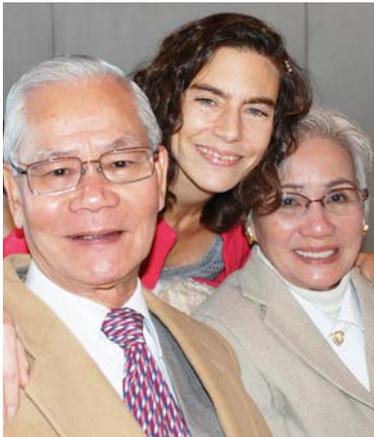




Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



SUMMER

FREE

2009
Volume 33
Issue 5

Table of Contents:

Page Number

3	Mayor's Spotlight
5	Mayor's Garden Contest
6	Keep Moving Program
7	Free DTV Assistance!
8	Boston Museum
10	Free Summer Events
12	Exercising the Brain
15	Poem: A Nest Egg
16	Heat Stress
22	Don't Retire, Inspire
24	Healthy Recipes
30	Healthy, Wealthy & Wyse



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www.cityofboston.gov/elderly

Call us with comments and suggestions
on **Boston Seniority**
(617) 635-2360

Email articles and comments to
Bostonseniority@cityofboston.gov

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Mayor's Spotlight

Spring is a wonderful time of year in Boston. Everyone enjoys the long days and warm weather that summer brings, and I always look forward to spring because it's the time when our City wakes up after the cold of winter. Spring has a way of putting a smile on everyone's face, and one of my favorite spring traditions is the series of neighborhood coffee hours that I host in parks around the City. Guests can enjoy their morning coffee with donuts, and I always send people home with plants grown in the City's greenhouse. As Mayor, I take this time to learn something new about the issues facing our City.

Now in its 11th year, the neighborhood coffee hours began as an opportunity for residents to have an open and candid discussion with me about their open spaces and recreational needs, and what the City can do to meet these needs. In the years since we started this spring tradition, these neighborhood gatherings have grown into the perfect chance for me to hear your concerns and work with you to address a variety of issues in your community. No matter how large or small the issue is, I always come with open ears.

Sometimes the coffee hours are unique chances to problem solve one-on-one with residents, and other times they are simply opportunities to explain what's



happening in the City and why. Recently, I've had a few conversations about the City's proposal to dismantle the mounted units in the Parks Department and Police Department. I understand that the mounted patrols have special significance to those who are used to seeing them in parks and at large events around Boston, but in these tough economic times, we need to use all of our resources to the fullest. By finding safe adopted homes for the horses, we'll save over \$700,000 annually and be able to allocate our staff more effectively. Without having to care for horses, more park rangers can spend time patrolling, and the police officers assigned to the mounted unit will be reassigned to neighborhood beats.

I hope to see you out in your neighborhood soon to enjoy some coffee, donuts, and conversation. It's all part of the discussion that helps make government work better for everyone.



Thomas M. Menino, Mayor

Ronald W. Rakow, Commissioner
Assessing Department

Eliza F. Greenberg, Commissioner
Elderly Commission

Elder Volunteer Property Tax Work-Off Program

The City of Boston conducts an Elder Volunteer Property Tax Work-Off Program each tax year. A partnership with various public departments throughout the City of Boston, the goal of the program is to match qualifying applicants with suitable volunteer positions in order to provide limited tax relief to homeowners.

Applicants can earn up to \$750 per fiscal year off their property tax bill. The property tax work-off program is limited to 50 participants per fiscal year.

Requirements

Age	Gross Income Limit	Residency	Property
You must be age 60 or over by July 1 of the tax year for which you are filing.	\$30,000 if you are single \$45,000 if you are married. <i>(Includes Social Security benefits, pensions, other retirement benefits, annuities, wages, salaries, tips, other compensation, net profit from business or profession, interest and dividends, rent and royalty income, gains from sale or exchange of real estate or other property).</i>	You must own and occupy residential property in Boston for at least three years.	You must own and occupy your property as a principal residence. If the property is subject to a trust, you must have legal title <i>(be one of the trustees and a beneficiary of the trust).</i>

To qualify applicants must meet requirements above and MUST provide the following:

- Proof of Age (Birth Certificate, Passport or Driver's License)
- 2008 State and Federal Tax Returns
- Social Security and Pension Benefits Letters
- If property is held in trust, copy of Trust and Schedule of Beneficiaries

NOTE: The maximum amount of abatement for this program is \$750. The amount of tax work-off credit cannot exceed the total tax due for the fiscal year after any other exemptions have been allowed. The hourly rate of compensation is \$8.00 as of January 1, 2009. Upon approval into the program, your volunteer service must be completed by December 1, 2009 in order to receive credit on your Fiscal year 2010 Third Quarter tax bill.

Elder Volunteer Property Tax Work-Off Law

M. G. L. Chapter 59, § 5K

Cities and towns may provide residents over age 60 with a local property tax deduction, up to \$750, in exchange for volunteer services. The amount of the property tax reduction earned by the taxpayer under this program is not considered income or wages for purposes of state income tax withholding, unemployment compensation or workmen's compensation. Internal Revenue Services does however consider the amounts to be included in the taxpayer's gross income for both Federal Income Tax and FICA tax. Elder volunteers are considered public employees when volunteering. Communities have authority to set income and asset limitations for participation in the program. Volunteers can work at the states minimum wage as well as the hourly rate, eligibility dates, limits on the number of volunteers accepted, types of work, and any other restrictions or regulations consistent with the law's intent, which will go toward their tax bill. For more information, seniors should contact their local tax assessor's office.

How to Apply

If you feel you meet the program requirements, contact the Assessing Department for an application.

CALL: 617-635-4287

VISIT: Assessing Department Taxpayer Referral & Assistance Center (TRAC), Mezzanine level, Boston City Hall. Office hours are weekdays 9AM - 5PM.

Application Filing Deadline: June 30, 2009

Mayor's Garden Contest

Entry Forms Available

Boston's green thumbs have until July 17 to register for Mayor Menino's 2009 Garden Contest presented by the Boston Parks and Recreation Department and sponsors Comcast and the Boston Herald.

"Boston's amateur gardeners are justifiably proud of their accomplishments and this is our chance to thank them for what they contribute to the community," said Mayor Thomas M. Menino. "Their work beautifies our neighborhoods and helps make Boston a healthier and more livable city."

Launched 13 years ago as part of Mayor Menino's citywide beautification initiative, the contest recognizes gardeners who have landscaped, planted flowers, trees, and shrubs, and, in the process, beautified their own small piece of Boston.

Residents, businesses, and organizations are encouraged to nominate their own or a neighbor's garden, window box, or front, back, or side yard. Only gardens planted by amateur gardeners are eligible to take part in the contest. No professionally contracted work will be allowed to enter. Entrants must submit photographs of their garden with an official entry form. Judges will use the photos to narrow the entrants to five finalists per category. Site visits by contest judges will determine the winners.



First place winners in eleven categories will receive the coveted "Golden Trowel" award from Mayor Menino, prize packages from HGTV, a one-year American Horticultural Society membership and more, all to be given out at an awards ceremony in late August.

To enter Mayor Menino's Garden Contest, gardeners may pick up entry forms at local Comcast Customer Payment Centers, Boston City Hall, Boston Community Centers, Boston Public Library branches, or the Boston Parks and Recreation Department at 1010 Massachusetts Avenue, Roxbury.

The deadline for entries is Friday, July 17 at 5 p.m. Interested contestants may request entry forms by calling (617) 961-3051.

Keep Moving Program

The Keep Moving Program invites you to participate in the upcoming Spring Regional Keep Moving walk to celebrate senior fitness and to meet other walkers from around the state. The walk will take place on the date and time noted below RAIN OR SHINE. Dress for the weather! Registration and warm up starts at 10:30 a.m. Walk starts at 11:00 a.m. and concludes at 1 p.m. For inclement weather cancellation notices, please check the message at 617-624-5972 on the day of the walk.

There will be one-mile and three-mile walking routes. Plan to bring a picnic lunch to enjoy following the walk! Picnic tables are available at the walk site. Enclosed is the walk location and directions to the site. All walkers will receive a complimentary gift. Please call Ed Pomfred at (617) 624-5972 to register.

Keep Moving clubs are encouraged to explore transportation options with Keep Moving clubs in surrounding communities. There is limited transportation assistance available to Keep Moving clubs.

Please contact Ed Pomfred at (617) 624-5972 or edward.pomfred@state.ma.us to discuss transportation assistance. Make your travel arrangements early.

Directions to Keep Moving Regional Spring Walk

Jan Marble Memorial Walk and Fort Independence Tour
2000 Day Boulevard
Castle Island, South Boston, MA
Monday, June 22, 2009 - Meet at base of Fort Independence at 10:30 a.m.
<http://www.mass.gov/dcr/parks/metroboston/castle.htm>



MBTA: Red Line to Broadway Station, MBTA Bus #9 or #11 to the end of the line.

Walk to the right across Marine Park to the beach to the entrance of the fort.

By car: Rt. 3 (I-93) to JFK # 15 follow beach along William J. Day Boulevard, Castle Island is at the end of the Causeway.

From the south: Turn right at the bottom of the ramp.

From the north: Turn left at the bottom of the ramp.

Follow signs for South Boston – Castle Island. When you come to the rotary, go half way around and bear right onto Day Boulevard. Follow the beach, passing the Metro Police Station and the Carson Beach Bathhouse located 100 yards from the station. Follow Day Boulevard all the way to the very end.

Parking

Autos: Park at the MDC lot near Sullivan's Restaurant.

Buses: Please drop off passengers at MDC lot and park buses in area marked for buses just outside of MDC lot. Look for the Keep Moving banner at the base of Fort Independence.

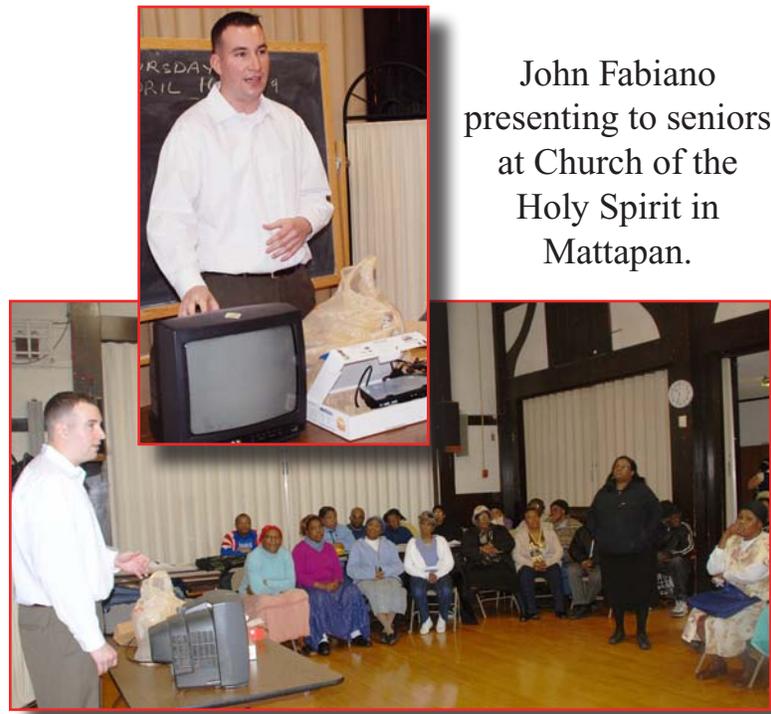
Psst.. Last Chance For **FREE DTV ASSISTANCE!!!**

As you may now have heard, the transition to Digital TV is taking place on June 12th. Action may be required on your part or your TV may go blank.

In January of this year, the Elderly Commission joined The Digital TV: Keeping Seniors Connected Campaign. Its mission is to educate and offer individualized assistance to older persons to help them successfully transition to digital broadcasting. Thanks to a grant from the National Association of Area Agencies on Aging (n4a) that runs until mid July, the Elderly Commission is able to offer the following services to Boston seniors

- Assessing your need for a digital converter box
- Helping you apply for a converter box coupon
- Helping you locate area electronics retailers
- Installing the converter box in your home

The June 12th conversion is quickly approaching. If you have any questions or would like some assistance, please call the Elderly Commission as soon as possible. Also, please be sure to check in on homebound friends and neighbors to make sure they have what they need to stay connected.



John Fabiano
presenting to seniors
at Church of the
Holy Spirit in
Mattapan.

The Elderly Commission will be extending its hours around the transition date and staff members will be on hand to answer questions and offer assistance as needed. Please see below for extended dates and hours.

Don't wait until the last minute; call us to help you make the transition today!

Phone: 617-635-4366

Normal Business Hours:
M-F 9:00 AM - 5:00 PM

Extended Hours:

Thursday, June 11, 5:00 PM - 8:00 PM
Friday, June 12, 5:00 PM - 8:00 PM
Saturday, June 13, 10:00 AM - 3:00 PM
Monday, June 15, 5:00 PM - 8:00 PM
Tuesday, June 16, 5:00 PM - 8:00 PM

The *Digital TV: Keeping Seniors Connected Campaign* is made possible, in part, by a grant from the **National Telecommunications and Information Administration (NTIA)**, U.S. Department of Commerce.

Boston Museum Bids on New Downtown Site

On what one museum planner calls “one of the best sites” for a new museum in the U.S., the development team of the Boston Museum announced plans to build a striking new public market and museum building on the corner of Blackstone and North Streets in the heart of downtown Boston.

A proposal submitted to the Massachusetts Turnpike Authority, owner of the Parcel 9 site, contains detailed plans for a ground floor public market that will complement the historic Haymarket pushcarts. Rising above the market hall will be four floors of a museum utilizing interactive technologies and 21st century exhibit design to explore key moments in Massachusetts’ distinct 400-year history. Ascending in glass elevators to the top floor, visitors will have access to sweeping views of the Greenway Parks, the North End and waterfront districts. At audio and video kiosks stationed throughout the building, residents and tourists will be invited to share stories and link their own narratives directly to the American experience as found in Boston and its environs.

“Downtown Boston hasn’t had many new visitor attractions in recent years,” said Frank Keefe, President & CEO of



Proposed Boston Museum building on Blackstone & North Sts., facing the Greenway

the Boston Museum. “This spectacular building, providing a much-needed orientation for visitors and direct services for area residents, will also be a place to reflect upon our remarkable history of innovation, using it as a strong foundation to build a better future.”

In addition to the ground floor market hall, the 100,000 square-foot “green” building will feature a distinctive glass atrium, galleries, classroom and community spaces, theatre, café and gift shop. Designed by Cambridge Seven Associates, the building’s curved glass façade faces the Greenway, while its Blackstone Street side will feature terra cotta panels, reflecting the warm colors and texture of the historic Blackstone Block’s brick buildings. The Museum and Marketplace will connect to a planned pedestrian bridge on Greenway Parcel 12, a site the museum planners were designated to develop in 2005. It will be located at the epicenter of a new 2-acre

pedestrian environment envisioned by the Boston Redevelopment Authority.

“Having the Boston Museum as a major part of the Rose Kennedy Greenway perfectly captures the spirit of how this new space is meant to serve Boston as envisioned in the planning for the Greenway,” said Richard A. Dimino, President and CEO of A Better City. “In the near future, we will see the Greenway further knit the city together as it provides a place for everyone to enjoy a wonderful mixture of culture, civic uses, and open spaces.”

“I have watched this project grow from a promising concept to a carefully planned community institution that will honor our region’s diverse peoples and innovative spirit,” said Myra Kraft, one of the Boston Museum’s earliest supporters.

“How fitting that this new intersection of commerce and culture will bring people together at exactly the right place - on the new common ground of the Greenway.”

“This is the right project for the right site at the right time in the life of our city,” said John Fish, CEO, Suffolk Construction and Boston Museum board member. “The Boston Museum will breathe new life and activity into the downtown corridor, creating great economic benefits for Boston at a time when it is most needed. The scale of the project is perfect. Despite the current climate I have little doubt that we will garner the support needed to build the Boston Museum and marketplace on Parcel 9.”

For more information, please visit us online at bostonmuseum.org or contact Katy Abel, Director of Communications at kabel@bostonmuseum.org.

FREE



FREE

Introductory computer classes at Suffolk University.

For more information call Kate at 617-573-8251



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

FREE SUMMER

Boston Harborfest 2009 / City Hall Plaza, Boston

July 2 Thursday 12 p.m. - 3 p.m. - The BaHa Brothers in Concert

July 3 Friday 12 p.m. - 3 p.m. - Calley McGrane and the Exiles

July 4 Saturday 2 p.m. - 4:30 p.m. - Mad Sweet Pangs in Concert

Boston Landmarks Orchestra / Sunday Evenings 6 p.m.

July 26 - Jamaica Pond-Pinebank, Jamaica Plain

August 9 - Dorchester Park - Upper Ballfield Area, Dorchester

Dorothy Curran Wednesday Evening Concert Series / Wednesday Evenings 7 p.m. - 9 p.m.

July 22 - Latin Beats featuring Eugie Castrillo & Orchestra with the Hachay Machete Dance Company sponsored by the Michael Cahill Fund

July 29 - US Air Force Band of Liberty presents special guest Jane Monheit

August 5 - Disco Night featuring Stardust

August 12 - US Air Force Band of Liberty with special guest Ann Hampton Callaway

This is the 36th year for the longest running outdoor concert series in Boston City Hall Plaza.

For more information please call (617)635-4505.

Gospel Fest / City Hall Plaza, Boston July 19 Sunday 5 p.m. - 8 p.m.

National Night Out / Franklin Park Zoo, Boston August 4 Tuesday 5 p.m. - 8 p.m.

Roslindale Concert Series / Adams Park, Roslindale Thursday Evenings 6 p.m. - 8 p.m.

July 9, July 16, July 23, July 30 - Popular community concert series with local acts.

Tito Puente Latin Music Series / Thursday Evenings 7 p.m.

July 9 - Berklee Merengue All Stars / at Mozart Street Playground, Jamaica Plain / Mission Hill

July 16 - Javier Orroyo & Salsa Night Band at O'Day Playground, South End

July 23 - Obini Tumbao / **July 30** - Victor Mendoza at O'Day Playground, South End

**For more information or a viewing of more events please visit the
Boston City Calendar at www.cityofboston.gov/calendar**

HAVE A GR

Please Note:
* Events are subject to change

ER EVENTS

The Boston Harbor Hotel
Summer Soul
Tuesday Evenings 6 p.m. - 10 p.m.

June 23 - World Premier Band
June 30 - Ray Greene & Innervisions
July 7 - Soul Sound Revue
July 14 - World Premier Band
July 21 - Richie Rich & 24Karat
July 28 - Ray Greene & Innervisions
August 4 - World Premier Band
August 11 - Soul Sound Revue
August 18 - Ray Greene & Innervisions
August 25 - World Premier Band
September 1 - Soul Sound Revue

The Boston Harbor Hotel
Timeless Tunes
Wednesday Evenings 6 p.m. - 10 p.m.

June 24 - GQ and The Lady
July 1 - The Flounders
July 8 - The Marsels
July 15 - GQ and The Lady
July 22 - Rare Form
July 29 - Freddie and the Maybellines
August 5 - The Flounders
August 12 - Breakaway
August 19 - Rare Form
August 26 - The Marsels
September 2 - GQ and The Lady

The Boston Harbor Hotel
Blues Barge
Thursday Evenings 6 p.m. - 10 p.m.

June 18 - Toni Lynn Washington
June 25 - Jeff Pitchell
July 2 - James Montgomery
July 9 - Ernie and the Automatics
July 16 - Fat City Band
July 23 - The Racky Thomas Band
July 30 - Bruce Marshall
August 6 - James Montgomery
August 13 - Jeff Pitchell
August 20 - Toni Lynn Washington
August 27 - Ernie and the Automatics
September 3 - Bruce Marshall

The Boston Harbor Hotel
Movies by Moonlight
Friday Evenings 6 p.m. - 10 p.m.

June 19 - The Out of Towners
June 26 - Mildred Pierce
July 3 - Dark Victory
July 10 - No Movie/Sail Boston (Concert)
July 17 - The Long, Long Trailer
July 24 - A League of Their Own
July 31 - Same Time, Next Year
August 7 - The Snows of Kilimanjaro
August 14 - The Champ
August 21 - Some Like It Hot
August 28 - The China Syndrome
September 4 - The Inn of the 6th Happiness

REAT TIME !

Exercising the Brain Keeps Seniors Mentally Sharp

Always Best Care Senior Services offers older adults tips for flexing their mental muscles; interactive experiences such as blogging and Wii top the list

(Grassroots Newswire) - There are many consequences associated with aging, but none may be more frustrating for seniors than memory loss and mental decline. Fortunately, recent research indicates that senior moments, as they're commonly called, do not have to be an inevitable part of growing old. A new approach to aging, based on the belief that the mind – just like the body – can be trained to increase its strength and performance, is taking hold. To that end, Always Best Care Senior Services is offering a fun, step-by-step guide that seniors can use to sharpen their mental skills.

“Seniors pride themselves in their ability to maintain their independence, and healthy cognitive function is a fundamental part of day-to-day life,” said Michael Newman, president of Always Best Care Senior Services. “That’s why we believe that seniors should be proactively fine-tuning their mental capacity by exercising their brain just as they would a muscle in their body.”

With this in mind, Newman recommends that seniors incorporate the following habits into their daily routine in order to keep their brains in tip-top shape:

Get gaming – Traditional brain games such as crossword puzzles and other mind teasers such as Sudoku are now being complimented by interactive gaming such as Nintendo Wii and various online outlets. Check out [\[ron.com\]\(http://ron.com\) and \[www.positscience.com\]\(http://www.positscience.com\) for some internet-based brain-training options.](http://www.happyneu-</p></div><div data-bbox=)

Experiment with blogging – Blogs, which refer to “web logs,” are a healthy way for seniors to document their thoughts and share them with others. They also act as an outlet for keeping in touch with family and friends.

Embrace learning – Educational activities such as learning a new language or taking a class at a local community college keep the brain pliable and challenge it to think in new ways. The bottom line is to branch out and absorb something that’s unfamiliar to the mind.

Listen to audio books – By conveying thoughts and ideas without causing eye strain, books on tape are a great way for older adults to stimulate their mind.

Interact often – Socializing with friends and family members is a pleasurable way seniors can work their brains. Conversation incorporates the brain’s capacity to link thoughts and recall moments from memory.

Keep moving – Regular exercise, such as walking, increases oxygen flow to the brain. Seniors should aim for at least 30 minutes of activity on three or more days a week.

According to a survey conducted by University of Michigan in 2008, there was a downward trend in cognitive impairment among people aged 70 and older during a tracked period from 1993 to 2002. More formal education, higher economic status and better care for risk factors were some of the reasons cited for the decline. However, the survey indicates that despite the good news, “older Americans should not rest

on their laurels, but instead should be pursuing activities that can keep their minds sharp and their cardiovascular risk low.”

“The message we want to convey to seniors is that there are steps they can take to improve their mental capacity – regardless of their level of cognitive decline,” said Newman. “There is no need to accept forgetfulness or lack of concentration as facts of life. The truth is that these areas of weakness can be improved through activities that benefit both body and mind.”

Offering a range of services including in-home care and assisted living placement, Always Best Care Senior Services is an area resource dedicated to improving the lives of seniors. The company can provide support for a variety of physical and social needs ranging from cancer and Alzheimer’s care to grooming and transportation.

For more information about Always Best Care Senior Services, please visit www.abc-seniors.com.

About Always Best Care Senior Services
Founded in 1996 by Michael Newman, Always Best Care Senior Services is based on the belief that having the right staff for the right level of care means peace of mind for the client and family. Always Best Care Senior Services has assisted over 100,000 seniors representing a wide range of illnesses and personal needs. This has established the company as one of the premier providers of in-home care and assisted living placement assistance. Franchise opportunities are available to individuals interested in leveraging the company’s clear strategy and proven track record for delivering affordable, dependable service to area seniors.

RED SOX HONORS

By John H. O’Neill III

The Boston Red Sox honor former members of the team. “Our alumni are invaluable members of our ballclub and we are pleased to see them back at Fenway Park.” said Red Sox Vice President and team historian Dick Bresciani. He said: “Our fans are always knowledgeable about their Red Sox history and love seeing these former stars, such as Jim Rice, Dwight Evans, Luis Tiant and Carlton Fisk at America’s Most Beloved Ballpark, which they called home for so many years.” He said: “They help with charitable work and are invited back to throw out the first pitch.” Seniors enjoy seeing the former ballplayers.



Concession stands at Fenway have improved. Many people enjoy having a hot dog at Fenway. Now, the fans have a chance to enjoy pizza at the park. More seating is available at Fenway these days. The Coca Cola Pavilion in left field is a great place to sit. There is more standing room for fans.

Former managers include Dick Williams, Don Zimmer and Ralph Houk. Sometimes they are invited back for a reunion. Seeing former players and managers at Fenway is always a pleasure.

Dear Friends:

I am finding it hard to put into words a proper way to say “Goodbye” to the many friends, co-workers and acquaintances that I have known over the past thirty-seven years working for the City of Boston. Whether I’ve known you in the early days at SummerThing, back in the 1970’s, at the Office of Cultural Affairs, or the EPPA where I worked with counsels who helped hundreds of kids find summer jobs, at the School Department and finally after settling down at the Elderly Commission, I still remember a little something about each and everyone of you.

Even now I meet young men and women who are bank presidents, CEO’s and other professionals distinguished in their fields, and I hear them say, “Hi Mrs. J! Do you remember me?” and I realize it is someone I met and helped, oh so many years ago.



When I started at the Elderly Commission in 1981, one of my very first assignments was to help out at the Golden Wedding Anniversary celebration at the Parker House. There I was exposed to the warmth of couples married fifty years or more, sharing their special moment with a hundred other couples who have also reached that splendid milestone. What a wonderful way to start a new job!

As director of the Retired Senior Volunteer Program (RSVP) I’ve been lucky to meet so many great seniors with a vast variety of backgrounds, ethnicity, talents and outlooks. I remember a truck driver who retired and didn’t know what to do with himself. He volunteered at the Science Museum in the Gift Shop. They discovered that he whittled, and within 3 weeks hired him to work on displays throughout the Museum. There are so many similar success stories.

But more importantly is the impact that the seniors have had on me; through the smiles I have seen on their faces because they have achieved a sense of usefulness through their volunteerism. We created a connection that more often than not blossomed into friendships. The opportunity I have had in the Career I found at the Elderly Commission truly gave me more than I was capable of giving back.

So I won’t say “good bye,” but “adieu” for I hope our paths will cross as the life that the Almighty has laid out for me proceeds. I look forward with anticipation and thankfulness for all the treasures I gathered along the way.

Fondly,

Francesca “Fran” Johnnene

A Nest Egg

Poem by Malcolm J. Newbury Jr.



A goal needs to be
made, not forgot.

It is easier to follow a budget
than to get debt-free.

Confront your dough.

A FUZZY budget is futile.

To break a habit, drop it.

A nest egg is acquired by
using a frugal budget plan.

Kit Clark Senior Services Elsie Frank Meals on Wheels 5 K Road Race

On Saturday, September 26, 2009 Kit Clark will hold its third annual Elsie Frank Meals on Wheels 5k Road Race, at Pope John Paul II Park, in Dorchester (on the banks of the Neponset River, a 65-acre park with walkways, scenic open areas, playing fields and native plantings.) Registration starts at 9:00 A.M. Race starts at 10:00 A.M. rain or shine.

This event is a fundraiser to support Kit Clark's critical programs for seniors in the Greater Boston area. Elsie Frank, the late mother of Congressman Barney Frank, is being honored because Mrs. Frank was a tireless advocate for the rights of older adults.

Meals on Wheels is one of Kit Clark's largest program, with over 600 meals delivered daily to homebound seniors across the Greater Boston area. Kit Clark serves over 4,000 seniors annually with a wide range of supportive services to help seniors live with dignity and independence in their community.

Mail in or on-line registration is \$15 on or before September 15 (\$17.00 thereafter and on race day) payable to Kit Clark Senior Services, 1500 Dorchester Avenue, Dorchester, MA 02122. The on-line registration application is available at SignMeUp.com (Calendar section) and cool-running.com or visit Kit Clark's website www.kitclark.org. Walkers are encouraged to participate. For more information, to volunteer, or to make a contribution, please call Anita Nasra at (617)825-5000 or send an e-mail to anasra@kitclark.org.

Heat Stress

in the Elderly

Elderly people (that is, people aged 65 years and older) are more prone to heat stress than younger people for several reasons:

Elderly people do not adjust as well as young people to sudden changes in temperature.



They are more likely to have a chronic medical condition that upsets normal body responses to heat.

They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs and Symptoms of Heat Stroke

Warning signs vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Signs and Symptoms of Heat Exhaustion

Warning signs vary but may include the following:

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting

- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

What You Can Do to Protect Yourself

You can follow these prevention tips to protect yourself from heat-related stress:

- Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)
- Rest.
- Take a cool shower, bath, or sponge bath.
- If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.)
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- Do not engage in strenuous activities.

What You Can Do to Help Protect Elderly Relatives and Neighbors

If you have elderly relatives or neighbors, you can help them protect themselves from heat-related stress:

- Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- Take them to air-conditioned locations if they have transportation problems.
- Make sure older adults have access to an electric fan whenever possible.

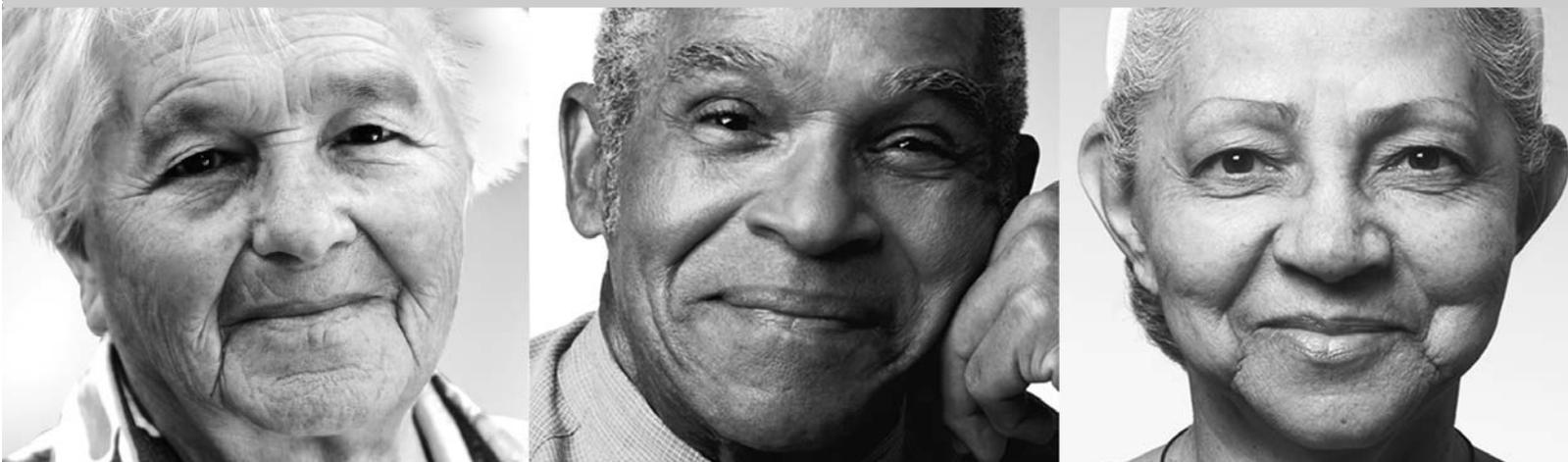
What You Can Do for Someone With Heat

Stress If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Do the following:

- Get the person to a shady area.
- Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101°–102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the person alcohol to drink.
- Get medical assistance as soon as possible.

It's here.

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Imagine a health plan that's simple to join, provides the security of an around-the-clock personal care team and works to find ways to help you live independently.

Introducing Senior Whole Health (SWH), a health plan for people who are age 65 or older and on MassHealth Standard.

Our benefits and services include at no cost to you:

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- Health Club/Gym membership.
- Transportation for medical appointments.

To learn more about SWH, call 1-888-566-3526 (TTY 1-888-749-6455) or visit www.seniorwholehealth.com to see if we're right for you.

Here's what people are saying about us:

"Senior Whole Health respects me for who I am and cares about me as an individual."

– Member, age 68

"I thank God SWH is always there to help me with my mother."

– Caregiver, age 46

"Thank you for referring me to the community services I needed and I didn't know I qualified for."

– Member, age 78

"I am treated as an individual, I am not a number. People at Senior Whole Health know me by name"

– Member, age 67



SENIOR WHOLE HEALTH

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www.seniorwholehealth.com

Senior Whole Health is available to individuals age 65 or older, on MassHealth Standard and live in Bristol, Essex, Middlesex, Norfolk, Plymouth, Suffolk or Worcester County.

H2224_2009_066 3/12/09

Senior Whole Health is a voluntary health plan that contracts annually with Medicare and MassHealth.

The City of Boston

Elderly Commission



*John Peckham
April 1934 - May 2009*

Thank you for your 12 years
of service as a
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You will surely be missed.

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knowing that I am making a difference".**

- Senior Companion

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Celebrate cancer survivors • Remember loved ones
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Pain from **lumbar spinal stenosis** had robbed him of his will, his joy, and his passion for golf.

A minimally invasive procedure changed everything.

Inserted through a small incision in the lower back, this implant may safely relieve pressure on spinal nerves.

THE X-STOP® SPACER 
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"I got my life back."

LEE TREVINO GOLF LEGEND
X-STOP SPACER RECIPIENT



This treatment is not for everyone. Please consult a doctor. A prescription is required.

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 **Medtronic**

IMPORTANT SAFETY INFORMATION

Indications for Use: The X-STOP® Interspinous Process Decompression (IPD®) System is indicated for treatment of patients aged 50 or older suffering from neurogenic intermittent claudication secondary to a confirmed diagnosis of lumbar spinal stenosis (with X-Ray, MRI and/or CT evidence of thickened ligamentum flavum, narrowed lateral recess and/or central canal narrowing). The X-STOP is indicated for those patients with moderately impaired physical function who experience relief in flexion from their symptoms of leg/buttock/groin pain, with or without back pain, and have undergone a regimen of at least 6 months of non-operative treatment. The X-STOP may be implanted at one or two lumbar levels in patients in whom operative treatment is indicated at no more than two levels.

Contraindications: The device is contraindicated in patients with: an allergy to titanium or titanium alloy; spinal anatomy or disease that would prevent implantation of the device or cause the device to be unstable in situ, such as: significant instability of the lumbar spine, e.g. isthmic spondylolisthesis or degenerative spondylolisthesis greater than grade 1.0 (on a scale of 1 to 4), an ankylosed segment at the affected level(s), acute fracture of the spinous process or pars interarticularis and significant scoliosis (Cobb angle greater than 25 degrees); cauda equina syndrome defined as neural compression causing neurogenic bowel or bladder dysfunction; diagnosis of severe osteoporosis, defined as bone mineral density (from DEXA scan or some comparable study) in the spine or hip that is more than 2.5 SD below the mean of adult normals in the presence of one or more fragility fractures; and active systemic infection or infection localized to the site of implantation.

Warnings: The X-STOP implant must be placed in the concavity between the spinous processes. Posterior positioning of the implant may result in dislodgement. If correct placement of the implant cannot be achieved due to variant anatomy, the surgeon should consider aborting the procedure because incorrect placement may result in device dislodgement, particularly if the patient experiences a traumatic event.

Precautions: Radiological evidence of stenosis must be correlated with the patient's symptoms before the diagnosis can be confirmed; if the spinous processes at the affected level are not distracted in flexion, the X-STOP system may not be indicated; the safety and effectiveness of the X-STOP device has not been studied in patients with the following conditions: axial back pain without leg, buttock or groin pain, symptomatic lumbar spinal stenosis at more than 2 levels, prior lumbar spine surgery, significant peripheral neuropathy, acute denervation secondary to radiculopathy, Paget's disease, vertebral metastases, morbid obesity, pregnancy, a fixed motor deficit, angina, active rheumatoid arthritis, peripheral vascular disease and advanced diabetes or any other systemic disease that may affect the patient's ability to walk; surgeons should not implant the X-STOP implant until receiving adequate training regarding surgical technique because inadequate training may result in poor patient outcomes and/or increased rates of adverse events; and a stress fracture of the spinous process may occur if strenuous physical activity is resumed too soon postoperatively.

Potential Adverse Events: The following potential adverse events may occur as a result of interspinous process decompression with the X-STOP system; some of these adverse events were reported in the Pivotal Clinical Trial. X-STOP system related: implant dislodgement/migration; implant not positioned correctly; fracture of the spinous process; additional surgery, which could include removal of the X-STOP implant; foreign body reaction; mechanical failure of the device; failure of the device/procedure to improve symptoms and/or function. Surgery Related: reactions to anesthesia; myocardial infarction; infection; blood vessel damage/bleeding; deep vein thrombosis; hematoma; pneumonia; neurological system compromise; stroke; nerve injury or spinal cord damage; paralysis; thrombus formation; wound dehiscence or delayed healing; pain/discomfort at the operative site; and death.

Note: Medication or additional surgery may be necessary to correct some of these potential adverse events.

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PROGRAM

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Inspired Learning or You can teach an old dog!

By Augusta Alban

“There are so many more interesting ways to be than right.” Robert Rauschenberg

All of us seem to like to be right, at least now and then. But have you ever stopped to reflect on your own relationship with “the need for being right?” Does it stand in the way of listening, loving, learning and letting go? Does it inhibit your connectedness to others?

“Wait just one minute,” you say, “am I not entitled to be right? After all, I’ve have paid my dues. All those years of work and struggle count for something, don’t they?” How many times have you defended your “right to be right” only to find it a sad, empty victory? No amount of feeling bad will make another person feel good.

I often find my head spinning from watching my children raising their children. My personal opinion is that my grandchildren are given too much on the material side and not enough on the family side. A four-year-old whose extra-curricular schedule rivals that of a New York CEO leaves me speechless. Is one of us right? Is one of us wrong? As for now, perhaps

we’re just different. One good by-product of living a long time is that you come to accept yourself; you don’t have to prove your worth to anyone (your children in particular).

I’ve learned much from visits with my grandchildren; I now have guiding principles I work to honor.

#1 “Keep my mouth shut.” I’ve already raised children; no one is asking me to do that again.

#2 “Be asked back.” My real jobs are unconditional love and having fun; it’s only a three day visit.

#3 “Pick my battles.” It’s OK to express my opinions and values (without anger), but without the “do as I do” attitude. If we really want our words to have meaning to others, we must remember to use fewer of them.

#4 “Leave them wanting more of me.” I have a life-long friend who’s a doctor; her husband is a world-known authority on Civil Liberties. He has spent his life (without financial reward) teaching and helping others in need. Each year he and his wife share a birthday celebration. Part of their conversation includes counting many blessings and offering gratitude for

the life styles each has chosen. His only regret was not having finished law school. Each year she talks until she is blue in the face encouraging him to return to school. After a lovely birthday dinner, his 67th, he was particularly sad. "It would take three years to finish my law degree; just think, I would be 70," he said. This time, she leaned over the table, kissed him lovingly on his cheek, and said, "My darling, in three years, you will still be 70, with or without a degree!"

The two sat quietly for a very long time, smiling. Finally he leaned over the table and kissed her. "Thank you," was all he said. Three years later, at 70, he graduated

first in his class in law school. Today he enjoys practicing law and getting paid handsomely. By the way, he's now 85.

Age is only a number; it's our interpretation of it that matters. We know we are capable of learning until the day we die. Wayne Dyer suggests, "When you change the way you look at things, the things you look at change." How might you change your life, just by changing the way you look at things? Joseph Campbell put it a different way: "We must be willing to let go of the life we have planned so as to have the life that is waiting for us." What wonderful life is waiting for you? Write and tell us; we will share it with others.

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donate your experience by
volunteering at one of our 50
stations throughout Boston.

For more information on
how you can get involved
contact Kelley Wedge at
617-635-1794.

HEALTHY

Spaghetti with Clam Sauce

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped (Optional)
- 3 plum tomatoes, seeded and chopped
- 2 cloves garlic, finely chopped
- 1/2 cup dry white wine
- 1 10-ounce can whole baby clams, drained, liquid reserved, or 8 ounces minced fresh clams, liquid reserved
- 1/3 cup chopped fresh parsley
- 2 tablespoons chopped fresh basil or 2 teaspoons dried basil
- Freshly ground pepper to taste
- 12 ounces whole-wheat spaghetti or linguine

Instructions:

1. Put a large pot of water on to boil. Heat oil in a large nonstick skillet over medium heat. Add onion and cook, stirring, until softened, about 5 minutes. Add tomatoes and garlic; cook, stirring, until the tomatoes have softened, about 3 minutes. Stir in wine and clam liquid; bring to a simmer. Reduce heat to low and simmer for 5 minutes. Stir in parsley, basil and clams and heat through. Season with salt and pepper.
2. Toast pine nuts in a small dry skillet over medium heat, stirring, until golden, 3 to 4 minutes.
3. Meanwhile, cook pasta in the boiling water until just tender, 8 to 10 minutes or according to package directions. Drain and add to the pan with the sauce. Toss to coat. Sprinkle with the pine nuts and serve immediately.

Serves: 4

RECIPES

Basil-Cinnamon Peaches

Ingredients:

- 1 1/2 cups water
- 1/2 cup sugar
- 3 strips lemon zest (1-by-2-inch strips; see Tip)
- 2 tablespoons lemon juice
- 1 3-inch piece cinnamon stick
- 3 ripe but firm medium peaches, halved lengthwise and pitted
- 1/2 cup packed fresh basil leaves, roughly chopped

Instructions:

1. Combine water, sugar, lemon zest, lemon juice and cinnamon stick in a large non-reactive saucepan (see Note); bring to a simmer over medium-high heat, stirring often, until the sugar dissolves. Add peach halves. Return to a brisk simmer, cover the pan and simmer, turning the peaches occasionally, until they are tender when pierced with a skewer or paring knife and the skins are loosened, 20 to 25 minutes (depending on the ripeness of the peaches). Transfer the peaches to a plate with a slotted spoon.
2. Return the liquid to a boil and cook until reduced to about 3/4 cup, 10 to 12 minutes. Remove from the heat, stir in basil and let cool to room temperature, about 40 minutes.
3. Slip off and discard the peach skins. Place the peaches in a storage container and strain the cooled syrup over them. Cover and chill for at least 4 hours.

Tips: Use a vegetable peeler to easily remove strips of the outer skin (zest), leaving the bitter white pith behind.

Note: A non-reactive pan - stainless steel, enamel-coated or glass is necessary when cooking acidic foods, such as lemon, to prevent the food from reacting with the pan. Reactive pans, such as aluminum and cast-iron, can impart an off color and/or off flavor in acidic foods.

Serves: 6

**Museum of Science,
Boston presents *Manufactured
Landscapes: Photographic Works*
by Edward Burtynsky**

BOSTON, MA—As part of its ongoing effort to show how emerging science and technology shape our lives, culture, and world, the Museum of Science presents *Manufactured Landscapes: Photographic Works of Edward Burtynsky, April 18 – September 7, 2009.*

Canadian photographer Edward Burtynsky is known internationally for his images of landscapes altered by industry. Through masterful technique and often dizzying compositions, the artist's magnificent color images are thought-provoking studies of how human activities—mining, quarrying, manufacturing, shipping, oil production—transform the natural world. The beauty

of Burtynsky's images contrasts with the compromised environments they depict. "Our dependence on nature to provide the materials for our consumption and our concern for the health of our planet set us into an uneasy contradiction," says Burtynsky.

According to David Rabkin, Farinon Director for Current Science and Technology, "What's so exciting is the power of art to shift perspectives and inspire reflection. After seeing these images, you will never see our relationship to the planet in the same way."

Manufactured Landscapes is included with regular Exhibit Halls Admission: \$19 for adults, \$17 for seniors (60+), and \$16 for children (3-11). For more information, the public can call 617/723-2500, (TTY) 617/589-0417, or visit mos.org.

Regular Hours

Saturday - Thursday, 9:00 am - 5:00 pm
Friday, 9:00 am - 9:00 pm



An 85 year old woman from Roxbury has not been paying her rent for several months and now she is about to be evicted from her subsidized apartment. Building management filed a report of Self-Neglect with Ethos' Elder Protective Services Program, as they have found the elder's cognitive ability has declined dramatically and they believe the elder may need assistance to remain living in the community independently but she has refused all assistance.

The Boston Elder Protective Services Program at Ethos is designated by the Massachusetts Executive Office of Elder Affairs, to receive reports and conduct investigations into alleged physical abuse, emotional abuse, sexual abuse, financial exploitation, neglect and self neglect of people over the age of 60 living in the City of Boston. Additional funding for Ethos' Elder Protective Services program is provided by Boston Senior Home Care and Central Boston Elder Services.

The woman described above was not evicted, as she allowed her Protective Service Worker (PSW) to advocate for her in Housing Court and accepted a Volunteer Bill Payer from Ethos' Money Management Program, who assists this 85 year old woman on a monthly basis.

Ethos has experienced a 20% increase in Protective Services reports this year. Between July 1st and April 30th in FY 08,

1013 reports were filed, as compared to July 1st to April 30th in FY 09, there have been 1217 Protective Services reports filed with Ethos. This enormous increase has primarily been related to more elders being reported due to their self-neglecting behavior, as exemplified by the cases described above.

One of the ways the eldercare community has responded to this increase is reports of self-neglecting elders, is the creation of Conference for Mandated Reporters entitled "**Self-Neglect: Will I know it When I See it?**", which is taking place at the Boston Federal Reserve Bank on June 18th. This conference has been developed by the Suffolk County Elder Protection Roundtable, which is collaboration of Ethos, Chelsea, Revere Winthrop Elder Service, Greater Boston Legal Service, Executive Office of Elder Affairs, Suffolk County District Attorney's Office, Attorney General Office, Alzheimer's Association, Boston University Geriatrics Program, S.A.G.E., and Boston Commission on the Affairs of the Elderly. The Conference has been designed to help professionals working with vulnerable elders living in the community.

For more information about Ethos' Elder Protective Services Program, or if you are concerned about an elder in your family or community and you would like to discuss the situation call Ethos at 617-522-6700 for a confidential consultation.



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

The Commission's BNN-TV Hosts

BNN-TV Channel 9

Boston Seniors Count
Live Call-in Cable Television Show

New Day & Time

Thursday at 3:30 p.m.
Repeated Sunday at 11:30 a.m.
Tuesday at 8:30 p.m.

For more information call
Deputy Commissioner
Kathleen Giordano, Producer
at 617-635-4362



Carolyn Barnes



Marie Barry



Lorraine Capozzi



Marybeth Kelly



Mike McColgan



Connie Mohammed



Annette Richardson



Luis Tavarez

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)

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The Elderly Commission

On Radio



Tune into:

Zumix Radio 1630 AM

on Wednesday at 2:00 p.m. also streaming on

the internet at **www.zumix.org**

WJIB 740 AM on Sundays at 7:30 a.m.

For more information please contact:
Deputy Commissioner Kathleen Giordano at
617-635-4362

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

Unless your income is higher than:

- * Individual - \$1,734 per month
- * Couple - \$2,234 per month

For more information or to complete an application contact:

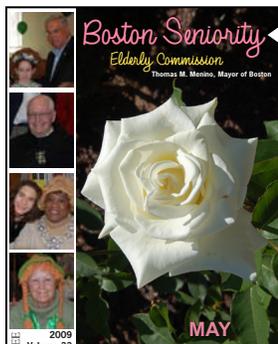
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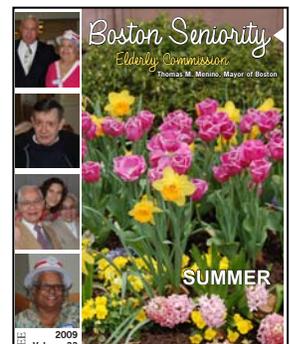
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Interested in placing an ad in *Boston Seniority*?

Email us at:
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or call Martha Rios at (617) 635-2360.



If your core audience are seniors you're in the right place.
We have a devoted following of seniors with a distribution
of 25,000 in print and 15,000 hits
online per month!

We accept editorial articles

Bottled Water

Are you a “bottled water only” person or do you drink tap water from the kitchen sink?

Americans are addicted to bottled water.

In 1976, only 350,000 bottles of water were sold. Today, more than 9.4 billion bottles of water are sold each year!! This is equal to \$12 billion in sales.

Should you kick the bottled water habit?

Some interesting facts.

1. Oil is used to power the bottled water industry. According to the Earth Policy Institute, the estimates are it takes up to 1.5 million barrels of oil to power the plants that make the plastic for the bottles. That is enough to power 100,000 cars for a year.
2. Is it natural spring water? The Food and Drug Administration (FDA) estimates that as much as 25% of bottled water comes from municipal sources, “tap water”!! Check the label and cap of the bottle. Does it say “from the community water system” or “from a municipal source”?, if so, the water originates from the tap.
3. The water doesn’t always come from the branded source. Example, the Deer Park (Maryland) brand water is actually taken from the counties of Florida and Pennsylvania.
4. Bottled water is not necessarily healthier or safer than your tap water. According to a study, 1000 bottles

from 103 different brands of bottled water had interesting results. Both bottled and tap water tested found man made chemicals, bacteria and arsenic in 22% of the bottles. Tap water is not immune to contamination problems. Most cities meet the standards for tap water. Some tap water in the US cities tested was found to contain arsenic, lead and pesticides.

5. Most healthy adults can tolerate exposure to trace amounts of these contaminants. Some people, cancer patients, patients undergoing chemotherapy, HIV positive, recovering from transplants or major surgery, pregnant women, children or elderly are more vulnerable.
6. Fitness and specialty waters will not give an athlete an advantage or an edge. In fact, vitamin fortified waters may pose a risk. Over supplementing yourself!! They are like daily vitamins. You may drink too many vitamins and have very high vitamin levels in your body.

Florida based sports nutritionist, Cynthia Sass, spoke recently at the 11th Health and Fitness Summit of the American College of Sports Medicine. If you have concerns about what type of water you should drink, she suggests that you buy bottled water heated with reverse osmosis, distilled water or city tap water with a filtering system certified by the National Sanitation Foundation.

A good site to read more about bottled water is www.qualityhealth.com



Ebenezer Baptist Church Seniors Program In Partnership with Greater Friendship Baptist Church

Dedicated to enhancing the quality of life for our seniors through planning, coordinating, monitoring and delivery of spiritual, educational and therapeutic social activities through community outreach.

Every Wednesday: Fellowship 10:00am to 10:30am
Bible Studies 10:30am to 11:45am
Social Activities 1:00pm to 3:00pm (Crafts, Health and Fitness group, and mobilization cluster meeting)

For more information contact
Bro. James Harvey, Program Director at 617-262-7739
Located at 157 West Springfield, Boston, Massachusetts 02118
www.ebenezerbaptistchurchofboston.org

It's Here!!! **Only \$15.95** *Volume II*

The Memoir Writing Project's second edition *My Legacy Is Simply This* contains personal stories from seniors in Charlestown, Chinatown, East Boston and Mattapan.

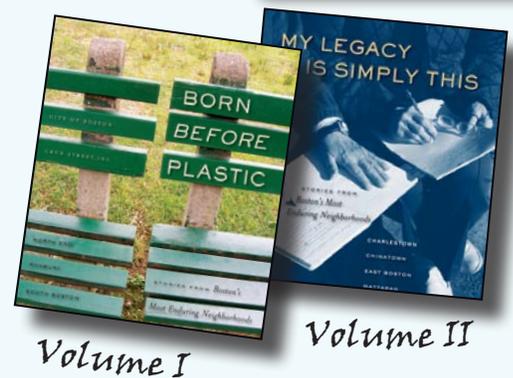
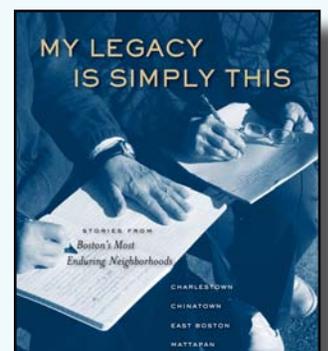
For more information or to purchase *My Legacy Is Simply This* please contact Tula Mahl at 617-635-1922.

Special offer:

Buy both books as a set for only

\$25.00

Don't miss out on this amazing offer!





Mayor Menino with seniors from Chinatown who enjoyed a special Dim Sum Luncheon.



Commissioner Greenberg with friends in Charlestown.



Dora (left) and Daisy enjoying the festivities at the Julia Martin House.



Anita Jones



Gail Cowgill



Remo Palomba



Rita Rogers



Alta McDonald

Memoir Project authors from Jamaica Plain.



Thanks for singing and playing your guitar Luis.



Mayor Menino greets everyone at the Hooray for America Party at the Julia Martin House in Jamaica Plain.



Commissioner Greenberg with Kathleen and Frank Chin at the Dim Sum Luncheon.



Gracie (right) and her friend are ecstatic about standing next to their new garden.



Mayor Menino poses with senior residents from Constitution Co-op Apts to celebrate their new bench.



These ladies use their green thumbs to help make a garden at the Old Colony Senior Center.



Mayor Menino with Larry Guerra in Charlestown.



Elsa (left) with her good friend Ana.



Commissioner Greenberg and Helen.



Sophia Snow House Crafting Group with Sandy Sachs and Dianna Wayne of the Family Nurturing Center.



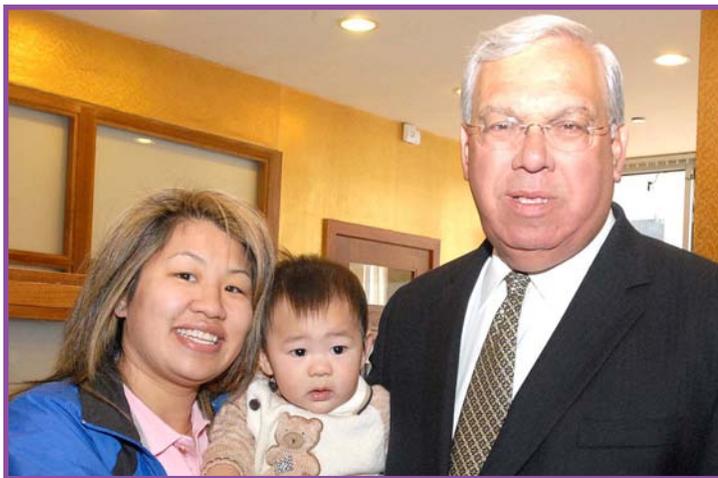
Patricia strikes a pose.



Sadie shows off her beautiful smile.



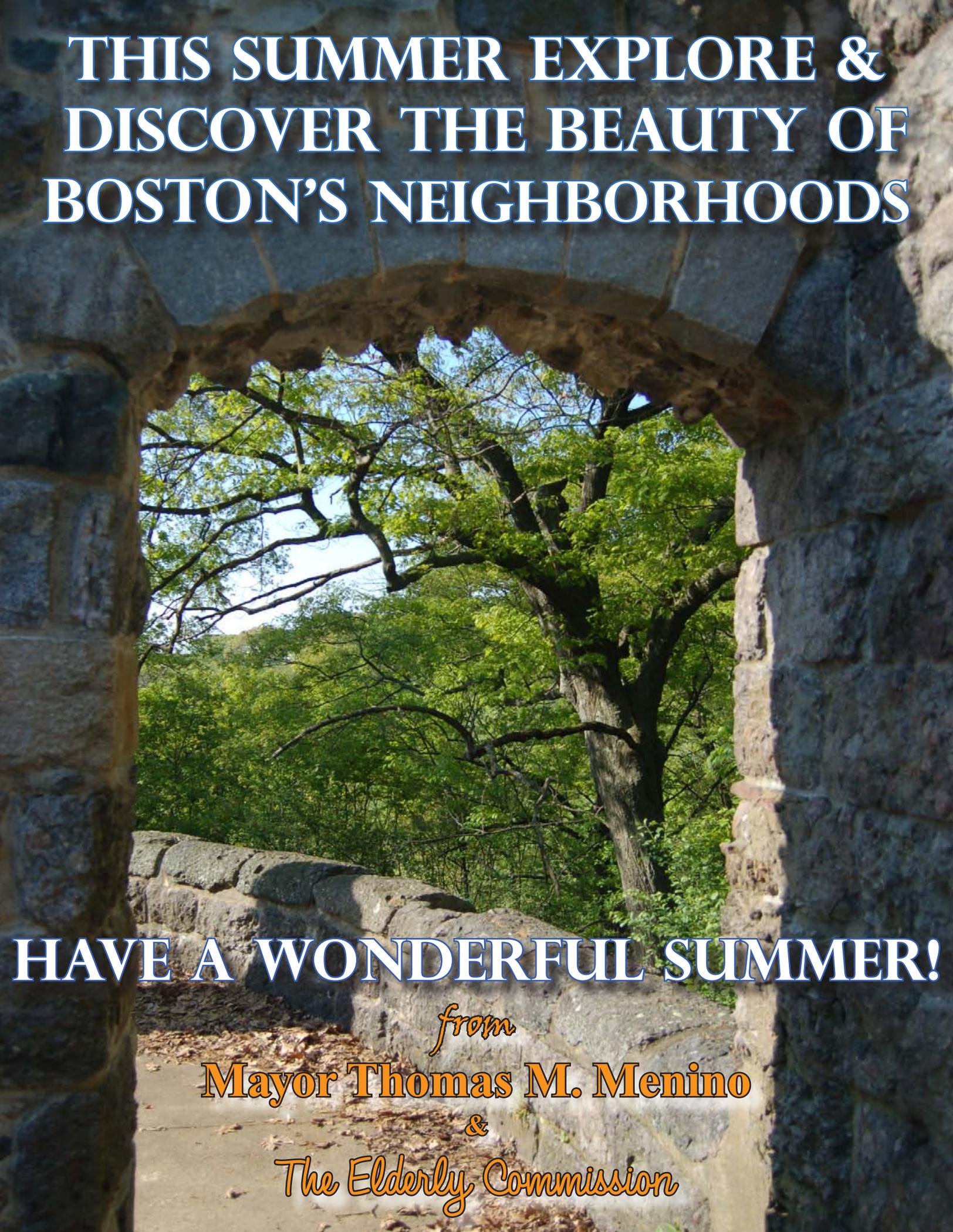
Mayor Menino makes a new friend at the Julia Martin House.



Mayor Menino with friends at the Dim Sum Luncheon.



Seniors pose for a picture with Elderly Commission staff after planting a garden at the Old Colony Senior Center in South Boston.

A photograph of a stone archway made of large, dark grey blocks. The archway frames a large, mature tree with vibrant green leaves. The tree's trunk is thick and gnarled. In the background, more green trees and a clear blue sky are visible. The foreground shows a stone wall and a path with some fallen leaves.

**THIS SUMMER EXPLORE &
DISCOVER THE BEAUTY OF
BOSTON'S NEIGHBORHOODS**

HAVE A WONDERFUL SUMMER!

from

Mayor Thomas M. Menino

&

The Elderly Commission