

Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

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Check out our website
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Mayor's Spotlight

Mayor Menino Announces Return of New Balance Hubway to Boston's Streets

Hubway begins its second season, to be fully launched on April 1

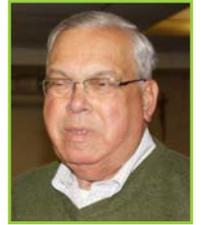
Mayor Thomas M. Menino announced that the New Balance Hubway bike share system will return to Boston's streets for its second season. Beginning in March, about 60% of Hubway stations will be live for use. Hubway plans to be fully launched on April 1 with all 61 stations operational. The Hubway system will offer new locations in 2012, moving less utilized stations based on usage and customer reviews and adding new locations at the Boston Convention and Exhibition Center, the Seaport Hotel, and Cambridge Street in downtown Boston.

"We are very proud of the success of the New Balance Hubway in its first year and look forward to its growth in 2012," Mayor Menino said. "As warm weather returns and more residents are spending time outside, it's great to see so many people eager to explore our great city through Hubway and our 50 miles of bike lane."

Mayor Menino also asked residents and Hubway users to exercise biking safety measures as they return to the roads, reminding cyclists to always wear a helmet and observe traffic laws.

Boston's new, green transit option, the New Balance Hubway logged more than 140,000 rides during its inaugural season (July 28 through November 30, 2011) and, in that time, signed up more than 3,700 annual members

and nearly 30,000 casual users.



Boston Bikes is also continuing its fundraising efforts to further expand the system in the future with an eye towards adding locations in Roxbury, downtown, and the Back Bay as well as Charlestown, Jamaica Plain, and Dorchester. Cambridge, Brookline and Somerville are finalizing their contracts and will be launching later this season more than 30 stations.

Users can monitor Hubway's deployment progress by visiting the Station Map on our website to view what stations are live and operational, displayed by green icons. Additionally, follow Hubway on Facebook and Twitter for relaunch announcements and events. Hubway also offers the free Spocycle application for smartphones, which will help members navigate the system in real time. Mayor Menino and the City of Boston have also taken significant steps towards improving Boston's biking infrastructure and safety outreach. Prior to the launch of New Balance Hubway, Boston implemented an aggressive, multi-pronged approach to improving safety, education and enforcement with the goal of making Boston the safest walking and bicycling city in the country. This year, Boston installed bike lanes on Massachusetts and Commonwealth Avenues; the two roads were identified as having the highest and second to highest accident rate in the city for cyclists. There are now more than 50 total miles of bike lanes on the streets of Boston.

More info can be found at www.thehubway.com and <http://www.cityofboston.gov/bikes/>



RSVP Boston Volunteer Opportunities

Boston RSVP has an array of volunteer opportunities to choose from. Call us today to receive an informational packet on the RSVP Program, a volunteer opportunities booklet, and directions on how to sign up for the program. Take the time, make the call, help out in your community!

For more information on the RSVP Program or to sign up, please call Anique Langlois, RSVP Administrative Assistant at 617-635-3988

Boston Partners in Education

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

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

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

Faulkner Hospital Volunteer Program

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

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

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

The City of Boston Elderly Commission

2012 Greater Boston Senior Games



Golf: Wednesday, May 9, 7:00 a.m. at Wm. Devine Golf Course, Dorchester. Fee \$40.00, includes Green & Cart Fees. Foursomes should request Foursome Golf Registration Form.

Bocce: Thursday, May 10, 9:00 a.m. at Langone Park, North End. Teams should request Bocce Team Registration Form - Free.

Billiards & Bowling: Friday, May 11, at Boston Bowl, Dorchester. Bowling (choice of two starting times: 8:00 a.m. or 10:30 a.m.) Fee - \$9.50; Billiards - 9:00 a.m. Fee - \$6.00.

Field Day @ University of Massachusetts: Saturday, May 12, 9:00 a.m. Soccer Kick, Horseshoes, Softball Throw, Swimming, Track Events and *Keep Moving Walk* (Free).

Tennis: Saturday, May 19, 9:00 a.m. at The Sportsmen's Tennis & Enrichment Center, 950 Blue Hill Avenue, Dorchester. Fee \$18.00.

Half Court Basketball: Saturday, May 19, 8:00 a.m. at Madison Park Community Center, 55 Malcolm X Boulevard, Roxbury (pre-established team sport) - \$20 (cash) fee per player - Teams should request Special Half Court Team Registration Form.

Eligibility: Men & Women age 50 & over. Pre-registration deadline for all events is Friday, April 27, 2012

Awards: Bronze, Silver and Gold Medals

Call: Michael McColgan at 617-635-4168 for applications and information.

E-mail: michael.mccolgan@cityofboston.gov



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



SPRING REVIEW OF **LUSH FRESH HANDMADE COSMETICS**

This Spring pamper your skin with some love from natural handmade products from LUSH. Here are some products that we tried and our comments.

Gloria: I enjoyed the light scent and how well it moisturized my skin. I want more!

Susana: Very moisturizing for my skin especially after it's been so dry during the winter.



Ro's Argan Body Conditioner

Augusta: I didn't like the scent but it was very moisturizing.

Martha: I liked it very much. The conditioner has a light scent and made my skin feel more hydrated.

Ligia: It's a very good product. I noticed my skin was softer and seemed clearer.

Tula: Very fragrant.



Fluffy Egg Bath Bomb

Visit the nearest Lush store at:

**166 Newbury St.
Boston, MA 02116**

Natalia: Great scent and very cute.



Carrot Reusable Bubble Bar

Boston Arts

By: John H. O'Neill III

The Boston Pops have delighted music lovers for many years. The Pops is an orchestra consisting of many members of the larger Boston Symphony Orchestra. They are especially known for holiday music. Marches by John Philip Souza are often played by The Pops. Of course, Tchaikovsky's 1812 Overture is a well known Pops piece.

There are several orchestras in Boston, including the Handel & Haydn Society.

Arthur Fiedler served as conductor of the Boston Pops for years. Many members of the different orchestras teach at nearby schools such as Boston Conservatory or New England Conservatory of Music. Jennifer Honan teaches singing at Boston Conservatory. She inspires singers and is an excellent pianist.

Copley Square, in Boston, is a popular place. It has many Concerts. Flowers are blooming. Baseball, at nearby Fenway Park, is starting, and the arts are being enjoyed by all.

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For more information please
contact: Deputy Commissioner
Tula Mahl
at 617-635-1922

Take Advantage of your Benefits

Caregivers: Use the Caregiver Program to Lessen your Responsibilities

By: Elizabeth Downton

The long, hard winter has passed and it's time to start enjoying the great outdoors. Allow yourselves to take a moment out of your busy schedules and commitments to take a deep breath. Caregivers, it is time to do something for yourself.

To begin, are you a caregiver? A caregiver is a person who looks after, shops for, takes to medical appointments or provides other services for a frail senior, or is a grandparent raising grandchildren. A caregiver does not need to spend all his/her time caring for the elder/child. In fact many caregivers work full time jobs and care for their family members. These caregivers are often referred to as the “sandwich generation”. Whether or not you fit into this category, it is likely that you experienced increased tension during the winter months with its dark, gloomy days and frequent holidays. Leaving the house in the dark and returning after dark is likely to interfere with anyone's sense of well-being. This is especially true if you are faced with a list of tasks or demands when you arrive at the house.

So, what can be done? You do not want to put your loved one in a nursing home. In addition, such a placement would be more work because you would probably go over daily to feed your loved one and check on his/her health. What you can do is call a Caregiver Advisor. A Caregiver Advisor can meet with you (in person or by phone) to review your needs, the services you are receiving and assist you in obtaining needed services. The advisor can directly supply (at no cost to you) the following: limited individual counseling, access to support groups, education regarding the problems/diseases you are facing, referral to appropriate services/providers (these may have a cost associated with them), assistance in actually applying for and obtaining these services, respite care (depending upon funding), supplemental services (e.g., putting in stairs, plumbing, grab bars, etc.) and advocacy.

Support groups can be very helpful. They give the caregiver the support of others who are experiencing the same or similar obstacles. Caregivers can share techniques that worked for them in specific circumstances. They can also share resources that the caregiver advisor has not discovered. Support groups usually meet once a month. Working caregivers may find it convenient to use their lunch hours for support groups. Grandparents may find it easier to go during the morning or early afternoon when the children are at school.

Although they share many concerns with caregivers for the elderly, grandparents also have concerns unique to them. For example, grandparents need to be aware of symptoms of drug abuse, bullying and gang membership and how to deal with these problems. Grandparents also face legal questions such as guardianship and adoption and how taking these steps may affect their income and that of the children involved. As you know, senior housing developments frequently prohibit children from living within the complex, unless the youth is a caregiver for the elder. Therefore finding appropriate, affordable housing is difficult for custodial grandparents. Working grandparents need access to daycare and afterschool programs neither of which is free. When these concerns are addressed and resolved,

the grandparents' lives should become much less stressful. A helpful resource is the Massachusetts Society for the Prevention of Cruelty to Children. Their grandparents raising grandchildren program is excellent.

All caregivers need to do things to make their own lives easier and less stressful. If you are a caregiver and are reading this article all the while saying to yourself "all this is very good but I do not have time for it" think again. Caregivers who do not relax and take care of their own needs are likely to become unable to help the person(s) who depend on them. Please take the time to contact Betsy at the Elderly Commission. Betsy can be reached at 617-635-3979 or elizabeth.downton@cityofboston.gov.

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Spring Allergies

Yes, our winter is over!

There was no snow, no ice, nor freezing cold weather. Our shovels went unused, our snow boots not worn, our heating bills outrageous but not deadly. We had an exceptionally warm winter. This was wonderful for some people.

Warmer winters encourage our trees to deposit pollen in the air a lot earlier than expected. Also, our first flowers of spring the crocus and daffodils bloom earlier.

To many, pollen is the first sign that spring has arrived. Sneezing, watery eyes, runny nose, post nasal drip and for some, a blinding headache that won't go away, are symptoms letting the allergy sufferer know that spring has arrived.

Allergies can develop at any age. Anyone can suffer from allergies, even in their seventies or eighties.

How can you tell if it is the flu or allergies?

1. Symptoms last longer than one week, could be allergies
2. Cold or flu can cause fever and aches, allergies don't
3. Your nose is running clear fluid, almost constantly, probably allergies

Other allergy facts -

On a windy day, pollen can travel 400 miles. This means, you may not be sensitive to Boston tree pollens yet you may be sensitive

to the pollen that travels from the trees that are only grown in New York, Vermont or Nantucket!

Follow the local weather patterns. Our television meteorologists and newspapers report the daily pollen and mold counts.

If tree pollen bothers you, stay indoors, windows closed. Be sure air conditioner filters have been replaced. Pollen is worse in the early morning.

If possible, when you come indoors, remove your clothes and shoes. They carry pollen. Take a shower and be sure to wash your hair. Close windows of your car. Go through a car wash when the pollen has covered your car.

You can try an over-the-counter allergy medicine. Be sure to read the precaution label. Not all of these medicines can be taken if you take certain blood pressure prescriptions, have eye problems or prostate diseases.

Do not try a friend's allergy medicine. This medicine may cause you more harm than good.

These over-the-counter medicines may not help your symptoms. They do not have the therapeutic dose that correctly treats your symptoms.

Your doctor will be the best judge of what medicine will be best for you. Your doctor may recommend that you see an allergy specialist to be sure you are being treated for the correct allergy.



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Two Writers on “*Natural*” Boston

In the city, it is easy to forget that nature is all around us. The essays that follow describe two writers’ memorable brushes with the natural world - one lost in a swampy park and the other brought face to face with swamp creatures washed in with a hurricane. The essays were written by members of the Hyde Park writing group, a 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 Memoir Project participants in *Sometimes They Sang With Us*, the third book in the series, available from The Elderly Commission or through your local library.

March of the Turtles

By: Alice Palumbo

The hurricane of 1938 hit the Hyde Park area of Boston with great force. At that time, the area around the mill pond, near the old textile mill on River Street, had a rustic-looking coral fence around it. During the hurricane the Works Progress Administration, known as the WPA, sent men down with sandbags to hold back the flooding. After the rain stopped and the high winds calmed down, it took several days for the flood to recede. That’s when a bunch of turtles got washed up onto River Street.

A contingent of turtles, some as huge as a double-sized basketball, zigzagged

down the street. I remember seeing a little boy about four years old trying to sit on one. Those turtles wobbled as they tried to get away, their thick necks sticking out from protective shells. Their eyes bulged as they marched around the street like a bunch of infantry recruits out of formation, zigzagging all over the place.

Being amphibious, the turtles survived the flood only to be captured by neighbors and spectators, and taken home for dinner. I was with my friend, Annie. When we heard that her father had taken one of the turtles, we hurried over to her house. By the time we got there, it was already in the pot; her mother was making turtle soup.

I remember that Annie’s mother also had some turtle eggs. They were small and round and looked like golf balls. I don’t know how she prepared them, but I wasn’t interested. I had just turned thirteen years old, and didn’t know that turtle soup was a delicacy. The house smelled terrible, and I left there in a hurry. Ohhh! I didn’t want to taste their dinner. Later I found out that after the vegetables and spices were added the smell got better.

Shortly after the hurricane, the WPA built a cobblestone wall around the mill pond. There’s a plaque on the corner of the wall that reads “Works Progress Administration 1938 – 39.” The agency

gave jobs to many young men who needed them during the Depression in the 1930s, when Franklin Delano Roosevelt was president.

Years later, I married my childhood sweetheart and in 1956 we moved across the street from the pond. I'm still living in the same house. We had other hurricanes through the years, but that cobblestone wall is still holding back the water.

I haven't seen any more turtles since the great hurricane of 1938, but I like to think they are still there in the pond, safe behind the cobblestone wall.

Alice Palumbo was born in 1923 in the Readville section of Hyde Park to first-generation Italian immigrants. She married her childhood sweetheart in 1949 after she got out of the marines. She has two children. She is the oldest living charter member of the American Legion Auxiliary Post 458.

Adventures on the Burma Road

By: Bob Hannan

Come along with me on a stroll along the Burma Road—not the early World War II roadway that carried military supplies between Burma and China, but the greenway that starts a little distance from Paul's Bridge where the Neponset

River divides Hyde Park and Readville from Milton. There's a small parking lot and, nearby, a granite marker inscribed "Fowl Meadow," emphasizing bird-life rather than a fouling of the waters. Interestingly, the trail follows a sewer line.

If you want to go exploring OFF the Burma Road, be prepared. Take heed of the weather. More so, take heed of your garb. I did not, when I ventured some years back into the tricky thicket between pathway and river. My adventure turned out to be a scratchy experience that still lingers in memory.

The Burma Road starts near the roadway, but the grassy trail gradually veers away from the traffic. The sounds of autos and trucks get dimmer and gurgling wetland, flowing waters, croaking bullfrogs, and the calls from waterfowl take over. Along the straight, truck-wide trail there are occasional mud holes. On my last excursion, we paused to study a black hump-backed turtle taking in the late afternoon sunshine. I say "we" because my seven-year-old Jack Russell Terrier, Tasha, was along for the walk. Tasha was glad to be free of the leash as soon as we entered into the wilderness. Now she could do her own exploring, trailblazing ahead and discovering some warm mud holes. I did some exploring too, pausing to read notices that wildlife flowers are allowed to flourish during the spring/summer period.

There is one threat to this greenway, the MAM or “Mile a Minute” vine - a weed that crept in from Asia - plays havoc on any soil area it touches. It can grow six inches per day and crowd out native wild crops, virtually strangling them. Near one of the raised sewer service stations along the road was a specimen of the lush, thick green growth of MAM. I tried taking home a sample, tucking the sprig in my shirt, but I discovered that like wildflowers, this species also wilts rapidly to a drooping gloop.

After 35 minutes on the trail, I figured we must be in Canton heading in the direction of Great Blue Hill. It seemed quite a distance before we came to what I sought, the service road to the Neponset, upstream from Hyde Park. After about a half-mile of unobstructed trail, we reached the river. The lonely river offered a choice: upstream to the left or downstream along the riverbank.

Years ago, a black Labrador named Willy and I ventured the narrower trail downstream in quest of the spot where four communities meet: Canton, Dedham, Milton, and Hyde Park. I remember coming to a marker on the shore, but I didn't have along my then state-of-the-art Polaroid Land camera. It was late fall, when afternoons dim earlier. It wouldn't do to be caught in the wilderness at dark, without flashlight, no cell phone, attired in a tee shirt and

short summer pants. Rather than go all the way back to the trail, I bushwhacked a shortcut to intercept the Burma Road. Leaving the riverbank trail and trees, I struck out into a clearer area hoping to hit on a short cut back. The clear field was full of vines with mature, hardened, sharp needles. One thicket brought us into another. For the dog, protected by fur and closer to the ground, it wasn't all that bad. But for me it meant red-spotted scratches on arms, legs, and face. I was a walking souvenir of a lost battle with nature.

During my last visit, different challenges loomed. I came prepared, wearing a long-sleeved shirt and carrying a cell phone. The late afternoon sun stayed bright giving me plenty of time to make it out. But the terrain underfoot was more wet and muddy. Twice, I almost had my shoes sucked off by the thick muck when I took a stride forward. As Tasha and I progressed, the ground seemed to sprout long branches underfoot. An ensnaring tendril fixed on an ankle and I pitched forward. My knees hit soft firmament, my face almost following as my spectacles flew off into moist mud. Next, as I tried pushing aside a springy green growth, it resisted, flinging me back into damp mud. Now I had dark splotch marks down the back of my shirt and rump.

We finally reached a copse of trees

and dry brown mat of the last winter's foliage, a welcome sight. The road home came into view. A solitary female hiker passed by at that moment, intent on the way ahead, unaware of our emergence as if from a lagoon. The Burma Road can be another world, indeed.

Robert F. (Bob) Hannan grew up in Medford, and has lived in Hyde Park since 1959 when he married Nancy (Hughes) Hannan. He attended Northeastern University for the co-operative work-study course in English and journalism and subsequently worked as a reporter. Later he was chief of research for the Boston City Council, retiring in 1996.

The Elderly Commission

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May 6, 2012



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Sunday, May 6, 2012

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Healthy Recipes

Sweet Potato Fritters with Smoky Pinto Beans

Ingredients:

- 1 large sweet potato (about 1 pound)
- 3 tablespoons canola oil, divided
- 1 medium onion, chopped
- 2 large poblano peppers or small green bell peppers, chopped
- 1 15-ounce can pinto beans, rinsed
- 1 1/4 teaspoon smoked paprika, divided
- 3/4 teaspoon salt, divided
- 3/4 cup fine yellow cornmeal
- 1/4 cup all-purpose flour
- 3/4 teaspoon baking powder
- 1 large egg, lightly beaten
- 1/4 cup water
- 4 lime wedges for garnish

Preparation:

1. Preheat oven to 425°F. Coat a baking sheet with cooking spray.
2. Prick sweet potato in several places with a fork. Microwave on High until just cooked through, 7 to 10 minutes. (Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.) Set aside to cool.
3. Meanwhile, heat 1 tablespoon oil

in a large saucepan over medium heat. Add onion and peppers and cook, stirring occasionally, until softened, 4 to 6 minutes. Set aside 1/2 cup of the mixture. Add beans, 1/2 teaspoon paprika and 1/4 teaspoon salt to the pan. Cook, stirring occasionally, until heated through, about 2 minutes. Cover and set aside.



4. Whisk cornmeal, flour, baking powder, the remaining 3/4 teaspoon paprika and 1/2 teaspoon salt in a medium bowl. Peel the sweet potato and mash in a large bowl with a fork. Stir in the reserved onion-pepper mixture, egg and water. Add the cornmeal mixture and stir until just combined.

5. Form the sweet potato mixture into eight 3-inch oval fritters, using a generous 1/4 cup for each. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Cook 4 fritters until golden brown, 1 to 2 minutes per side. Transfer to the prepared baking sheet. Repeat with the remaining fritters and oil.

6. Bake the fritters until puffed and firm to the touch, 8 to 10 minutes. Serve the fritters with the reserved bean mixture and lime wedges, if desired.

Serves: 4 (2 fritters and 1/2 cup beans)

Calories per serving 380

Turkey & Balsamic Onion Quesadillas

Ingredients:

- 1 small red onion, thinly sliced
- 1/4 cup balsamic vinegar
- 4 10-inch whole-wheat tortillas
- 1 cup shredded sharp Cheddar cheese
- 8 slices deli turkey, preferably smoked (8 ounces)

Preparation:

1. Combine onion and vinegar in a bowl; let marinate for 5 minutes. Drain, reserving the vinegar for another use, such as salad dressing.

2. Warm 2 tortillas in a large nonstick

skillet over medium-high heat for about 45 seconds, then flip. Pull the tortillas up the edges of the pan so they are no longer overlapping. Working on one half of each tortilla, sprinkle one-fourth of the cheese, cover with 2 slices of turkey and top with one-fourth of the onion. Fold the tortillas in half, flatten gently with a spatula and cook until the cheese starts to melt, about 2 minutes. Flip and cook until the second side is golden, 1 to 2 minutes more. Transfer to a plate and cover to keep warm. Make 2 more quesadillas with the remaining ingredients.

Serves: 4

Calories per serving 328



**Volunteer for
Renew Boston and Boston RSVP**

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

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

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

Save Energy, Save Money
Thomas M. Menino, Mayor

Don't Retire, Inspire!

Hosted by Augusta Alban

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

Check out BNN channel 9 on Fridays at 2:30 p.m. and repeated on Saturdays at 11:00 a.m.

On Boston City TV, Comcast channel A-24 and RCN channel 16, Tuesdays and Saturdays at 5:00 p.m.

Collaboration between Mayor Thomas M. Menino, the Elderly Commission & Suffolk University

Do you “Major in the Minors?” And I am not talking baseball!

“Don’t Retire, Inspire”

By: Augusta Alban



Why does everything have to be so categorized, why does it have to be up or down, left or right, good or bad, right or wrong, short or long? Why can't it just BE?

You know, we say things like “It would be a great day if it were just a little warmer. The lunch was wonderful, but it cost too much. The pool was heated but it could be warmer. The dog was cute but I think he had fleas.”

We could start with, “It is a great day, lunch was wonderful, the pool was blissful and the dog does have fleas!” A well-known program has a prayer about knowing what you can change and accepting what you cannot. Stop! Think about life! It will go on as long as we need it to, and more and more people are living past 100, but as of yet - forever is not included in life's dialogue! All of us have just so much time and energy to focus on what we wish to accomplish. It's not a new idea: most of us are on some kind of a budget anyway. Invest your energy wisely in something that has a return for you; don't throw it away on something that gives you no reward or pleasure.

We are too easily freaked out, upset, and angered at such silly things like a rainy day or what someone said

about someone else we don't even know. For rainy days, I recommend ordering weather gear and praying for rain. Go out to find the best and deepest puddle in your neighborhood and do what you did when you were six. Splashing in that puddle with the rain coming down on your face brings back a part of your soul that has been missing lately.

I recently was on a very crowded train returning from a lovely holiday. Wishing to be left alone with my pleasant thoughts. I was trying hard to ignore the chattering lady sitting beside me. “Did you have a nice visit?,” she asked. I let it go. “Why do you think some people “Major in the Minors,” she said? “Oh no, not sports! I live in Boston and I must confess I love Fenway: it's the best ballpark ever, but I have no need to understand the game of baseball.”

She continued. “Well it was just about dinner time. My daughter-in-law (a foodie) was preparing something wonderful in a huge pot with lots and lots of cream and butter.” At this juncture in her story I was not interested, but not uninterested. As a writer, you never know when something comes your way that just may turn into a good story. Without any encouragement from me she

had taken center stage. “I just couldn’t believe what my daughter-in-law said to me,” she said. Now, this can’t be good, I thought. Any sentence that starts with “my daughter-in-law” will not be ending well. This lady was determined to share her irritation with someone on this train and I was it. “Well you see” Well I didn’t see and did not want to. However seats on the train were in short supply, so I remained steadfast. Maybe the train would lurch forward and I would hit my head on the tray table in front rendering me unconscious for a brief period.

Now she was gesturing! “They have a huge dog - 120 pounds!” Her arms were now expanding into the open aisle of the train. She was getting attention from the other passengers now. “I had been taking care of this 120 pound dog for two weeks and he was just fine! I tell you, he is still chasing the neighbor’s rabbit!”

I was convinced, there is your proof, and he was still chasing the neighbor’s rabbit. What more do you need to know? She had a growing audience by now. “It was just about dinner time,” she went on, “and my daughter-in-law (a foodie) was preparing something wonderful in a huge pot with lots and lots of cream and butter. She was busy, so I volunteered to once again feed the big dog. It’s simple: one-and-a-half cups of dry kibble

in the big blue bowl and add water. My daughter-in-law shouted at me: “THAT’S TOO MUCH WATER!!!!. Has he been eating it that way all this time?” Yes was the answer. “Just too much water, too much water!”

This was what the lady was calling “Majoring in the Minors”. Too much water - not gravy, not candy, not garbage off the sidewalks but a cup of too much water. That was the breaking point. My train friend turned to me. “Now would agree this is overreacting?” “We all Major in the Minors at times without knowing,” I said.

What a lesson this was for me: it couldn’t have been more clear. What do I need to recognize as just TOO MUCH WATER? When am I filling my head with too much water, and what am I not accomplishing by doing that? What could I accomplish if I chose more carefully and added just a little water?

Life on a daily basis is filled the minors. If we choose them, they rob us of using our gifts of love and energy that really make our lives better. Those goals in my life that keep running just outside my reach clearly are because of TOO MUCH WATER.

SEXUALITY

&

THE SENIOR

By: Jennifer FitzPatrick, MSW, LCSW-C

The concept of a grandparent as a sexual being is uncomfortable for many. But sexuality is an important component of any adult's self-image, including those older than fifty. Seniors have frequently been labeled as asexual in American culture, particularly with stereotypes that older men are impotent and older women as frigid. On the contrary, seniors are one of the rapidly growing groups of online daters.

What Is Sexuality?

Sexuality is not simply about sexual behavior or intercourse. Sexuality has to do with one's identity as a man or woman, a straight or gay person. It can be about the enjoyment of putting on lipstick, cologne or an attractive outfit. Sexuality can be about romance and companionship. Sexuality for some older adults can mean connecting with someone physically through a variety of sexual behaviors. For single, divorced or widowed older adults, sexuality can be about the hope and possibility of meeting someone with whom they can connect.

Sexuality can simply be about enjoying the sensuality of one's own body through a foot massage or even masturbation. Sexual activity can also be very good for our overall health. Many studies suggest that sex bolsters the immune system, reduces stress and improves cardiovascular health.

Sexuality As We Age

Most older adults can perform sexually if they would like to, but there are some barriers. Since women tend to live longer than men, older heterosexual women who may desire a sexual or romantic relationship frequently encounter a lack of available partners. Older females are also more frequently caregiving so this may leave them with less energy to pursue or maintain a sexual relationship. The current cohort of older adults tends to be conservatively religious and those beliefs may inhibit initiating a sexual relationship when single, divorced or widowed.

Hormonal changes take place for both men and women. Nearly everyone has heard the jokes about the stereotypical menopausal moodiness. But these jokes can downplay how truly life-altering menopause can be. Menopause occurs when a woman has gone twelve consecutive months without a menstrual period. While the news is filled with reports about how much fertility drops in the thirties and forties, there is still a chance, albeit very slight, for women to become pregnant until menopause is completed. Along with the loss of ability to become pregnant, there is a significant drop in estrogen which typically occurs in the early fifties.

Older women frequently experience some discomfort with intercourse after menopause due to a condition known as urogenital atrophy. Urogenital atrophy is the lessening of lubrication and thinning of skin in the vaginal area. Urogenital atrophy can even



man to achieve an erection than a younger man but this does not mean that drugs are necessarily required.

Safer Sex Tips For Seniors

Practicing safe sex has many meanings, especially for older adults. Here are some tips to help seniors navigate their sexuality as safely as possible:

- 1. Prevent pregnancy.** Sometimes it is forgotten that men of any age can impregnate a woman. It is important for older men dating or married to women who have not completed menopause to remember that birth control is still crucial if an unplanned pregnancy would be a major disruption to their lives.
- 2. Use condoms.** The use of latex condoms, by far, is the best way to prevent HIV and sexually transmitted infections (STIs), outside of abstinence. Older adults, just like sexually active persons of any age, need to take precautions against HIV, herpes and other STIs. Unfortunately, the Kinsey Institute reports that condom use is low in the over 50 population (only about 1/3 of those older than 50 interviewed for a recent study indicated they used condoms during their last sexual encounter). While much public health education about STIs tends to focus on teens and young adults, the most recent statistics available from Centers for Disease Control and Prevention (CDC) indicate that 15% of all new HIV cases are persons age 50 or older.

cause some light bleeding for sexually active older women. Minimizing symptoms of urogenital atrophy can be accomplished by having regular sex, masturbating and using lubricants when sexually active. Comfortability for older women having sex is truly a “use it or lose it” scenario. If a woman has not been sexually active in a while, it is important for her to use lubricants and discuss with her doctor if she continues to be uncomfortable as there are some other treatments that may be able to help.

Viropause or andropause is sometimes referred to as the male version of menopause. It involves a very gradual decrease in testosterone, beginning usually in the early fifties. Sexual response for older men also changes. Orgasms tend to be less intense, erections are a bit less firm, and refractory periods are longer. Occasional impotence does happen to older men and some may be quick to ask the doctor for performance-enhancing drugs. Older men may want to try being a bit more patient by enjoying additional minutes of foreplay, instead of immediately assuming they require medication for erectile dysfunction. It is going to take more time for an older

3. Consider the impact on acute and chronic conditions. Further, seniors with other health conditions need to consider them in order to have the safest sex possible. If a senior has arthritis or paralysis due to a stroke, it is important to seek positions that will make sex as comfortable as possible. If an older adult has a history of heart attack, discussing any concerns or anxiety with a doctor is important. If a man is experiencing regular impotence even when engaging in lengthy foreplay sessions, it is important to consider if there is a medication side effect or an undiagnosed condition. Sometimes healthcare providers don't initiate such discussions, especially when the senior is single, because they wrongly assume they are not needed. It is important for an older adult to take initiative with doctors in these discussions when there are concerns.

4. Don't worry about what everybody else says. Some seniors can be reluctant to date or get involved in new romantic relationships because they worry about what their adult children, grandchildren, friends or even the neighbors might say. Seniors have already lived full lives, raising families and making contributions to the workplace and community. They are adults entitled to make their own decisions about dating and sex. If a single senior has connected with someone, she has every right to reap the health and psychological benefits of sex, romance and companionship. As more seniors date, remain vital, and push against the stereotype, we will see younger generations accepting and looking forward to their own sexually fulfilling golden years.

In conclusion, most older adults can enjoy an active healthy sex life if they want one. While sexual response may change a bit with age, the fun of romance and the comfort of companionship can help seniors feel youthful.

About the Author:

Jennifer FitzPatrick, MSW, LCSW-C is an author, speaker and educator. Founder of Jenerations Health Education, Inc., she has more than 20 years' experience in healthcare. Jennifer is a frequent speaker at national and regional conferences and is an Adjunct Instructor at Johns Hopkins University. Her new book, "Your 24/7 Older Parent" answers the prayers of those dealing with the care of an elderly parent. For more information on Jennifer FitzPatrick's speaking, please visit www.jenerationshealth.com.



Basketball



Seniors over age 60 who are interested in playing Basketball are welcome to join us every Thursday from 10:30 a.m. to 12:30 p.m. at the Roslindale Community Ctr, 6 Cummings Hwy

You can just shoot around or you can participate in 3 on 3 Half Court games.

For more information call Ed Conway at (617)327-6831 or e-mail him at edconway14@yahoo.com

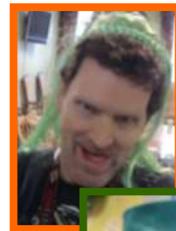


.....Arts on the Move



The BHCC ArtMobile St. Patty's 2012 Visit to:

ZELMA LACEY HOUSE



Happy St. Patrick's Day!

Merrill Lynch Affluent Insights Survey™ – National Findings

American investors would approach money management differently if they knew today that they were going to live to be 100 years old.

- While the majority of investors (58%) view the prospect of living to 100 positively, three out of four (75%) admit they would approach their finances differently today in preparation. To financially accommodate for a longer life, they would:
 - o Continue to work at least part-time during retirement (39%)
 - o Work with their financial advisor to re-evaluate savings and investment strategies (37%)
 - o Invest in a lifetime income product, such as an annuity (32%)
 - o Contribute more to a 401(k), IRA or other retirement savings vehicle (32%)
 - o Purchase long-term care insurance (29%)
 - o Retire closer to age 85 than 65 (25%)
- In light of longer life expectancies, the majority of respondents (59%) believe that the age at which Americans are eligible to collect Social Security should be raised.

American investors prefer delayed retirement over tradeoffs to their current lifestyle.

- If given the choice, half of investors surveyed (51%) not yet retired would rather retire later than make tradeoffs to

their current lifestyle. However, if they had to make tradeoffs, 81 percent would do a combination of:

- o Trimming day-to-day expenses (38%)
- o Purchasing fewer personal luxuries (35%)
- o Limiting budgets for vacations (32%)
- o Keeping the same car longer (27%)
- o Leaving less of an inheritance (25%)
- o Downsizing their home (24%)
- Among those preparing to retire in the next five years, many are taking steps now to ensure their assets last throughout their lifetime, including:
 - o Saving more (39%)
 - o Developing a plan for monthly expenses and other financial needs once retired (36%)
 - o Consolidating assets with fewer financial institutions (20%)
 - o Clipping more coupons (19%)
 - o Providing less financial support to their adult-age children (15%)
- Longevity and the desire to work later in life are redefining the meaning of retirement. Only one quarter (24%) of non-retirees define retirement as never having to work again, while 73 percent intend to work full or part-time during this phase of their life.
- While many baby boomers are struggling to save for and fund their retirement, most respondents (79%) believe that Americans under the age of 35 today won't have it any easier.

While rising cost of healthcare continues to top the list of financial concerns, few respondents have a plan.

- For the third year in a row, survey respondents cite rising healthcare costs as their top financial concern (79%).
 - One-third of respondents went so far as to say that they are more concerned about the financial strain associated with a significant health situation, such as a chronic illness or disability, than they are about how it may compromise their quality of life.
 - Despite these concerns, 62 percent of respondents over the age of 50 have not yet estimated what their healthcare costs may amount to during retirement.
- Survey respondents believe that future healthcare costs (26%) and life expectancy (25%) are the most difficult unknowns when planning for future financial needs.

Retirement concerns vary between women and men.

- Sixty-six percent of affluent women are concerned about their retirement assets lasting throughout their lifetime, compared with 54 percent of men.
- Women are also more concerned about the future of Social Security benefits than men (76% women; 59% men), and about what the prospect of caring for an aging parent could do to their own financial security (37% women; 25% men).

Advisors offer retirement insight beyond investment decisions.

- Nearly half (47%) of American investors cite that conversations with their advisor regularly go much further than general investing to focus on broader aspects of retirement. Financial advisors today are a source of insight and advice around how

tradeoffs, healthcare costs and longevity may impact retirement outcomes. Retirement topics clients would like to discuss more often with their financial advisor include:

- How to financially plan for the possibility of living to be 100 years old (30%)
 - Managing cash flow and liquidity in retirement (29%)
 - Balancing competing near- and long-term financial demands (26%)
 - How they hope to live their life during their retirement years (25%)
 - The impact of rising healthcare costs on their retirement income (25%)
 - Making lifestyle choices today that will improve their long-term financial security (21%)
 - Choosing the right Medicare coverage and other healthcare decisions (17%)
- Core qualities like understanding their current financial situation (58%) and knowing their goals, dreams and personal values (51%) are what keeps respondents loyal to their financial advisor.

About Merrill Lynch Affluent Insights Survey™
The survey was conducted via phone by Braun Research and Ketchum Global Research & Analytics in December 2011 on behalf of Merrill Lynch Global Wealth Management. The nationally representative sample consisted of 1,000 affluent Americans (ages 18+) with investable assets in excess of \$250,000. At least 300 affluent Americans were also oversampled in five target markets including Atlanta, Chicago, Dallas, Detroit and San Francisco. The margin of error is +/- 3.1% for the national sample and +/- 5.7% for the oversampled markets, with both reported at a 95% confidence level.

St. Patrick's Day Luncheon at Warren St. Tavern in Charlestown



St. Patrick's Day Luncheon at Paddy O's



St. Patrick's Day Luncheon at Veronica Smith Center



St. Patrick's Day Luncheon





2012 Greater Boston Senior Games

Official Registration Form – May 9th, 10th, 11th, 12th & May 19th

REGISTRATION DEADLINE 04/27/12

(Please Print)

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

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

Golf: WEDNESDAY, MAY 9, 2012 - Registration at 7:00 a.m. at William Devine Golf Course, Dorchester. Shotgun start at 8:00 a.m. **PRE-REGISTRATION DEADLINE 04/27/12** – 128 player maximum - **Mandatory \$15.00 golf cart fee** will be charged to each participant, including **Devine Course Members**. In addition, there will be a **greens fee of \$25.00 for all non-members for a total of \$40.00**. Cash or checks payable to **Fund for Parks & Recreation** at the Course on day of the tournament. Foursomes should request Foursome Golf Registration Form by calling 617-635-4366.

Bocce: THURSDAY, MAY 10, 2012 - Starting At 9:00 a.m., Langone Park, North End. Teams should request Bocce Team Registration Form by calling 617-635-4366.

Bowling:

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

(8:00 a.m. start time) FRIDAY, MAY 11, 2012 - Boston Bowl, Morrissey Blvd, Dorchester - **\$9.50** – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. **Please do not send payment with registration.**

(10:30 a.m. start time) FRIDAY, MAY 11, 2012 - Boston Bowl, Morrissey Blvd, Dorchester - **\$9.50** – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. **Please do not send payment with registration.**

Billiards: FRIDAY, MAY 11, 2012 - Starting at 9:00 a.m. Boston Bowl, Morrissey Blvd, Dorchester - **\$6.00** - Cash or checks payable to Boston Bowl on day of the tournament: **Please do not send payment with registration.**

Saturday, May 12 – All Events except Track - Registration 8:30 a.m. Event start time @ 9:00 a.m. –

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

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

<input type="checkbox"/> Horseshoes	<input type="checkbox"/> Swimming Freestyle 100 M
<input type="checkbox"/> Keep Moving Walk (11:30 a.m. Non- Competitive)	<input type="checkbox"/> Swimming Freestyle 50 M
<input type="checkbox"/> Soccer Kick	<input type="checkbox"/> Track 100 Meters (Starting at or after 1:00 p.m. Must be pre-registered)
<input type="checkbox"/> Softball Throw	<input type="checkbox"/> Track 800 Meters (Starting at or after 1:00 p.m. Must be pre-registered)
<input type="checkbox"/> Swimming Breast Stroke 100 M	<input type="checkbox"/> Track 1500 Meters (Starting at or after 1:00 p.m. Must be pre-registered)
<input type="checkbox"/> Swimming Breast Stroke 50 M	<input type="checkbox"/> Track 400 Meters (Starting at or after 1:00 p.m. Must be pre-registered)
<input type="checkbox"/> Tennis: SATURDAY, MAY 19, 2012 - Registration at 9:00 a.m. Sportsmen's Tennis Club 950 Blue Hill Ave Dorchester - \$18.00 Fee . Cash or checks payable to Sportsmen's Tennis Club. Please check preference: Doubles <input type="checkbox"/> Singles <input type="checkbox"/>	
<input type="checkbox"/> Half Court Basketball: SATURDAY, MAY 19, 2012 Registration at 8:00 a.m. Madison Park Community Center, 55 Malcolm X Boulevard, Roxbury, MA 02120 Team Sport within same age group. It is recommended that teams request Half Court Basketball Registration Form by calling 617-635-4366. (\$20 fee per player - cash payable on day of Event)	

Please return this Registration Form to: Commission on Affairs of the Elderly –

One City Hall Square, Room 271 – Boston, MA 02201 - Attention: Michael McColgan

Or fax to 617-635-3213, or scan and email to michael.mccolgan@cityofboston.gov

For more information call 617-635-4366 (Please Note: The only transportation provided is Shuttle Service from JFK T stop for U-Mass Event.)

ALL GREATER BOSTON SENIOR GAMES PARTICIPANTS MUST SIGN THIS WAIVER

I hereby agree to hold harmless the organizers and sponsors of the 2012 Greater Boston Senior Games from any and all claims of whatsoever kind and nature which I may have, or at any time in the future have, of any injury arising out of my participation in the 2012 Greater Boston Senior Games. I am in good physical condition and have no medical restrictions that would prohibit my participation in the 2012 Greater Boston Senior Games.

Signature:	Today's Date:	Your age as of 05/09/12:
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Thomas M. Menino, Mayor
City of Boston – Commission on Affairs of the Elderly
Emily K. Shea, Commissioner

