



# Boston Seniority

## *Elderly Commission*

Thomas M. Menino, Mayor of Boston



FREE

2011  
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Issue 8

September

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**Commission on Affairs of the Elderly**

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**Email articles and comments to  
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## *Boston Seniority*

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# Mayor's Spotlight



## Mayor Menino Launches New Balance Hubway Bike Share System

This summer, Mayor Thomas M. Menino launched the cutting-edge New Balance Hubway bike share system that will feature 61 stations and over 600 bikes around the city. The system is operated by Alta Bicycle Share of Portland, OR and includes locations in Kenmore Square, Roxbury, the South End, the Longwood Medical area, Allston, Brighton, the Back Bay and more. New Balance Hubway is a program under Mayor Menino's nationally recognized Boston Bikes program that he launched to make Boston one of the world's premiere cycling cities.

"This is a great day for Boston," Mayor Menino said. "New Balance Hubway promotes a new, environmentally friendly way of getting around and I hope that all residents use the system. Over the past four years, we have taken great strides toward making Boston a city that welcomes and encourages bicycling but this innovative system is the most significant step yet. We have had the goal of going from worst to first, and with Hubway we're nearly there. I want to thank Senators John Kerry and Scott Brown and Congressmen Michael Capuano and Stephen Lynch for their dedicated hard work in helping to secure crucial grant funding to make such an important project possible."

New Balance Hubway features "swipe card" payments and costs \$5 per day with free trips that are 30 minutes or less, and \$85

annual memberships. The technology allows users to rent bikes from one station and return them at another across the city. Typically, there will be about 10 bikes available at each station.

Registration for the system is now available online at [www.thehubway.com](http://www.thehubway.com). Discounted subscriptions for low-income residents will be available through the Boston Public Health Commission from August until the end of March.

Also, in preparation for the launch Mayor Menino, in conjunction with MassBike, Livable Streets Alliance, Boston Cyclists Union, Walk Boston, Boston University Police, Northeastern Police and Boston Public Health Commission recently implemented a new enforcement and education campaign to promote safe behavior among cyclists, drivers and pedestrians.

New Balance Hubway is funded by a variety of sources including grants, sponsorships, user revenue, donations, and advertisements. Total 3 year costs of equipment and operations total \$5.7M Grants totaling \$4.5 million including \$3 million for the region from the Federal Transit Administration (FTA) (\$1.8 to be accessed by Boston), \$450,000 from the Boston Public Health Commission (BPHC), \$250,000 from the Public Works Economic Development program and \$850,000 from the Metropolitan Planning Organization's Congestion Mitigation and Air Quality (CMAQ) grant program.

Attention:

## Memoir Project coming to South End/ Bay Village!

### 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.

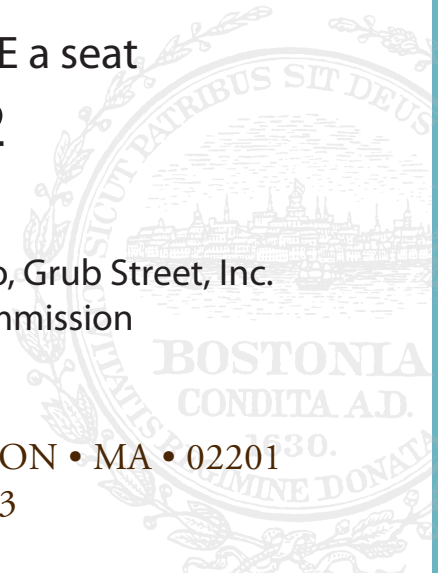
The class will start in late SEPTEMBER, it will be held at the South End Branch Library and will meet one day a week (on Thursday) for eight weeks from 10:00 a.m. - 12:00 p.m.

No writing experience necessary, just life experience!

Space is limited call to RESERVE a seat

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

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



Thomas M. Menino  
Mayor



Emily Shea  
Commissioner

*Commission on Affairs of the Elderly*  
Presents the 18th Annual

# *Mayor Thomas M. Menino's Health & Fitness Walk for Seniors*



Tuesday, October 4, 2011  
11:00 a.m. – 2:00 p.m.

**Boston Common**  
at the Visitor's Center at Park Street Station

---

*Entertainment*  
*Refreshments*

---

*2/3 Mile Walk*  
*Rain or Shine*

---

*Warm-up Stretches*  
*Health Fair*

---

On the **Red** & **Green** T Lines/Pre-registration Deadline is September 27, 2011

*Please complete and send or fax the registration form on the back cover.*

*For for more information, please call 617-635-4168*

*or e-mail [michael.mccolgan@cityofboston.gov](mailto:michael.mccolgan@cityofboston.gov)*





# 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*

### **Generations Incorporated**

Make a difference in a child's life by building a strong mentor relationship while improving children's literacy! As a Generations Incorporated volunteer, you will utilize your life experience in literacy programs that inspire students and improve schools in: Dorchester, East Boston, Roxbury, South Boston, and the South End.

While the focus of our programs is improving children's literacy, Generations Incorporated is about more than just reading. Both you and the child will grow. You will see verifiable results while also participating in a larger movement called Experience Corps.

### **Tenacity**

Tenacity, an urban youth and tennis program, is currently looking for Tenacity Buddies! Tenacity Buddies will work with

small groups of students, reading aloud to them, guiding conversations about what our students are reading, and helping students with projects. Our students are in middle school and range in age from 11 – 14 years old.

### **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.

### **Citizen Schools**

Through the demonstration of Citizen School's powerful impact and partnerships with out-of-school advocates, they are at the forefront of a movement to transform the learning day and improve the educational trajectories of young people in Boston. Volunteers are needed to provide one-on-one and small group homework tutoring in all subjects to 6<sup>th</sup> and 7<sup>th</sup> graders in Brighton, Charlestown, Dorchester, East Boston, Hyde Park, Roslindale, and South Boston.



## MASSACHUSETTS GENERAL HOSPITAL

Are you in general good health, 18 years or older, and

### Suffer from osteoarthritis?

We seek males and females **who suffer from moderate to severe osteoarthritis in one or both knees or ankles** to participate as controls (comparison group) for a diabetes research study.

*You must have never had diabetes.*

This study involves one to two visits to Massachusetts General Hospital during which you will have a glucose tolerance blood test to screen for diabetes. Recent normal results of this test can be used instead. You will also have two small punch skin biopsies removed from your lower leg under local anesthesia.

Payment for participation is offered.

For more information, please contact Heather Downs of the MGH Neurology Department at **617-726-0260** ([HDowns@partners.org](mailto:HDowns@partners.org)).

IRB Protocol Number: 1999-P-009042

## 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)

## 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

## 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.



# HOME COURT ADVANTAGE

By: Mike Flynn

What a year in Boston sports. Looks like the Red Sox and the Yankees could be in another Playoff (1994 ring a bell), Celtics came this close against the hated Heat, the Patriots look primed to avenge that playoff loss to Rex Ryan's Jets and the Bruins finally brought home the Stanley Cup after a long 39 year drought. Surely our town is the Sports Capital of America. But of all of our famous athletes, we also have a city full of later in life overachievers that may rival them in commitment and dedication to sport.

In last month's Seniority hundreds of over 50 year old athletes were recognized for their medal winning accomplishments in our 17th annual Greater Boston Senior Games. For four days athletes from 50-90+ came from all over New England to compete in their chosen sport. Hundreds of medals were awarded in sports such as bocce, swimming, bowling, billiards, golf, track, horseshoes, softball throw, basketball free throws and tennis.

Few are as dedicated as the 3 on 3 half court basketball players. Hailing from throughout New England they travel great distances to compete against one another throughout the year as well as competing in each state's Senior Games. If you are victorious in any of the States games you qualify for the National Senior Games held every 2 years in a different U.S. city.

A couple of years ago, Finn's Law, a team founded in Everett in 1995, qualified for Nationals at the Mass State Games and were off to Stanford University in San Francisco. They beat California, North Dakota, Georgia and finally heavily favored North Carolina to become the National Senior Champions in the 70-74 age bracket.

However, sometimes it is very difficult for these guys to get a gym for practice or even to play games. Schools and colleges, where most gymnasiums are found, are for students. We are very fortunate to have the University of Massachusetts Boston facilities to host our Senior Games in May and that is only one day a year. Last year at Umass, Michael McColgan got into a conversation with several of the players and immediately recognized their need. As Health and Fitness Advocate for the City's Elderly Commission as well as Coordinator of the Games, he began asking around. As luck and timing would have it, the City's old Roslindale Municipal Building had just undergone extensive renovations and (the luck part) the third floor basketball court had been refurbished. Yes, Mike discovered, it would be available several mornings during the week.

The first week saw only three players, Ed Conway, Tom McElroy and Phil Rowell. But as word spread through the Senior Basketball community, week



by week more and more people started showing up. By the end of the 2011 season, (kids take over during the summer) 19 were playing the game they love and making lasting friendships (even if at times a bloody nose was involved).

Most are between 65-78 and two, Lyle Miller and Tom McElroy, are 82 and 81 respectively. In September they will

once again be banging the boards and if you would like to join them e-mail econway14@yahoo.com.

Not pictured below are Bud Dodge, Carl Biggs, Hank Philbrick, Dick Lawless, Jerry Bergvin, Jim Viola, Ron Bevilacqua, Tim Killilea and Jim McKenna.

**Following are the end of season awards:**

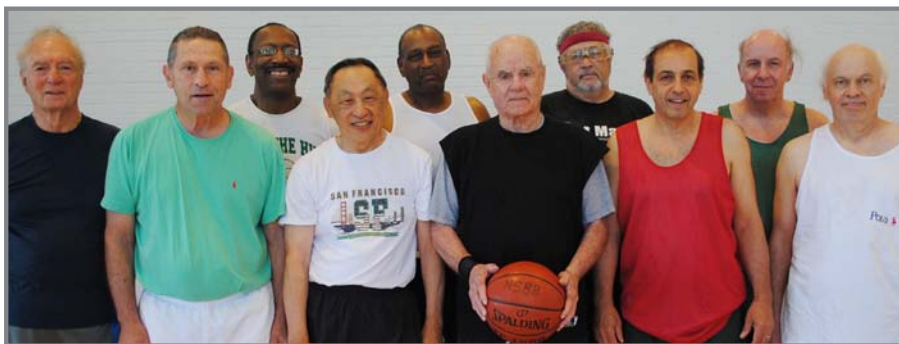
### 2011 Awards

Outstanding Senior Basketball Player  
Outstanding Service for Promoting Senior Basketball  
Senior Basketball Lifetime Achievement Award  
Outstanding Service for Promoting Physical Fitness & Men's Health  
Senior Basketball Defensive Player  
Senior Basketball Offensive Player  
Most Improved Senior Basketball Player  
Senior Basketball Three Point Shooter  
Senior Basketball Playmaker  
Senior Basketball Comeback Player

### Recipient

Bud Dodge and Ron Francesone  
Ed Conway  
Lyle Miller  
John Howard  
Richard Kee and Jim Viola  
Gil Oliver  
Jerry Bergerin  
Ed Conway  
Hank "Cowboy" Philbrick  
Phil Bonasia

## Basketball Awards Ceremony



# Symbols of Freedom

By: John H. O'Neill III

Throughout the year, Americans take time to honor those who helped preserve the freedom we enjoy. Many have served in the different branches of the armed forces. Some were unable to return home.

Parades are held to remind people of sacrifices made. Marching bands can be seen with the musicians in colorful uniforms. They certainly get the attention of people along the route. The bands can be heard playing such pieces as: "The Stars and Stripes" by John Philip Sousa. Statues are erected to honor soldiers. Other things are symbolic.

A sculptor named Jesse Green carved a nice statue of an eagle one day on City Hall Plaza in Boston's Government Center. Green had studied at UMass, Dartmouth. The Shelter for Homeless Vets is on Court St. in Boston. Green was kind enough to sculpt the statue which will be located in the shelter. Representatives from the shelter were on hand. The statue is sure to be a tourist attraction.

Many people from the greater Boston area served in the armed forces over the years. Historic symbols can be seen all over town. The statue is a work of art. Visitors will enjoy seeing it, for, the eagle is an excellent symbol of freedom.



## Basketball

Seniors over age 60 who are interested in playing Basketball are welcome to join

**For more information contact Ed Conway at (617)327-6831  
or send him an e-mail at [edconway14@yahoo.com](mailto:edconway14@yahoo.com)**

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Aging Well in Jamaica Plain



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Options for Older Adults

**Wednesday, September 22, 2011  
2:00 p.m. - 4:00 p.m.  
Brookside Community Health Center  
3297 Washington St., Jamaica Plain**

Spanish Interpretation &  
Lunch will be provided

For more information or to RSVP contact:  
Stacey Miller at 617-983-7907

La Red de Cuidado para Personas  
Mayores de JP/Egleston presenta:  
Envejeciendo Bien en Jamaica Plain



**¿Es usted una persona mayor en Jamaica  
Plain buscando transportación?**

Únase a nosotros para aprender como tener  
acceso a transportacion en Jamaica Plain

**Miercoles, 22 de septiembre 2011  
2:00 p.m. - 4:00 p.m.  
Brookside Community Health Center  
3297 Washington St., Jamaica Plain**

Se proveerá el almuerzo

Para hacer resevación o para más  
información contacte a:  
Stacey Miller al 617-983-7907

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*The Elderly Commission*

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Deputy Commissioner Tula Mahl  
at 617-635-1922

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# Healthy Recipes

## Green Bean Salad with Corn, Basil & Black Olives

### Ingredients:

- 2 pounds green beans, trimmed
- 3 ears corn, husked
- 1/2 small red bell pepper, finely chopped
- 1 small red onion, finely chopped
- 2/3 cup black olives, halved and pitted
- 1/3 cup chopped fresh basil
- 1/4 cup extra-virgin olive oil
- 3 tablespoons balsamic vinegar
- 3 tablespoons lemon juice
- 2 cloves garlic, minced
- Hot sauce, such as Tabasco, to taste
- Freshly ground pepper, to taste

### Preparation:

1. Put a large pot of water on to boil. Fill another large pot half full with ice water. Blanch about half the green beans in the boiling water just until tender, 1 to 2 minutes. Remove with a slotted spoon and plunge into the ice water. Transfer to a large bowl. Repeat with the remaining beans.
2. Return the water to a boil. Add corn and blanch until tender but still crisp, about 3 minutes. Drain and immediately plunge into the ice water. Cut the kernels off the cobs.

3. Add the corn to the beans in the bowl. Add bell pepper, onion, olives, basil, oil, vinegar, lemon juice and garlic; toss to mix well. Season with hot sauce and ground pepper.



**Serves:** 8

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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



# Pasta with Zucchini and Mint

## Ingredients:

- 2 tablespoons extra virgin olive oil
- 1-1/2 pounds zucchini, scrubbed and sliced very thin
- Salt and freshly ground pepper to taste
- 1/4 teaspoon sugar
- 1 tablespoon plus 1 teaspoon sherry vinegar
- 1 teaspoon finely minced lemon zest
- 1 tablespoon chopped fresh mint
- 3/4 pound pasta, such as farfalle or fusilli
- Grated ricotta salata or Pecorino for serving (optional)

## Preparation:

1. Bring a large pot of water to a boil for the pasta. Meanwhile, heat the oil over medium heat in a large, heavy nonstick skillet, and add the

zucchini. Cook, stirring or shaking the pan, until the zucchini is tender, 10 to 15 minutes. Season generously with salt and pepper. Add the sugar, and stir in the vinegar, lemon zest and mint. Remove from the heat, and keep warm while you cook the pasta.



2. When the water comes to a boil, salt generously and add the pasta. Cook al dente, following the timing instructions on the package. Add 1/2 cup of the pasta cooking water to the zucchini, then drain the pasta and toss with the zucchini. Serve, passing the cheese at the table for sprinkling.

**Serves:** 4


**Advance preparation:** Although this dish is best if served immediately, the zucchini could be cooked a few hours ahead. But don't add the vinegar or the mint until you thoroughly reheat it.


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# SENIORS NEED STRESS RELIEF TOO

By: James Chisum  
jamesc@Millergeer.com

For many seniors who face sudden changes in their routines - be it illness, financial issues, loss or a change in their living environment - the golden years may not feel so golden. Stress can and does affect everybody but seniors often suffer in silence.

Given today's high stress world of escalating gas prices and plunging financial returns, seniors often feel helpless. Stress among the elderly can play a serious role in their overall health and wellness but there are many ways for seniors to reduce their stress levels and improve their ability to deal with stressors.

"Sometimes adults think the elderly have no stress because they may be retired from stressful jobs and their children are grown," says Dr. David French, director of psychological services for CareMore, which specializes in senior health. "The fact is, seniors often face more stress than anyone ever realizes."

Dr. French says seniors often have the same stressors as younger adults and sometimes more, such as illnesses or the loss of a loved one or close friends. Financial issues, family problems and other changes can lead many seniors to suffer from the effects of chronic stress, he said.

"Chronic stress can lead to anxiety and or depression and can have an impact on your overall health," Dr. French warns. "Many seniors are reluctant to talk to their doctor about their stress levels because they may have other health issues to talk with the doctor about and may not bring it up."

Some of the symptoms of chronic stress for seniors include a change in appetite, sleep and mood. Dr. French says some seniors will sleep for long hours, sometimes not even getting out of bed, while others will have difficulty getting or staying asleep. Appetite changes may include eating too much or not eating at all, even your favorite foods. Some seniors under stress may avoid contact with friends or family members and may just isolate themselves in their homes.

There are many ways seniors can improve their ability to manage stress. The first step is to talk to your doctor, your caregiver, spouse or friend about your stress.

"Talking about stress and your stressors can help you process the sources of stress and give you a better perspective," said Dr. French. "It relieves some of the stress immediately if you share your concerns with others."

Exercise, good sleep habits and social engagement can also play a key role in reversing the effects of stress and help bring balance to your health.

"Those with chronic illnesses think that they can't exercise because they have heart



disease or diabetes but you can move your body and improve your health no matter what your level of fitness is," he explained. "A simple walk can be a great stress reliever," he advises.

Talk to your doctor about if your health plan offers an exercise program at no cost to you. You may be able to participate with others in exercise programs that can prove highly effective at improving your overall health and decrease your stress levels.

Some seniors turn to medications to help them with their stress, anxiety and depression. While medications can bring relief, make sure you work with your doctor to ensure you are taking the right dose and are

not mixing it with alcohol, he said. "Falls can often be linked back to mixing medications with other medications or mixing them with alcohol so be sure to talk to your doctor about what other medications you may be taking."

Many communities have senior centers and other locally based programs to help seniors participate in activities, which can go a long way in reducing stress.

"Volunteering, connecting with others and engaging yourself in something that takes your mind off your problems can go a long way to help yourself and others," Dr. French adds.

## Road Race and Walk Honors Elsie Frank

### 6th Annual Elsie Frank Meals on Wheels 5K Road Race & 2K Walk

The Elsie Frank 5K Road Race and 2K Walk honors the late Elsie Frank (1913-2005), beloved and inspirational mother of Congressman Barney Frank. Elsie was a passionate and feisty champion for the elder services this race supports. She served as president of the Massachusetts Association of Older Americans and was a delegate to President Clinton's White House Council of Aging. Her esteemed counsel was sought by governors, mayors, and business leaders. Proceeds benefit Kit Clark's Nutrition and Meals on Wheels programs.

**Date:** Saturday, September 24, 2011

**Place:** Pope John II Park / Gallivan Boulevard, Dorchester

**Time:** 9:00 a.m. Registration / 10:00 a.m. Race and Walk start time

**Rain or Shine!**

For more information please email [development@baycove.org](mailto:development@baycove.org) or call 617-619-5930.



## Driving: When is it time for you to pass over your car keys?

As we get older, we all start to slow down a bit. You may not notice but your partner or children will notice. Most often, no one wants to tell you to “hand over your car keys”.

You will continue to drive until you are in a crash, or worse you are killed or you kill someone.

What signs everyone should be looking for? Some are more obvious than others.

Just because you are 70 years old does not mean you should automatically hand over your keys!!

If you notice some decline in your or other's cognitive function (thinking clearly), coordination or eyesight, it may be time to stop driving.

The National Highway Traffic Safety Administration (NHTSA) notes these warning signs so that seniors may no longer be able to drive safely:

- Becomes lost while driving on a familiar route.
- Appearance of new scratches and dents on the car
- Getting ticketed for a driving violation
- Getting into a car accident, or having a near miss.
- Receiving a recommendation from a doctor

to stop or reduce driving, having health problems that impact driving, or taking medications that affect driving.

- Finding that road signs and road markings are suddenly overwhelming.
- Driving too fast or too slowly for no apparent reason.

It is very difficult for seniors who have driven their whole lives, to hand over their keys.

Who will take them to the doctor? Who will take them shopping? Who will take them to visit their elderly friends in a nursing home?



Are there alternatives to always staying home?

Senior Shuttle is free and is available to Boston Seniors. Priority is given to seniors scheduling rides for medical appointments and some restrictions may apply. Just call them at 635-3000.

MBTA has “The Ride”. Answer a simple questionnaire and with a note from your doctor, you can go to Boston and outside communities. It is \$2.00 each way. Contact the MBTA for more information. If you need help filling out the questionnaire contact the Elderly Commission at 617-635-4366.

If you live in Senior housing, assisted living or go to a local senior/community center, ask if they have a way for you to get around. Ask a neighbor or get into a carpool where the members go shopping and then lunch. You can pay for the gas.

Easiest may be to ask one of your children or grandchildren to give you a ride.

## 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)

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Thomas M. Menino, Mayor

## Do you want to be on TV?

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How have you changed the course of your life?

Survived in spite of yourself or your situation?

Come Share Your Story on TV...

**If you are interested contact:**  
Tula Mahl at 617-635-1922 or  
email: [tula.mahl@cityofboston.gov](mailto:tula.mahl@cityofboston.gov)

## Boston Fire Department Elderly Fire Safety Program

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## Perkins Low Vision Demo Center

If you or someone you know is struggling with vision loss, there is assistance available. The new Perkins Low Vision Demo Center, located on the campus of the Perkins School for the Blind in Watertown, Massachusetts with a satellite office in Amesbury, provides free demonstrations and evaluations of the many different assistive devices and technology which can enable an individual with low vision to read the newspaper and labels on food packaging, watch TV, play games, etc.

Just call ahead to make an appointment with our highly experienced staff and try some of the devices which can increase independence.

The Demo Center can be reached at 617 – 972 – 7308 or by emailing [perkinsproducts@perkins.org](mailto:perkinsproducts@perkins.org) .

## *Volunteer Opportunities*

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**Castle Island Association**

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[www.bostonfortindependence.com](http://www.bostonfortindependence.com)

# Sisters Reunited After 66 Years!



*Pictured: Rosetta Ward Anderson (left) and Ann Ward Jenkins. On December 9, 2010, younger sister, Rosetta Anderson flew to Boston, MA from Newport News, VA with her son, Kelvin, to see her long lost sister, Ann Jenkins for the first time in 66 years. ~ Photo and article by: Barbara J. Ward;*

From the time my mother was 13, she didn't know what happened to her siblings after her mother, Hattie Ward, and father, Lester Ward, separated. Lester kept Ann and 3 children went with Hattie. After 66 years, I was so excited when Pam from the agency I hired, called on Nov. 29 and said she'd found 2 of the siblings! The locator found the brother, Charlie, first. Sadly, he had passed away in August. However, his passing was the lead in finding Rosetta because his obituary listed her as a sibling and used her married name.

Pam called and spoke with Rosetta's son, Kelvin, first. After verifying that she, indeed, did have the right family, she asked if he thought his mom would like to talk to her sister. He said, "Yes, she's been praying for this her whole life!"

My mother was so happy when I told her! I asked if she wanted to speak with her sister and she excitedly said, "YES!" Trembling slightly, I called Aunt Rosetta and said, "Hi, this is your niece, Barbara." All I remember is her saying, "Praise God! God is good! It's a great day today!" I handed the phone to Mother and they talked like it was old times.

Plans were made quickly for a visit; within two weeks of finding each other, they were able to give each other the HUG you see in the picture. There are no words to explain the emotions that filled us all as we watched them. They rarely left each others side during the 3-day visit. Besides looking alike, they share a lot of things in common. For example, they both have daughters named Sharon! Both are widows; have the same fashion sense and both went into & retired from nursing professions! They currently call each other at least 3-4 times a week and expect to visit once or twice this year.

The agent from the Troy Dunn Locator agency is currently working on finding their youngest sister, Edna Ward.

# Senior Writers Rediscover Poetry

These two poems were written by members of the Hyde Park writing group from some poetry assignments last summer offered by instructor Soul Brown. “Mattapoissett, Mass” by Gloria Wright is an example of an acrostic poem; the first letter of each line spells out the name of the place that is special to her. Lois Newsome’s poem, “Another Day” was a “free-write.” Lois woke up inspired one morning and said the poem seemed to write itself.

These creations and many more are the result of a twice-monthly workshop led by Grub Street instructors Kerrie Kemperman and Judah Leblang for seniors who participated in the Memoir Project. Read stories from all of the project participants in *Sometimes They Sang With Us*, the third book in the series, available from The Elderly Commission. The Memoir Project will offer writing workshops in the South End and West Roxbury later this fall or next spring. Contact the Elderly Commission to find out when The Memoir Project is coming to your neighborhood.

Are you feeling inspired? Pick up a pen and try your hand at an acrostic poem about a place or person you hold dear.

- KK

## MATTAPOISETT, MASS:

### An island off the shore of Shipyard Lane

By: Gloria Wright

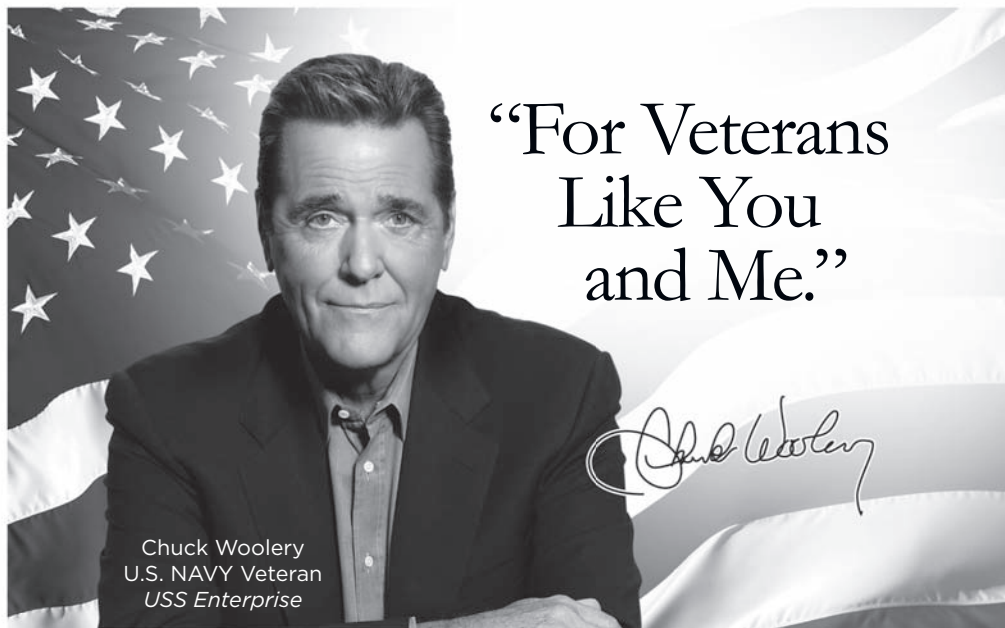
**M**ost visitors drive by this lake on the right  
**A**nd never see the beauty of the sight  
**T**here’s an old Victorian house sitting in  
**T**he midst of the road, unpainted and  
hardly within code  
**A**nd to think that this old mansion stands  
**P**eople gather for a concert, a dance, to  
listen to a band  
**O**h, a starlit sky and a twinkling night  
**I** see the other side of the beautiful lake  
**S**ailfish, rowboats, or canoes are easy to  
take  
**E**nough room for a child and me  
**T**he tide is high for sailing  
**T**here are just a few miles past three  
**M**ore than just the calmness you see  
**A**s the sun rises and shines upon the  
morning  
**S**ailing, drifting or daydreaming no surprise  
**S**ailing for the love of the time spent.



# Another Day

By: Lois Newsome

The earsplitting silence of dawn awakens me.  
The sun is rising and promises a beautiful day.  
I hear the sounds of daybreak outside my window -  
Birds chirp messages to one another;  
Woodpeckers tap out a mellow riff.  
The neighborhood begins the day with the ongoing routine.  
Folks greet one another, start their cars and off they go.  
I hear the distant rumble of a commuter train  
And the roar of airplanes overhead.  
Soon the chatter and laughter of children will be heard  
As they wend their way to school.  
Many thoughts and emotions surround me as I lie here.  
I reach out to the other side of the bed  
Which remains smooth and unruffled.  
Sadness overwhelms me and I rise to begin my own routine.  
Down in the kitchen there is no note  
To remind me to look in the oven.  
No covered treats surprise me,  
No waffles, French toast, hash browns, or fancy omelet.  
With a sigh I think about what I will prepare for myself  
Knowing it will never compare with the breakfasts he prepared.  
My daily routine doesn't change much,  
But following another long and lonely night  
I will wait to see what tomorrow brings.



Chuck Woolery  
U.S. NAVY Veteran  
USS Enterprise

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† 10% savings does not apply to cash advance items obtained from a third party. Savings not available in all states, locations or where prohibited by law. Offer may not be combined with other discounts or savings programs (members are entitled to the greater of the two savings).

## Elders Living At Home Program

In a small one bedroom condo in the South End lives an 85 year old woman named “Doris.” If you saw her on the street, you probably wouldn’t think twice about her. She seems like a very ordinary woman. She regularly works in a nearby community garden, and volunteers at a local hospital. She is a proud survivor of breast cancer. She enjoys getting together with former classmates from the prestigious college for women she attended.

But Doris’s story is not what you might think. About thirty years ago, Doris was sleeping in church pews and eating out of garbage cans. She had suffered a series of devastating losses that pulled her down into a serious depression. The pain of her illness was so overwhelming that one day she simply walked away from everything - her home, her job and her family. She cut herself off

BOSTON HARBORSIDE HOME OF JS WATERMAN &  
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from everything and everybody she had known.

For seven years she lived this way, sinking deeper and deeper into depression. This life was slowly killing her. Exposure to the elements eventually brought on frostbite which threatened her limbs. Ironically, this frostbite was what may have saved her life.

Doris found enough strength inside her to seek treatment for the frostbite at a local emergency room. The ER referred her for mental health services, which she gratefully accepted. Feeling a bit more hopeful, she accepted the safety of sleeping in homeless shelters. Eventually she connected with “Amy,” an outreach worker from an elder service agency. Amy asked ELAHP to help Doris begin her next big transition, to housing.

ELAHP (Boston Medical Center’s Elders Living At Home Program) has been providing homeless and at-risk older adults with access to safe, affordable permanent housing, and the support services necessary to maintain that housing, for nearly 25 years. In that time, they have helped over a thousand elderly men and women transition from the shame and fear of homelessness to the peace and comfort of home.

For Doris, the immediate, temporary housing that ELAHP provided became a safe place for her to begin rebuilding her life. The transition for her was difficult. She had terrible insomnia. For the first few weeks, she went back and forth between

the temporary apartment and the shelters. She had a terrible fear that things would fall apart again and couldn’t bear more loss.

But she found the strength to continue going. With ELAHP’s help, Doris soon was approved for Social Security. She applied for subsidized housing and kept up with her medical and mental health appointments. She also began making friends, and became involved with the Resident’s Council of the building where she was living. Within several months she was approved for a permanent apartment where she could finally reestablish her life.

Doris reached out to the family she had left behind years earlier. Sadly, she discovered that her father had died. But her mother was still living and was elated to be reunited with her. Shortly after the reunion, however, her mother became ill. Doris was able to be by her side during her last days, something for which she has always remained grateful.

So if you see an 85 year old woman walking through the South End, or gardening, or volunteering at a hospital, and she seems to have a well lived look in her eyes, say hello and keep in mind that one never knows what someone’s story might be. And remember, too, that one never knows what their own future might hold.

*If you have questions or would like more information about the Elders Living at Home Program, please call 617-638-6139.*



## WHAT KIND OF MADNESS IS THIS?

### “DON’T RETIRE, INSPIRE”

By: Augusta Alban



I was unable to move as I sat tightly belted in that tiny airplane seat. The stress of the last five months work had really taken everything out of me. I was worn out I had pushed myself beyond my limits. The job was done and so was I, the universe was sending me a message all right, and the dream last night had made that very clear. I still had questions about the “man in the wheelchair dream” but for now that was not my main concern, the droning sound of those airplane engines had put me in a sleep like trance.

It would be great to visit with my friends once again. I had declined their invitations so often I almost felt guilty. This trip would be good for all of us. I needed a rest, a little sun and friends who know how to have fun. The polo season was just about to start and the fields were close to Del Ray where I would be staying. Nothing in Del Ray is ever very far away, it’s a remarkable little city with inviting fashionable shops, stocked book stores, outside cafés with gourmet menus, a beautiful flowered Main Street just the perfect length for an appropriate stroll and lovely park benches just waiting for frozen northerners’ to visit.

The captain was saying something over the speaker my eyes open just a little then closed tight once again.

Last night I emailed my dear old friend Al to let him know when I would be arriving. Al was well known and well respected wherever

grass was grown. He had degrees in sports turf science and polo field ecology, not surprisingly he lived in the middle of seven polo fields. His reply email read “Delightful! At last you are coming for a visit; it will be great to see you. I will be out of town for a few days. I have a house for you! Do you need transportation? You can drive on the polo fields at night. Its fun and we have our own gas supply, I will show you how to use it when I return. Until I am with you, when you go exploring, do not go into the swamp at the end of field number seven.”

Keys will be next door.

Love, Al

How lovely I thought a house and a car, what are friends for?

Note to self: Al was legendary for his “swamp stories”. Polo is a rich and risky business of insiders he would say, meetings at midnight and something about the local law never tracking them down. He would brag about a pit in the swamp large enough to hold more than one horse. He would always say the “swamp could swallow up anything.”

In less then fifteen hours from the time I had left the office I was flying above downy white clouds that reminded me of a mattress commercial. Those clouds looked as if I could bounce on them, but they are an apparition, just like this journey I am on.

Am I really one of those snowbirds on my way to the sunshine state for the polo season, or am I just sleep deprived? On the other hand, what makes me think I need to justify anything?

Coffee, tea or a beverage? No thank you I would rather sleep.

Once again I gazed out the small window on my left I was awestruck by the magnificence of our earth. I felt ageless and free. A feeling of calm came over me, similar to being in the center of a storm, or what I think it must be like, considering I have had limited experience in the center of storms. In this zone which for now I shall call a different level of awareness, I was comfortably guided by a reassuring force. There was no judgment or anger only a flowing feeling for changing expectations. Am I still asleep, am I in a meditation? Could I be in one of my ongoing dreams? Could someone else be dreaming me! Now I was really scaring myself, I was beginning to sound like Joseph Campbell.

The captain announced soon we would be landing - I was trying to wake up. I was more bewildered than ever, what lay ahead was unknown, but I was excited about the prospects.

The hot, humid air hit me like a ton of bricks I had no energy left! I was grateful to see my friend had made it to the airport and was waiting for me. Is this your only bag, she asked. I travel light was my answer.

WELCOME! I have good news and bad news she said. The good news is at last you are here. The bad news late last night my mother in Boston was taken to Mass General. I will be leaving later this afternoon. Al and I talked last night; he will be back before I am. He has a small house for you at the end of field four, you will love it. Betty and Joe are just next door to you. You can walk to the grandstand and restaurant on the grounds. The beautiful stables are just down the road from you. I will be back as soon as possible. I hope you can stay a few weeks; anyway I will call you tonight.

She dropped me off in front of the house. Well, I was on my way to the next part of my adventure.

To get to the front door I had to walk around a small blue pickup truck parked in the center of the front yard. This was the first of many surprises! Betty and Joe from next door greeted me. Here are the keys to the back door and the truck, Joe said. TRUCK, I said. Al said you needed transportation, you do know how to drive a stick shift? I looked flabbergasted. I had no idea how to drive a standard car, let alone a blue truck. Gratefully Joe offered to teach me that afternoon. "Nothing to it," he said. How bad could it be, I thought I had seven polo fields on which to practice!

My lessons on truck driving went as well as could be expected. In the days to come I would learn how to back up but for now, moving forward and putting the truck in park was all I could manage. The pedals

were the other small problem, I had trouble reaching them. “Al will make blocks for the pedals, no worries” Joe said. Have a nice evening. Early that night I drove “forward only” to the nearest restaurant, parked, got some dinner and then drove back. I was worn out. The heat, the flight and the driving lesson was more than enough fun for one day. I literary fell into bed.

The dreaming that night started off all right but soon went into over drive, pun intended. The blue truck had its own personality and it did not like me driving it. Huge maps of places and fields close by were trying to run me down. For the very first time the “old man in the wheel chair” introduced himself to me, I woke up in a cold sweat. I felt things were running over me and around the room. My heart was pounding out of my chest. I jumped up and turned on a small light and there were things running around, little green lizard like things running everywhere. Eek! I had upset their home. Actually, they were rather cute and seemed quite harmless. I looked at the bedside clock which read three in the morning. I hoped it would be light soon. I got dressed and headed down the highway in my little blue truck toward the 24 hour McDonald’s I had passed the night before. There would be no more sleep tonight; I would drink coffee until dawn.

At daybreak I headed back to the house for a shower. Today I would explore big downtown Del Ray. Those maps from my nightmare flashed before me, maybe my exploration was already mapped out,

so to speak. The town was delightful with interesting, unique little shops, pots of flowers on the sidewalks and plenty of easy “forward” parking. Main Street ended at the ocean with an inviting beach. The sun had just started its ascent and the day promised to be hot. I had passed a new age shop several blocks back offering yoga, mediation classes and tarot card readings. These people would know about this little town. I headed back it was my good fortune the owner was just opening her store. Her name was Franceanna she was a native born American from Alaska. I introduced myself; I was from Boston and would be in town for a few days. I was interested in signing up for her “Laws of Life” classes. By the way, what is the best breakfast place in town? She drew a little map for me so I could find the café adding that it is just off of Main Street and down a little hidden path. There’s outside seating and the owner is a recognized chef. There is alot to do in this little town, thanks to the many people from Boston that have wintered with us for years. Nice retail shops, a great library and a wonderful art gallery maintained by the winter people.

Oh? The art gallery, I said. Yes she answered; I will put it on this little map. I was lacking sleep, living with little green lizards, and downing gallons of coffee, only heaven knew what I would find at the art gallery. I needed food! I thanked Franceanna and headed for the breakfast place.

My breakfast omelet was the best I had eaten in a long time made with fresh eggs



from the owners' chickens along with vegetables from her garden. I would walk to the library and then onto the gallery. I needed a hat; the sun was burning my skin. So I set off to find one. In a happy shop down the street I found the most perfect sun hat, the back door to the shop open onto a lovely shaded garden, just in time I needed to sit. What I really needed was sleep.

I don't know how long I sat but slowly I became aware of people gathering behind me. I turned around and nearly fell off the bench; it was the same art gallery I had seen in my dreams for the last seven years. Slowly I walked over to where all the people were gathered. "Welcome," one kind lady said to me. I smiled. We are getting ready for the Sunday night "Grand Opening", you are welcome. She introduced herself, as did I. You are from Boston? You must come to the opening Sunday night. Well over half of our patrons are from Boston. Come inside, this is a special exhibit we have been working on for the last four years.

I stepped inside the lovely building - gasping for breath I nearly fainted. Everywhere the art patrons were hanging pictures of fish, large fish, the kind found in warm waters. The same fish just as I had seen for the last seven years in my recurring dreams.

Are you alright, a lady ask? Yes, yes, yes, it's the heat; I am just not used to it. Come sit down she said, I will get you a glass of water.

I was losing it all right. All of this madness was freaking me out. I needed to sleep. Hold on, I told myself, you will be all right. I looked down, in my hand was the crumpled up map from Franceanna. Slowly, I unfolded it, no this just can't be, it was the same as the dream map last night. Slowly I drank the water; very slowly I needed time to pull myself together.

The lady went on and her voice sounded like it was coming from a tunnel. The kind gentleman who arranged all of this hopefully will be here Sunday night; he had a stroke, he almost died, he has been in the hospital for weeks.

He's been where and had what? I asked.

The hospital, she replied. Please join us Sunday night for the opening.

Thank you, what time? It took every bit of my energy to stand up; I walked out the door and down the street to my truck. My head was spinning and pounding, I was in no shape to drive, but I had no recourse. I needed sleep! I was in a place known to me only from my dreams, I was talking with stranger as if we were old friends, I was driving a blue truck I couldn't drive, I was sleeping with little green lizards and now I was looking at all those pictures of big fish, the same big fish in my dream for the last seven years. What kind of madness was this?



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## **Day Health and Memory Loss Programs**

**Join us in celebrating National Adult Day Services Week**

**September 18-24, 2011**

By: Sheila J. Place

This special week has been celebrated annually since it was proclaimed in September of 1983 by former President Ronald Reagan. The third complete week of September has since been set aside to raise awareness of the importance of adult day programs nationwide and the need for their continued availability and accessibility.

The National Adult Day Services Association sponsors events surrounding this week and this year's theme is **"Adult Day Services: Building and Supporting Communities."**

Rogerson Communities runs some of the more than 4,600 adult day service centers operating today in the United States. Adult Day Services can significantly improve the lives of adults with functional and/or cognitive impairments, enabling them to live at home alone or with family or friend caregivers. Our adult day service programs respect and enhance each person's dignity, self-reliance and vitality. We believe in our participants' potential for continued growth, learning, fitness and wellness and reflect that in our daily programming.

**Celebrate Adult Day Services Week - Come see what Rogerson Communities' Adult Day Health Services are all about during our "Open House Tours."**

**Rogerson Roslindale Adult Day Health and Memory Loss Programs**

**23 Florence Street, Roslindale RSVP at 617-469-5829**

**Tuesday September 20, 2011 from 10:30-12:00**

**Rogerson Egleston Adult Day health**

**2053R Columbus Ave, Roxbury RSVP 617-427-5505**

**Thursday September 22, 2011 from 10:30-12:00**



**Celebrate National Adult Day Services Week 2011**

**"Adult Day Services: Building and Supporting Communities"**

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# Bocce



## La Alianza Hispana 6th Annual BBQ at Northeastern

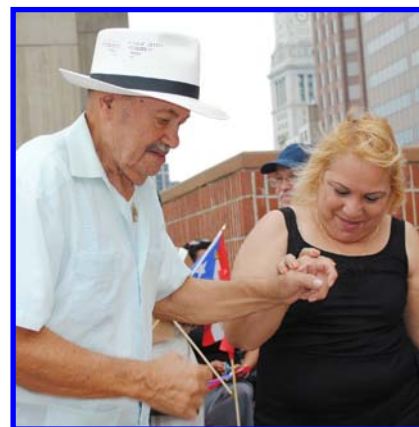




# Wednesday Night Concert



# Puerto Rican Flag Raising





# RSVP & SCP Recognition Boat Trip







# Registration Form for **Mayor Thomas M. Menino's Health & Fitness Walk**

Tuesday, October 4, 2011, 11:00 a.m. – 2:00 p.m.  
on the Boston Common at the Visitor's  
Center at Park Street Station

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

<b>Boston</b> <input type="checkbox"/> Blackstone Apts, 33 Blossom St <input type="checkbox"/> Harriet Tubman Hse, 566 Columbus Ave	<b>J P</b> <input type="checkbox"/> Flynn House –805 Huntington Ave <input type="checkbox"/> Julia Martin House, 90 Bickford St <input type="checkbox"/> Nate Smith, 155 Lamartine St <input type="checkbox"/> Woodbourne Apts, 6 Southbourne Rd
<b>Brighton</b> <input type="checkbox"/> Chinese Golden Age Ctr, 677 Cambridge St <input type="checkbox"/> JCHE, 30 Wallingford Rd <input type="checkbox"/> V. B. Smith Sr Ctr, 20 Chestnut Hill Ave	<b>Rox</b> <input type="checkbox"/> Council of Towers, 2875 Washington St <input type="checkbox"/> Freedom House, 14 Crawford St <input type="checkbox"/> Reggie Lewis Ctr, 1350 Tremont St <input type="checkbox"/> St Joseph Commun, 86 Cripus Attucks Pl
<b>Dor</b> <input type="checkbox"/> St Brendan Church, 589 Gallivan Blvd <input type="checkbox"/> Keystone Apartments, 151 Hallet St <input type="checkbox"/> Kit Clark Senior Ctr, 1500 Dor Ave	<b>South</b> <input type="checkbox"/> Agnes V. Shea Senior Ctr, 7 Burke St <b>Boston</b> <input type="checkbox"/> Foley Apts, 199 H St <input type="checkbox"/> W Broadway TF, 81 Orton Marotta Way
<b>E. Bos</b> <input type="checkbox"/> East Boston Social Center, 68 Central St <b>Hyde</b> <input type="checkbox"/> Cleary Sq Pking Lot, Across from Police Sta <b>Park</b> <input type="checkbox"/> Georgetown Apts, 400A Georgetown Dr <input type="checkbox"/> Readville Srs, St Ann Pkg Lt, 82 W Milton	<b>West</b> <input type="checkbox"/> Spring Street Apts., 24 Spring St <b>Rox</b> <input type="checkbox"/> Center St between CVS & Walgreens <input type="checkbox"/> Cheriton Grove, 20 Cheriton Road
<b>Matt</b> <input type="checkbox"/> Church of the Holy Spirit, 535 River St <input type="checkbox"/> Foley Apartments, 249 River St	

***Note: The Boston Common is on the Red and Green Lines at Park Street Station***

All pick-ups will be between 9:45 a.m. and 10:30 a.m.

\*Sites may be deleted based on the number of people registered at each site.

For more information, please call 617-635-4168

<b><i>Entertainment</i></b>	<b><i>Lunch</i></b>	<b><i>2/3 Mile Walk</i></b>	<b><i>Warm-Up Stretches</i></b>	<b><i>Rain or Shine</i></b>	<b><i>Mini Health Fair</i></b>
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If you are interested in participating, please complete this form and return by **Tuesday, September 27** to:

Commission on Affairs of the Elderly

One City Hall Plaza Room 271 – Boston, MA 02201

Attention: Michael McColgan

Or Fax: 617-635-3213

***Please Print Clearly***

Name	Street Address	
Neighborhood and Zip	Telephone	Email

### Waiver of Liability

I hereby agree to hold harmless the organizers and sponsors of Mayor Menino's Health and Fitness Walk from any and all claims of whatsoever kind and nature which I have or at any time in the future may have or any injury arising out of my participation in Mayor Menino's Health and Fitness Walk. I am in good physical condition, and have no medical restrictions which would prohibit my participation in Mayor Menino's Health and Fitness Walk.

Signature \_\_\_\_\_ Date \_\_\_\_\_