



Elderly Commission

Thomas M. Menino, Mayor of Boston



Boston Seniority

March 2007

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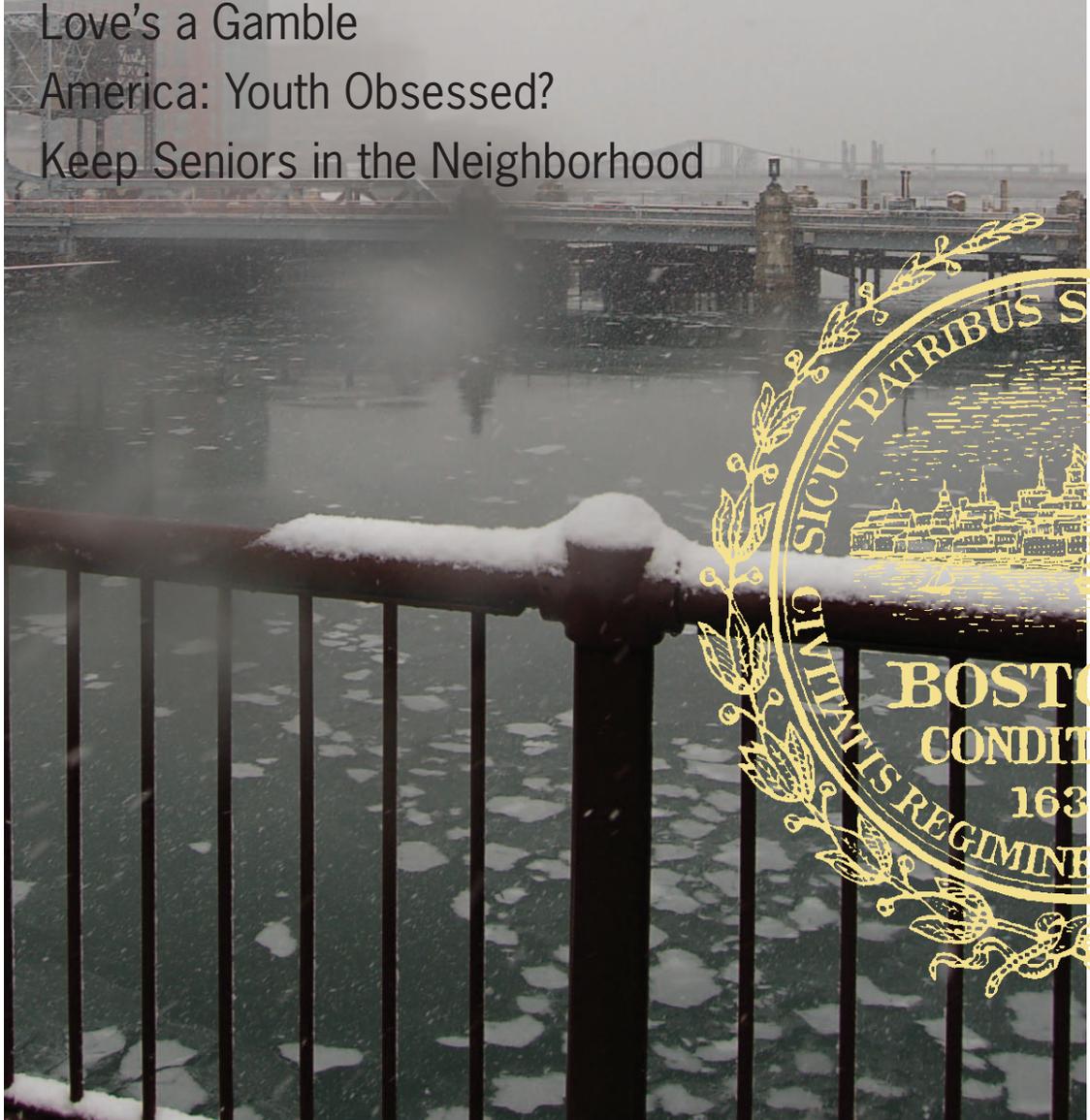
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Issue 3

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Check out our NEW and improved website

www.cityofboston.gov/elderly

Call us with comments and suggestions (617) 635-3244

Boston Seniority

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Mayor's Spotlight



In the post 9/11 world, government officials and emergency responders do not have the luxury to take things lightly, especially when there is even the slightest chance of people getting hurt. That is why I do not believe the actions of city and state emergency responders were an overreaction when hoax devices were found in and around Boston. I want to be certain that the city takes any report of a suspicious package very seriously.

I am very proud of the way in which the Boston Police Department and all the public safety agencies responded in a coordinated effort that day. The synchronized response by all departments proves the system we have in place works. My Office of Emergency Preparedness and the Boston Police Department shared intelligence with the Boston Regional Intelligence Center, Boston Fire Department, Emergency Medical Services, Massachusetts State Police, ATF and FBI and will continue to do so whenever necessary.

Public safety is not a joke here

in Boston. The Department of Homeland Security Secretary Michael Chertoff himself called me Thursday morning to share his anger over the situation and to offer congratulations to Boston for our excellent response.

To remain a safe and welcoming city, we need residents to continue to help us. Messages on MBTA buses and trains say, "If you see something, say something." That's true of anywhere in the city. If something seems suspicious, please call 911. We would all rather be safe than sorry.

Along those same lines, the weather lately has become dangerous for many of our most vulnerable residents. We in the city would hope that the homeless and elderly take advantage of city services during this time. I would personally ask those with elderly and disabled neighbors to check on them when the weather turns cold, and to shovel their walkways after snowstorms when they are unable to.

If you are a tenant, your unit should be heated to 68 degrees during the day and 64 degrees at night. Alert your landlord first to correct any issues. If your landlord does not respond, the city's "No Heat" hotline number is (617) 635-5300 or (617) 635-4500 after hours. The city's Inspectional Services Department will investigate the situation and work with the landlord to get heat turned back on. Inspectional Services has added an additional housing inspector to help re-

spond to any calls during the cold weather.

- For heating assistance, we urge residents to contact ABCD (Action for Boston Community Development) at 617-357-6012.

- If you have a complaint about your oil dealer's service, call Mayor Menino's Office of Consumer Affairs and Licensing at 617 635 3834.

Some general safety tips for winter weather from the Boston Fire Department:

- Never use your oven for heat
- Electric powered portable heaters should never be left on while sleeping and should be kept at least three feet away from combustible materials.
- Do not overload electrical sockets
- Never leave candles unattended
- CO2 detectors are now required in homes by law. They must be within ten feet of sleeping areas.
- Working smoke detectors should be on each floor of your home, particularly near bedrooms.
- In case of a power outage, stock up on batteries, flashlights and canned goods

You can make a Difference

City of Boston Elderly Commission's Mayor's Senior Advisory Council Elections Announcement

The City of Boston Elderly Commission and the Area Agency on Aging is happy to announce that elections will be held in May, 2007, for Neighborhood Representatives on the Advisory Council. Neighborhood Representatives must be 60 years or older and have lived in the community which they wish to represent for at least six (6) months prior to

the election. They serve a two (2) year term. The Advisory Council meets monthly except for July and August.

The Advisory Council's mission is to assist the Elderly Commission, Area Agency on Aging (AAA), in developing and coordinating community-based systems of services for all seniors in Boston. The Advisory Council is to act as a conduit between the AAA and the community by relaying important information to the seniors in the neighborhoods and

bringing neighborhood concerns back to the AAA.

Duties are listed below:

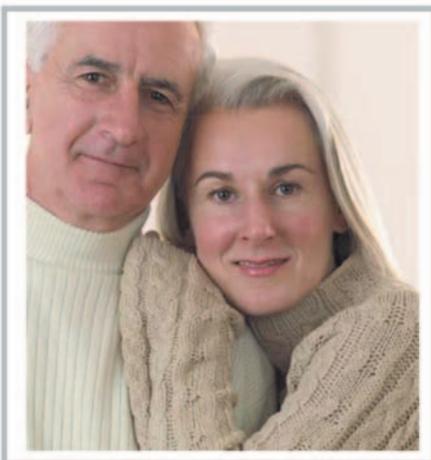
- Shall state, by way of the Chair, any concerns from seniors in their neighborhoods
- Shall be responsible for communicating any new information learned at the Advisory Council meeting to the seniors in their neighborhood
- Shall utilize senior centers, church groups, senior housing developments and other contacts to communicate new information
- Shall utilize Elderly Commission's Seniority newsletter to re-iterate Advisory Council meetings

Nomination papers may be obtained at the Elderly Commission, Boston City Hall, Room 271 on Friday March 2, 2007 after 12:00 noon.

Elections will be held at City Hall, Friday, May 4, 2007.

For more information, please contact Betsy Downton at (617) 635-3979.

Help us Learn About the Sleep of Elders



If you are:

- **55-70 years old**
- **Healthy and taking no medication**

You may be eligible for a 39 day sleep research study at Brigham & Women's Hospital.

Receive up to
\$9,075

Call (617) 732-7991

Sleepstudy@partners.org

Equal Choice: Keep Seniors in the Neighborhood

By Al Norman

Just before Christmas, the Executive Office of Health and Human Services submitted a Medicaid “waiver” project to help prevent and delay admission to a nursing home for individuals with disabilities and elders. This new program, which may take months for the federal government to approve, raises the income eligibility level for MassHealth to around \$21,000 a year, and lifts the asset limit from \$2,000 to \$10,000. This means more disabled and elderly people will become eligible for MassHealth. The program will serve three groups of individuals: 1) an imminent risk group, who are living in the community, but are at nursing home level of eligibility; 2) a prevention group, which has conditions that makes them likely to need a nursing home, such as Alzheimer’s, age 85+, neurological/degenerative disorders, or chronic mental illness; and 3) a group of nursing facility residents who want to return home.

This new program will provide a wide range of services, including supportive services in the home, and mental health services, plus “transition” services for people who have been in nursing homes for at least six months and want to be discharged home. Members will also be able to “self-direct”

their own home care workers, including family members—with the exception of spouses. This “waiver” was part of the new Equal Choice law which passed the legislature unanimously in both branches, and became law on August 2, 2006.

The Administration of Governor Deval Patrick wasted no time in making clear its intention to expand home care services for seniors “in the least restrictive setting appropriate to their needs,” as the Equal Choice law mandates. The Governor’s Transition Team held a series of statewide forums. The Human Services Transition Team concluded that, “the implementation of the recently passed Equal Choice legislation will be a priority so that older adults, persons with disabilities and their families will see the benefits as soon as possible.” The first goal proposed by Patrick’s Transition Team was: “the funding for community-based and institutional care will be balanced “50/50” by the end of the first Administration.” Currently, nursing homes receive about 66% of all MassHealth spending on long term care, or more than \$1.6 billion. The Governor’s first budget will be released in late February. To begin to reach the “50/50” split, around \$200 million in funding would need to be shifted to home and community-based care.

What about seniors who are not poor now—but would rapidly spend-down their income if they needed long term care? Waivers serve only the poor. Many seniors are caught in the lower to moderate income group which seems to get left out of most programs. Mass Home Care is promoting a major expansion in the Enhanced Community Options Program (ECOP). This is one of the few state programs that serves people who are not yet on MassHealth. Roughly 85% of these people in ECOP are lower middle class, but not on MassHealth. ECOP provides an equal choice to people who are eligible for a nursing home—but not yet impoverished. ECOP provides around \$7,468 per year in services—about two and a half times more than the basic home care program.

There are currently 4,351 elders in the ECOP program, and a waiting list of 250 people. Mass Home Care is asking lawmakers to raise the number of people in this program to 4,872 a month, and for an increase in the benefit amount to \$10,800 a year. To expand this program for the lower middle class elders, will mean raising the total program from its current level of \$42 million to \$70 million. All of these people are nursing home eligible.

Equal Choice continued

When he was running for Governor, Deval Patrick made the following observation: “Currently the long-term care system in Massachusetts favors institutional care over care in the community and at home. This neither respects the wishes of most older adults, nor follows the law of requiring care in the least restrictive environment, nor spends public dollars prudently. Through Medicaid and Medicare waivers and other strategies, my administration will expand opportunities for older adults and the disabled

to stay in and connected to their communities as their care needs increase.”

We want seniors to “stay in and connected to their communities,” programs like ECOP help keep them connected. Now that we have an Equal Choice law, we need to fund the revenues to match the rhetoric. If we don’t fund programs like ECOP, there will be no choice outside of a nursing home. As Mayor Menino has written, “I see choice as a key family issue in our City... We

need to give our older citizens a real choice of long term care options, and end the institutional bias that removes people from their homes and neighborhoods, instead of allowing them to age in place.”

Al Norman is the Executive Director of Mass Home Care. He can be reached at (413) 773-5555, or at info@masshomecare.org.

Affordable Housing Opportunities for the Elderly

SPENCER HOUSE 2053R Columbus Avenue, Boston, MA

adjacent to Franklin Park near Egleston Square (46) **One-Bedroom Apts.** All households will pay no more than 30% of their qualifying income for rent. Head of household (or spouse) must be at least 62 years of age.

Maximum Income Limits*

Household Size	30%	50%
1	\$17,770	\$29,450
2	\$20,200	\$33,650

Applications available at adjacent Carleton House building rental office at 2055 Columbus Avenue, Boston, MA 02119 (T-accessible, Bus #22, #29, & #44)

Applications will be available as follows:

Mon., March 5 from 8:30 AM to 6 PM

Tues.-Fri., March 6-9 from 9 AM to 5 PM

Sat., March 10 from 10 AM to 3 PM

For more info: call (617) 427-5500

Deadline Completed applications must be received by 5 p.m., Monday, March 12, 2007.

Selection by lottery. Minimum household income limits apply.

Preference for 2 barrier-free one-bedrooms to households who require wheelchair access.

Preference for 5 units for homeless households referred by Homestart, Inc., or other agencies serving the homeless.

*Income Requirements may be subject to change based on new HUD Income limits being issued prior to income certification.

For reasonable accommodations for persons with disabilities, or TDD call (617) 469-5800.

Developed and Managed by Rogerson Communities.



One Florence Street, Roslindale, MA 02131 (617) 469-5800 www.rogerson.org

Equal Housing Opportunity

Advertisement

ShopWise

the City's food stamp outreach program

by Amalia Serafim

ShopWise – Food Stamps in Action

The ShopWise Food Stamp program is taking off! But, there is still time to volunteer. With less than 1/3 eligible elderly receiving Food Stamp benefits, there is much to be done. Join us in reaching out to some of the 76,000 seniors in MA, currently living in poverty. Helping one senior with an application can have immeasurable returns.

The first ShopWise training took place on January 30, at City Hall. A number of brave volunteers attended, despite the intemperate weather conditions. Diane Dickerson, head of Emergency Food Services, at Project Bread, provided a two-hour seminar in the fundamentals of the Food Stamp program and how to fill out the Food

Stamp application. Volunteers came from a variety of backgrounds – students, retirees, non-profit organizers, and two individuals from the state's Office on Elder Affairs. A second training will be held in early March, for those who were unable to attend. It isn't too late to volunteer!

ShopWise volunteers made their first site visit on February 7th, at Beacon House. They were able to help quite a number of seniors use the Project Bread online Food Stamp calculator. Individuals, who were eligible, were then able to work with a volunteer on a Food Stamp application. Volunteers will follow up with those seniors, as they work with DTA to complete their documentation and receive benefits.

There are a number of upcoming

volunteer opportunities with ShopWise. The week of February 12th, volunteers assisted with Food Stamp applications at senior residences in Jamaica Plain, Dorchester and the South End. ShopWise is also working on extending its services to local community centers. There are also ongoing presentations about ShopWise, within the local community. Next week, there will be a presentation at Boston's monthly Rotary Club meeting, on Food Stamp outreach.

If you would like a ShopWise volunteer to do Food Stamp enrollment at a specific senior facility, or you would like to volunteer with ShopWise, contact Amalia Serafim at (617) 635-3989 or

Amalia.Serafim@cityofboston.gov.

The City of Boston Senior Companion Program



Elderly Commission

Featured Senior Companion Goes Above and Beyond

Daniel Roman with Program Director Ana Reyer at his Senior Companion site of Parker Hill Fenway Senior Center in Mission Hill. Daniel helps Ana and the seniors of the center by preparing daily meals and doing maintenance work. Daniel also provides non-English speaking seniors with translation services, interpreting important documents such as tax forms and utility bills. Three days out of the week, Daniel goes out on home visits to meet with seniors who have trouble getting out. He accompanies them to their medical and legal appointments.

He is truly dedicated to his work for the human service field.

Thanks Daniel!

For more information please call (617) 635-3987

"If someone listens, or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen."

– Loretta Girzartis

Through Six Generations: The Weng Collection of Chinese Paintings and Calligraphy

March 10–August 1, 2007

Carpenter Gallery and Japanese Painting Galleries



Summer Mountains after Dong Yuan
Wanh Jian (Chinese, 1598–1677)

Perhaps the last great collection of Chinese painting and calligraphy still in the possession of the original family, the Weng collection is remarkable not only for its superb quality, fine condition, and well-documented provenance, but also for the fact that it has remained in the family for five generations. Weng Tonghe (1830-1904), the family patriarch who formed the majority of the collection, was the tutor to two of China’s last emperors and a pivotal figure in pre-Modern Chinese history. Passed down through the eldest sons of each generation, the collection finally came to his great-great-grandson Wan-go Weng, the current owner who brought it to the United States for safe-keeping in 1948, just months before the founding of the People’s Republic of China. The first ever comprehensive exhibition of this legendary collection, this show will present more than 50 rarely seen masterworks of Chinese paintings and calligraphy, and highlight the personalities behind them, as well as those who collected and preserved them.

RSVP Volunteer Opportunities

Friends of Shattuck Shelter

Helping homeless men and women achieve self sufficiency and permanent housing.

Faulkner Hospital

Many opportunities are available flexible schedule, free parking and meals.

Hebrew Rehabilitation Center (Hebrew Senior Life):

A non-profit, non-sectarian geriatric care hospital, has a wide variety of volunteer opportunities, including the following:

Transporters: Transport wheelchair bound residents to on-site clinical appointments, the exercise program and recreational activities.

Meal- Time Helpers: Help our busy unit staff pass out meal trays to residents and/ or help with feeding those residents who need assistance.

Gift Shop Clerk: You can enjoy meeting residents, staff volunteers

and visitors as they come in to buy candy, gifts and other items.

Outpatient Clinics Greeter: Help greet outpatients and escort them to and from their physical therapy appointments. For more information, please call Jodie Portman at (617) 363-8459 or email at portman@hrc.harvard.edu.

Massachusetts Commission for the Blind

Read or be a Friendly Visitor

If you like to read, you could be a volunteer for the Mass. Commission for the Blind. All offices of the Commission are seeking individuals who might be able to give an hour or two a week to read, be a friendly visitor, or help shop for a blind or visually impaired person living in your community. For more information or an application call & ask for: Volunteer Department at (617) 727-5550, or (800) 392-6450. You can find information on our web site

at: www.mass.gov/mcb. Drivers are needed also!

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

matches adult mentors with children who have an incarcerated parent. These children can benefit from a caring, consistent adult friend in their lives. Ride bikes, bake cookies, help at a food bank, or learn a new skill together. Simple moments together each month empower a child to explore, dream and reach their potential. Have fun, build a friendship, and make a big, lasting impact. Training and support provide by the C.A.M.P staff. Your help will have a positive affect on the future of your community. Volunteer to be a mentor - because relationships are a tool of change. Call Debra at (617) 536-0058.

For information on any or all of the opportunities call Fran Johnene at (617) 635-3988

Love's a Gamble.

What's the secret to a lasting love?



They told us.

love stories and remembrances through writing. Seniors sat down with professional writers from Grub Street to record their stories of love lost and found, demonstrating that, a lot like life itself, "Love is a Gamble." Each Couple's story will make up a book that will be mailed to all the participants.

"What are your nicknames for each other?"

"First he called me Buttercup. Then he called me Chubs, because I'd gained weight. Years later, after his mother died, he started calling me Julia, his mother's name. Don't ask me why."

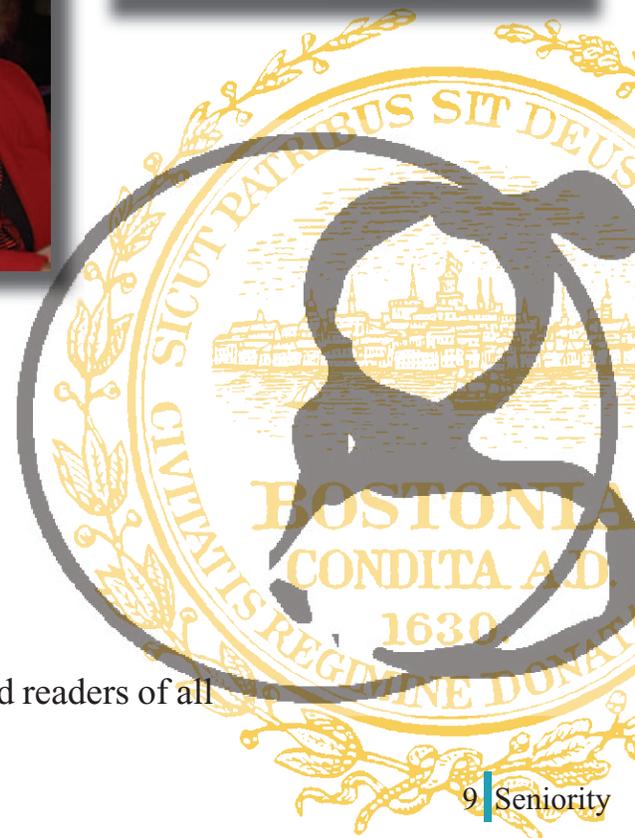
The senior citizens of East Boston gathered at Suffolk Downs on February 16, 2007 to celebrate, the sweetest day of the year – Valentine's Day. They shared stories of school days long ago when they waited so patiently to receive a Valentine from the cutest boy or girl in class, or that someone special to ask them to dance at the High School Sweetheart Cotillion; or better yet, when they fell in love for the first time or had their heart skip a beat when they met that special someone who they'd spend the rest of their life.

The project took place at the annual East Boston Valentine's Day Party sponsored by Mayor Menino, the Elderly Commission and Suffolk Downs.

Sample excerpt from one couple's interview:



To capture the city's most valuable resource, our seniors, Mayor Thomas M. Menino, the Elderly Commission, and Grub Street have teamed up for a memoir writing project. The project has collected stories from seniors in the North End, South Boston and Roxbury. With this special edition, "Love is a Gamble" seniors were able to relive their personal



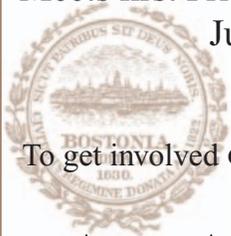
Sponsored by Mayor Thomas M. Menino and Grub Street

Grub Street is a non-profit organization that nurtures writers and readers of all ages and levels of experience.

Check out your

Do you have input for Mayor Menino?

Come to the Mayor's Advisory Council.
Meets first Friday of each month except in
July and August.



To get involved **call (617) 635 -3979**

Area Agency on Aging

"Encouraging the senior voice to be heard."

Get services that you and your family deserve.

Empower Your Family

Caring for loved ones can sometimes be overwhelming. If you are caring for someone *over the age of 60* or are a *grandparent raising a grandchild* the Elderly Commission and Caregiver Alliance want to make sure you are aware of the services available.



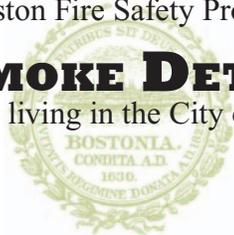
For information and referrals, assistance in gaining access to services, support groups, individualized counseling and much more **call (617) 635 - 2713.**

In an effort to keep Boston residents safe, the Boston Fire Department with the Commission on Affairs of the Elderly introduced the Fire Safety Program in 2000.

The City of Boston Fire Safety Program provides

FREE SMOKE DETECTORS

for seniors living in the City of Boston.



For information on how you can get a **FREE SMOKE DETECTOR** call (617) 635-2359.

Worried about paying your mortgage?
Call the Boston Home Center
at 617.635.HOME
before it's too late.

Don't Borrow Trouble

Boston Home Center

Freddie Mac

Thomas M. Menino, Mayor
City of Boston
Charlotte Galar Richie, Chief & Director
Department of Neighborhood Development

Do you need help with government benefits, tenant/homeowner issues, or health issues?

Let the *Elderly Commission's*
Community Service Advocates help you!



Call (617) 635-4366

Social Security questions, Medicare, Medicaid, Medicare Supplemental Insurance, Fuel Assistance, Food Stamps, Veteran's Benefits, Oral/Dental Health Screening Program, Health and Fitness Program, Shine (Serving the Health Needs of Elders), Taxi Coupons, Housing Assistance, and much more!

Need a Ride?

For a convenient ride to a medical appointment, grocery shopping or a social event call the Senior Shuttle

(617) 635-3000

Available Monday - Friday 8 a.m.- 4p.m.



Senior Shuttle

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

City Programs

Shop Wise

A new food stamp outreach program from the Eldery Commission.

For more information please call Amalia Serafim @ (617) 635-3989

Taxpayer

Referral and

Assistance

Center

“one-stop” service to Boston taxpayers on tax related matters

(617) 635-4287



The Memoir Project

Neighborhood by Neighborhood
Have you ever thought about writing a memoir? Mayor Thomas M. Menino would like you to share your history by signing up for his FREE memoir writing project. Talented instructors will bring out the writer in you.

All you need are your memories!

Please call Eliza Greenberg or Kaysea Coie
At (617) 635-3244 for more information



Need Help?

Call the Mayor's 24 Hour Hotline

for any Non-Emergency City issue after business hours

(617) 635-4500

Mayor's Office of
Emergency Preparedness

Telephone: (617) 635-3351

MEALS ON WHEELS

for seniors living in the City of Boston.

For information on how you can receive
Home Delivered Meals call (617) 635-1838

LEARNING THE COMPUTER

without LOSING your mind.

It becomes an endless cat and mouse game when you are first learning how to use a computer and are chasing that little arrow (also called a cursor) across the screen to try and click on the tiny buttons on your screen. There are so many buttons that do so many things; with one wrong click of the mouse – ZAP the work you've just done is lost into cyberspace. Follow this tutorial to better your mouse using abilities and up your confidence!

The mouse is to the computer as the joystick is to a remote control airplane. The mouse is your command

center. It connects you with the computer, giving you an arm into the computer so that you can touch the buttons that you need to carry out your work. The tricky part is that different types of clicks on the mouse give the computer different commands.

Before you start make sure you are positioned correctly. This will make a huge difference in your mouse control. Whether or not your left- or right- handed matters so make sure the mouse is set up for your needs, most are set up for a right-handed person. Rest the palm of your hand

on the desktop or table in front of the mouse. Place your hand over the mouse and hold it on one side with the thumb and on the other side with the ring and little finger. Practice moving the cursor around the screen by moving the mouse back and forth across the desktop. You will see the arrow move back and forth along with your hand. Treat the arrow on the screen like your finger. It will do the pointing for you. Now try clicking the mouse button with your index finger and your middle finger. The lighter you click the better clicking works.

CLICK

Click means to press and release the left mouse button.

DOUBLE CLICK

Double-click is to press twice in quick succession and release the left mouse button while clicking. If you are having trouble double-clicking, you are probably moving the mouse slightly between the clicks. The mouse must stay still between mouse clicks. Double-clicking is clicking something twice in very quick succession. At first, many people have difficulty double-clicking because they do not click fast enough.

RIGHT-CLICK

Right-click means to press and release the right mouse button. Be adventurous; right-click on everything. You really can't do any damage with the right mouse button in Windows because it's designed to show only a context menu (a list of options appropriate for the selected object). One of the options is usually Properties, which gives you access to lots of settings and information.

DRAGGING

To drag your mouse, place the pointer over an object on your screen. Next press and hold down the left mouse button. While you are holding the button down, move the mouse to reposition the object on the screen. When the object that you moved is in the location of your choice, release the button.

SCROLL BARS

A good place to practice your dragging skill is on the scroll bars. Sometimes the entire window is too long to fit on the computer screen. If that is the case, you will see a scroll bar running up and down the right hand side of your screen. The scroll bar is a bar that has arrows on either end with a small box in between those arrows. Click on the small box and, while holding down your left mouse button, drag the box towards the bot-

tom of the screen to see additional areas of the screen. You can drag the box on the scroll bar up or down at any time. To accomplish the same task, you can also click on the up and down arrows on the top or bottom of the scroll bar; this moves the scroll box up or down one line at a time. If you are scrolling up or down several screens, dragging the scroll box is a much faster way of moving than clicking the up and down

arrows one line at a time. Vertical movement on your computer screen is accomplished by using either the up and down arrows or the drag box on the scroll bar found on the right side of your screen. There is another scroll bar for horizontal movement. If a window is too wide to be fully visible, you may also see a scroll bar on the bottom of the screen that will allow you to scroll both from right to left and from left to right.

LEARNING THE COMPUTER FROM MY VIEW

Ernie Deeb

Retired Firefighter



“I started using a computer because I am in charge of the Fire Safety Program with the Boston Fire Department that was originated seven years ago for the elderly. The main purpose of the program is to supply the elderly with fire detectors and the Fire Commissioner asked me as a retired fire fighter to head up the program in association with the Elderly Commission. We supply fire detectors and batteries to the elderly, and a representative from the fire department would work along with me to go in the field and find out which seniors needed fire detectors. As of now we’ve installed close to 3000 smoke detectors. But now, I

can just email the people who call me up to Fire Headquarters and it’s a lot faster, but that’s not why I like email. It helps me at work, but my favorite part of email is that I can talk to my family.

I have a granddaughter in college and she doesn’t live at home any more. I can email her, and then she emails me back. It’s a really good way to stay in contact with your family. It’s a lot of fun especially when I get the message in my inbox and I think “oh my, this is just like talking to a real person!” I’ve been doing the computer for three or four months and I improve everyday. It’s

so simple really and I really enjoy it. I come into the office, open the computer and it works out real well for doing my work. There are plenty of people in my office that I can ask if I have questions. I can email my friends in Ireland. You can’t get through on the phone because of the money, but you can email. It’s a great way to get through to friends and family.”

Eat Healthy

Cauliflower with Gruyere Sauce

8 cups bite-size cauliflower florets (about 1 head)
4 teaspoons all-purpose flour
1 cup 1% milk, divided
1/2 cup shredded Gruyere cheese (2 ounces)
1 tablespoon snipped fresh chives or chopped fresh parsley
1/2 teaspoon minced garlic (1 small clove)
1/4 teaspoon salt, or to taste
Freshly ground pepper to taste

Place cauliflower florets in a steamer basket over boiling water, cover and steam until tender, 8 to 10 minutes. (Alternatively, place florets in a microwave-safe bowl with 1/4 cup water, cover and microwave on High for 2 to 4 minutes.)

Meanwhile, whisk flour with 2 tablespoons milk until smooth. Heat the remaining milk in a saucepan over medium heat until steaming. Add the flour mixture; cook, whisking, until the sauce bubbles and thickens, 2 to 3 minutes. Remove from heat; stir in Gruyere, chives (or parsley), garlic, salt and pepper. Spoon over the cauliflower and serve.

Serves 4

Healthy Tips

Buy shoes at the end of the day when your feet are more swollen from use.

Get more fiber. Add canned beans or a handful of nuts to your salad.

Set a goal of trying one new fruit or vegetable every week.

Substitute sweet potatoes for regular baked potatoes or fries. You'll get more Vitamin A.

Put sunscreen on your hands as well as your face and neck every single day.

Volunteer in your community. Become a Mentor.

Add spinach to your salad, sandwich tacos or burger and get a boost of Vitamin C and iron.

Catch up with your grandchildren, grab the cell phone and go for a walk.

Try a yoga class.

Put moisturizer on your hands and

feet before you go to bed every night.

Don't gossip.

Read nutrition labels.

Find a hobby.

For every cup of coffee you drink, drink a glass of water.

To reduce your risk of Alzheimer's, keep reading, going to museums and engaging in hobbies.

Plant flowers.

Recipes

Cozy Quinoa Casserole

1 large onion
1 tablespoon olive oil
5-6 cremini (or white) mushrooms
1/2 of an acorn squash, chunks (skin can be included)
1/2 of a Sweet potato
2 clove garlic
1 pound ground dark turkey meat
1 1/2 teaspoon poultry seasoning (or dried sage)
1 teaspoon sea salt
1/4 teaspoon ground black pepper
1 1/2 cup low-sodium chicken stock
1 cup quinoa
1/4 cup fresh parsley
6 ounce reduced-fat Monterey Jack cheese

Preheat oven to 350°F.

In a skillet, sauté onion in olive oil on medium-high heat for 2 to 3 minutes or until translucent.

Add mushrooms and garlic and cook for 2 to 3 minutes.

Add turkey, breaking it into small pieces as it browns, about 3 to 4 minutes.

Add poultry seasoning, salt, pepper, stock, squash and quinoa and bring to a boil. Reduce heat, cover, and simmer for 10 minutes.

Transfer ingredients from pan into a 9-by-9 inch casserole dish or baking pan.

Mix in parsley and 3 ounces cheese.

Sprinkle remaining 3 ounces cheese on top of casserole.

Bake in oven for 30 to 35 minutes. Cover for the first 20 minutes and uncover for the remaining time.

Healthy Wealthy and Wyse

Conjunctivitis “Pinkeye”

Conjunctivitis, commonly called pinkeye, can be caused by a virus, bacteria, reaction to an allergy or exposure to a chemical.

Your doctor will ask you about the symptoms, medical history, examine your eye and your doctor may take a swab of the discharge and send it to the laboratory for examination.

Your doctor will start initial treatment then while awaiting the lab results. Treatment of your conjunctivitis will then depend on the lab results.

Each cause of pinkeye is treated differently. Be sure you have specific directions from your doctor.

Pinkeye caused by a virus usually has a watery discharge. It is associated with mild colds, minor infections or allergies. Treatment is usually cleansing the eyes and prevention of the condition from spreading.

Warm compresses to the eyes three or four times a day for 5-10 minutes should help. Antibiotics will not help treat a viral eye infection.

Important: Preservative-free artificial tears can be applied frequently. Never use steroid eye drops without a doctor’s prescription.

Pinkeye caused by a bacteria needs to be treated with antibiotics. Usually your doctor will give you antibiotic ointment or eye drops. Your infection should start to clear in a few days but it is very important that you continue taking your antibiotic eye meds as ordered. If your infec-

tion is more severe, your doctor may also prescribe oral antibiotics. Be sure to finish this entire prescription. Again, warm compresses to the eye as your doctor orders.

Many people with specific allergies, know when they have come in contact with something they have been allergic to in the past. Some examples of allergic reactions are, pollen, latex, cat dander. Your eyes become itchy and burning. Allergic conjunctivitis is usually treated by placing cool compresses on your eyes. Your doctor may recommend that you use non prescription eye drops to relieve the itching. If you have no relief in two days, see your doctor for more treatment. This type of conjunctivitis is not contagious.

The most common type of chemical exposure is chlorine from a swimming pool irritating an eye. Simply rinsing the eyes with artificial tears and checking the ph of the pool water or avoiding pools should resolve the irritation.

There are more serious types of conjunctivitis caused by the herpes virus, gonorrhea or Chlamydia. These eye infections must be treated by your doctor. Your sexual partners must be treated also.

Prevention

The best way to control conjunctivitis and to avoid passing it on to others:

Use good hygiene.

Do not rub your eyes or touch your eyes with your hands.

Wash your hands thoroughly and frequently.

How long to wash your hands? Children are taught to sing “Twinkle, twinkle little star” or their “abcs”, preferably twice. Be sure to use soap or alcohol based foam or gel.

Do not share towels, soap, wash clothes with other family members. Change your towels and wash cloth daily.

Use rolls of paper towels in your bathrooms to avoid contaminating other family members, especially in the winter. Change your pillow cases frequently. Once infected, discard all mascara and eye cosmetics. You may re-infect yourself.

Do not share others’ eye makeup. If you are a contact lens wearer, check with your doctor about what to do about your lens and if you should continue wearing them. In most schools and many companies, a person infected may not return without a note from his doctor. If you get a conjunctivitis and have no reason how or where you got infected, check and see if your office or your grandchildren have come in contact with someone who is infected.

All forms of conjunctivitis are annoying. Once diagnosed, most are easily treated by your primary care physician or nurse practitioner. If you have more than conjunctivitis, your doctor will refer you to an eye specialist for further evaluation and treatment.



the NUMEROUS Benefits of Walking

Article provided by www.aarp.org

If a daily fitness walk could be put in a pill, it would be one of the most popular prescriptions in the world. It has so many health benefits. Walking can reduce the risk of many diseases — from heart attack and stroke to hip fracture and glaucoma. These may sound like claims on a bottle of snake oil, but they're backed by major research. Walking requires no prescription, the risk of side effects is very low, and the benefits are numerous:

Managing your weight. Combined with healthy eating, physical activity is key to any plan for long-lasting weight control. Keeping your weight within healthy limits can lower your risks of type 2 diabetes, heart disease, stroke, cancer, sleep apnea, and osteoarthritis.

Controlling your blood pressure. Physical activity strengthens the heart so it can pump more blood with less effort and with less pressure on the arteries. Staying fit is just as effective as some medications in keeping down blood pressure levels.

Decreasing your risk of heart attack. Exercise such as brisk walking for

three hours a week — or just half an hour a day — is associated with a 30% to 40% lower risk of heart disease in women. (Based on the 20-year Nurses' Health Study of 72,000 female nurses.)

Boosting the level of high-density lipoproteins (HDL), known as "good" cholesterol. Physical activity helps reduce low-density lipoproteins (LDL or "bad" cholesterol) in the blood, which can cause plaque buildup along the artery walls — a major cause of heart attacks.

Lowering your risk of stroke. Regular, moderate exercise equivalent to brisk walking for an hour a day, five days a week, can cut the risk of stroke in half, according to a Harvard study of more than 11,000 men.

Reducing your risk of breast cancer and type 2 diabetes. The Nurses' Health Study also links regular activity to risk reductions for both these diseases. In another study, people at high risk of diabetes cut their risk in half by combining consistent exercise like walking with lower fat intake and a 5% to 7% weight loss.

Avoiding your need for gallstone surgery. Regular walking or other physical activity lowers the risk of needing gallstone surgery by 20% to 31%, found a Harvard study of more than 60,000 women ages 40 to 65.

Protecting against hip fracture. Consistent activity diminishes the risk of hip fracture, concludes a study of more than 30,000 men and women ages 20 to 93.

The advantages go on and on. Many other studies indicate a daily brisk walk also can help:

Prevent depression, colon cancer, constipation, osteoporosis, and impotence, lengthen lifespan, lower stress levels, relieve arthritis and back pain, strengthen muscles, bones, and joints, improve sleep, elevate overall mood and sense of well-being.

Keep it Steady

A steady routine is the most important factor in getting the most out of your exercise program. Walking for 30 minutes, 5 times a week is recommended.

Use these tips to keep you on track:

Continued on page 21...

Maintaining a winter walking schedule is important in retaining the benefits that you work hard for in the spring, summer and fall. Make sure that you keep up your schedule by going to a local mall or an indoor track. Malls can be friendly places. There are many people who mall walk and it becomes a familiar crowd. Make sure to avoid peak hours by walking in the early morning or later evening. For more information on walking, or if your walking club would like to hear about the benefits of walking, **please call Mike McColgan at (617) 635-4168**

New Information on The RIDE

THE RIDE, the MBTA's Paratransit program, provides door-to-door transportation to eligible people who cannot use general public transportation all or some of the time, because of a physical, cognitive or mental disability.

THE RIDE is operated in compliance with the federal Americans with Disabilities Act (ADA) and is a shared-ride service, which means you are traveling with other people. Sedans and lift equipped vans are used to serve persons with disabilities, including those who use wheelchairs and scooters. THE RIDE operates 365 days a year from 6AM to 1AM in sixty-two (62) cities and towns, including Boston.

Beginning in 2007, the local one-way fare for each registered passen-

ger is \$2.00. If you are traveling with a Personal Care Assistant, the PCA is not charged a fare. THE RIDE is also available to ADA certified out-of-area and/or out-of-state travelers visiting the area. Some documentation is required. Visitors, please make advanced arrangements by calling the Office for Transportation Access at 10 Park Plaza.

In order to use THE RIDE you must complete and submit an application. Per ADA regulations, 21 days is allowed to process applications upon receipt. Only completed signed original applications, mailed to the address below, will be considered for review. You will receive written notification of eligibility via U.S. mail. Download THE RIDE application» Or contact the Office of Transportation to request an application or

more information.

MBTA Office for Transportation Access

10 Park Plaza - Room 5750

Boston, MA 02116

(800) 533-6282 in-state toll free

(617) 222-5123

TTY (617) 222-5415

Visit our website at www.mbta.com
Riding the T – Accessible Services –Office for Transportation Access for additional information on our CharlieCard Senior and Disability Pass. These passes allow for reduced fare for those who can use buses, subways and trains. Or call our Office for Transportation Access at Back Bay Station 800-543-8287, 617-222-5438, 617-222-5854 TTY.

ADVERTISEMENT:

**Affordable Elderly Rental Apartment Opportunity
376 West Fourth Street South Boston, MA 02127
18 Units total**

# of Units	Type	Rent	HH Size	Income Limit
18	One bedroom	\$788.00	1-2	80%

Maximum Income Per Household Size

HH Size	80%
1	\$47,100
2	\$53,800

Informational Tour: March 3, 2007 10:00 A.M. – 2:00 P.M.

Applications must be picked up in person at 376 West Fourth Street South Boston, Ma.

March 5 through March 10th, 10:00 A.M - 2:00 P.M.

Extended hours, Thursday, March 8th, 4:00 P.M - 7:00 P. M.

Deadline for completed applications to 376 West Fourth Street :

In person by Friday, March 16th or postmarked by that date.

Selection by lottery. Use Restrictions apply.

At least one member of the household must be 62 years of age or older by date of occupancy.

Handicap households have preference for 2 accessible units.

Preference for Boston Residents.

For more info or reasonable accommodations, call South Boston Elderly Residences, Inc. at 617-698-3005



Equal Housing Opportunity



HealthBeat

Question and Answer

with Dr. Nancy Norman

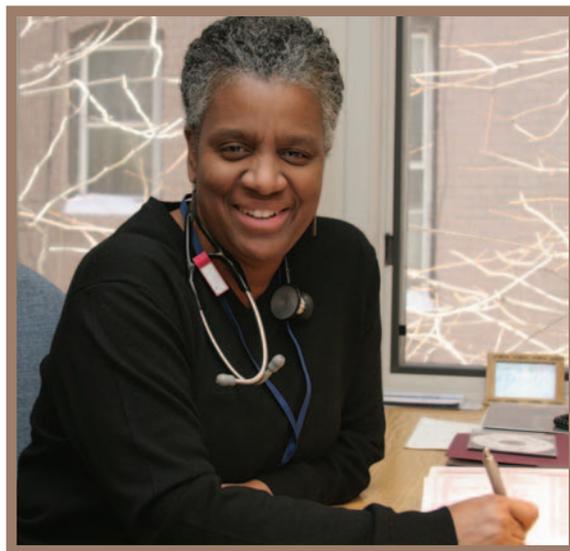
NEED ADVICE?

Send your questions to Health Beat

To ask Dr. Norman send your questions to:

Boston Seniority
 ATTN: Health Beat
 One City Hall Plaza, Room 271
 Boston City Hall
 Boston, MA 02201

or email your questions to
Kaysea.Cole@cityofboston.gov



Sarah from Roxbury - Is there a better way to screen for colon cancer than a colonoscopy?

Dr. Norman -

March is National Colorectal Cancer Awareness Month. Colon cancer is diagnosed in 130,000 Americans every year and can be very frightening. If caught early, colon cancer can be treated. A colonoscopy is a test that can help find colon cancer earlier. After drinking a preparation a few days before the test that helps to clear your colon completely, you and a friend go to a center to have the test performed. You are given a sedative to help you relax and then the doctor will look at the inside of your colon by inserting a small tube

in your rectum (bottom). The procedure is painless and often patients can watch and see what the doctor is seeing by looking at a TV screen that is in the room. The friend is there in the waiting room for support and to help you get back home after the test.

Colonoscopies are routinely performed at age 50. If one has a family history of colon cancer or certain signs and/or symptoms, a colonoscopy is usually done at an earlier age. Reviewing your symptoms with your provider and having other routine exams and tests can

also help to screen for this type of cancer. A digital rectal exam and stool guaiac test can be done during your routine visit to your doctor. By feeling inside your rectum with a gloved finger (digital rectal exam) the doctor can feel if there are any abnormal lumps and can also take a small sample of stool to test it for blood (stool guaiac test).

Remember prevention is always an important part of any cancer plan. Healthier diet choices and regular exercise can make this, and many other cancer concerns, less of a worry.

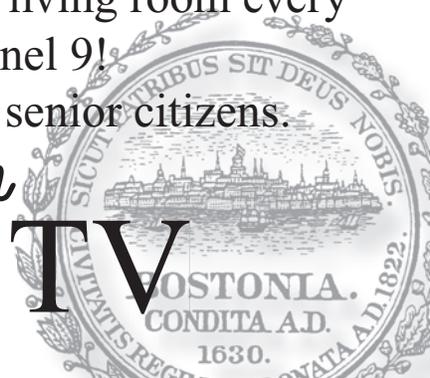


The Elderly Commission is *LIVE* in your living room every Tuesday at 3:30 p.m. on Channel 9!

Find out what's going on with Boston's senior citizens.

The Elderly Commission

On TV



America's youth **OBSESSED** culture showing signs of change

Market research conducted by Harris Interactive, an international research company dedicated to clear research on purchasing decisions, offers insight into the Baby Boomers, America's obsession with youth, and the slow swing of the pendulum that has begun in print advertising, television programming, and media as a whole. A whopping 80 percent of viewers over 40 can't find anything on television to their liking. Not surprising findings considering that most advertising and media is geared towards 18-49 year olds. With the peak of the baby boom in 1957, who will be turning 49 this year, boomers who demanded media be geared toward them in the 1970's have now taken to mildly, or even subconsciously, boycotting products who blatantly seek a younger target audience.

With the Reality Show landfill overflowing with the week's newest cancellations, television shows, commercials and print are now getting a clue and designing for older adults. The biggest wave on the scene was the assault on the American idea of beauty by Dove® beauty products. Originally it began with their controversial Campaign for Real Beauty which launched with the idea of that beauty comes in different shapes, sizes, and AGES. The original ads featured women of different ethnic backgrounds, race, weight, and all ages. Now, with

their new line of products for older women Dove is shouting from their homepage proclaiming "Dove® is pro-age."

This new line of products is specifically designed for the mature women to "help women in their best years realize their beauty potential." With a play-on-words campaign, Dove® is changing the American language and taking the word 'anti' out of aging. Single handedly leading the positive campaign for beauty with no age limit, Dove® is clearly on the forefront of changing America's view and even vocabulary on aging, leaving youth oriented advertisers in their wake.

With such strong data it's a wonder that there are television executives still turning their noses in the air when it comes to programming for older Americans. Evan Shapiro of the Independent Film Channel (age 37) suggests that older viewers just aren't looking in the right places for programming and that there is a significant amount of programming geared towards a mature audience, sighting networks like TV Land (owned by MTV Networks a division of Viacom which also owns MTV, VH1, and Nickelodeon, all immersed in the youth market). Surprising network executives, the mature audience, although love reruns of shows from their past, are also looking for something new and fresh that they can watch and

relate to.

If the largest generation in history is not having its needs being met, and the research is there to back it up, what's the problem? Some have sited one interesting statistic: 51 percent of the postwar generation describe themselves as "open to new ideas," and only 12 percent of young adults think the older folks feel that way. This becomes a problem when the average age of the media buyer or planner is under the age of 30. Although older adults are ready for new programming and fresh ideas, those that are planning the television line up don't believe it.

After all is said and done, "the proof is in the pudding." Meaning, after all the back and forth debate on whether or not programming for mature adults would be beneficial, the proof really lies in the Dove adds. With more name recognition now than ever, Dove has proved that the public is ready to see changes and will positively respond to companies that meet those demands. Unfortunately, wide spread notions, such as the definition of the words 'beautiful' or 'senior' are hard to change, but as we see progress we can hold hope that America's obsession with youth is coming to a less than screeching halt.

6 Tips for Saving Gas

By Jackson Porter

About The Author - Jackson Porter is a staff writer at <http://www.automobileenthusiast.com> and is an occasional contributor to several other websites, including <http://www.environmental-central.com>.

In the past months we have seen the price of gasoline soar higher than ever before, and this can be hard on people who have a budget that is tight. Even though gas prices have come down a slight bit, you still will want to do everything you possibly can to save on the money you have to pay out for gas. There are a variety of ways that you can save gas, and save money.

Tip#1 - Start Carpooling

Carpooling is a great idea for fellow students and fellow employees both. If you can find people that are going to the same place you are you can save gas by riding together. It may be a good idea to trade off on who is driving from week to week so no one person gets stuck having to drive all the time. If you have to take your children to school or other functions you can also work on trading off with your friends and neighbors to take them there.

Tip#2 - Public Transportation

If it is possible you can take public transportation to work instead of driving your car. Not only will this save you money on gas, but you will also

be able to relax and not worry about having to drive through all that rush hour traffic. You may even be able to fit in a quick nap on your way to work or on your way home.

Tip#3 - Price Shop

Often it may be so convenient to buy your gas at the small gas station just up the road, but to save some money on gas you may want to check the prices at other gas stations that are nearby as well. Even if the difference is only a few cents, after putting hundreds of gallons of gas in you vehicle each year, those few cents are going to add up to quite a sum of money.

Tip#4 - Get Moving

You can save some money on gas if you start walking to where you are going, or you can ride a bike as well. You will not have to worry about paying to park your car, and the exercise will be great for you body. If you are walking or biking you will not have to worry about those huge traffic jams either.

Tip#5 - Take Care of Your Car

It is always important to take care of your car so it gets the best gas mileage possible. Also be sure to plan where you are going before you go so you will not have to backtrack and waste gas. If you can, you should use your air conditioning as little as possible because using it takes more gas. Roll down your windows and you will use less gas.

Tip#6 - Check your Tires

It is important that you check the air pressure in your tires as often as possible. If your tires are too low, or the pressure in them is unequal it can make your car burn more gas. You should also be careful how you drive. If you take off from every red light very fast you are going to burn more fuel, so it is best to take off a little slower.

These are a few tips that can help the money conscious person to save money on gas. Even as gas prices drop, these tips can still help you to save more money. Conservation is important, so take advantage of these tips, save money, and save gas.

Walking Benefits continued...

During your walks, you should be able to maintain a conversation. If you're breathing too lightly, increase your pace. If you can't catch your breath, slow it down.

Walk around the local area after lunch or dedicate 15 minutes to walking up and down stairs. Climb-

ing is an excellent way to strengthen your heart.

At night, trade a half hour of TV for a brisk stroll around the block. Take a friend with you for company or get the whole family involved.

The Best Medicine

Any amount of walking is good, but for the best health results, set a brisk pace and walk for 30 minutes at least 5 times a week. Be sure to check with your doctor on the level of exercise that's best for you.

Madame President



Boston Seniority wanted to pay tribute to a well liked community leader and newly elected City Council President, Maureen Feeney. Congratulations Madame President to a job well done. You've certainly earned it.

Below President Feeney's biography is a candid interview with the Councilor.

In 1993, Maureen was elected to her first term on the Boston City Council. She has won each of her four elections by an overwhelming majority of voters. She presently chairs the committee on Government Operations, Boston 2004, and University- Community Relations. In the past, she has served as Vice President of the City Council, chaired the committee for Housing, chaired the Census & Redistricting 2002 Committee, and served as the Vice-Chair for the committee on Ways & Means.

Maureen is an experienced leader with a proven track record of delivering for her constituents. She is an acknowledged expert in the delivery of health care services and has taken a strong stand in protecting the non-profit care facilities, which serve her constituents. She has

Boston Seniority gets you up close and personal with City Council President, Maureen Feeney

also devoted her efforts to improving education and has been in the forefront of advocating appropriate economic development in Boston and her district.

In addition to her legislative work, Maureen is also a Trustee of the Boston Medical Center and sits on the Board of Directors of the Daniel Marr Boys and Girls Club and Bay Cove Human Services.

Along with serving on the Ward 16 Democratic Committee for about 20 years, in 2002, Maureen was elected to the Democratic State Committee where she serves on the executive committee and is the State Committee Woman from the First Suffolk District.

She was also selected as Woman of the Year in 2000 by Friends for Children, a charity which provides mothers and children with social services and also directs them to social service agencies.

Boston Seniority Magazine Interview

Where were you born and where did you grow up?

I was born and raised in Dorchester. I grew up in the Franklin Field housing projects and am the daughter of a union pipe-fitter (local 537)

and a homemaker. I am the eldest of five brothers and one sister.

Describe your typical day as councilor.

As you might expect, there is really no typical day as a City Councilor, and especially now as council president. It is usually a balance between spending time in my district in Dorchester, meeting with residents to address important quality of life issues, and spending time at City Hall, proposing legislation and meeting with my colleagues to help residents access city services across the city. One thing is a constant: helping to deliver effective basic city services to the residents—and frequently seniors—in my district.

How do you juggle a busy schedule & home life?

The greatest joy of my life is my family and I make time each and every day to spend with them. It is a challenge, now more than ever, but thankfully, my husband Larry is wonderfully patient, and my children, Matthew and Kaitlin, are grown and successful in their own lives. I think that we really sustain each other, and being together really grounds each of us.

How has your role changed as president?

The parts that are most important in my new role are the constants, the things that have not changed: I represent the residents of Dorchester now with the same conviction that I have had for thirteen years as a District Councilor. It is a wonderful privilege to also serve the members of the city council as their leader, and I am tremendously excited about the opportunity to make an impact on the future of the city from this position. There are certainly greater demands on my time now, but I have not lost focus on what is most important: the needs of the residents in the communities I represent.

What made you get into government?

As a young child, I remember my mother taking me to political rallies around the time that John F. Kennedy was running for Senate, and later, for President. That inspired me from a very early age and the potential for public service first entered my mind. I also remember when my mother and her sisters took me to pay our respects to James Michael Curley when he was lying in state at the State House. They told us what a great man he was and how much he had done for our family. I was so impressed by the number of people there to pay tribute and it spoke to the impact that an elected official can have in the lives of people.

As far as seniors are concerned, is there one issue that stands out to you?

Quality of life issues and access to basic city services are the issues I hear about from seniors most frequently—from cracked sidewalks to streetlights that are broken—and our Mayor, the Mayor of the neighborhoods, has done an outstanding job in resolving many of these concerns. But perhaps the most serious issue facing our seniors is rising property taxes. Many seniors live on fixed incomes and are struggling to keep up with payments. Too often, people don't know about the programs that exist to help, but we also need to do more as a city. I have proposed a tax amnesty program for seniors, to help those who are burdened with fees and fines to get caught up.

What do you hope to accomplish before you retire?

In this position, it is an accomplishment everyday if you can make a difference in the lives of constituents, but whenever I do retire, I just hope that the city and Dorchester in particular is a little bit better from my service.

As the 2000 Friends for Children Woman of the Year, the 1998 Woman of Distinction by the Notre Dame Academy Alumnae Association, and the first woman City Council President in 30 years, what do you want your legacy to be with young girls in Boston?

When I was elected as President of the City Council, I was truly humbled by the response of women—young and old. Their calls and cheers made me realize that we are hungry for more women to enter

positions of leadership, particularly in elected office. I hope that more young women will consider leadership roles at every level, particularly in public service. The world needs their perspective and their contribution.

Who was a significant woman in your life and how did she influence you in your career?

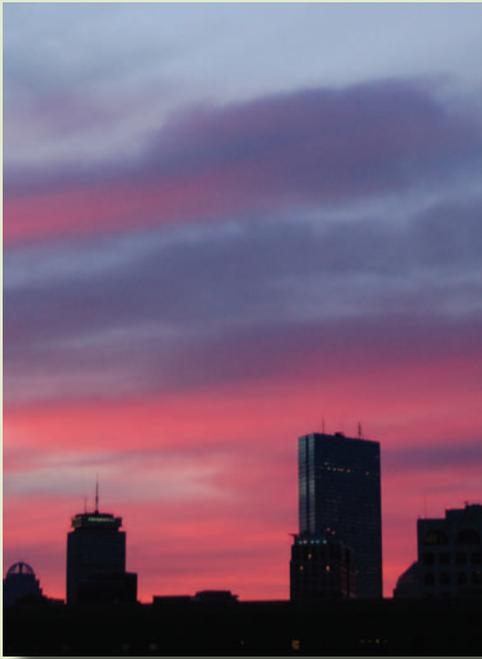
My mother instilled in me a love of history and a love for the city, but it was my Aunt Alice who had the greatest influence in my life. She was an extraordinary person of courage, who loved her family, and taught me the importance of loyalty. She taught me to have a zest for life, and, even in spite of hard times, to never give up. She had an insatiable desire to do more, to ever improve. I think perseverance and resolve are the greatest qualities that she taught me.

To you, what is the most important stride in women's history made by your mother's generation?

One of the greatest challenges for women in my mother's generation, I think, was their reentry into the workforce. After so many women worked hard to raise families, many of them very late in life like my mother, returned to jobs to help provide for their families. They persevered through that obstacle, and so many went on to become hugely successful. They paved the way for working women of my generation.

Just Browsing

By Mel Goldstein
Mayor's Office Russian and Elderly Liaison



It's winter once again, which when we were young was a time for sledding and skating and all that snow time, winter time, fun! I was once asked "When you were young, didn't you ever go skiing" I looked at the questioner and answered "Skiing? Who could afford the price of skis? In days of yore we had wooden barrels comprised of what is commonly called staves.

We would wander the streets searching for broken barrels with the staves in tack. The afore said staves, were broad and with the piece of rope tied around the middle were our skis. They were really something! If you made it all the way down the hill using these poor excuses for skis in tact, you were really lucky! Ahh, but when you got home waiting on the wood stove, BO before oil) the kitchen stove there was a steaming kettle of hot water,

ready to make a hot cup of tea or if you were lucky enough, hot cocoa, with a dollop of marshmallow.

Not this prepared stuff that now fills supermarket shelves but the real true cocoa. Remember those cocoas of olden times, Bensedorps Dutch Cocoa, Ovaltines' Hershey's, Nestles and so many others. Ma would put a teaspoon of cocoa in a cup mug or glass with a spoon to keep it from cracking and another heaping spoon full of sugar. And then fill the container with half hot water and half hot milk. Boy what a treat, if you were lucky another dollop of whipped cream decorated the top. What sweet memories! Can you recall those gatherings in the kitchen?

The days and nights are on the kitchen stove. The hot baked potatoes in the oven, the three day old bread heating up in the brown paper bag to aide in restoring its freshness. How could you bear or afford to throw the bread out? After all a loaf cost 10 cents and in some case 20 cents for a dozen rolls. Don't forget the old time bagels? Can you recall the frosted coffee cakes (with the raisins)? Two for a nickel! The

hot jelly donuts were the same price and the whipped cream at Bismarks' a whole nickel for each one. The Bismark's were a long donut with a split top, filled with real whip cream and a big blob of jelly underneath. My, were they good!

If you grew up in the North End or East Boston, those whipped cream pastries were the best. Diabetes specials! But we were kids, they were so delicious. I just gained 5 lbs thinking of it.

In the coming monthly columns, we are installing a new feature. It will be called "the Elderly Neighborhood Hero". Once a month, we will bring to the floor, a man or woman that embodies all the features that constitute the wonderful accomplishments that contribute to the makings of our local hero.

What are we looking for you may ask? Simple, we reply. Either be it a short or length bio, a person (gender not important) that epitomizes all that is truly important in our daily living, and most to take not into consideration what we continue to accomplish in either your neighborhood or your community.

This search or program, I believe truly is a serious undertaking, as I think it will bring to our Mayor, and our readers and family involvement and interests in our fair city by our Elderly or (mature adults population). We're not done yet, keep it flying high!

Most of the heroes of our country accomplish some of their best work and major endeavors when they reach 60 + years. If I were to name them all political, professionally, and show biz, we would need lots of paper. From George Washington the father of our country, to Eisenhower, to Tip O'Neil. George Burns, Fred Allen, Thomas Jefferson, Abraham Lincoln, and on and on.

May God continue to bless America and thanks to Erving Berlin who sings his blessings at a majority of senior meetings and get-togethers. Just to digress for a moment. I must bring up a subject that was in my mind. It became a major problem, not only in our fair city but throughout our country that is a communications barrier.

Could you possibly imagine, feeling ill – walking or being carried into the Dr.'s office and not being able to tell the medical person the pains or problems. This is an ongoing situation that exists today in Boston where over 100 languages are spoken. When I mention this barrier at a meeting a short time ago, I was told very succinctly “Why don't

these immigrants go to school and learn English?”

Can you possibly imagine landing in a foreign country and trying to learn foreign language, customs and cultures at 70 or 80?

The football season has gone bye-bye and Sunday TV afternoons are now free for the whole family. Red grains the galloping ghost was the football hero and he even starred in the serials. Those were the days where equipment was almost not existent. There was no such thing as offense and defensive positions.

When I tell my younger colleagues in their 20's and 30's they look at me aghast - how can the players play both positions. Simply put, not easily. I am just touching on this subject, for when I start to get involved with sports of today against what was in the long ago when the great Enos Slaughter of the St. Louis Cardinals was earning the magnificent sum of 12,000 yearly.

What a great divide! Of course, the cardinals of those days had the reputation of the lowest paid teams in both leagues. For the holidays one of my daughters, knowing the fondness I have for old time movies, gave me the complete series of the Thin Man, starring Myrna Loy and William Powell circa 1934. What memories they awoke!

I have to touch on my politics of yesteryear. I am now in the midst of an interesting project called sidewalk memories. It's a movie about politics in the city of Boston in the 30's, 40's 50's and 60's. Most specifically in the wards 12, 14, 17, and 18.

Now we are in the process of fund raising to get this project completed. Hopefully, it should be soon. I wonder how many of my fellow or mature adults can recall the John Collins vs. John Powers political race. It was a foregone conclusion that John Powers was going to be our next mayor.

The week before the election, John Powers visited a neighborhood tavern in East Boston that a day later was arrested for boot making, that was the end of John Powers and his tremendous campaign for the mayor of Boston, John Collins won overwhelmingly. My lesson of today is never let your guard down in politics. And on that note dear friends, ta –ta.

Mel G.

of **HOT** **STOVES** ...

It is that time of year again. Hopes, anticipation, expectations. Football has surpassed all others on the sports landscape, yet here in New England baseball is discussed 12 months of the year. The Patriots came within a third and four of this years Super Bowl, were in the Championship Game with a chance to win it in the final minute but newspapers and sports shows still found time to talk about J.D. Drew and Todd Helton.

For those that do not know, there is something called the Hot Stove League and nowhere does it burn brighter than in New England fueled by Red Sox talk. Of course it is not a real league, but the heated debates that take place around what moves could or should be made by the local franchise. Sure some may call it the off-season or even winter, but for Sox fans that stove sends off sparks from October to April.

Baseball has always been a hot topic in this town and probably nowhere are the media and fans more involved. Everyone has an opinion and everyone expresses it. Some players will not accept a trade here because they cannot take the scrutiny. Others, like David Ortiz and Curt Schilling, relish it. Certainly one of the more controversial moves this off season has been the signing of J.D. Drew. He is devoutly religious and not a rah – rah guy like past players

Johnny Damon and Kevin Millar but he is tremendously talented. Some have questioned how he will respond to the constant glare. If you read the papers and listen to the talk shows, it seems as if Theo Epstein was the only one who wanted him here (or anywhere else for that matter, since no other teams seemed interested in his services).

At an early press conference, when rumors were swirling about Drew's acquisition, a Globe columnist asked Theo if he would verify the rumors. Theo refused to answer and the columnist said he hoped they weren't true. Drew has had a history of injury and has seldom played an entire season, resigned to the disabled list seven out of eight years. Negotiations took 52 days while the Sox had his shoulder examined. He had surgery in 2005 and was not the player he always had been in the last half of 2006 season, his offensive numbers dropping dramatically.

The contract is for 70 million over five years with a stipulation. If he is forced to the disabled list by shoulder woes in the third year, they can opt out of the final two years. However, if he stays healthy, teams will have to pitch to Manny Ramirez and David Ortiz who will bat third and fourth in front of his fifth place spot in the line up which will be tough on any pitcher. He will be taking Trot Nixon's place

in right field, one of the toughest to play in all of baseball. Years ago Drew visited Fenway for a series against the Sox as a member of the St. Louis Cardinals. Nomar Garciaparra hit a ground rule double down the right field line which bounced into the stands. Drew tried to chase it down, misjudged the wall and went head first over it. Sure it was a gutsy, hustle play, but he also could have broken his neck. Drew has always had natural baseball abilities.

In 1997, he was selected second overall in the draft by the Philadelphia Phillies, but because of contentious negotiations between the Phillies and his agent, Scott Boras, he did not sign and sat out a year, which is risky. (Curt Schilling, who was pitching for Philadelphia at the time, criticized Drew for that move but they have since found a middle ground and Schilling has enthusiastically endorsed his signing as a positive for the Red Sox.) In the next year's draft he was selected fifth overall and signed with St. Louis for almost two million. A healthy J.D. Drew will be a big advantage in that 5 hole. Let's hope he holds up.

Of course, the huge off season deal was the 100 million dollar out lay for Japanese superstar Daisuke Matsuzaka. This may not be as much of deal as everyone thinks. He has never pitched at the Major

and COLD RUMORS

BY MIKE FLYNN

League level for an extended period of time. He has never faced so many lineups where almost every hitter can take him deep. And he has never played a 162 game schedule. He did, although, face some major leaguers in the recent World Baseball Classic, which Japan won and he was named Most Valuable Player.

These things may mean nothing. Just throwing them out there—hot stove logs on the fire. But his signing was the biggest deal in all of baseball and the Red Sox owners really put it on the line, proving they are willing to go the distance to win. In 2001-02 the Hot Stove League buzzed about the impending sale of the Red Sox.

When principal owner John Harrington announced the sale, groups of buyers lined up. Everyone rallied behind local businessmen Joe O'Donnell and Steve Karp. When I say everyone, I mean the sports writers, the talk shows, fans, local politicians, even the President of the United States (the husband of one of George Bush's cousins had become a limited partner with Karp-O'Donnell). One very influential Globe columnist wrote that Harrington should do the "right thing" and "choose the O'Donnell-Karp group because of their local roots". What a roar was heard when John Henry, Tom Werner and Larry Lucchino were awarded the franchise. They were

called carpetbaggers. They had come to town to take over our team, make a big score, suck the life out of it and slip out of town leaving a shell of what it was.

That is how the Hot Stove goes; it can burn tremendously bright for good or bad, but can be cooled quickly. Carpetbagger talk has not been heard in years. Look what this management has brought us - the first Boston World Series in 86 years was won under their leadership and they continue to be contenders. Tickets are extremely hard to come by which means business is good which also means they can afford to sign better players. They have proven that they care and are here to stay.

Curt Schilling has asked the Sox to extend his contract for another year and has not asked for a raise. This is practically unheard of! Could there be a better deal? Shouldn't the Sox do this right away? But then again what about Schilling's 42 year old legs? There are many pitchers out there without his talent who are getting more than the 13 million he is asking for. Can you ever have enough pitching? Schilling, Matsuzaka, Josh Beckett, Jonathon Papebon, Craig Hansen, Manny Delcarmen, a possible comeback for Jon Lester, his cancer in remission, old reliables Tim Wakefield and Mike Timlin. Yet there are always questions. Who will close? Will

Papebon go back to the bullpen? We know closer by committee doesn't work. Will Doug Mirabelli still be here to back up Captain Jason Varitek, who wore down at the end of last year? Will Dustin Pedroia, the prized rookie who was brought up at the end of last year, make a difference in the infield with Alex Cora, Mike Lowell, Kevin Youkalis and new shortstop Julio Lugo? Coco Crisp is still in center. Will Manny stop all of this "trade me" talk? That one I doubt. We know what we get with Davis Ortiz.

See, these are the things that make up the Hot Stove League. The rumored trades, free agent signings, firings of managers; in short, everything baseball. By October, all of these questions will have been answered and it's on to Hot Stove '08.

But for now, there is still time to throw a few more logs on the fire and stoke 'em up. Spring training always brings a few surprises. The Sox open at Kansas City on April 2, 2007. Here we go again!



Marybeth Kelly (left), Lee Grant (center) and Janice Locke at the “Tea with Lee” retirement celebration for long time Elderly Commission employee Leonora Grant.



Mayor Menino with Hung Hee Moy and Chui Yu Yung.



Commissioner Greenberg practices her Electric Slide at the Suffolk Downs Valentine’s Day Party.



Mr. And Mrs. John Nee of South Boston celebrate over 55 years of true love.



Sally and Frank Gentile of South Boston celebrate Valentines Day at Anthony’s Pier 4 with Mayor Menino.



Tina Demeo, Ann Ianolla, State Representative Anthony Petrucci, and Josephine Ruggiero visit at the East Boston’s *Love is a Gamble* Valentine’s Day Party at Suffolk Downs.



Richard Dreyfuss engages in conversation with Rose Lyman of Charlestown.



The handsome Landrum couple once again toasts to true love with Mayor Menino.



Eklli Deluuc (left) makes a valentine with Nora Potillo at Veronica B. Smith to mail to troops in Iraq.



Lan Chi Pham, Kim Hall, Anh Vuong, Happy Nguyen, Commissioner Eliza Greenberg and Thu Hong Nguyen at Kit Clark's Vietnamese New Year Celebration.



Councilor LaMattina hands Valentine flowers to Margret Giadina.



Pretty East Boston gals at Suffolk Downs.



Mr. Vu Huu Vy



Commissioner Eliza Greenberg with Mr. Vivolo of East Boston.



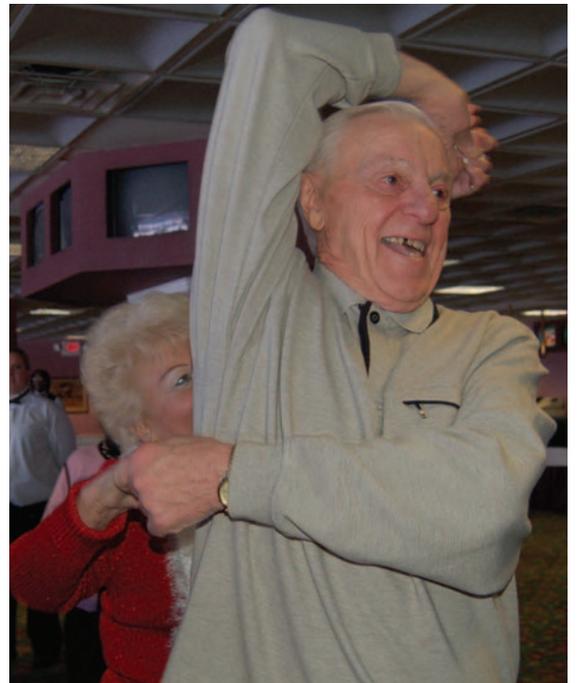
To the lovely ladies and Freedom House members Daisey Janey (left) Alice Hodges and Kay Wilson (right). The Seniority staff would like to apologize for publishing your names incorrectly in February's issue!



Mr. and Mrs. John Zaccaro winners of the flat screen TV donated by Joseph Ruggiero (center) of East Boston.



Joe Chaisson, Mayor's Advisory Council Clerk and Dorchester Representative with Kaye Ryan, Past Chair at January's meeting.



A tireless dancing machine holds his own on the dance floor of all women at Suffolk Downs.



Willy and Ella Mae Hendrix of Dorchester celebrate their 66th Valentine's Day together at Anthony's Pier 4.



Mayor Menino meets Pink, Diep Muoi at the Vietnamese New Year celebration.



Mr. and Mrs. Happy Hai Nguyen.



Liz Brady of Brighton makes Valentines for Veterans at Veronica B. Smith with Komavley Steadman from the Winship School.



City Council President Maureen Feeney (center) with Kaye Hanley and Tom Lombardi at Kit Clark Senior Services.



Frances Caprio with friend, Father Wayne, both of East Boston.



*Well-behaved women rarely
make history.*

- Laurel Thatcher Ulrich

Celebrate Women's History Month