

# Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



# March

**FREE**

**2015  
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**Go on Facebook to find out what's going on at The Elderly Commission [www.facebook.com/BostonElderlyCommission](http://www.facebook.com/BostonElderlyCommission)**

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

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

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# Boston Seniority

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# Mayor's Spotlight

## Mayor Walsh Launches Mentoring Movement

Mayor Martin J. Walsh was joined by President and Chief Executive Officer of Mass Mentoring Partnership, Marty Martinez, and Massachusetts President of Bank of America, Bob Gallery in launching the Mayor's Mentoring Movement. In partnership with Mass Mentoring, Mayor Walsh and the Office of Health and Human Services will recruit more than 1,000 new mentors over the next two years to empower young people in Boston.

“Boston is filled with great mentors who can change the lives of young people in positive and meaningful ways,” said Mayor Walsh. “I encourage everyone—from teachers, to doctors, to artists, to lawyers, to members of the business and tech communities, and beyond—to get involved. We can make a difference and take extra steps to ensure that every young person has a caring adult in their lives. Boston youth are full of potential, and deserve successful outcomes. I have experienced first-hand the power a mentor can have, and I want to make sure each of our Boston youth can take advantage of this opportunity.”

“We are honored to join together with the City of Boston on this initiative to continue to grow empowering youth-adult



relationships throughout Boston,” said Marty Martinez, President & CEO of Mass Mentoring Partnership. “Our partner programs are excited to join in this effort and are ready to match caring adults with young people who need their support.”

Mass Mentoring Partnership is helping Mayor Walsh to connect volunteer mentors with mentoring opportunities by referring them to mentoring programs throughout the city. So far, over 100 individual referrals of volunteer mentors through the Mayor's Mentoring Movement have already been made.

Mentors encourage positive choices, promote high self-esteem, and academic achievement. They foster confidence in young people that allows them to be the best version of themselves, and more productive members of society. The impact of a mentor's dedication and care can lift youth off of a bad path and place them on a road to success.

Mentoring can take as little as a few hours each month and businesses that connect their employees to this initiative will play an important role in sustaining its work. To learn more about the Mayor's Mentoring Movement, visit: [bostonmentors.org](http://bostonmentors.org).



## **Gloria Rice-Stuart honored at the Caribbean Foundation's Awards Banquet**

Congratulations to Gloria Rice-Stuart (fourth from left) for being honored at the Caribbean Foundation's Awards Banquet for her work as Director of the Senior Companion Program. Gloria was joined at the celebration with four Senior Companion Volunteers, her daughter-in-law Susan Rice and her good friend Marybeth O'Connor.

# Elderly Commission Profile



**Tammy Sutton,  
Community  
Service  
Advocate**

*Meet Tammy Sutton, our Community Service Advocate*

### **What is your role at the Elderly Commission?**

I am a community service advocate. My job is to improve the quality of life for seniors and the disabled in Boston.

### **What do you enjoy doing in your spare time?**

I enjoy spending time with my family, including my extended church family as well. I enjoy ministering to others at my church, especially seniors and fellowshiping with other couples.

### **Why do you enjoy working with older adults?**

Seniors have a wealth of knowledge and experience. Despite their obvious needs they represent the fastest growing population and have a lot to offer.

# Snow damage repair? Go with a pro

With over six feet of snow fallen across Massachusetts and more forecasted, the Office of Consumer Affairs and Business Regulation encourages homeowners to hire licensed and registered professionals to make repairs on storm-affected property.

Individuals offering snow, ice, and tree removal services do not need to be licensed or registered as a home improvement contractor. However, make sure that all professionals working on or in your home are properly insured.

Ask for documentation of proof of coverage before agreeing to hire the individual or company. Check with the Better Business Bureau or other consumer-rating websites to see if the company or individual has any complaints.

The Office of Consumer Affairs and Business Regulation registers Home Improvement Contractors (HIC), and the Division of Professional Licensure licenses electricians, plumbers, and sheet metal workers. Both agencies offer online systems to check a licensee's status.

Consumers are encouraged to check a registration or license before hiring a contractor or tradesman to do work. The Department of Public Safety has produced a handy checklist for jobs requiring an HIC, CSL, or both. Check with your local building official to see

whether the job requires a building permit or inspection.

Contractor registrations and histories can be looked up online at <http://services.oca.state.ma.us/hic/licenseelist.aspx>. Electricians, plumbers and other professional licenses can be checked at <http://license.reg.state.ma.us/public/licque.asp?color=blue>. If you would like to file a complaint against a Home Improvement Contractor, contact the Office of Consumer Affairs and Business Regulation at 617-973-8700.

**An Afternoon of Memoirs**  
*Free event!*

*True Stories Read-Aloud  
by Back Bay Seniors*

Tuesday, March 24  
1pm - 3pm

BOSTON CENTER  
FOR ADULT EDUCATION  
122 Arlington Street  
Boston, MA 02116

*To RESERVE a seat, CALL:*  
**617-635-4250**

*Deadline:*  
March 20



# Attorney General Healey warns consumers about ID theft during tax season

With tax season underway, Attorney General Maura Healey is offering helpful information for consumers on how to protect their information against identity theft and avoid scams.

“We urge consumers to pay extra attention this tax season as identity thieves are finding more ways to compromise personal and financial information,” AG Healey said. “Our office will continue to be a source of education and assistance for consumers on how to prevent identity theft, including steps they can take to recover if they become a victim.”



Attorney General  
Maura Healey  
By Edahlpr, via Wikimedia  
Commons

Tax identity thieves get your personal information in a number of ways, including going through your trash, stealing mail from your home, or sending phony “phishing” emails that look like they are from the IRS and ask for personal information.

Consumers should also be particularly aware of employees at hospitals, nursing homes, banks, and other businesses that have regular access to personal information, along with phony or dishonest tax preparers that may misuse clients’ information.

The AG’s Office offers consumers the following suggestions to help them protect against potential identity theft:

- File your tax return early in the tax season;
- Use a secure internet connection if you file electronically. Avoid the use of public computers;
- Mail your tax return directly from the post office;
- Shred copies of your tax return, drafts, or calculation sheets you no longer need;
- Regularly shred mail or other correspondence containing personal account numbers;
- If you do not have a safe place to receive mail, consider getting a P.O. Box at the post office;
- Know that the IRS and most banking institutions will not contact you by email, text, or social media asking for personal information. If the IRS needs information, it will first contact you by mail;
- Do not give out your Social Security Number (SSN) or Medicare number unless necessary.

If your SSN has been compromised, contact the IRS Identity Protection Specialized Unit at (800) 908-4490. More information about tax identity theft is available from the FTC at [ftc.gov/taxidtheft](https://www.ftc.gov/taxidtheft).

## Seniors and disabled persons can get water bill discounts

Homeowners 65 years of age or older or fully disabled homeowners living in one to four family homes are eligible for a 30 percent discount on the water

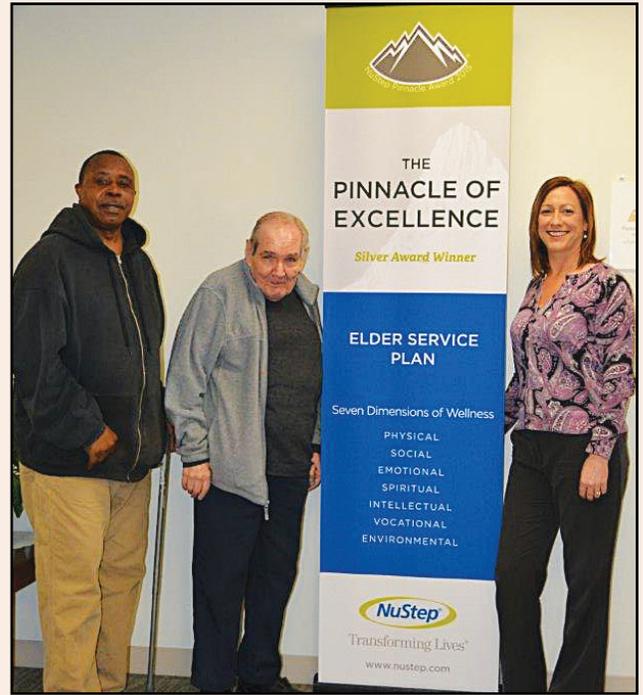


By Nicole-Koehler via  
Wikimedia Commons

portion only of their bill. Sewer and miscellaneous charges are not included within the discount. Only owner-occupied residential properties are eligible for the discount.

To apply for a discount on your water portion charges, you must fill out the Discount Form, available at BWSC offices at 980 Harrison Avenue, Boston or by downloading the Discount Application form from [http://www.bwsc.org/SERVICES/billing\\_assistance/discounts](http://www.bwsc.org/SERVICES/billing_assistance/discounts). In addition, senior citizens must provide proof of age such as a birth certificate, driver's license or MBTA senior citizen pass. For disabled persons, you must provide a doctor's note or an Award Letter from Social Security or the Veterans' Administration.

For additional information, please contact the BWSC Customer Service Department at 617-989-7800.



Otis Knox (from left), John Grady and Erin Braga

### Elder Service Plan wins national excellence award

Elder Service Plan of Harbor Health Service Inc. is one of the proud recipients of the National Pinnacle of Excellence silver award. The award is given to programs that excel in the seven dimensions of wellness: physical, social, emotional, spiritual, vocational, intellectual and environmental. Elder Service Plan is an all-inclusive program that meets the medical and social needs of its members. They are located at 1135 Morton St. Mattapan. For more information, call them at 617-533-2496 or follow them on Facebook at [www.Facebook.com/espfamily](http://www.Facebook.com/espfamily)

# Confronting the hemorrhoids problem

Hemorrhoids. It is a problem that many people deal with. Yet, few talk about them.

Hemorrhoids are swollen veins (blood vessels) around the anus. They can occur internally or externally. Often, hemorrhoids do not cause a problem. They can bleed. External hemorrhoids can be very painful.

In fact, hemorrhoids are very common. At some point, they affect almost half of the people in the United States.

For many people, hemorrhoids are caused by straining during bowel movements, especially with constipation.

Other common causes are pregnancy, obesity, lack of exercise, immobility, age, certain medical conditions and medications.

**The best strategy to prevent constipation and the hemorrhoids**

**that come with it is to make lifestyle changes.**

Do: add more fiber to your diet, exercise and drink plenty of water.

Your doctor recommends a high fiber diet, prunes, plenty of water, daily stool softeners and exercise.

Still no relief? You may be a candidate for surgery.

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**Hemorrhoids are very common. At some point, they affect almost half of the people in the United States.**

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Hemorrhoidectomy, hemorrhoid surgery, can be done in a doctor's office, clinic or hospital.

You will eliminate aspirin and blood thinners as directed by your doctor.

Fast from food and liquids for 6-12 hours before surgery. Take sips of water with the medications that your doctor orders.

You may get a local anesthesia or your doctor may give you general anesthesia.

Each case is different.

You usually go home that day. Someone should drive you home.

### Post op

You will be in pain (as the anal area tightens and relaxes) so be sure you have a prescription for pain. Aspirin/acetaminophen will not relieve the pain. You may have some bleeding, often after your first bowel movement.

Sitz baths in warm water are soothing and they will help relieve the pain, 3-4 times a day.

Diet: your doctor may recommend a bland diet for the first few days. Jello, applesauce, white rice, bananas and white bread. Also drink plenty of fluids.

Continue using stool softeners. Your bowel movements will be more comfortable.

Activity as tolerated, no heavy lifting. You should be completely recovered in 2 weeks.

If you think you may have a post -op problem, call your surgeon. Example: fever, severe pain or swelling, excessive bleeding, unable to urinate several hours after surgery, incision is red, hot to the touch. Follow up with your surgeon as recommended in 1-2 weeks.



Finding time to unwind is important to overall health

### Americans not getting enough relaxation time

(StatePoint) Approximately 99 percent of Americans think relaxation is important, yet they actually spend less than 5 percent of their day relaxing, according a new independent research study commissioned by Princess Cruises.

Nearly half of Americans report they're more stressed than their significant other, with a whopping 82 percent of men indicating that their partner is the stressed out one.

Music topped the list of relaxation techniques for those surveyed, with 48 percent reporting music helps them take it easy. Interestingly, only 18 percent find exercise is a good relaxation tool.

So try to beat the odds and make time to unwind.

## *Aging in Places:*

# My Significant Grandmother Rebecca

**By: Marian Leah Knapp**

I'm sure my grandmother Rebecca would never have considered herself a significant woman in history, but I will never really know. I don't remember her. She died in 1940 shortly before my second birthday – too young for me to have memories. Yet, I try to image her personality based on family stories, photos, and scraps of information on crumbling documents.

Rebecca was about 15 years old when she fled persecution in Lithuania and arrived in Boston in 1889. She came alone and joined her father in the North End. Her mother and other siblings arrived soon after. She may have been able to read and write her childhood language, but I think she was illiterate in English.

She worked as a glove sewer, and then married my grandfather, Nathan, in 1900. Within a year she had her first daughter and then proceeded to bear one child every 18 months through 1915. The children were born in different places - Boston, Lowell, Bangor and Bucksport, Maine, and Wilmington. They were itinerant, traveling by horse and wagon through New England, New York, and Pennsylvania, stopping for only brief

periods in any town. Nathan was a peddler searching for opportunities. It was a dreary, exhausting life.

Around 1910, Nathan bought land in Wilmington, built a house, and settled down so the children could go to the same school for more than a few months. After the original tarpaper house burned to the

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**For me, she is a symbol of what so many immigrants go through to survive in a harsh new world.**

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ground in minutes, Nathan began to build a sturdier home. But, it was incomplete in 1918 when he was killed by a train. Rebecca was a widow with six children under age 18. The youngest was three.

To feed everyone she raised chickens and traveled to Boston twice a week to sell eggs. About a year-and-a-half after Nathan's death, one of her customers convinced her to sell alcohol that was now banned by the 1920 prohibition laws. She mixed raw alcohol with water to make "gin," browned sugar syrup to make "whiskey", and blueberry juice to make "wine." Among her customers

were local Wilmington officials including judges and police.

In 1925 she was summoned to court for making and selling illegal alcohol. As reported in the Boston and Woburn/Wilmington newspapers, charges were dismissed after the chief of police gave a strong character statement and the judge rejected the testimony of witnesses. She stopped selling alcohol after that. By this time some of the children were working and contributed money to the household.

What was significant about Rebecca? She was a determined fighter for her children and insisted they graduate from high school with high achievement. She was proud and found a way to keep the family together, refusing charity. She took the risk of breaking the law in order to buy food.

For me, she is a symbol of what so many immigrants go through to survive in a harsh new world. Rebecca was slightly significant in history for her short court appearance. But she had major significance by giving her children hope for the future.

*Marian Leah Knapp is a resident of Newton, MA, serves on Newton's Council on Aging, and writes about her own experience on what it is like to get older. At age 70 she received her Ph.D. which was focused on the total environment in which people age.*

## 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.

# Boston Strong:

## City tops survey of healthiest metro areas in U.S.

Boston has just been ranked the No. 1 most healthy city in America, according to the BetterDoctor.com Healthy Cities Index.

To create this ranking, BetterDoctor.com - a free consumer healthcare tool that makes it easy to find a great doctor - evaluated cities across the U.S. based on important health criteria such as exercise rates, the percentage of highly rated doctors, and the number of residents with health insurance in each city.

They used a data-driven approach to determine the healthiest cities in the United States, creating a 100-point composite index that uses the following three questions to assess health of a city:

1. Are residents fit and healthy? They used the American Fitness Index to assess fitness and general health of the residents. This composite index is comprised of many variables, including exercise rates, eating habits, chronic health problems and disease rates, access to parks and recreational activities and more.

## The Healthiest Cities in the U.S.

Source: BetterDoctor.com  
Healthy Cities Index

Rank	Metro area	AFI score	Percentage of the population with health insurance	Doctors per 1,000 residents	Percentage of doctors who are highly rated on BetterDoctor	Overall health score
1	Boston, MA	69.1	95.6%	5.97	2.93%	74.53
2	Minneapolis, MN	73.5	91.8%	4.44	8.77%	73.61
3	Washington, DC	77.3	88.4%	2.75	15.21%	72.57
4	San Francisco, CA	71	88.5%	2.43	14.87%	66.36
5	Hartford, CT	63.8	92.2%	3.91	6.56%	62.69
6	Pittsburgh, PA	54.8	92.1%	5.39	5.28%	60.13
7	San Jose, CA	69.4	88.5%	0.88	14.00%	58.62
8	Salt Lake City, UT	65.7	84.2%	4.17	7.84%	58.51
9	Seattle, WA	69.3	87.2%	2.91	5.87%	57.72
10	Cincinnati, OH	54.5	89.3%	4.10	11.26%	57.62

2. Is medical care accessible and high-quality? They included the percentage of doctors in the state that are highly rated according to BetterDoctor's comprehensive, seven-variable algorithm as well as the number of primary physicians per 100,000 residents.

3. Do residents have health insurance? They included the percentage of residents with health coverage to assess how feasible it is for residents to get medical care.

Here's how they ranked and why:

1. Boston, Mass.: Boston has the highest percentage of the population with health insurance of any city we analyzed. Programs like Northeastern's Healthy Kids, Healthy Futures show that this university town's colleges contribute to the wellness of Boston's residents and youth.

2. Minneapolis, Minn.: Minneapolis received a high score on the American Fitness Index, and the city's widespread healthcare coverage and high doctor-resident ratio helped the city secure the No. 2 spot.

3. Washington, DC: DC's high fitness score, high level of healthcare coverage and large percentage of well-rated doctors earned the city the No. 3 spot.

4. San Francisco, Calif.: Known for its farmers' markets and easy access to hiking, it's no surprise that San Francisco is home to many health-conscious residents. The city's high-quality doctors and high fitness score contributed to its top 5 ranking.

5. Hartford, Conn.: 92 percent of Hartford's residents have health insurance, and the city has a fairly high doctor-residents ratio.

To see the full results and to see the top 25 least health cities go to [www.betterdoctor.com/health/healthiest-cities/](http://www.betterdoctor.com/health/healthiest-cities/)

### **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.

## Baked Pork Chops with Peanut Glaze

### Ingredients

2 pork chops, fat trimmed  
2 tablespoon cooking oil  
2 tablespoon natural  
creamy peanut butter  
2 ½ tablespoon milk (or  
non-dairy substitute)  
½ tablespoon white vinegar  
2 teaspoon chili powder

### Preparation

Preheat oven to 350  
degrees. Line a pan with  
aluminum foil, add in the  
pork chops and drizzle with  
the cooking oil to coat.

Make sure that the oil covers the whole  
pork chop to prevent burning. When the  
oven is preheated, put in the pork chops  
to bake for 30 minutes.

While the pork chops are cooking,  
combine the peanut butter, chili powder,  
vinegar, and milk in a small dish. Whisk  
together to emulsify.

Remove the pork chops from the oven  
and evenly distribute the sauce between  
both chops; brush on in an even layer. Put



the pork chops back in the oven for 10  
more minutes to finish cooking and for  
the sauce to thicken.

**Serves: 2**

**Calories: 433**

*Source: <http://nationalpeanutboard.org/recipe/whats-for-dinner/baked-pork-chops-with-peanut-glaze/> Accessed 2/20/15*

# Red Potato Colcannon

## Ingredients

1 pound small red potatoes, scrubbed and cut in half  
1 tablespoon butter  
1/2 cup onion, thinly sliced  
6 cups green cabbage, thinly sliced (about 1/2 head)  
1 cup low-fat milk  
1 teaspoon salt  
1/4 teaspoon white pepper

## Preparation

Bring 1 inch of water to a boil in a Dutch oven. Place potatoes in a steamer basket and steam, covered, until just cooked through, about 15 minutes. Transfer to a large bowl and cover to keep warm. Meanwhile, heat butter in a large nonstick skillet over medium heat. Add onion and cook until translucent, about 2 minutes. Add cabbage and continue cooking, stirring occasionally, until the cabbage begins to brown, about 5 minutes. Reduce heat to low. Stir in milk, salt and white pepper; cover and cook until the cabbage is tender, about 8 minutes. Add the cabbage mixture to the potatoes.

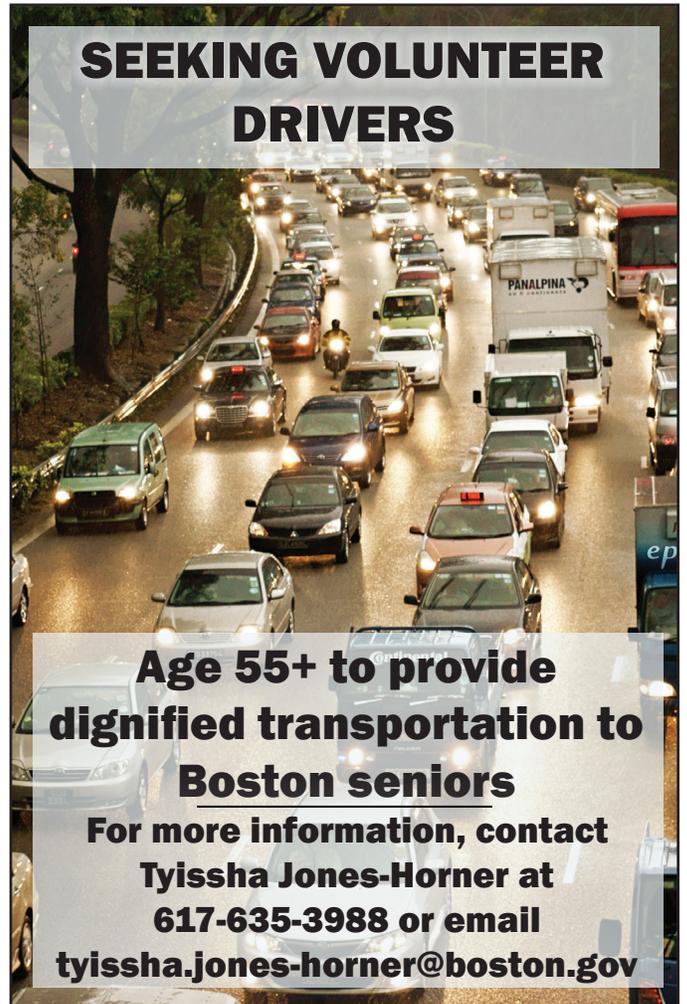
Mash with a potato masher or a large fork to desired consistency.

**Servings: 4**  
**servings 1 cup**  
**each Calories:**  
**182**



Source: [http://www.eatingwell.com/recipes/red\\_potato\\_colcannon.html](http://www.eatingwell.com/recipes/red_potato_colcannon.html)  
Accessed 2/20/15

## 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)**

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





## Powerful Benefits of 'Pro-Aging' Thinking



**By: Dr. Sharon Horesh Bergquist**

From magazine covers to billboards, youth is glamorized as the image of beauty and the prime of life. We are inundated with the message that aging is something we should dread and perhaps even fight.

You may unquestioningly accept this as a fact of life. You may even laugh about being "over the hill." The only problem is that such thinking comes at a price: Internalizing these ageist stereotypes is harmful to your health.

The way you perceive aging can actually influence how you age. Aging, like many aspects of life, is a self-fulfilling prophecy. Positive and negative attitudes can affect your health behaviorally, psychologically and even biologically. Being "pro-aging," or satisfied with your own aging, can make you adopt healthier behaviors, feel in control of how you age and even heighten your immune system. Being "anti-aging," or perceiving aging negatively, can do the opposite.

Here are five powerful benefits of "pro-aging" thinking:

**It can help you live longer.**

In 2001, researchers from Yale and Harvard University looked at 660 participants between the ages of 50 and

80 who participated in a community-based survey, the Ohio Longitudinal Study of Aging and Retirement.

They measured how self-perception of aging impacted survival over the course of 22.6 years. They found that participants who held a more positive attitude about their own aging

- such as continuing to feel useful and happy - lived, on average, 7.5 years longer.

In fact, they found that perception of aging influenced longevity even more than blood pressure, cholesterol, body mass index, or a person's tendency to exercise.

### **It can reduce disability.**

Loss of independence is among the greatest fears most people have about getting older. Staying physically and cognitively active can defend against disability. Yet less emphasized is the role of your belief about your own aging. In a study published in the *Journal of Gerontology: Psychological Sciences*, participants in the Ohio Longitudinal Study of Aging and Retirement who

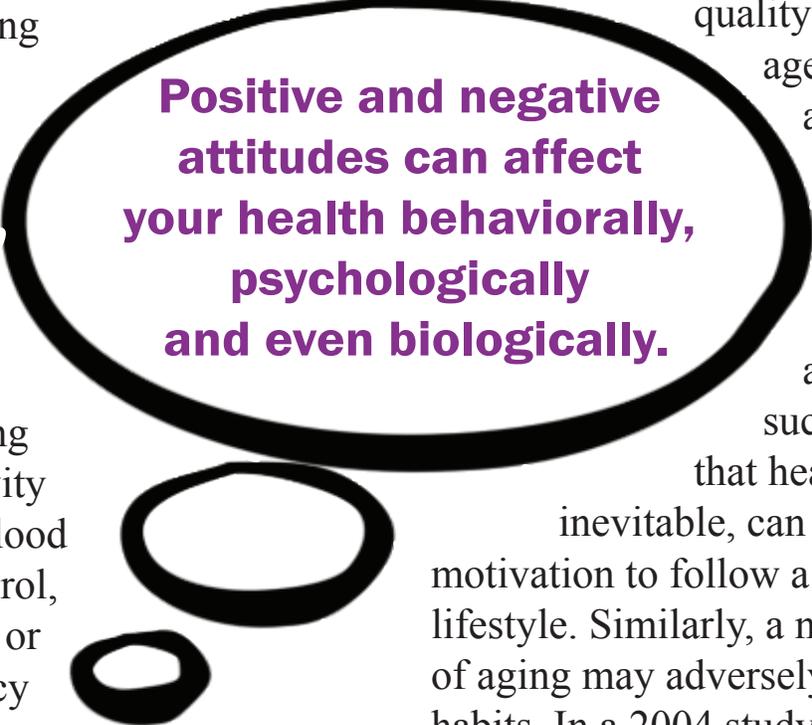
held a positive self-perception of aging had a greater ability to carry out daily activities over an 18-year period, regardless of their functional health at the start of the study.

### **It can help you practice prevention.**

Preventive habits have been proven to continually improve health and quality of life at every age, yet older adults are less likely to engage in preventive behaviors. Misconceptions about aging, such as believing that heart disease is inevitable, can weaken the motivation to follow a preventive lifestyle. Similarly, a negative perception of aging may adversely influence your habits. In a 2004 study, the participants in the Ohio Longitudinal Study of Aging and Retirement who had more positive perceptions of aging were significantly more likely to have physical exams, eat a balanced diet, exercise and take prescriptions as directed over a 20-year period.

### **It can boost your memory.**

Be careful what you think. According to The Baltimore Longitudinal Study of Aging, the longest-running study of



**Positive and negative attitudes can affect your health behaviorally, psychologically and even biologically.**

# Why is She Smiling?

She just found out that she can receive up to \$1,050.

*She just has to ask for it!*

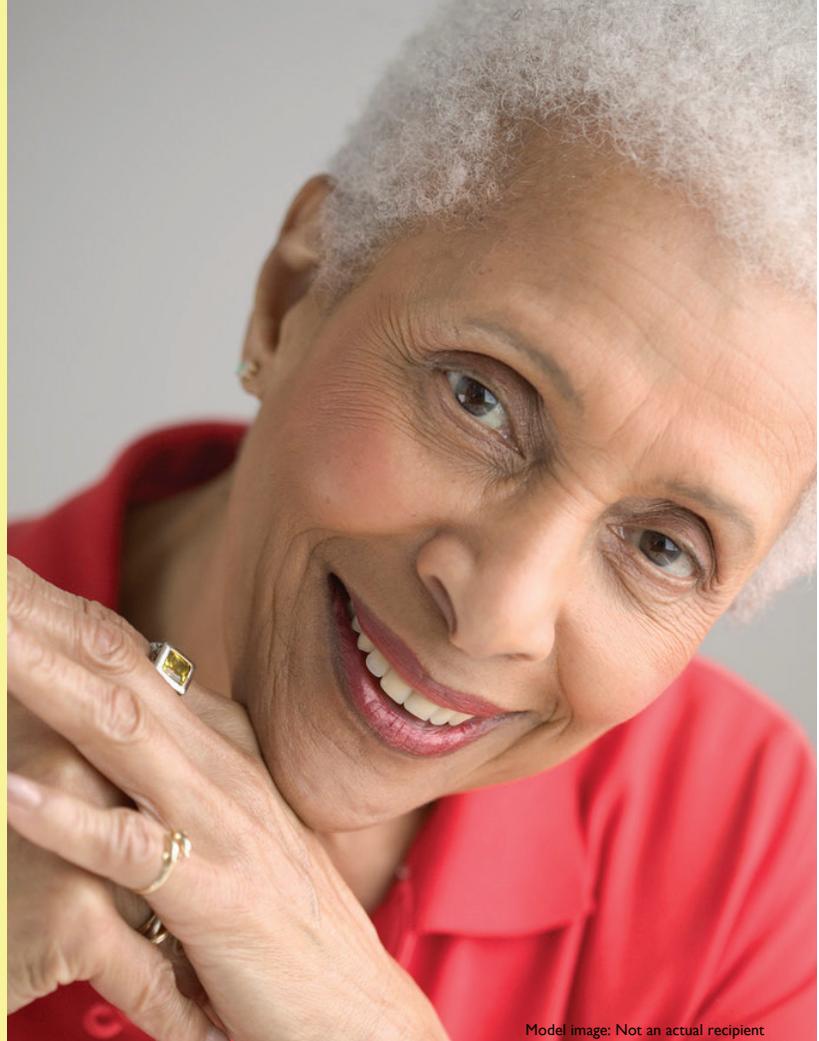
Did you know that the Circuit Breaker Tax Credit can give Seniors money back for simply paying rent or property taxes?

Many seniors do not know about it.

Contact us to find out if you qualify for the Circuit Breaker Tax Credit.\*

You do not have to owe taxes to be eligible, but you do have to file!

We'll help you with that part too...



Model image: Not an actual recipient

## FREE TAX PREPARATION FOR SENIOR RENTERS & HOMEOWNERS

Learn How You can Receive up to \$1,050 with the  
Senior Circuit Breaker Credit\*

\* The Circuit Breaker Tax Credit is a refundable tax credit that helps put money back into the hands of qualifying seniors who pay rent or property taxes.

If you qualify, you just have to file a Massachusetts State Tax Return even if you do not owe taxes.

You can still receive FREE TAX PREPARATION assistance even if you have to file but are not eligible for the Senior Circuit Breaker Income Tax Credit.

**For more information on program eligibility, to schedule a presentation or how to schedule a FREE TAX PREPARATION appointment, please contact:**

**ABCD Financial Futures Initiative #617-348-6583**

**The City of Boston Earned Income Tax Credit Coalition #617-918-5275**

**City of Boston Commission on Affairs of the Elderly #617-635-4366**



ABCD is a leading partner of the City of Boston Tax Help Coalition



# Fast! Easy! Free!



Visit ABCD's IRS Volunteer Income Tax Assistance program sites to find out if you qualify for the SENIOR CIRCUIT BREAKER TAX CREDIT.

You can access the real SENIOR CIRCUIT BREAKER TAX CREDIT for FREE! Do not pay anyone for a "Guaranteed Senior Credit" or "Senior Stimulus" that does not exist. Please call 617.348.6583 for an appointment at a site near you.

## Can I Qualify?

The Circuit Breaker Tax Credit is for most low and moderate income seniors age 65 or older who -

- Live in a primary residence in Massachusetts as a Renter or Homeowner
- Lives in a property that is required to pay taxes (even if the resident does not pay taxes directly)
- Receives less than \$56,000 in income as a single person (\$70,000 Head of Household, \$84,000 Jointly)
- File a Massachusetts Resident Income Tax return even if taxes are not owed



### Renters

25% of Rent Paid



Must be Greater than 10% of Your Total Income

### Home Owners

100% of Property Taxes Paid  
+ 50% Of Water & Sewer Paid



Must be Greater than 10% of Your Total Income

Tax Year	File By:	Max. Credit
<i>Current Year 2014</i>	<i>Jan-Apr 2014</i>	<i>\$1,050</i>
Prior Year 2013	Deadline 4/15/17	\$1,030
Prior Year 2012	Deadline 4/15/16	\$1,000
Prior Year 2011	Deadline 4/15/15	\$980

### What Do I Bring to My Appointment? Please bring ...

- Positive proof of identification— State Issued ID, Passport
- Social Security Cards for you and those claimed on your return (example: spouse and dependents)
- Individual Taxpayer Identification Number (ITIN) letter for you, your spouse and dependents
- Proof of ALL Income, including, but not limited to...
  - ⇒ Wage and retirement earning statement(s) - Form W2, 1099R, 1099MISC
  - ⇒ Lottery & Gambling winnings - W2G
  - ⇒ Proof of supplemental income benefits/supports, if any - DTA cash benefits, SNAP, Insurance payments, etc.
  - ⇒ Interest and dividend statements from banks - 1099INT
- A copy of last year's federal and state returns if available—Required if you itemized in 2014
- Bank routing numbers and account numbers for Direct Deposit
- Proof of deductible expenses or credit eligibility, examples
  - ⇒ Proof of Rent, Water & Sewer Bills, Property Taxes..etc.

**Can I still have my TAX RETURN prepared for FREE even if I do not qualify for the Circuit Breaker Tax Credit?**

Yes! ABCD's dedicated service sites are ready to help you prepare your tax return.

# DO YOU REMEMBER MR. ROGERS?

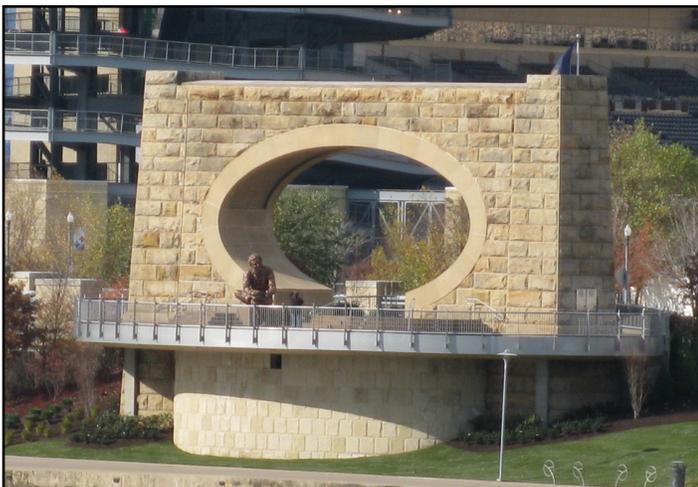
“Don’t Retire, Inspire”

By: Augusta Alban



I see him every now and again on recordings of the old show “Mr. Roger’s Neighborhood.” Strange how things come around in multiples: there he was at eye level at the West End library. This time it was a DVD entitled “Mr. Rogers and Me.”

It was a movie about a reporter who summered on Nantucket, and Mr. Rogers really was his neighbor. I made cup of tea, sat down in a comfortable chair to



The Fred Rogers Memorial Statue and bridge located near Heinz Field in Pittsburgh. (By daveynin via Wikimedia Commons)

view, and was not disappointed. It was almost comforting to hear his soft voice saying, “I like you just the way you are.” Who says that to you nowadays, or ever? They say, “I like you but you need to lose 10 pounds,” or “The dress is nice but the color does nothing for you.”

Viewers such as myself have learned so much from this gentle kind teacher. He would ask such questions, such as “Who

is the most important person, place and time?” We all know the answers to those questions because he taught us. The answer is, of course, the most important time is NOW, the most important place is WHERE YOU ARE, and the most important person is THE ONE STANDING IN FRONT OF YOU RIGHT NOW.

Wars and disasters are raging in almost every part of this world. Adding to that horror is it’s all being repeated on some

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**We are losing so much, the ability to talk with another human, the kindness of another person not an electric person named Siri.**

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screened device every other minute. Research tells me that 98 percent of children under the age of one year have viewing screens in their bedroom. These little people should be with people, real people.

We are losing so much, the ability to talk with another human, the kindness of another person not an electric person named Siri. Mr. Rogers said “Keep it simple and deep.”

Once I interviewed for a Japanese-run company. It was a three hour interview.

Continued from page 20

The asked all about what I liked, what was fun, and how I thought about the world in general. The last three minutes of the interview was about the job. By the way, I got the job and loved it!

Be fully present in the moment, this is the only one of its kind. Take the time to see the sun set or to really enjoy the laughter of a two year old, to see the beauty in just being alive. Mr. Rogers knew what was important in living a life. He was nonjudgmental but what he asked about you, he really wanted to know. We don't always need someone to give us the answers, we just need someone to listen.

And above all, we need quiet. We really need to be able to sit for a few seconds to enjoy the silence. Music is not made by the notes, it's the pause in between them.

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Cable Television Show



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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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# Exhibit explores 'Landscapes of Freedom'

*In Sight: ETERNALLY HERE:  
Landscapes of Freedom*

The Mary L. Fitfield Art Gallery at Bunker Hill Community College is hosting an exhibition by artist L'Merchie Frazier entitled "In Sight: Eternally Here: African American Landscapes of Freedom," now through March 27 at the college's gallery, 250 N. Rutherford Avenue.

"In Sight: Eternally Here: Landscapes of Freedom" directs our attention to an ever-moving dialogue of freedom. The exhibit aims to engage the viewer in a conversation that arcs the 18th through the 21st Century with a local, national and international focus that represents critical events and people who engage the landscape of freedom.

The works in the exhibit are fiber and mix media works that comprise a body of images entitled: "The Quilted Chronicles." The exhibit utilizes these art images as documents to capture individual and public memory that is not only particular to African Americans, hemispherically American and universally global community memory.

The Mary L. Fifield Art Gallery at Bunker Hill Community College



**L'Merchie Frazier**

**IN SIGHT: ETERNALLY HERE**

**African American Landscapes of Freedom**

February 17 through March 27, 2015

The "Historic Chronicles" series highlights stories of 19th Century activism in America that continue to challenge our notions of the black experience, while the "Target" series invites the viewer to use this backdrop of history as a foundation to contemplate current questions of social justice in the urban "now" environment.

"Where Have All the Flowers Gone" is an interactive component of the exhibit that invites the viewer to pose their selected solution to address social issues of humanity.

The Gallery at BHCC is free and open to the public. Gallery hours are Monday, Wednesday and Friday, 10 a.m. to 5 p.m.; Tuesday and Thursday, 10 a.m. to 7 p.m. and Saturday, 10 a.m. to 2 p.m.

# ST. PATRICK'S DAY

## Fun facts to get you ready for March 17

In Ireland, St. Patrick's Day is a religious holiday similar to Christmas and Easter.

Erin go Bragh translates to "Ireland forever."

The very first St. Patrick's Day parade was not in Ireland. It was in Boston in 1737.

The largest parade in the United States, held since 1762, is in New York City, and draws more than one million spectators each year.

In 1948 President Truman became the first president to attend a St. Patrick's Day parade.

The city of Chicago goes so far to celebrate that they dye their river green.

Green is associated with Saint Patrick's Day because it is the color of spring, of Ireland, and of the shamrock.

To celebrate St. Patrick's Day, 110 million people will wear green, make an Irish-inspired meal, or go out to celebrate.

There are 33.7 million U.S. residents who are of Irish ancestry. That number is almost nine times the population of Ireland itself.

St. Patrick is a hero in Ireland. And there are about 60 churches and cathedrals named for him in Ireland alone. One of the most famous cathedrals is St. Patrick's Cathedral in Dublin, where St. Patrick baptized his converts.

Source: news.discovery.com



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# Home care for dementia

## patients Taking precautions the key to creating a safe environment

Not every person struggling with dementia lives in a nursing home or assisted-living facility.

In fact, more than 15 million Americans – usually family members or friends – provide unpaid caregiving to people with Alzheimer’s disease and other forms of dementia, according to a 2014 report by the Alzheimer’s Association.

Although it’s wonderful so many are willing to assume that responsibility, it’s also important they take steps to make sure the home is a safe place, says Kerry Mills, co-author with Jennifer Brush of the book “I Care: A Handbook for Care Partners of People With Dementia.” ([www.engagingalzheimers.com](http://www.engagingalzheimers.com))

Part of that is to focus on potential hazards. The concept is not unlike new parents making a house “childproof.” Many of the concerns are similar, such as stairs, electrical sockets, sharp objects and swimming pools.

At the same time, it’s easy to go too far, Mills said. Ideally, the environment for

the person with dementia should be as unrestricted as possible.

“For example, if your loved one enjoys cooking for a hobby and can safely cut and peel vegetables, then by all means, encourage it,” Mills says.

Mills suggests several ways to make a home safer for someone with dementia.

- For the front and back doors, use bells on the doors, motion sensors that turn on lights or alerts, or other notifications that make the care partner aware when someone has gone out. Add lamps or motion-activated lighting so people can see where they are going when they are entering or leaving the house.

“Another way to discourage someone from wanting to leave the house is to make sure that he or she gets plenty of outside exercise whenever possible,” Mills says.

- For stairways and hallways, add reflective tape strips to stair edges to make stairs more visible. Remove

obstacles, such as mats and flowerpots, to minimize risks of falls on or by the stairs.

Also, install handrails in hallways and stairways to provide stability, and install a gate on the stairway to prevent falls. Improve the lighting around hallways and stairs by installing more ceiling fixtures or wall sconces.

- For the bathroom, install grab bars and a raised toilet seat to help both the individual with dementia and the care partners so they don't have to lift the person on and off the toilet.

Add grab bars inside and outside the tub, and a non-skid surface in the tub to reduce risks of falls. You can also add colored tape on the edge of the tub or shower curb to increase contrast and make the tub edge more visible.

Lower the water temperature or install an anti-scald valve to prevent burns, and remove drain plugs from sinks or tubs to avoid flooding.

- For the possibility the person becomes lost, provide your loved one with an identification or GPS bracelet in case he or she wanders. Label clothes with the person's name, and place an identification card in his or her wallet with a description of the person's condition. Notify police and neighbors of the person's dementia and tendency to wander.

### About Kerry Mills

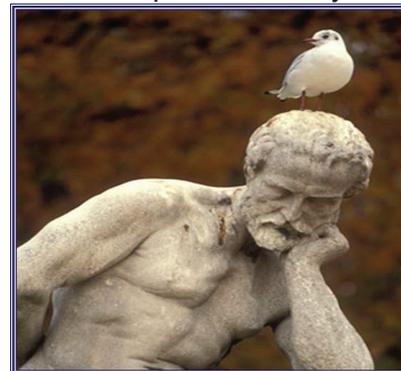
Kerry Mills, MPA, is an expert in

## Does Vitamin D build muscle?

### Men & women, ages 60 and up

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

*best care practices for persons with dementia both in the home and in out-of-home health care residences and organizations. She is a consultant to numerous hospitals, assisted livings, hospice, home care agencies, senior day care centers and nursing homes. In her twelve-year career in health care, she has served as executive director and regional manager for numerous long-term dementia facilities. She is an outspoken advocate for persons with dementia, lecturing in Hong Kong, Canada, China, Europe and the United States. Her book, coauthored with Jennifer A. Brush, "I Care," ([engagingalzheimers.com](http://engagingalzheimers.com)), is the 2014 Gold Award Winner of the National Mature Media Awards.*

# Pet Project

Take these simple steps to protect your four-legged friend

(SPM Wire) Your pet is part of the family. So when it comes to disaster preparedness, keeping pets safe should enter into the equation.

Here are three simple ways pet owners can prepare for emergencies and prevent accidents:

- The American Red Cross recommends taking a Pet First Aid Class to learn such basics as how to administer medicine, treat wounds, care for injuries and prepare for disasters. Whether you're at home or on the road, these skills can save lives.

- Depending on the type of emergency situation you're faced with, your home may become an unsafe place to stay.



Evacuation plans should include pets. Know in advance if you have friends or family with whom you and your pet can stay. If that's not possible, keep a list of boarding facilities or hotels that accept animal companions.

- Ensure toxic chemicals in your home, such as cleaning supplies, are inaccessible to pets. Additionally, be sure any medications are sealed and out of reach of curious paws. If you suspect your pet has consumed a poisonous substance, contact the ASPCA poison hotline at (888) 426-4435. The hotline operates 24 hours a day.

With a little knowledge and preparation, you can be a more responsible pet owner.

# 5 Powerful Benefits of Pro-Aging Thinking

memory and aging, expecting memory decline can actually contribute to memory loss over time. Over a 38-year period, participants 60 years of age and older who held more negative stereotypes of cognitive aging had a 30.2 percent greater decline in memory performance than those who held less negative stereotypes about memory and aging.

## **It can help your heart.**

Lastly, believing in negative age stereotypes can increase your risk of heart disease. When negative stereotypes are formed early in life, they can have a profound impact on health decades later.

In a study from participants in the Baltimore Longitudinal Study of Aging, young adults who held negative age stereotypes were significantly more likely to experience a cardiovascular event over the next 38 years. However, by making a significant positive change in their stereotype of aging, of two standard deviations on an administered age-stereotype scale, these young adults could reduce their risk of experiencing a cardiovascular event by 80 percent.

## **The Psychological Path to Aging Gracefully**

You can begin shaping your self-prophecy of how you will age by

becoming aware of your current perception and internalized expectations about aging.

How do you picture aging? Do you anticipate wisdom or senility? Do you envision vivacity or debility?

Looking and feeling young as you age begins with believing you can look and feel young as you age.

That isn't always easy. Western cultural and religious roots of ageism are deeply entrenched in the Protestant work ethic and the American Dream, both of which value youth by defining personal worth in terms of active engagement in work.

Adopting more of an Eastern mindset can help redirect your prophecy. Buddhist, Confucian and Taoist philosophical traditions value old age as a socially valuable part of life, even a time of "spring" or "rebirth."

Start determining your aging prophecy today by celebrating and embracing each year, both for the triumphs and the hardships that it may bring.

*Dr. Bergquist is a doctor who works with Emory Healthcare and is an assistant professor of medicine at the Emory University School of Medicine.*

## Product Review

# Beauty Marks: Our testers rate

Over the past month, Boston Seniority recruited three older adults to trial three Mirai beauty products:

- Mirai Instantly Purifying Body Spritzer with Persimmon
- Mirai Purifying & Deodorizing Persimmon Soap Bar
- Mirai Purifying Body Wash with Persimmon Extract and Green Tea

Here is what they had to say about their trial:

### **1. What did you think of the body wash and soap products scent? Did you enjoy it? Was it too strong or light? Did it linger or fade away?**

Reviewer 1- I enjoyed it. The scent was just right and I am very sensitive to scent.

Reviewer 2 - It had a very light and natural scent.

Reviewer 3 - I had to really sniff to get the true scent. I would say it was too light. It did not linger.

### **2. What did you think of the spritzer scent? Did you enjoy it? Was it too strong or light? Did it linger or fade away?**

Reviewer 1- It was too light, I did not enjoy it.

Reviewer 2 - The spritzer scent was very

fresh. I did enjoy it. I think it would be very nice in hot weather.

Reviewer 3- I was excited with the spritzer scent at first. But I think it was too light. It did not linger.

### **3. How did the body wash and soap feel in the shower?**

Reviewer 1 - The body wash and soap felt very good. I liked it.

Reviewer 2 - The body wash and soap was very foamy, fresh and had a good texture.

Reviewer 3 - I liked the body wash and soap. It was fun, it made my skin squeak in the shower.

### **4. Did you notice a change in your skin? Is it more hydrated, less hydrated, softer, the same?**

Reviewer 1 - Yes, my skin is softer, it feels very nice.

Reviewer 2 - Yes, my skin is softer, but I think I need to use it a bit longer.

Reviewer 3 - I didn't notice a change in my skin.

### **5. Did you notice a change in the way your skin smelled?**

Reviewer 1 - No

Reviewer 2 - Yes, it has a nice fresh scent.

## new skin products

Reviewer 3 - No

### 6. Would you recommend this product to someone else?

Reviewer 1 - Yes

Reviewer 2 - Yes, I like the purifying and deodorizing benefits.

Reviewer 3 - Yes, I feel like it cleaned my skin.

### 7. What did you dislike about the product?

Reviewer 1- I liked everything about it.

Reviewer 2 - Nothing, I enjoyed using the products and knowing that the formula is gentle and made of natural ingredients.

Reviewer 3 - The body wash does not work as a bubble bath. I saw suds while running the water but the minute I sat in the tub the water turned clear again.

*Mirai Clinical Founder / CEO Koko Hayashi was born and raised on Japan's northernmost island, Hokkaido, renowned for its clean air, water, and lifestyle. Koko has cultivated a life-long interest in natural treatments and skin care. She is now introducing her knowledge to the U.S. [For more information and to purchase these products go to <http://www.miraiclinical.com/> and [www.amazon.com/shops/miraiclinical/](http://www.amazon.com/shops/miraiclinical/)]*



**Mirai Instantly Purifying Body Spritzer with Persimmon**

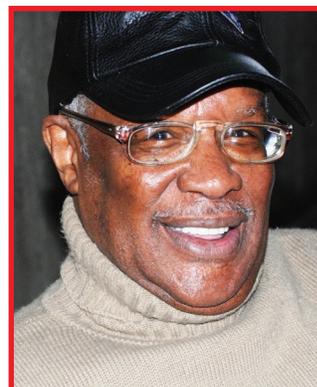


**Mirai Purifying & Deodorizing Persimmon Soap Bar**



**Mirai Purifying Body Wash with Persimmon Extract and Green Tea**

# Rev. Martin Luther King Day Celebration



# Library exhibit a real find for map lovers

The exhibition Literary Landscapes: Maps from Fiction at the Norman B. Leventhal Map Center at the Boston Public Library runs now through October 25. The exhibition examines the many types of maps that accompany works of fiction and features items from the 16th century to the present day.

In this exhibition of 40 items, visitors will discover maps from a variety of fictional genres, learn how authors create imaginary worlds, and appreciate why descriptive geography is essential to a story. The exhibition examines maps

from geographical fiction, which often combine elements from the natural and cultural world. Maps from stories which take place in the “real” world, like the mysteries of Sherlock Holmes, are included, along with those from works of action and adventure.

The Leventhal Map Center is located in the Central Library in Copley Square, 700 Boylston Street. It is open Monday – Thursday: 10 a.m. – 7 p.m.; Friday and Saturday: 10 a.m. – 5 p.m.; and Sunday: 1– 5 p.m.



## 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

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