C.A.M.P.)**

Matches adult mentors with children who have an incarcerated parent. These children can benefit from a caring, consistent adult friend in their lives. Ride bikes, bake cookies, help at a food bank or learn a new skill together. Simple moments together each month empower a child to explore, dream and reach their potential. Have fun, build a friendship and make a big lasting impact. Training and support provided by the C.A.M.P. staff.

### **Ethos**

Friendly Visitor: Become a friend, visit an elder in his or her home to provide companionship, relieve loneliness, and share interests. Flexible hours.

Shopping Assistant: Shop or accompany seniors to do their shopping and help put groceries away. Flexible hours.

### **New England Association on HIV over Fifty (NEAHOF)**

We are looking for individuals that would like to be involved with a small growing community organization. We offer an opportunity to make a difference in the lives of people living with HIV/AIDS over the age of fifty through community outreach, organizing, systems development and project ownership. The challenges are varied and empowering. We have several short-term projects that the right person could see from start to finish, such as a citywide health fair and World AIDS Day projects.



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# Fenway Views

By: John H. O'Neill III



It is always a pleasure to visit Fenway Park. One can almost be there, thanks to the fine camera work. Don and Jerry, up in the broadcast booth, call each game. They work with the camera crew.

Spring has definitely arrived once baseball is underway. Boston had a long, cold winter. Many times, it seemed like spring was never going to come. There are numerous members of the camera crew. Terry Francona, Manager of the Red Sox, wants his players in position, while Russ Kenn, the Coordinating Producer for NESN, is concerned about the location and angle of each camera.

Viewers get close-up shots of the pitcher from centerfield and watch as he delivers a strike to home plate. If a batter hits a long fly to center, there are cameras to follow the ball until it lands. In addition, while one camera gives a view straight down the third base line, another gives a view down the first base line. Umpires call them as they see them, but the camera sometimes sees things differently.

Much happens on game day. More than one team is at home. Viewers also feel at home, thanks to the broadcast team.



**Sarah Hall and the Rockland Towers Crime Watch.**

**Sarah receives an award for nine years of being a crime watch leader.**

## 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.



## 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:

Shannon Murphy  
617-635-3745

Lorna Pleas  
617-635-4335

## Do you want to be on TV?

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Tula Mahl at 617-635-1922 or  
email: [tula.mahl@cityofboston.gov](mailto:tula.mahl@cityofboston.gov)

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

### BNN-TV Channel 9

Boston Seniors Count  
Live Call-in Cable Television Show  
Thursday at 3:30 p.m.  
Repeated Sunday at 11:30 a.m.  
and Tuesday at 8:30 p.m.

For more information call  
Deputy Commissioner  
Tula Mahl, Producer  
at 617-635-1922



# Knitting New Stitches:

## Two women find a way to connect

By: Cassandra Baptista

Clara Caliz, 82, struggles to remember stitches she has known her whole life.

She has been knitting since she was a young girl. Her sisters taught her, and to this day, the practiced, precise motion reminds her of motherland, Belize. She uses colorful thread: bright reds, yellows, and greens. Now, she shares this hobby with Betty Greene, 66.

“I love knitting,” Caliz says. “My hands have started shaking, but when I knit or sew everyday, the shaking stops.”

The two share anecdotes about their lives. Caliz talks a lot about being a wife and mother of three sons in Belize. There, she farmed cassava, cocoa and sweet potatoes. She moved to America in 1982, and lived in New York and Arizona before moving to her current home in Mattapan, MA.

The blinds are drawn and the room is dimly lit. It’s morning, but the summer heat is already filling the room. When Greene walks in, Caliz asks if she can turn on the fan. Greene gets up and also opens the window, letting some sunshine peek in through the curtains.



“One day, before it gets too cold,” Greene starts, “we have to go out and get some fresh air.”

She picks up a few bags from the corner of the room and begins to open them for her client. She pulls out vibrant colors from the black garbage bags, knit blankets that had been folded up and put away.

Caliz reviews her work with a critical eye. “See, this is a different stitch from the other one,” she says. “There are certain stitches I can’t make anymore and I don’t know why. Things I used to know, I don’t know how to do anymore. I wonder to myself, ‘Why? Why can’t I do it?’ I don’t know.”

Her frustration is palpable.

“In some ways, she reminds me of my mother,” Greene says. “My mother loved to sew. She used to wear her hair like Clara too, little braids. She’s a very endearing, kind person and I like asking her questions.

Greene says she decided to spend time helping older adults after retiring from her job as a housekeeper at the Cambridge Hotel Marriot. Even though she hasn’t done it for long, Greene already learned some difficult realities.

“I always thought families took care of the older ones,” she says, “but it’s people like me who see about them.”

The experience, Greene says, means a lot to her.

“I try to do more than I’m supposed to do,” Greene says. “I know if I’m good to

my ladies, God will bless me. Maybe He will send someone to help me someday.”

Greene sits on the couch and Caliz sits in a chair across the room closest to the door. There is a noticeable newness about this relationship. They keep their distance, while trying to figure each other out.

Still, they have begun to lay a foundation for a promising friendship. “She knitted me a blanket,” Greene says, smiling.

Despite not knowing each other for long, the two both dispense similar life advice.

“Be nice to people,” Caliz says. “Talk to them in a way that they understand.”

Greene adds, “Treat people the way you want to be treated.”

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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, please call Ed Conway at (617)327-6831 or e-mail him at [edconway14@yahoo.com](mailto:edconway14@yahoo.com)**

# Hot Flash

By: Willie Pleasants

I quickly ran out of the house in my short sleeve shirt with a glass of ice tea gripped firmly in my hand. I dashed for the bench under a large oak tree, not looking for shade; but the quiet serenity of the moment and a cool breeze. I begun to fan and drink ice tea in February, boy was I hot! The hot flash seemed to bring on the mood swing or was it the other way around. Boy, I was hot!

As I sat on that bench drinking my ice tea, my legs slowly open to receive all the cool air I could. I thought, if only I had dashed out of the office last week and sat under that oak tree, it would have saved me from an argument with my boss, Mr. Jones.

Mr. Jones had nagged me to complete a project that required six weeks of research. Only a week had passed and there he stood inside my cubicle yelling, “I need that project completed by the end of the day!”

The sound of his voice activated a hot flash and in an instant sweat popped out on my forehead and ran down my cheeks.

“What did you say?” rolled out of my mouth. “You heard what I said!” He replied

At that moment, my body must have turned, my head must have rotated, and fire poured out of my mouth, “You need to get the #@\*....out of my cubicle, before I say something I might regret!”

It must have been either the tone in my voice or the look on my face, Mr. Jones immediately rushed out of my cubicle. I felt I was going to be fired, but it just didn’t matter; I needed a cool place to sit until my hot flash passed.

Now that the FDA has taken the hormone drugs away, I tried to remember what my mother advised me to do about menopause. I truly need some type of intervention before I lose my job or before my body catches on fire.

## **Her advice was:**

1. Always try to stay in a cool place.
2. When you have flashes try to avoid contact with any living creatures, even ants. Your mood swings might kick in and you will hurt someone without cause.

3. Carry a large towel and a change of clothes, because sometime flashes last more than a minute and you might find yourself soaking wet.

4. Avoid taking those hormone pills, they seem to cause cancer.

5. Drink soy product! She really didn't know why.

6. When all else fails, have a cold glass of St. James Warts Tea.

I love womanhood, and I am happy I reached fifty, but I am very disappointed about having my own private summer in the dead of winter.

I always hoped that hell was for bad people after death, but now I am not so sure. Hot flashes are a form of punishment to me, and I put all the blame on Eve. It's all her fault! Until I find a better way, please breeze! Blow my way. @2007

Website: [www.maketruthahabit.com](http://www.maketruthahabit.com)



**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](mailto:Lourdes.Lopez@cityofboston.gov)

**Save Energy, Save Money**

Thomas M. Menino, Mayor

## Stories as retold by Gail Busiek:

(Series continued from the April issue)

The Betty Snead House was a healthcare hospice for homeless people in Boston. Homeless people discharged from hospitals were welcome at the Betty Snead until they became strong enough for the streets. (Unfortunately it has been closed)

### Story Number 3:

I've gotten to know Peggy here at Betty Snead, the hospice or safe house, for sick homeless women. She is in her mid-forties. I suspect she doesn't color her hair, but wears it in girlish ponytails though it is streaked in gray. Her figure is like a girl's, too. She fits herself into tight jeans and wears pretty tops bright colors and flowers. But her arm is always in a black sling and I wondered why.

She grew up in a solid blue collar neighborhood in Brighton. She still could mimic her parochial school teachers and make us all laugh. Perhaps her family had run a funeral home because she said she had begun drinking as a small child at funeral receptions. That was the start of her life on the tumble dry cycle. She would tumble till she was dry. So now the South End had become her neighborhood.

She said that for years South End room

rentals were \$15.00 per week. There was one toilet and bath on each floor which renters shared. There were no cooking facilities but people could get themselves a hot plate and sometimes they went out to a cafeteria. That was fifteen years ago. In 2003 that same room and same facilities cost \$150 a week.

So Peggy couldn't afford a room anymore and since the rents went up she sleeps on summer nights under the bridge at the Kenmore Square exit off of Storrow Drive. Days she hangs out in a bar in Kenmore Square. In the winter her charm and good looks entitle her to bunk with a man-friend who works part time and has one of those \$150 a week rooms.

Today, as we sat under the arbor behind Betty Snead House, Peggy explained the sling on her arm. Several months ago she decided to earn a little beer money by "canning." She broke her arm a few weeks before that – she did not tell me how – and she thought collecting bottles and cans was something she could do with one hand. She was walking through Boston Commons at the time, so when she came to a trash can she dived right in and began rummaging around for the empties. Suddenly a woman's voice behind her shouted, "Yo b#&\$! What you doing in there? That's my trash and them's my cans and bottles!"

Peggy pulled herself out of the trash bin and came face to face with a woman twice her size. That didn't faze her and she shouted right back, "Maybe they were yours but they're mine now!"

With a single sweep of her arm, the woman knocked Peggy to the ground. Then her attacker started jumping on her broken arm. When the woman quit, Peggy lay on the pavement calling for help. Many people passed. About half an hour later a woman stopped and agreed to call 911 on her cell phone. She stayed with Peggy till the EMT's showed up. At the hospital Peggy's arm was x-rayed and she learned that the bones were crushed.

Boston's medical community is good to the homeless. At the Boston Medical Center two steel rods were inserted into her arm, and on the afternoon we talked, the arm in the sling was mending once again.

This is how Peggy learned that "canners", as well as panhandlers, in the city have turf and that the rights to that turf are hotly fought for.

Incidentally, Betty Snead House closed due to budget cuts. There is still a place where sick homeless women can go however, the already overcrowded co-ed Barbara McGuinness House.

## Need a Ride?

**Senior Shuttle 617-635-3000**

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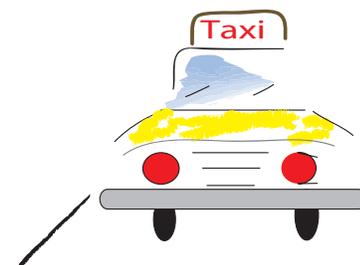
Please give at least 3 days advanced notice. Priority is given to seniors scheduling rides for medical appointments. (Some restrictions may apply)

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## SCP Volunteer Highlight: **Willie King**

On Wednesday, April 13<sup>th</sup>, during National Volunteer Week, members of the Hearth community gathered to recognize a few of the many outstanding groups and individuals who volunteer with Hearth, a nonprofit dedicated to ending elder homelessness through housing, outreach, and advocacy. Among the volunteers receiving awards was Willie King, a participant in the City of Boston's Senior Companion Program. Willie not only volunteers with Hearth at its Ruggles Affordable Assisted Living in Roxbury, he also lives in Hearth housing at one of the homes in Jamaica Plain.

Willie started volunteering at Ruggles as a medical escort, accompanying some of the more frail residents to appointments and helping ensure they made it to and from their appointments safely. He enjoys volunteering at Ruggles so much that several months ago he asked the Site Director, Mary Himmelberger, if there was more he could do. Now Willie not only takes the elders to their appointments, he also comes early in the morning on weekends to help prepare breakfast for the 43 residents.

The residents, says Mary, really enjoys Willie's company and misses him when he isn't there. And as much as he helps them, Willie feels it helps him even more: "Staying busy – I like helping people. It kind of lifts me up."



**Willie King with Mary Himmelberger,  
Site Director at Hearth's Ruggles Affordable Assisted Living**



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# Search for America's Most Beautiful Mind

Brain health and the fear of losing mental capacity are high on the list of concerns for 55 percent of baby boomers, a group that accounts for more than 25 percent of the U.S. population. Aware of this concern, the National Center for Creative Aging (NCCA), partnered with Martek Biosciences, a company committed to brain health research, to help shine a light on people who are keeping their minds beautiful, and to raise awareness of the actions people can take to maintain the most important organ in the body—the brain. NCCA and Martek are seeking people 55 and over to be featured in a national photo essay exhibit showcasing women and men who are doing beautiful things with their minds without letting age be a barrier. Specifically, NCCA and Martek are looking for people who are exhibiting the four dimensions of brain health: diet, physical activity, social well-being and mental engagement.

Self-nominations and/or nominations for others are welcome. Some criteria include:

- Commitment to a healthy lifestyle
- Commitment to a healthy diet
- Engagement in intellectual or brain-healthy activities on a daily basis
- Overcoming a serious illness through mind, body, spirit and nutritional methods
- Receiving accolades for work as an educator
- Participation in high-impact physical activities, such as running marathons
- Strong commitment to social well-being and volunteer to help others

The photo essay exhibit will travel to multiple cities as part of this educational campaign to inspire all Americans to follow suit in maintaining their brain health. The selected 10 Beautiful Minds finalists will receive \$500 to be given to the nonprofit charity of their choice and a prize package valued at \$500. Nominations (which can be submitted online at [www.beautiful-minds.com](http://www.beautiful-minds.com) or via video, mail or Fax) will be accepted from now through May 13.

Entries can be submitted via the following:

**Online:** Complete the entry form and provide a written essay (or a video essay) and submit it with a photo of the candidate being nominated.

**Fax:** Download and complete the PDF entry form located online. Fax the completed form, a written essay and a photo of the candidate (minimum size 4 x 6) to (202) 895-9483 to the attention of Liz Anderson Simmons.

**Mail:** Send the completed entry form, along with a written essay and a non-returnable photo to Liz Anderson Simmons, National Center for Creative Aging, 4125 Albemarle Street NW, Washington, D.C. 20016-2105. The Science of Brain Health

## Your Disease Risk

I was browsing through the Internet, looking for something new to write about in my column. There is always something new being done in medical research yet until the research has gone through Phase 3 (treating humans) the treatment won't be available to the public. It does take a long time to get through the research phases. The reason is - all the people involved need to know their product is safe and will do no harm!

Now being investigated is a new high blood pressure device inserted in the chest to help lower blood pressure when medications don't do the job. You will be hearing about it soon provided it can be proven it is safe and effective.

Prevention is a key component of staying healthy. Many diseases can be prevented with a little help from you.

Find out what you can do to prevent the five most common diseases in the United States at [www.yourdiseaserisk.wustl.edu](http://www.yourdiseaserisk.wustl.edu).

Find out your risk of developing one or five of these diseases. You get personalized tips for preventing: cancer, diabetes, heart disease, osteoporosis and stroke. The questions are very simple. Pick out the disease you are interested in (or all 5 diseases). The questions are simple- a click on your computer and non-judgemental.

You don't own or know how to use a computer? Easy. Ask one of your grandchildren if you can borrow their computer or ask them to walk you through the 5 minute questionnaire. You will probably find that the information you get, will help you talk to your doctor about your treatment and possible future diseases you, your children or grandchildren may develop. You may want to investigate and learn more about a disease that your spouse has.

This simple questionnaire was developed over the past ten years by world-renowned experts. Your Disease Risk collects the latest scientific evidence on disease risk factors into one easy to use tool.

I would like to wish a very Happy Mother's Day to all my readers. A special thank you goes to all the "adopted or designated mothers", aunts, sisters, cousins and anyone who has helped raise us and give us a better life.

I am delighted to welcome my dear friend and colleague, Emily Shea to the Boston Elderly Commission. We worked together on the Boston Partnership for Older Adults. As your new Commissioner, Emily will be a great asset to the Commission. She is charming, gracious and she brings a wealth of knowledge and experience in elder issues. In a short time, you too will get to meet her and see for yourself!!

## **Do you have lung disease from smoking?**

### **Have you ever been told that you have emphysema or chronic bronchitis?**

Research Investigators at Brigham and Women's Hospital are actively enrolling volunteers in a research study to improve the care of patients with smoking related lung diseases.

Qualified candidates may be enrolled for up to 2-3 years, will be able to make up to 6 clinic visits each year to Brigham and Women's Hospital, receive routine blood draws, breathing tests and fill out questionnaires.

You may qualify if

- You are between the ages of 40 and 80
- You are a current or former smoker

**Compensation:** Volunteers will be paid up to \$100 at the time of research study enrollment and \$25 at every clinic visit. We will pay for your parking.

To see if you qualify, please call our office: (617) 732-6272

or

Email: [COPDStudy@partners.org](mailto:COPDStudy@partners.org)

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## HAS THE BAKING SODA BEEN IN THE FRIDGE TOO LONG??

## “Don’t Retire, Inspire”

By: Augusta Alban



Everyday I’m reminded that life is ever changing and renewing itself. A beautiful spring blossoms fades into a summer day, in the wings a spectacular fall awaits in queue and only too soon a chill in the air foreshadows the coming of winter. I am captivated by a full moon, I tell myself to remember such beauty. Quickly as days pass my view of that moon is downsizing, a half, than a quarter and just as quickly the full radiant moon is back once again. During that cycle of the moon yet another month has passed, it is the same old moon but in a different season. Old friendships may depart, new ones will arrive refreshing and renewing our faith in love and life. While life is ever changing in some ways it remains the same. My teacher “the universe” shows me nothing stays the same and yet it’s the same old moon. Time never stops moving my life forward even if I oppose it. I can stomp my feet, get mad, scream and yell it matters not to the universe, it just keeps moving on. I try to see the humor in all of that and remind myself that no one gets out alive. Yet I know life is ever lasting! Enjoying life encourages me to roll with change take what I have learned again and be grateful for it. During this ongoing reinventing process, I might as well learn to laugh at myself.

Sometimes in recalling the past, my mind starts to play tricks on me. I know the back-story but it’s been so long ago I start to wonder if it could have happened to someone else! We have the ability as grownups to see many sides of the same situation, aptitude helps me process my feelings and adapt to the change. It’s the practice of letting go and being grateful for what is. It’s up to me to decide whether to look at something as a good thing about to happen or a disaster that will never be forgotten. Being grateful is the most important emotion of all, it makes us happy and attractive to others.

It’s all attitude! The truth is, if we want to be happy and at peace with ourselves and others we must make changes in how we think and what we think about. Very often it is helpful to talk about it with someone. Now I am not suggesting we go so far as starting a Facebook account or sharing your life’s story on your cell while driving. I am suggesting a clearing out of your old thoughts, just like you clear out the junk in your attic or basement, you let go of what does not work for you anymore. Release your anger it’s not hurting the other person, it’s hurting you, you have made yourself into a victim. So let it go. Always try to be open to something and someone new.

Try not starting your conversations with “I always, I used to and in my day”, that ship has sailed. Those stories about your past are obsolete and not necessarily for everyday conversations, write them down and sell them to the History Channel. We do know things others may never know so take a step back and wait for a time and place to share those experiences. Don’t be too eager to over-share. The experiences of your past may help others along their journey. Your information is great stuff to share if your timing is right, placed carefully and with love, you will come off looking like a genius. After you deliver your line or lines keep your mouth closed. The real secret is to drop a crumb, not the whole cake.

A recent article I read on the facts about baking soda rang true for my life. Most of us leave a box of that stuff in the fridge, for month’s even years. The truth is over time baking soda and yours truly (if left in the same place) loses its effectiveness, Doing the same thing in the same way does not work and working harder will not help. Stale is stale! When will we ever learn that one? It’s a different world and it’s stimulating and frightening all at the same time. Our wisdom tells us we have lived through many changes so our ability to adapt is within us. Everyone must change (baby steps are great) or be miserable. Studies on flexibility have proven to

give us longevity; the happier we are the longer we will live. Very often when I am scared; I try remembering so does everyone else, its part of living. Building confidence, sit down and list the highlights of your life you will be surprised; at your accomplishments they are many. It’s the way you THINK about your life, not what you have done or not done. We tend to think about what is missing, you know the glass half have empty thing. Look over your list and give yourself credit everyday, you have made it, you are still here. Many of your goals were achieved. Without you many things would not have been started in the first place so, again, give yourself credit.

Did your kids ever watch Mr. Rogers? He told us what we all need to know, we are special, one of a kind. While on this earth, if we don’t do what it is we are supposed to do, who will? That critic voice in your head needs to go; you don’t need it any more. Don’t compare yourself to anyone, the act of comparing means someone will come up short. At the TV studio I am grateful to be working with young, bright students and I laugh and learn with them. To share life is not always easy for them; they have youth I have wisdom. I think if I stay around these wonderful, young people perhaps a little will rub off, and you know what that does, being around interesting, bright and funny people of all ages is where you want to be – their

joy, esprit de corps, whatever you want to call it, is contagious. It really works, it's like magic.

Everything is instant now. We are not given time to process anything. Don't try to run with the pack because we can't outrun them. I don't ever try. Find places you like to be and the kind of people you would like to be with they will show up. Do not judge anybody by their age, background or their place in life, just be open, what you are looking for is looking for you, what we think about becomes what we are and how we live our lives.

According to the baking soda people, you and I do our best work when we are in the right place. Getting to the right place may be scary, but only change will get you out of that rut. Nothing stays the same, if you are not moving forward, even a little, you are going backwards. It's more fun and exciting to move forward. You may be surprised at what you will find, you may even like it, because this is what life is suppose to be: FUN.

So the baking soda people really know life! What a savings!! It's a real Filene's Basement buy for the soul! No need to buy the newest authors "turn your life around" series of DVD's at only \$99.95 (three payments of \$33.33 and today only free shipping). You don't

have to even go outside in the snow to the mall (free parking) to pick up the motivational speakers (in town today only) signed copy at \$49.95 (clarity needed). No classes to attend at the local the library, with some of those people who are only attending because refreshments are being served. The next time you are at the super market pick up a box of baking soda. I checked yesterday and it was on sale for 69 cents a box. Is it that simple? Yes, I don't have to make it hard anymore, do you?

The actress Lucille Ball once said "I would rather regret the things I have done, than the things I haven't".

## DON'T MISS

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## **Search is on for National Senior Poet Laureate**

Entries are being accepted for regional winners in the 19th annual National Senior Poets Laureate Poetry Competition for American poets age 50 and older.

**Deadline is June 30.**

Poets may live anywhere in the world as long as they are U. S. citizens. All entries must be in English.

Winning poems of state senior poets laureate will be named in July, following which they advance to final rounds of competition from which the winner of the 2011 National Senior Poet Laureate (\$500) and runner up (\$100) awards will be announced September 1<sup>st</sup>.

Winner of the 2010 National Senior Poet Laureate Award was Regina Murray Brault of Burlington, Vt. Runner up was Edward C. Robson of Winston-Salem, N. Car. The 2010 winners can be seen in Golden Words Anthology, along with details about the 2011 Senior Poets Laureate Competition at the sponsor's website: **[www.amykitchenerfdn.org](http://www.amykitchenerfdn.org)**

Sponsor National Annual Senior Poets Laureate (SPL) Poetry Competition Editor "GOLDEN WORDS" anthology of winning SPL poems [www.amykitchenerfdn.org](http://www.amykitchenerfdn.org)

# Healthy Recipes

## Strawberry-Rhubarb Strudel

### Ingredients:

- 1 cup sliced fresh strawberries
- 1/2 cup thinly sliced fresh or frozen (not thawed) rhubarb
- 2 tablespoons plus 1/2 teaspoon sugar, divided
- 2 teaspoons whole-wheat flour
- 2 teaspoons instant tapioca
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 5 sheets (9-by-14-inch) phyllo dough, thawed according to package directions
- 5 teaspoons walnut oil, or canola oil

### Preparation:

1. Preheat oven to 375°F. Coat a baking sheet with cooking spray.
2. Combine strawberries, rhubarb, 2 tablespoons sugar, flour, tapioca, cinnamon and salt in a medium bowl.
3. Unroll phyllo sheets onto a clean, dry surface, keeping them in a stack. Cover with a sheet of wax paper and then a damp kitchen towel. (Keep the phyllo covered to prevent it from drying out while you work.) Take one sheet of phyllo from the stack and place it on another clean, dry surface with a short

side closest to you. Starting at the center and working toward the edges, lightly brush the sheet with oil. Lay another sheet of phyllo on top and brush with oil; repeat with the remaining sheets of phyllo.

4. Mound the strawberry-rhubarb filling on the lower third of the phyllo stack, leaving a 2-inch border at the bottom and sides. Fold the long edges in toward the center and, starting at the short edge nearest you, roll the filling and phyllo into a cylinder. Roll up firmly but not too tightly, to allow a little room for expansion.

5. Brush the strudel with oil and sprinkle with the remaining 1/2 teaspoon sugar. Carefully transfer the strudel to the prepared baking sheet, placing it seam-side down. Poke several steam vents in the top using the tip of a sharp knife.

6. Bake the strudel until golden brown, 30 to 35 minutes. Cool on the pan for 10 minutes before serving.

**Serves: 2**



## Greek Salad with Sardines

### Ingredients:

- 1 1/2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 small clove garlic, minced
- 1 teaspoon dried oregano
- 1/4 teaspoon freshly ground pepper
- 2 small or 1 large tomato, cut into large chunks
- 1/2 large English cucumber, cut into large chunks
- 1 7-ounce can chickpeas (about 2/3 cup), rinsed
- 3 tablespoons crumbled feta cheese
- 2 tablespoons thinly sliced red onion
- 1 tablespoon sliced pitted Kalamata olives

- 1 4-ounce can sardines with bones, packed in olive oil or water, drained

### Preparation:

Whisk lemon juice, oil, garlic, oregano and pepper in a medium bowl until well combined. Add tomatoes, cucumber, chickpeas, feta, onion and olives; gently toss to combine. Divide the salad between 2 plates and top with sardines.

**Serves:** 2, about 2 cups each



## *Volunteers Needed Fort Independence*

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## Excerpt from the Speech of Christopher Castellani at the *Sometimes They Sang With Us* Book Signing at the Copley Library

Everyone at the Memoir Project strongly believes that stories are important not just because they transport us back to other times and places, but because they preserve those times and places for future generations. Stories keep family histories and traditions intact; without them, we lose both the common threads that connect us and the uniqueness that distinguishes us. Stories keep us grounded; they anchor our memories and give us perspective; they are time-tested and mother-approved home cures. We know few more simple and powerful ways to keep our families and communities close.

Writing is not easy. It takes courage and self-confidence. We are all here tonight to celebrate the courage of every senior who spent countless hours re-living and re-examining his or her life – among a classroom of strangers for two hours over eight weeks, in one-on-one consultations in the weeks after the course ended, and in solitude as they revised. On behalf of Grub Street and the City of Boston, I want to personally congratulate each and every one of the seniors from Mission Hill, Jamaica Plain and Hyde Park who contributed to this beautiful anthology on a job well done, and thank you for sharing your lives with us. We hope you are as proud of this book as we are.

The title of this book was inspired by Anna Adams' story "Singing with the Saints." Anna describes the summer evenings when she and six girlfriends used to sing songs from Hit Parade outside in the Mission Hill Housing Project neighborhood, and the "neighbor women would come outside to listen.

"Sometimes they sang with us," she writes. We loved this scene because it illustrates a beautiful unscripted moment when generations come together, and because it reminds us what each of the authors in this book is doing: singing a song that they hope and expect others will come out to hear.

For example, there's Gwendolyn Keith's song:, "Some Dreams Do Come True," which sounds like it could have been sung by Patti Page herself. I learned

from this song never to wear a sweater to work if I wasn't prepared to sweat for the rest of the day. Steve Quintana's "Every Time I Ride the Greyhound Bus, My Life Changes" might have been a country song, except it's the moving tale of a Cuban immigrant and the many ways his life changed after coming to America. "Walk A Straight Line," Alice Palumbo sings to us in her song, which isn't surprising coming from a former marine, but is unique in its sense of gratitude despite great losses. Instead of "Turn, Turn, Turn," we get Raisa Karmiy's "Learn, Learn, Learn," the lesson her father taught her at an early age, after saving her life three times, a lesson that helped her to survive as a Russian immigrant in a strange land.

There are many songs of survival here. I think of the sadness and despair in the "polio ward" where Jean Sullivan worked for over a year, where the patients were "grieving frightened and angry." Remo Palomba learned the hard way that "we're just a number; if anything happens to you, they pick up the phone and call for a new person." Julia Martin and her brother were taken from their school rooms and made wards of the state after their mother left them and their father was crippled in an accident, and yet her song, "Thank You, Mother Atkinson" is about the power of the human spirit to make the best of one's life; Elsa Nin had to leave her four children behind in the Dominican Republic to come to America, but her time in the U.S. has established her as an expert seamstress, which allows her to give back to her family and friends; Barbara Hopwood's "The Early Days of Motherhood," might sound like a blues song, but there are moments of peace and happiness in it that remind us what makes the journey so rewarding. In fact, there are moments of beauty all over the place: the wild blueberries and blackberries that grew along the commuter rail tracks near the home of Maryalice Bellew's grandmother; the jack-in-the pulpits lady slippers in the barn behind Margaret Dunn's house that later got swallowed up by Route 128; the peaceful coexistence in Gloria Ganno's South End neighborhood where many na-

tionalities and ethnicities lived together, and where traffic was so light you could roller-skate down the street; the smell of bread made by John Vaccaro's generous mother, who'd hand a loaf to any teacher who'd walk by their house. Even in the Sharon Sanitorium where Cathy Gately spent eight months that felt like "Lost Years," there was Black Beauty and the yodeling cowgirl Georgia Mae.

There is certainly something beautiful about Jo-Anne Palomba's first date with a boy named Remo, including his letter to her, written when they were sixteen: "Dear Jo-anne, I am writing this letter to tell you that I love you and that you are going to be my wife. Love, Remo." Alta Kilton Macdonald's story is filled with memorable lines like that, including her father's warning: "People who read too much are about as worthwhile as tits on a boar hog." I don't think even Alta thinks that's true now. Certainly Hector Rivera, son of a gravedigger, and one of Boston's most beloved foster children, would disagree: His saying is "to Travel is to live is to write!"

These songs are about the people and experience that made lasting impressions: the man who approached Jack Chartoff one day on L Street and inspired him to build his body as strong as it could possibly be; and the man who took Gloria Wright's hand one day in Princeton and lectured her about mushrooms and math and divorce and turned out to be a less intimidating Albert Einstein than she'd imagined; and the night Robert Hannan spent locked in the Hyde Park cemetery; and Ann Labbe's trip to Ireland with her Aunt Margaret, which opened up an entirely new world for her; and Joan Flynn's selfless and tireless Nana Doherty, whose daughters had to hide her shoes to prevent her from going back to the Statler Hotel and asking for more work cleaning the rooms; and Kathleen Dash's Big Three, who have given, and continue to give, her a lifetime of friendship.

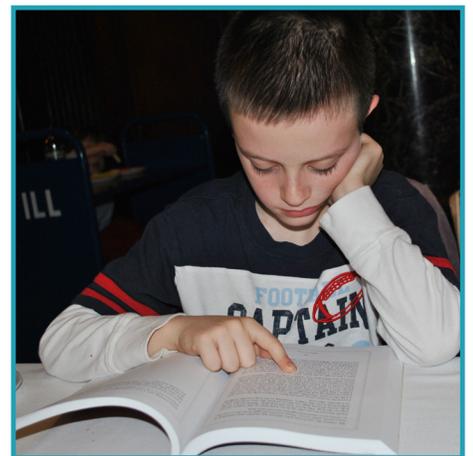
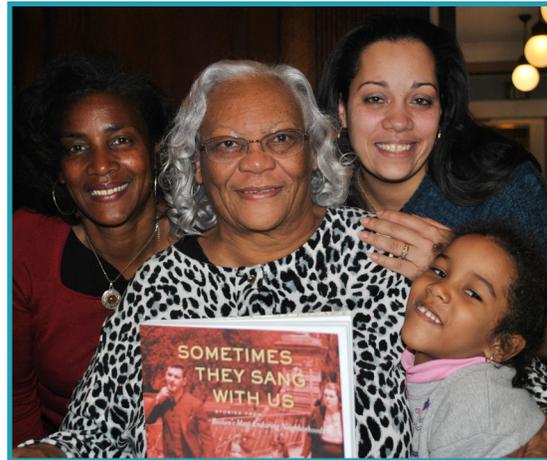
There are many songs of work, paid and unpaid: Anita Jones, while proud to be the niece of the first African American woman to graduate from the Mass College of Pharmacy, didn't need to follow in her



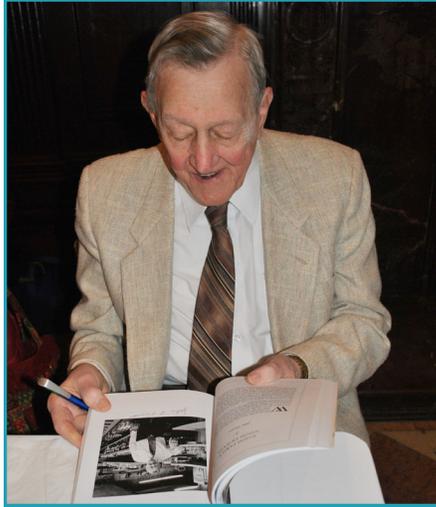
aunt's footsteps to contribute her entire life to the community in various jobs and as a volunteer; Theresa Parks went door-to-door in the early Sixties to try to save her neighborhood from a certain major university's aggressive expansion; Olga Dummott has opened her house to strangers and refugees, creating a place where people can stay until they get on their feet; after her experience with busing, Francesca Johnnene co-founded ROAR – Restore Our Alienated Rights -- reminding us all to get involved with issues when we care about them, and not to just sit back; Rita Rogers learned too early that raising children on her own was "no easy job;" John Clifford was a child himself – only SEVEN – when he got his first job, selling magazines outside the New England Baptist Hospital; Blanche Sabina got her training on the first IBM machines, back when they were as big as a room and made loud clanking noises, not the little gadgets we can put on silent and keep in our pockets; I lost count of how many jobs Gail Cowgill has had, but she seems to have lived a lifetime in each one, and somehow they all led her home to Jamaica Plain.

Mary Clifford and Gladys Facey aren't with us anymore, but their songs live on not only with their families and friends, but in Mary's tale of how the death of her dear friend Ellie gave her a chance to be a businesswoman, and in Gladys's tales of the enormous influences she had on the dozens of children at Jamaica Plain's Bromley Health Housing Complex. And so my wish for all of us is that we will trust in Gladys's motto -- "Everything good is ahead" – as we enjoy the rest of our evening here together.

# Memor Project Book Signing



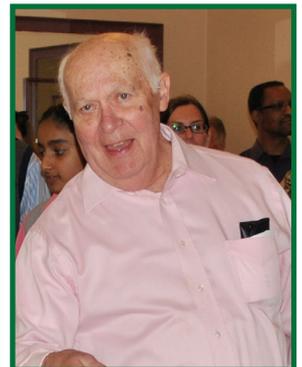
# at the Central Library in Copley Square



A big Thank you to the crew for Don't Retire, Inspire TV show at Suffolk University Studio



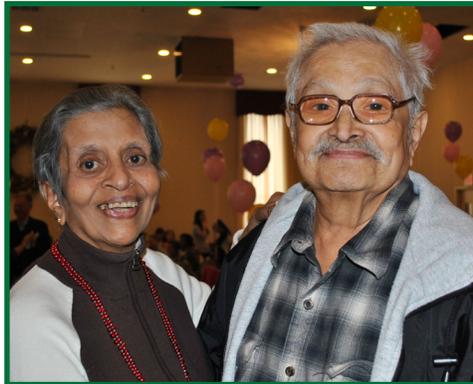
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&  
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# *Happy Older Americans Month*

**In honor of Older American's Month, some quotes:**

Age is an issue of mind over matter. If you don't mind, it doesn't matter. ~ Mark Twain

Age does not diminish the extreme disappointment of having a scoop of ice cream fall from the cone.  
~ Jim Fiebig

Wrinkles should merely indicate where smiles have been.  
~ Mark Twain, *Following the Equator*

Everyone is the age of their heart. ~ Guatemalan Proverb

I still have a full deck; I just shuffle slower now. ~ Author Unknown

Some people, no matter how old they get, never lose their beauty - they merely move it from their faces into their hearts. ~ Martin Buxbaum

The great thing about getting older is that you don't lose all the other ages you've been.  
~ Madeleine L'Engle

Old age ain't no place for sissies. ~ Bette Davis

Inside every older person is a younger person wondering what happened.  
~ Jennifer Yane

To get back my youth I would do anything in the world, except take exercise, get up early, or be respectable. ~ Oscar Wilde, *The Picture of Dorian Gray*, 1891

We are only young once. That is all society can stand. ~ Bob Bowen