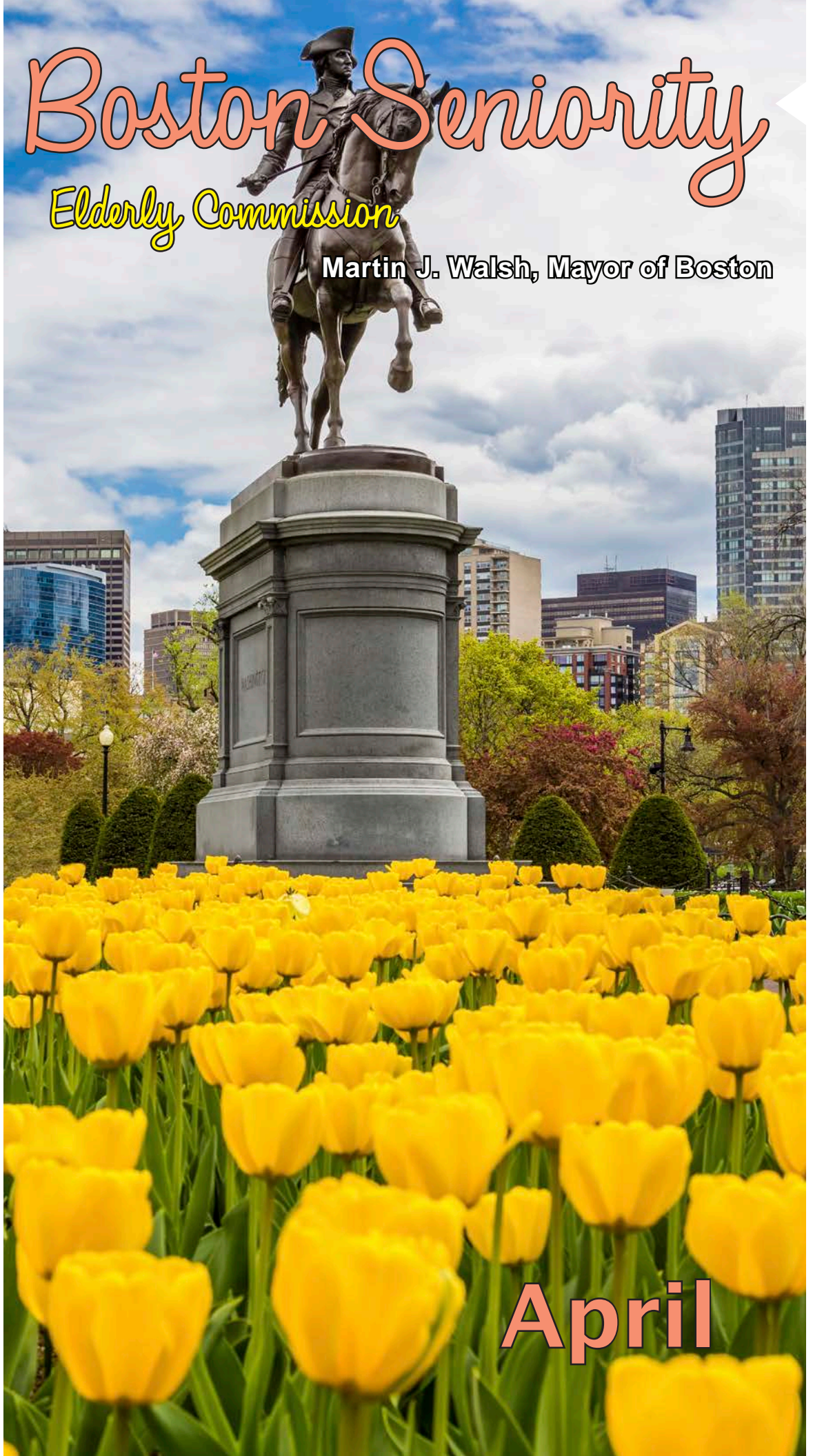




# Boston Seniority

## Elderly Commission

Martin J. Walsh, Mayor of Boston



# April

FREE

2015  
Volume 39  
Issue 4



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at The Elderly Commission  
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**Commission on Affairs of the Elderly  
Main number (617) 635-4366**

**Email articles and comments to  
[Bostonseniority@boston.gov](mailto:Bostonseniority@boston.gov)**

***Although all material accepted is  
expected to conform to professional  
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endorsement by the City of Boston,  
Commission on Affairs of the Elderly.***

## *Boston Seniority*

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# Mayor's Spotlight

## Mayor Walsh encourages residents to participate in Boston Shines

In March, Mayor Martin J. Walsh outlined the City of Boston's efforts for continued snow recovery efforts and trash clean-up left behind from the unprecedented amount of snow Boston received over a thirty day period. Boston's Public Works Department's overnight street sweeping crews continued to removed trash from the streets of Boston, and the Mayor approved 20 hokeys, who began on Monday March 16th to assist in trash removal efforts.

Beginning on April 24, the Mayor's Office of Neighborhood Services will lead the annual "Boston Shines," recruiting volunteers to tackle cleaning the streets of Boston one neighborhood at a time for three consecutive weekends.

"This year, it's more important than ever for us to come together as one community to assist in the monumental task of cleaning up our neighborhoods," said Mayor Walsh. "I encourage all of our residents to get involved in Boston Shines as Boston continues to recover from the historic amount of snow we received."



Residents may learn more and become involved with Boston Shines by visiting <http://www.cityofboston.gov/ons/BostonShines>

In 2014, the Office of Neighborhood services, working with partnership organizations, completed 295 projects in neighborhoods throughout Boston. Neighborhood Services liaisons are currently working with community members to identify projects for this year's effort. The Mayor's Office hopes to expand volunteer opportunities this year while focusing on four service areas: physical service, university engagement, youth development and uniting neighbors and communities.

On February 11, Public Works began proactively surveying roads to fill potholes following the heavy use of salt and snow removal equipment used on roads as a result of the snow storms. With the snow continuing to melt, Boston's Parks are expected to be ready for spring. The Parks and Recreation Department are continuing to monitor athletic fields for spring sports and will be communicating to the public through social media and working with permit holders.

Over the course of 30 days, Boston experienced a historic amount of snow fall:

- 1 billion cubic feet of snow fell on Boston's streets in February - more than twice the amount of dirt moved during all 15 years of the Central Artery Tunnel Project.

- PWD plowed 295,000 miles of roadway - roughly 12 trips around the earth.

- PWD removed over 35,000 truckloads of snow from city streets.

- PWD melted 50,000 tons of snow at our farms.

- In addition, over 110,000 calls were received at the Mayor's Hotline.

- Together, the Boston Police and Inspectional Services departments gave over 1,100 rides to nurses and emergency workers.



Photo by: Isabel Leon

- The Boston Fire Department answered over 7,500 calls - 46 percent more than the same period last year.

- The City's homeless shelters have been open around the clock, offering daytime services and sheltering more than 600 guests each night.

## Senior Citizen Property Tax **WORK-OFF** Program

### **S E N I O R   H O M E O W N E R S**

#### **IF YOU:**



**are  
age 60  
or over**

BY JULY 1, 2015

**earn  
≤\$30K if  
single  
≤\$45K if  
married**

**own and  
occupy  
home for  
last 3  
years**

**own and  
occupy as  
principal  
residence**

**You may qualify to earn a credit towards your property tax bill by volunteering with the City of Boston.**

*To inquire, call:* **617-635-4250**

Application due **July 1, 2015** | Program runs between July – November 2015

# MAYOR WALSH ANNOUNCES

## April 15 As "One Boston Day"

On Thursday, March 19, 2015 - Mayor Martin J. Walsh announced "One Boston Day," a new tradition to honor the resiliency, generosity and strength of the City of Boston on April 15. The day will be an opportunity to recognize the good in our community and reflect on the spirit of grace and resilience of the people of Boston that was exemplified in the response to the loss and the tragedies of April 15, 2013. The new tradition will put a mark on a day honoring the strength of our city, its people and their acts of goodness toward one another.

The Mayor made the announcement with John Hancock at the unveiling of the 2015 Boston Marathon street banners at Marathon Sports on Boylston Street.

"One Boston Day will inspire all of us to come together as the community we are and share the spirit of Boston by giving back," said Mayor Walsh. "April

15 is a date that has come to stand for our city's deepest values. I hope everyone can mark this day in a way that is appropriate and inclusive for each of our experiences."

"One Boston Day" will encourage random acts of kindness and spreading goodwill, and activities across the City will encourage individuals to give back to their community. The new tradition came together in compilation with the desire expressed by many survivors to pass on the kindness, generosity and support they received following the 2013 Boston Marathon.

On the morning of April 15, the Mayor will assist in raising honorary banners on Boylston Street to honor the victims and survivors of April 15, 2013.

The Mayor will then visit multiple community sites throughout Boston's neighborhoods marking "One Boston Day."

**We're here for you.**  
**617-635-3000**



*The Senior Shuttle*  
NOW OFFERS:  **Accessible Vans!**

The Senior Shuttle has multiple wheelchair accessible shuttles offering free door-to-door transportation to Boston residents age 60 or over. Rides are offered to non-emergency medical appointments. We kindly request advanced notification of appointments.

To schedule a ride, call 617-635-3000, Monday-Friday, 8 a.m. – 4 p.m.



# The 2015 Greater Boston Senior Games



**Golf:** Wednesday, May 13

**Bocce:** Thursday, May 14

**Billiards & Bowling:**

Friday, May 15

**Tennis:** Saturday, May 16

**Half Court Basketball:**

Saturday, May 30

**Swimming:** Wednesday, June 3

## Spring into Fitness:

Saturday, June 6

Mildred Avenue Community Center

5 Mildred Avenue

Mattapan, MA 02126

- Blood Pressure Screenings
- Board Games
- Boot Camp
- Tai Chi
- Water Aerobics
- Zumba
- More fitness activities to come



Pre-registration Deadline:

**Friday, May 22**

**Eligibility:** Men & Women age 50 & over. Registration Deadline: **Friday, May 1.**  
Half Court and Swimming Registration Deadline: **Friday, May 22.**

**Contact:** Michael McColgan at 617-635-4168 or michael.mccolgan@boston.gov.  
\* Registration form located on back cover

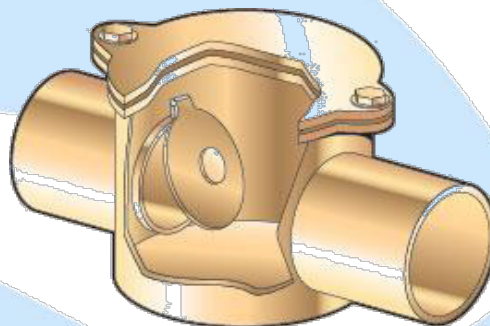
Martin J. Walsh, Mayor  
City of Boston Commission on Affairs of the Elderly  
Emily K. Shea, Commissioner



## A Backwater Valve Can Help Protect Your Property

Heavy rainstorms can cause flooding and sewage backups into homes or businesses in low-lying areas. While overland flooding cannot always be prevented, sewage backups can be avoided if your property is properly equipped with a backwater valve.

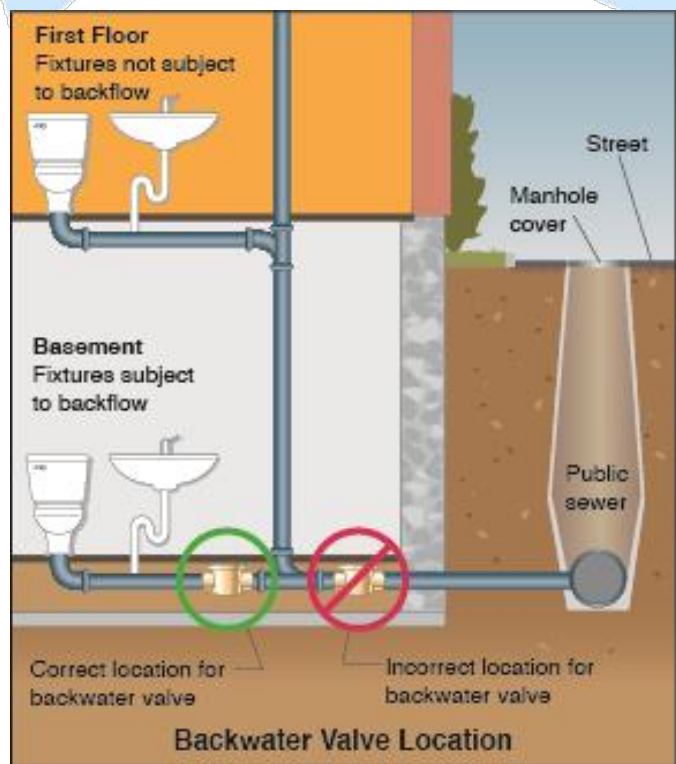
A backwater valve is a fixture that is installed on a sewer line or drain in the basement. A properly installed backwater valve prevents the reverse flow of water, keeping sewage from entering your property.



**A backwater valve sits in a pit in the basement floor**

Property owners are responsible for the installation and maintenance of backwater valves. Backwater valves must be installed in accordance with the state plumbing code, 248 CMR, section 2.09:4, and Boston Water and Sewer Commission (BWSC) Sewer Regulations.

## Avoid Sewage Backups with a Backwater Valve



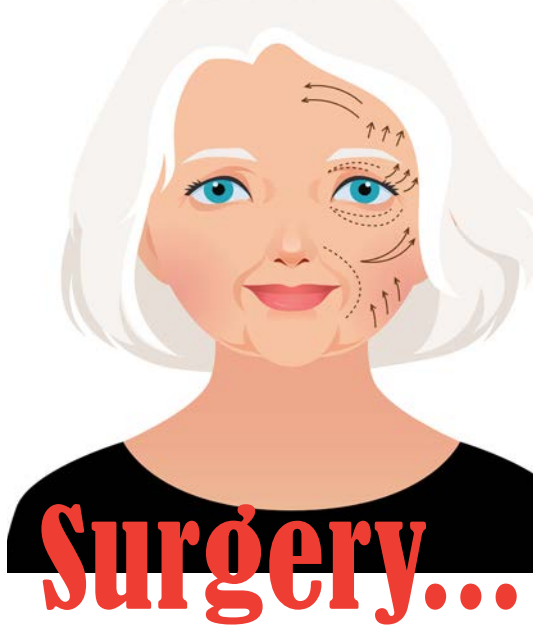
Some basement level plumbing fixtures are set at a lower elevation than the manhole cover of the public sewer in the street. In those cases, a sewage backup can occur, particularly during heavy rains.

Boston Water and Sewer Commission (BWSC) recommends that property owners obtain three written estimates from licensed plumbers prior to the installation of a backwater valve. This one-time investment significantly reduces the risk of sewage backup, and may save your personal property from damage.

**FOR MORE INFORMATION CALL BWSC  
ENGINEERING CUSTOMER SERVICE:  
617-989-7000**

Typical plumbing configuration illustrating proper location for a backwater valve. Consult a licensed plumber for proper location to install backwater valve in your home or building.

# Cosmetic



# Surgery...

## Yes and No

You look into the mirror and notice you have wrinkles, sagging body parts or areas of fat!!!

Do you think you might have cosmetic surgery to fix these small imperfections?

### A few basic facts you should know -

1. Average age of someone who has cosmetic surgery: 41
2. Younger people choose rhinoplasty (nose reshaping), breast enhancement and liposuction. Older people have more face lifts, breast lifts and eyelid surgery.

3. Most common cosmetic surgery for women: breast enhancement, followed by liposuction, breast reduction, tummy tucks and cosmetic eye surgery. For men: liposuction, followed by nose reshaping, cosmetic eye surgery, male breast reduction and cosmetic ear surgery.

4. Statistics for cosmetic surgeries: A recent study states women have 8.6 million treatments yearly, while men have 750,000.

5. Important info: A doctor does not have to be Board Certified to perform these procedures. Be sure to ask the doctor if she/he is certified by the American Board of Cosmetic Surgery.

6. Surgery can be performed in a surgical center and or a hospital.... often day surgery procedures.

7. Insurance does not usually cover cosmetic surgery. Check with your insurance company first. Cosmetic surgery can be very expensive.

### Difference between cosmetic surgery and plastic surgery -

Cosmetic surgery focuses on enhancing a person's appearance aesthetically



(beauty). This can include: dermatology, plastic surgery, gynecology, ophthalmology.

Plastic surgery can often overlap with the (beauty) goals of cosmetic surgery. Plastic surgery includes reconstructive surgery for body defects due to trauma, disease or birth defects.

### **Body dysmorphic disorder addiction -**

This is a mental condition in which

people can't stop worrying about their minor or imagined physical flaws. Even after cosmetic surgery, these individuals are unhappy with the results. They seek more surgery!! We see these individuals on television and ask why are they doing this to themselves? They are addicted to cosmetic surgery.

For more information, speak to your doctor. You should get a referral from your doctor for a Board Certified Cosmetic surgeon.



## **Research Study: Prostate Cancer and Pain**

Research subjects are needed for a study evaluating pain perception, pain tolerance and quality of life in men with prostate cancer about to undergo hormone treatment for their cancer.

### **Financial compensation provided.**

You may be eligible to participate in this study:

- If you are a male
- If you have history of prostate cancer
- If you are planning to undergo hormone treatment

For more information call:

**617-525-9198**



## **FriendshipWorks Seeks Volunteers for Critical Medical Escort Program**

FriendshipWorks, a network of trained volunteers that provide support and assistance to elders in Boston and Brookline, is seeking new volunteers to participate in the Medical Escort program to accompany elders to medical appointments, providing companionship and other support along the way. With an estimated 62,000 elders living in Boston, more than 22,000 currently live alone, making it difficult to get to and from medical appointments. FriendshipWorks is seeking potential volunteers who may be retired and are looking for the opportunity to be helpful to elders in need.

“It has been an especially tough winter this year in Boston between the multiple storms and lack of MBTA services which has left many elders homebound and isolated,” said Janet Seckel-Cerrotti, FriendshipWorks executive director. “The Medical Escort Program is an essential piece of our organization”.

“We are seeking volunteers who are retired and have the time and

experience to navigate our elders to and from appointments, through hospital systems, offer support, and ultimately be a friend,” said Mark Byrne, Medical Escort coordinator. It would be most helpful to the Medical Escort program to have volunteers who may be retired and have daytime availability during the work week.” FriendshipWorks also has an office in Jamaica Plain that is focused on assisting Spanish-speaking elders called La Cadena de Amistad. The medical escort service is a critical program for this population and also needs Spanish-speaking volunteers, according to Lillyana Hebbert, Program Director of La Cadena de Amistad.

“The Medical Escort service for our Spanish-speaking elders plays a crucial role in their access to health care as language barriers may discourage them from seeking care. We are looking for Spanish-speaking volunteers who may serve as translators and advocates, as well as friends, during what can be a vulnerable and intimidating time,” said Hebbert.

FriendshipWorks encourages potential volunteers those in Boston and Brookline to consider participating in the program, which is flexible and requires simply a friendly, caring attitude with some weekday availability. To become a Medical Escort, apply online at [www.fw4elders.org/volunteer](http://www.fw4elders.org/volunteer).

If you have any questions or want more information please call 617-482-1510.

### About FriendshipWorks

FriendshipWorks (formerly MATCH-UP Interfaith Volunteers) is a network of trained volunteers that provide support and assistance to elders in Boston and Brookline. With 30 years of experience recruiting, training, and placing volunteers for this purpose, FriendshipWorks' mission is to decrease the social isolation, enhance the quality of life, and preserve the dignity of elders. FriendshipWorks partners with congregations of all faiths to identify people who need assistance and find volunteers who share the organization's goal of helping a neighbor in need. FriendshipWorks cooperates and receives referrals with area hospitals, long-term care facilities, health, government, human service agencies, family, friends, and neighbors. [www.fw4elders.org](http://www.fw4elders.org)

### Help Us Learn More About Sleep!

If you are:

- 55-70 years old
- Non smoker
- Healthy and taking no medication



You may be eligible for a 37-day sleep research study at Brigham & Women's Hospital. There will be a 4-6 week screening period. Must be willing to spend 37 consecutive days and nights in our facility.

Receive up to \$7,775

Call Gina Daniels at 617-525-8719  
or email [sleepstudy@partners.org](mailto:sleepstudy@partners.org)

## The Elderly Commission

### Seniors are you eligible?

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance  
no longer counts -

- \* savings or retirement accounts
- \* your car
- \* your home \* or other assets

For more information or to complete an application contact:

Lorna Heron at 617-635-4335  
or email [lorna.heron@boston.gov](mailto:lorna.heron@boston.gov)

## Boston Fire Department

### Free Elderly Fire Safety Program

Photo Electric Smoke Alarm and Carbon Monoxide Detector available for owner occupied single family homes/condos

### Restrictions Apply

Please call the Fire Safety Program at 617-343-2022 or contact Ernie Deeb at 617-635-2359.

You can also view our website online at [www.cityofboston.gov/fire](http://www.cityofboston.gov/fire) or visit the Boston Fire Department on Facebook.

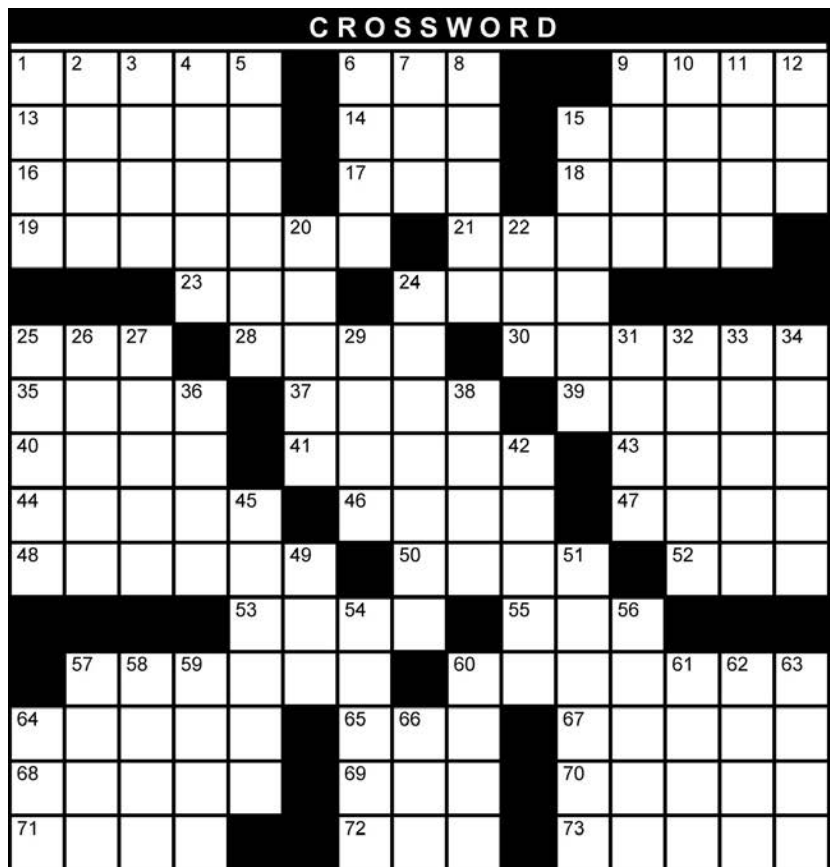


# STATEPOINT CROSSWORD

THEME: Spring in the Air

## ACROSS

1. Hawaiian island
6. \_\_\_ opener
9. Actress \_\_\_ Perlman
13. Olympian Jesse \_\_\_\_
14. Fertility clinic stock
15. None of these good ones go unpunished?
16. Blood line
17. Grazing area
18. Expression of pirate's displeasure
19. \*Vacation destination
21. \*Blooming tree
23. \*Before it becomes one, corn is planted in spring
24. Computer solicitation
25. Communications org.
28. \*Greek goddess of spring
30. Recipients of funds or benefits
35. Diving bird
37. Kuwaiti, e.g.
39. Mother-of-pearl
40. Fairy tale opener
41. Overthrow by argument
43. Bygone days
44. Jasmine and Basmati
46. Extinct bird
47. Musher's transport
48. Like lemon
50. Inquires
52. Driver's license and passports, e.g.
53. Cooking fat
55. To this day
57. \*Resurrection celebration
60. \*"Spring \_\_\_\_\_, fall back"
64. Jamaican national fruit



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ALTITUDE

\*Offer subject to change based on premium channel availability

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65. Don't waste
67. New World bird
68. A peddler who shouts to advertise
69. Lay down
70. Willow twig
71. Barrels or casks
72. Thrown in the Boston harbor
73. \*Flower holder, often becomes visible in spring

## DOWN

1. Baker's unit
2. Military no-show

3. Agrippina's slayer
4. Cavern
5. Old Testament prophet
6. Soft drink
7. "\_\_\_ Maria"
8. Civil rights org.
9. Back of military formation
10. German mister
11. Avant-garde
12. \*\_\_\_ Wednesday
15. Demigod
20. Doom and gloom
22. Consumed or experienced
24. Seaworthy vessel

**Solution on Page 23**

## A Special Thank You for helping make the African Heritage Celebration a success!



William E. Reed Auditorium  
Prince Hall Grand Lodge  
Balloon City

Dr. Jemadari Kamara  
Panera Cares

St. Katherine Drexel Social Justice CMMTE

Senior Whole Health  
Lady C&J Soul Food  
Flour Bakery & Café

Linda Smith  
Tasha the Hair Slayer

Savin Scoops  
Savin Grill

McKenna's Café  
Stitch House Dorchester  
SEIU888-AFRAM Caucus  
Sugar Bowl

Firehouse of Engine 24 / Ladder 23  
*in Grove Hall, Dorchester*

Rev. Ruthena Tukes,  
*Morning Star Baptist Church*



Mayor Martin Walsh accepts a commemorative Key from the Beacon House on Beacon Hill for all of the Mayor's effort in the preservation of affordable housing for seniors in the Beacon Hill neighborhood.

Photos by: Isabel Leon



**Don't Miss** *The Elderly Commission* **On the Radio**

**ZUMIX Radio - Boston Seniors Count**

Wednesdays at 2:00 PM and Mondays at 9:00 AM streaming on [zumix.org](http://zumix.org)

**WJIB 740 AM** on Sundays at 7:30 AM

For more information, contact: Greg Josselyn at 617-635-4250.

# Healthy Recipes

*All Healthy Recipes are carefully selected by our expert nutritionist  
Melissa Carlson, MS, RD*

## Radishes in Brown Butter and Lemon



until crisp-tender. Drain.

2. Melt butter in a medium skillet over medium-high heat. Add radishes to pan; sauté 3 minutes or until butter is browned and fragrant. Add rind, juice, and salt; cook 1 minute, stirring occasionally. Remove pan from heat; stir in radish leaves and pepper.

**Servings:** 4 Servings, 3/4 cup each

**Calories:** 42

**Source:** <http://www.myrecipes.com/recipe/radishes-browned-butter-lemon#mr-livefyre-ratings>

### Ingredients:

- 3 cups radishes, halved lengthwise, with root and 1-inch stem left on
- 1 tablespoon butter
- 1/2 teaspoon grated lemon rind
- 2 teaspoons fresh lemon juice
- 1/4 teaspoon salt
- 1 cup torn radish leaves
- 1/4 teaspoon freshly ground black pepper

### Preparation:

1. Bring a medium pot of water to a boil. Add radishes to pan; cook 4 minutes or



### Introducing the RSVP & SCP Joint Advisory Board

(starting in the left back row)

Annette Richardson, Morris Englander, Leah Leavitt, Tyisha Jones-Horner, Gloria Johnson, Virginia Iannarone and Tula Mahl

(board members not shown)

Gloria Rice-Stuart, Troy Byner and Jacquolyn Payne-Thompson



# Snap Pea and Radish Sauté

## Ingredients:

- 6 cups water
- 12 ounces trimmed sugar snap peas
- 1 tablespoon butter
- 1 teaspoon fresh lemon juice
- 1/2 cup thinly sliced radishes
- 1 tablespoon chopped fresh chives
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt

**Servings:** 4 servings, 2/3 cups each

**Calories:** 65

**Source:** <http://www.myrecipes.com/recipe/snap-pea-radish-saute>



## Preparation:

1. Bring water to a boil in a large saucepan. Add sugar snap peas; cook 30 seconds or until crisp-tender. Drain and rinse with cold water; drain. Cut half of peas in half diagonally.

2. Heat butter in a large saucepan over medium-high heat; swirl until butter melts. Stir in lemon juice. Add peas and radishes; toss to coat. Sprinkle with chives, pepper, and salt.

### Volunteers age 50+ needed for Shift work study!

Brigham and Women's Hospital seeks healthy, non-smoking men and women **ages 50-65** to participate in a research study about how sleep timing and workplace lighting impact alertness during work and sleep. Participants will first pass a series of screening tests. Participants will spend 10 consecutive days in the study on a strict schedule, including several overnights.

Receive up to \$2,575.

Contact us at 617-525-8904 or email at

[NightWork@research.bwh.harvard.edu](mailto:NightWork@research.bwh.harvard.edu) if interested.



## SEEKING VOLUNTEER DRIVERS

**Age 55+ to provide  
dignified transportation to  
Boston seniors**

**For more information, contact  
Tyisha Jones-Horner at  
617-635-3988 or email  
[tyisha.jones-horner@boston.gov](mailto:tyisha.jones-horner@boston.gov)**

## *Recognition for*

### Hebrew Senior Life Volunteer Frankee Koocher



Frankee Koocher is a woman of diverse skills. She started working at Hebrew Rehabilitation Center in the downstairs Gift Shop in 2006. After the gift shop closed she signed up to become part of the (then-pilot) Caring Touch program that trains volunteers to give mini hand massages to residents. Frankee already had training as a massage therapist, so she was the perfect candidate. Since then, Frankee has given countless hand massages to residents and she has also helped volunteer services at employee fairs giving hand massages to employees so they can experience how restful and relaxing it is.

Now Frankee volunteers at Hebrew Senior Life three days a week for two to three hours at a time, and if that's not enough, she has recently joined the Hebrew Rehabilitation Center Resident Chorus where she lends her voice to singing and helps with the residents.

We salute Frankee for her many efforts and her willingness to be a mainstay of our volunteer program!

## Stuttering Didn't Keep Him Out of the Game



Photo credit: Philadelphia Eagles

Stuttering never  
benched NFL star  
Darren Sproles.

Don't let it sideline  
you either!

800-992-9392

StutteringHelp.org  
tartamudez.org



Post Office Box 11749 • Memphis, TN 38111-0749

BOSTON TAX HELP COALITION OFFERS

# FREE TAX SERVICES

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Mayor Martin J. Walsh

**BOSTON**  
**TAX HELP**  
COALITION



Visit [BostonTaxHelp.org](http://BostonTaxHelp.org) for tax sites or flip the page! →



## MAKE SURE TO BRING:

- ☐ Valid Photo ID required
- ☐ Social Security card or Individual Taxpayer ID Letter (ITIN) for you, your dependents and/or your spouse
- ☐ All 1099 forms – 1099G (unemployment), 1099R (pension payments), 1099INT (bank interest), 1099SSA (Social Security)
- ☐ W2 forms from all jobs in 2014
- ☐ Proof of health insurance (Health insurance cards, HC-1099, 1095-A, etc.) for taxpayer, spouse, and all dependents\*\*
- ☐ Total child care expenses in 2014, and child care provider's name, address, and Employer Identification Number (EIN) or Social Security Number (SSN)
- ☐ All 1098T forms (tuition payments), receipts for materials and books and proof of payment
- ☐ Total student loan interest paid (1098E) and proof of payment
- ☐ Proof of all rent paid in 2014
- ☐ A copy of last year's tax return
- ☐ Bank-issued printed account and routing numbers to direct deposit your tax refund into your account
- ☐ Proof of ANY deductible out of pocket expenses (annual BWSC, 1098E, charitable receipts, etc.)
- ☐ Any mail from the MA Department of Revenue
- ☐ Any mail from the IRS

*\*Taxpayers who have received or expect to receive health insurance credits need to bring proof of ALL household income.*

## 2015 TAX SITES:

### ALLSTON/BRIGHTON

**ABCD: ALLSTON BRIGHTON NOC**  
640 Washington Street  
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617.903.3640

**ALLSTON BRIGHTON APAC**  
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**ALLSTON BRIGHTON CHILD & FAMILY SERVICE CENTER**  
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Allston, MA 02134\*

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Brighton, MA 02135\*

**JOSEPHINE FIORENTINO COMMUNITY CENTER**  
123 Antwerp Street  
Brighton, MA 02135\*

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Boston, MA 02111  
617.635.5129 ext 0  
EITC@BCNC.net

### DORCHESTER

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150 Mt. Vernon Street  
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877.409.1199  
EITCMA@1199.org

**ABCD: DORCHESTER NSC**  
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**CODMAN SQUARE TECH CENTER (DOTWELL)**  
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617.445.6000

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617.522.4250

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617.635.0771

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All tax sites are wheelchair accessible, except for ABCD: South End NSC.

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Boston Chinatown  
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## **Election Officers Wanted**



The City of Boston's Election Department is seeking individuals to serve as Election Officers at the polls for all the upcoming elections. Applicants must be registered voters in the Commonwealth of Massachusetts. Help is needed for all positions and locations throughout the City. These are paid positions and training will be provided. Bilingual applicants are needed.

**Note: These are one day positions only!**

\*\*\*\*\* Interpreter positions are also available. Excellent communication skills are needed. Boston residency and voter status are not required for this position only. \*\*\*\*\*

**For more information, please call Lynne at (617) 635-4491.**

---

## **Se Buscan Funcionarios Electorales**

El Departamento de Elecciones de la Ciudad de Boston está reclutando personas para que sirvan de funcionarios electorales en las elecciones locales venideras. Se requiere ayuda en varias posiciones electorales y en varias ubicaciones de la ciudad. Se proveerán capacitaciones y remuneraciones para estas posiciones. Los solicitantes deben vivir en el estado de Massachusetts y ser electores inscritos.

**¡Nota: Estas posiciones son solamente por un día!**

\*\*\*\*\* Hay también posiciones para intérpretes. Deben tener excelentes destrezas de comunicación. Para esta posición (solamente) no se requiere ser elector o residente de Boston. \*\*\*\*\*

**Para más información, favor de llamar a Lynne al (617)635-4491.**

# DEAR TW,

## “Don’t Retire, Inspire”

By: Augusta Alban



Rushing to leave the studio one night after a show, I was stopped short by one of my students. “Do you have a minute?” Of course! What’s up? She asked if I would need her for the upcoming show. YES — and for the rest of the season, if you can make it. She said she had been reading several of my columns, and commented that she enjoyed my style of writing. I thanked her. She asked me how I got started. I told her what I always say: Writers always write. “But what about?” she asked.

And so I began my story: “A very long time ago I was called to help a friend of mine. He had just had a severe stroke that had left him totally disabled. I was

---

*I had never learned to type:  
I was told it would stagnate  
my career.*

---

far away from my home and knew no one. I decided for my sanity I needed to learn something new. The hospital rehabilitation center was in an old building with many unoccupied offices, and with typewriters on most every desk. I had never learned to type: I was told it would stagnate my career. (There

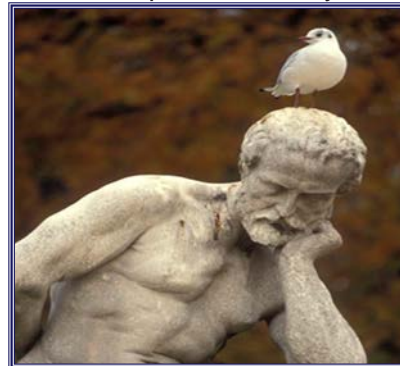
would be no advances in the business world. Typing was considered to be women’s work.) This was my great chance to learn. But what to type? I could see repatriation would play a huge part in this effort. One suggestion was something about an old grey fox jumping over a fence. As appealing as that sounded, I moved onto something more positive: affirmations! That was easy! I thought of several, and sat down to find matching keys. That was grueling, but I was bound and determined. A week later, I was having some success, and most of the time I had



## Does Vitamin D build muscle?

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Call: **617-556-3064** Email: [BoneLab@tufts.edu](mailto:BoneLab@tufts.edu)

Website: <http://hnrca.tufts.edu/d-strong/>

Jean Mayer USDA Human Nutrition Research Center on Aging  
711 Washington St, Boston, MA 02111



no need to look at the keys. I dated my paper and announced to myself and the world that I now knew how to type. My sessions had stretched into four hours each and every day. I was on fire.

But now ... what to write. And to whom? I yearned to really talk with someone, but I was totally alone. The next day I sat down at the typewriter and I wrote Dear.... dear..... dear..... and couldn't continue. "You are a writer," I scolded myself. "Make something up."

And so I began again. "Dear TW (TypeWriter): I am supposed to be writing to someone about something, but I don't know to whom or what to say. Could you please help me?" And so he did!

That was the beginning of a beautiful friendship. We have been writing ever since.

## Seniors Count BNN-TV Channel 9



Boston Seniors Count  
Cable Television Show

Thursday at 3:30 p.m. Repeated Sundays at  
11:30 a.m. & Wednesdays at 2:00 p.m.

For more information call Greg Josselyn  
at 617-635-4250

## Don't Retire, Inspire

Hosted by  
**Augusta Alban**

Tune in to find  
out how  
Boston seniors  
are **INSPIRED**  
everyday

Fridays, 2:30 p.m., Saturdays, 11 a.m.  
on BNN/CH. 9

Tuesdays and Saturdays, 5 p.m.  
on Boston City TV, Comcast Ch. A-24  
and RCN Ch. 16

Collaboration between Mayor Martin J. Walsh,  
the Elderly Commission & Suffolk University

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**NEIGHBORHOOD CLEAN UP**  
**Mayor Martin J. Walsh**

## **Boston Shines 2015**

**HELP GET YOUR NEIGHBORHOOD READY FOR SPRING!**

Our annual city-wide Spring clean-up will be held over three weekends this year

### **Region 1**

Allston, Brighton, Fenway, Hyde Park, Mission Hill, Roslindale, Roxbury, West  
Roxbury; April 24<sup>th</sup> and 25<sup>th</sup>

### **Region 2**

Bay Village, Chinatown, Dorchester, Mattapan, South End; May 1<sup>st</sup> and 2<sup>nd</sup>

### **Region 3**

Back Bay, Beacon Hill, Charlestown, Downtown, East Boston, Jamaica Plain,  
North End, South Boston, West End; May 8<sup>th</sup> and 9<sup>th</sup>

You can register online at

[cityofboston.org/ons/bostonshines](http://cityofboston.org/ons/bostonshines)

or call the Mayor's Office of Neighborhood Services at 617-635-3485

## Check out the Library this Spring



Irwin Ehrenrich gives a presentation on rose cultivation, including details about rose history, classification, and the year in the rose garden from spring pruning to winter protection, on Saturday, April 25, at 12 p.m. at the North End Branch, located at 25 Parmenter Street.

Max Grinnell discusses Boston's past and future through imagery on Tuesday, April 28, at 6:30 p.m. at the South End Branch, located at 695 Tremont Street.

Shellee Morehead describes the possibilities and limits of using DNA to explore your family history through genetic genealogy on Wednesday, April 29, at 6 p.m. in the Abbey Room at the Central Library in Copley Square, located at 700 Boylston Street.

Award-winning author Lois Lowry discusses her various works, including *The Giver*, in conjunction with West Roxbury Reads 2015 on Thursday, April 30, at 7 p.m. at the Patrick Lyndon Pilot School auditorium, located at 20 Mt. Vernon Street in West Roxbury. The reception takes place at 6 p.m. in the library lecture hall at the West Roxbury Branch, located at 1961 Centre Street.

Local author and foodie Rosana Wan discusses her book *Culinary Lives of John & Abigail*

Adams: A Cookbook, a collection of recipes used by the couple, on Thursday, April 30, at 6:30 p.m. at the West End Branch, located at 151 Cambridge Street.

### About BOSTON PUBLIC LIBRARY

Boston Public Library has a Central Library, twenty-four branches, map center, business library, and a website filled with digital content and services. Established in 1848, the Boston Public Library has pioneered public library service in America. It was the first large free municipal library in the United States, the first public library to lend books, the first to have a branch library, and the first to have a children's room. Each year, the Boston Public Library hosts thousands of programs and serves millions of people. All of its programs and exhibitions are free and open to the public. At the Boston Public Library, books are just the beginning. To learn more, visit [bpl.org](http://bpl.org).

### Solution to Crossword on Page 12

L	A	N	A	I		C	A	N		R	H	E	A
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# Why The Older Americans Act Matters

By: Bob Blancato

Permission to run this story given by  
Next Avenue

Next year will be important and symbolic for aging programs and services, as we celebrate the 80th anniversary of Social Security, the 50th anniversaries of Medicare and Medicaid and the fifth anniversary of the Affordable Care Act.

Another reason to celebrate in 2015: the 50th anniversary of the Older Americans Act.

This law has provided millions of adults with much-needed services. Currently, one in five older adults — 11 million people — receive services from an Older Americans Act program. I hope the anniversary will be the opportunity to give this remarkable law its due recognition while charting its future path.

For all the Older Americans Act accomplishes for so many (providing nutrition, caregiving, transportation, legal services and elder abuse prevention), it struggles from chronic underfunding and has for the past 20 years.

Today, the groundbreaking law has a new problem: we are now more than four years late in renewing it. This is especially hard to explain when one considers the bipartisan, non-controversial nature of

previous reauthorizations, including the last successful one in 2006 led by a Republican Senate.

## Why Does the Older Americans Act Matter?

The Older Americans Act matters because of what it provides and the outcomes it produces. Its programs and services have achieved the main goal of the Act when it was passed — to allow older adults to remain independent, either in their community or in their homes. It is worth noting that the Act, by law, targets its services to those in the greatest economic or social need, with particular attention to low-income minorities, rural residents and those with limited English proficiency.

The Older Americans Act also matters because it has provided important part-time community service employment opportunities for thousands of low-income adults over age 55 through the Senior Community Service Employment Program. Many of these community service jobs have benefited other older adults.

Another reason this law matters is that in anticipation of the increased number of boomers becoming family caregivers, amendments to the law in 2000 established the foresighted National Family Caregiver Support Program. The only federal program of its kind, it provides resources to allow individuals the tools to be effective caregivers when the need arises. It also aids the growing number of grandparents raising grandchildren in the U.S.

Finally, the Older Americans Act matters because its programs are in every state and almost every Congressional district in the U.S. It operates through an outstanding aging network consisting of state units on aging, area agencies on aging and thousands of service providers. The Act stresses local decision-making on what are the best and most needed services for older adults.

### Nutrition and Money

The largest program in the Older Americans Act is by far also its most successful — nutrition. Under this program, older adults are provided with meals and nutrition education in either congregate sites (at places such as senior centers, churches or senior housing facilities) or through home-delivered meals. The purposes of the program are as relevant today as when they were created in the 1972 amendments to the original law:

- To reduce hunger and food insecurity
- To reduce isolation for older adults
- To promote the health and well being of older adults by giving them access to nutrition and other disease prevention and health promotion services

The nutrition program reaches those in critical need. In the home-delivered program, it is estimated that 44% in the program are in poverty, 52% are at high nutritional risk and almost two-thirds rely on the meals for half or more of their daily food intake. In the congregate program, 58% rely on the meal for half or more of

their daily food intake.

The Older Americans Act, and especially its nutrition program, really matters because it saves Medicaid and Medicare countless millions of dollars.

Today, the average age of a congregate meal participant is in the upper 70s; for the home-delivered program it rises to the low 80s. The eligibility age is 60. When they joined, many of these older adults were at risk for being in a hospital or a nursing home due to their poor diet. Yet, 15 to 20 years later, they are still in the nutrition program and avoided a nursing home or extensive hospitalization.

The total federal expenditure for the nutrition program over the past 20 years does not equal one year of total expenditures for Medicaid. Simply put, the Older Americans Act has great value that goes unrecognized.

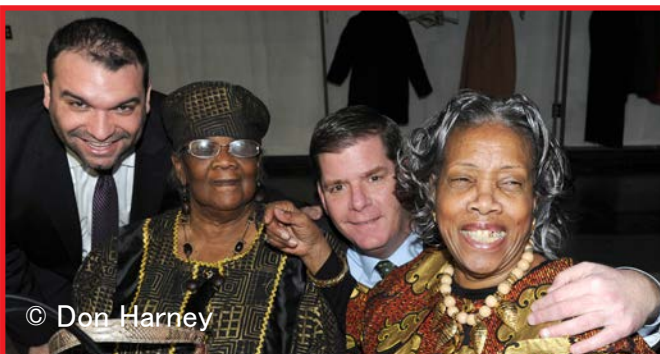
*Bob Blancato is President of Matz, Blancato, & Associates, a firm integrating strategic consulting, government affairs and advocacy services. He is National Coordinator of the non-partisan 3000-member Elder Justice Coalition and is Executive Director of the National Association of Nutrition and Aging Services Programs.*



*Next Avenue is PBS web affiliate focused on America's booming 50+ population and a public media website devoted to the aspirations and concerns of grown-ups who want to keep growing.*



# A Celebration of African Heritage at Prince Hall Grand Lodge





# Civic Academy: Age-Friendly Boston

**This event kicked off our long term initiative calling on residents to tell us how we can make Boston a more livable city for older adults.**

“The Age-Friendly philosophy is closely aligned with my vision for Boston. The guiding principle focuses on designing livable communities that promote good health, strong civic participation, and clear communication. That means safe, walkable streets; offering better housing and transportation options; improving access to key services; and providing opportunities to be socially engaged. It means sustaining economic growth and enabling happier, healthier residents.

*In other words, an Age-Friendly city is a thriving and inclusive city for all.”*

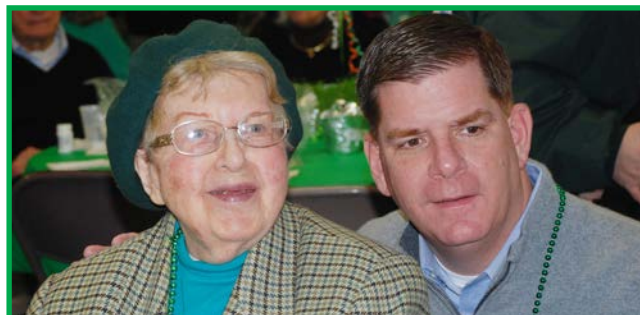
– Mayor Martin J. Walsh





# St. Patrick's Day Celebration at St. Monica's Church

Photos by: Bridget Rooney





# *Golden Age Club Celebrating St. Patrick's Day in East Boston*

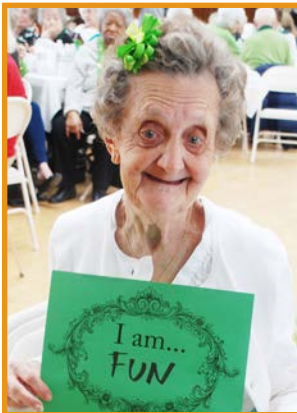
Photos by: Isabel Leon



Senior Corp programs Boston RSVP and the Senior Companion Program celebrated African American History Month in February by inviting Fulani Haynes, a local maven of jazz music and community activism, to present on the changes she has seen in her beloved neighborhood of Roxbury.



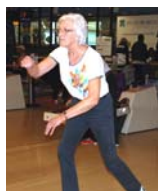
# St. Patrick's Day Luncheon at Veronica B. Smith Senior Center





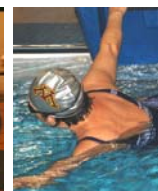
# Memoir Project Reading by Back Bay Seniors at the Boston Center for Adult Education (BCAE)





# 2015 Greater Boston Senior Games Official Registration Form

May 13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, 30<sup>th</sup> & June 3<sup>rd</sup>



**REGISTRATION DEADLINE for Golf, Bocce, Bowling & Billiards and Tennis 05/01/15**  
**REGISTRATION DEADLINE for Half Court, and Swimming 05/22/15**

(Please Print)

First Name:		Last Name:	
Address:		Apt #	City:
Zip:			
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:**

**(Please Note: Transportation is not provided for the events below)**

<input type="checkbox"/> <b>Golf: WEDNESDAY, MAY 13, 2015</b> - Registration at 7:00 a.m. at William Devine Golf Course, Dorchester. Shotgun start at 8:00 a.m. - <b>Mandatory \$15.00 golf cart fee</b> will be charged to each participant, including <b>Devine Course Members</b> . In addition, there will be a <b>greens fee of \$25.00 for all non-members for a total of \$40.00</b> . <b>Cash or checks</b> payable to <b>Fund for Parks &amp; Recreation</b> at the Course on day of the tournament. Foursomes should request Foursome Golf Registration Form by calling 617-635-4366.	
<input type="checkbox"/> <b>Bocce: THURSDAY, MAY 14, 2015</b> - Starting at 9:00 a.m., Langone Park, North End. Teams should request Bocce Team Registration Form by calling 617-635-4366.	
<b>Bowling:</b> Select <b>one</b> start time. Start time confirmed on first come, first served basis.	<input type="checkbox"/> <b>(8:00 a.m. start time) FRIDAY, MAY 15, 2015</b> - Boston Bowl, Morrissey Blvd, Dorchester - <b>\$10.50</b> – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. <b>Please <u>do not</u> send payment with registration.</b> <input type="checkbox"/> <b>(10:30 a.m. start time) FRIDAY, MAY 15, 2015</b> - Boston Bowl, Morrissey Blvd, Dorchester - <b>\$10.50</b> – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. <b>Please <u>do not</u> send payment with registration.</b>
<input type="checkbox"/> <b>Billiards: FRIDAY, MAY 15, 2015</b> - Starting at 9:00 a.m. Boston Bowl, Morrissey Blvd, Dorchester - <b>\$7.00</b> - Cash or checks payable to Boston Bowl on day of the tournament: <b>Please <u>do not</u> send payment with registration.</b>	
<input type="checkbox"/> <b>Tennis: SATURDAY, MAY 16, 2015</b> - Registration at 9:00 a.m. Sportsmen's Tennis Club 950 Blue Hill Ave Dorchester - <b>\$18.00 Fee</b> . <b>Cash or checks</b> payable to Sportsmen's Tennis Club. <b><u>Please check preference:</u></b> <b>Doubles</b> <input type="checkbox"/> / <b>Singles</b> <input type="checkbox"/>	
<input type="checkbox"/> <b>Half Court Basketball: SATURDAY, MAY 30, 2015</b> – Registration at 8:00 a.m. at Madison Park Community Center. (\$20 fee per player - cash payable on day of Event) Teams should request Team Registration Form by calling 617-635-4366.	
<input type="checkbox"/> <b>Swimming: WEDNESDAY, JUNE 3, 2015</b> - Registration 9:00 a.m. Holland Community Center, 85 Olney St, Dorchester <b><u>Please select event(s):</u></b> <b>Back Stroke 50 M</b> <input type="checkbox"/> / <b>Back Stroke 100 M</b> <input type="checkbox"/> / <b>Breast Stroke 50 M</b> <input type="checkbox"/> / <b>Breast Stroke 100 M</b> <input type="checkbox"/> / <b>Freestyle 50 M</b> <input type="checkbox"/> / <b>Freestyle 100 M</b> <input type="checkbox"/> <b>Shuttle From JFK T Stop beginning at 8:00 a.m.</b>	

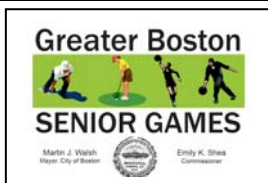
**Please return this Registration Form to:** Commission on Affairs of the Elderly –  
 One City Hall Square, Room 271 – Boston, MA 02201 - Attention: Michael McColgan  
 Or fax to 617-635-3213, or scan and email to michael.mccolgan@boston.gov

For more information call 617-635-4366

**ALL GREATER BOSTON SENIOR GAMES PARTICIPANTS MUST SIGN THIS WAIVER**

I hereby agree to hold harmless the organizers and sponsors of the 2015 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 2015 Greater Boston Senior Games. I am in good physical condition and have no medical restrictions that would prohibit my participation in the 2015 Greater Boston Senior Games.

Signature:	Today's Date:	Your age as of 05/13/15:
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**Martin J. Walsh, Mayor**  
**City of Boston – Commission on Affairs of the Elderly**  
**Emily K. Shea, Commissioner**

