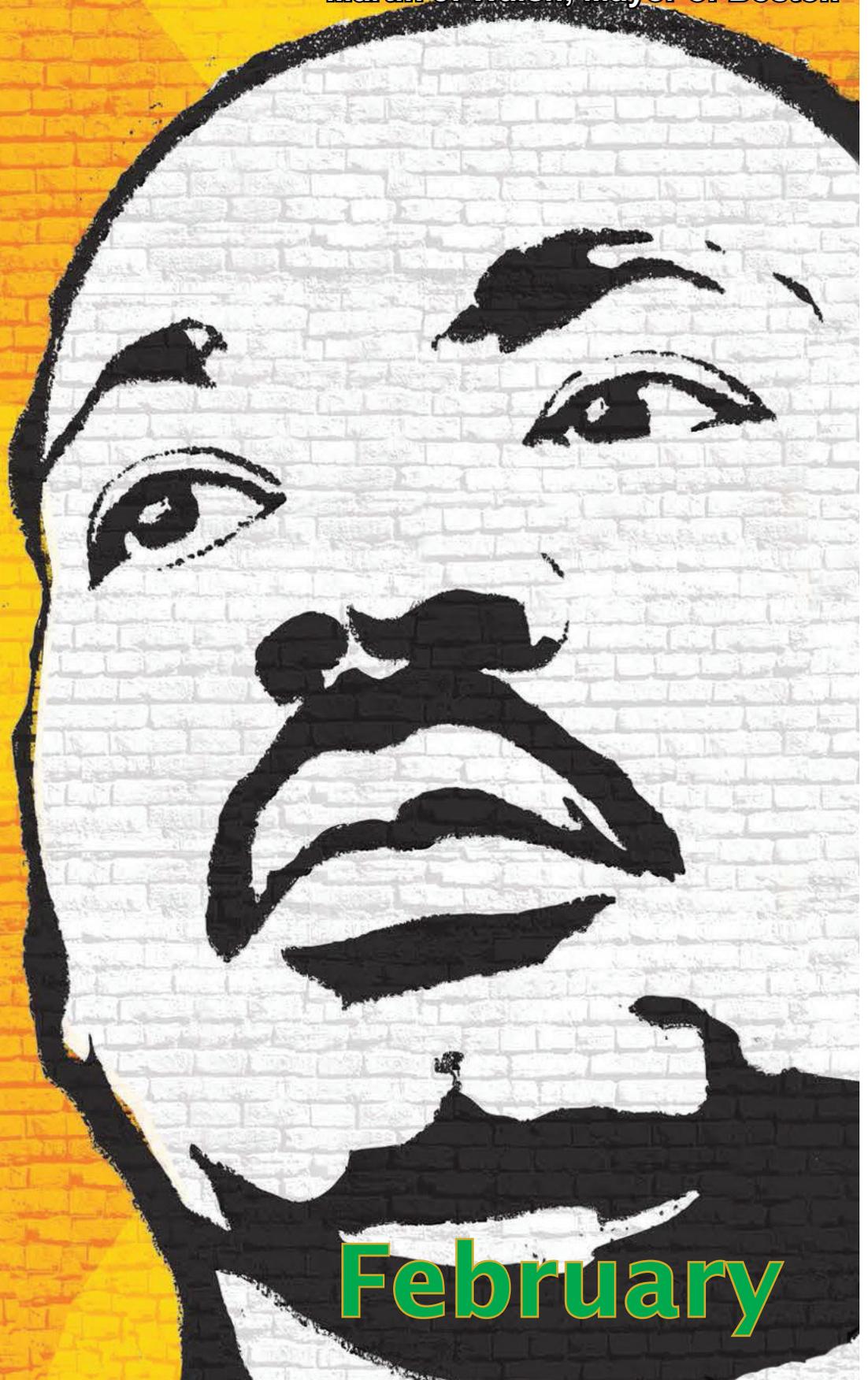


# Boston Seniority

*Elderly Commission*

Martin J. Walsh, Mayor of Boston



**FREE**

**2016  
Volume 40  
Issue 2**

**February**

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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)**

***Although all material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the City of Boston, Commission on Affairs of the Elderly.***

# *Boston Seniority*

**Volume 40 Number 2**

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*Commission on Affairs of the Elderly*

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# Mayor's Spotlight

## MAYOR WALSH AND THE MISSION HILL COMMUNITY CELEBRATE THE GRAND OPENING OF THE MARIA SÁNCHEZ HOUSE

Recently, Mayor Martin J. Walsh joined Mission Hill Neighborhood Housing Services, the Sánchez family, local elected officials and Mission Hill residents to celebrate the opening of the Maria Sánchez House, a \$15.6 million transit-oriented affordable senior rental housing development. Named after the mother of Representative Jeffrey Sánchez, the 40-unit newly-constructed senior rental housing is located on a long-vacant site located adjacent to the Roxbury Crossing MBTA Station, in the heart of the Mission Hill commercial district.

"It is critically important to maintain and add to our affordable housing market in the city, especially for our seniors who have helped make Boston the great city that it is today," said Mayor Walsh. "I want to congratulate Mission Hill Housing Services on reaching this milestone. I'm proud that together with our partners we are able to create affordable homes for our seniors, offering residents convenient access to the services they need in a place that they are proud to call home."

All of the units were rented to individuals who are 62 years old or older and are earning at or below 50 percent of the area median income (AMI), with most of the residents earning 30 percent of AMI or below. The building's 40 one-bedroom apartments, have two elevators for accessibility, central air conditioning, two on-site laundry facilities, a large community space for programming for residents on the ground floor, a rear courtyard, and a deck with views of the City. Construction of the Maria Sánchez House generated approximately 45 construction jobs.



"This is the result of many years of hard work and many partners," said Representative Jeffrey Sánchez. "Naming this for my mother honors her work and commitment to the Mission Hill community she loves with all her heart, but also represents all those community members who dedicated years to creating a vision for Roxbury Crossing that is now being realized. This is only the first step and I expect Mission Hill NHS to soon move across Gurney Street to Parcel 25 as the next step."

In accordance with the City of Boston's

(Continued on page 4)

Green Affordable Housing Program, the Goody Clancy design for the four-story block and plank building utilizes green building strategies and that met LEED "Gold" standards. The project also meets the U.S. Environmental Protection Agency's Energy Star standards.

The City of Boston contributed more than \$2.8 million to the development of the Maria Sánchez House, including Housing Creation Linkage funding

from neighborhood institution Massachusetts College of Pharmacy. The project received HUD support of \$6.2 million in Section 202 capital funding and \$400,000 in grant funding. The Commonwealth of Massachusetts also contributed more than \$2.8 million to the development of this project. Land was donated for the project by Wentworth Institute of Technology and the City of Boston's Department of Neighborhood Development.

## Taking Steps to Avoid Slips and Falls this Winter

Icy sidewalks, slippery steps, and dangerous driveways are just a few of the walking conditions you can encounter in the winter. That is why practicing the right way to walk in slippery conditions is important.

Follow these tips to help avoid injury whenever you encounter winter walking conditions.

- Avoid taking shortcuts across snow-covered areas. Always use cleared sidewalks, paths and parking lots. Be especially careful when stepping to or from different levels (e.g down or up steps or from curbs).
- Wear the proper footgear for weather conditions - boots with good tread or anti-slip footwear.

- Keep your eyes on the path and avoid slippery surfaces when possible.
- Take small steps when slippery surfaces can't be avoided.
- Hold on to the handrails on steps and stairs. Place as much of your foot on the step as possible.
- Keep your hands out of your pockets and distribute the weight of bags or packages evenly for better balance.
- Remove as much snow and water from your boots as you can prior to entering a building. Recognize that wet floors and stairs are likely very slippery.

To check out how National Grid trains its employees to handle slippery conditions go to <https://youtube/xrs5Es4mVoU>

# Why is She Smiling?

She just found out that she can receive up to \$1070.

*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 \$1,070 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, Inc. 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 \$57,000 in income as a single person (\$71,000 Head of Household, \$85,000 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 2015</i>	<i>Jan-Apr 2016</i>	<i>\$1,070</i>
Prior Year 2014	Deadline 4/15/17	\$1,050
Prior Year 2013	Deadline 4/15/16	\$1,030
Prior Year 2012	Deadline 4/15/15	\$1,000

### 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 Tax Year 2014
- Printed document showing 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 this season!

## THEME: HOLLYWOOD LEGENDS

## ACROSS

1. Buzz off  
 6. Dunce  
 9. Back of the neck  
 13. Big Dipper shape  
 14. Rejuvenating spot  
 15. Succeed  
 16. Helped  
 17. Waikiki garb  
 18. \*Like characters played by Lon Chaney  
 19. \*Marx brother  
 21. \*Famously played title role in "Cleopatra"  
 23. \*1950s teen idol, \_\_\_ Hunter  
 24. Not that  
 25. Thrilla in Manila boxer  
 28. Friendly jab on Facebook  
 30. Set aside as inferior  
 35. Marijuana user's hookah  
 37. Stole material  
 39. Cowboy sport  
 40. Christmas season  
 41. Boston hockey player  
 43. Petri dish filler  
 44. Holiday activity?  
 46. Caffeine tree  
 47. Egg holder  
 48. \*1979 Sean Connery and Natalie Wood clunker  
 50. Newton, e.g.  
 52. "\_\_\_ no evil,..."  
 53. Spew profanities  
 55. Roman road  
 57. \*Scarlett O'Hara or Blanche DuBois  
 60. \*Katharine or Audrey  
 64. Asian chew  
 65. Springsteen's "Born in the \_\_\_"  
 67. Make baby food?  
 68. Mountain ridge  
 69. #37 Across, e.g.  
 70. English county  
 71. Training spots  
 72. ATM extra  
 73. Doled out cards

## DOWN

1. Smeltery refuse  
 2. Age of Aquarius flick  
 3. Edible root of taro plants  
 4. Alaska native  
 5. Train station porter's head gear  
 6. Northern European capital  
 7. \*Kong, e.g.  
 8. Country singer \_\_\_ Hill  
 9. Season to be jolly

10. 1970s hairdo  
 11. \*Laurel and Hardy or Abbott and Costello  
 12. Old-fashioned "before"  
 15. Old Faithful  
 20. Edward Teller's creation  
 22. Lung necessity  
 24. Lacking substance  
 25. Deep cavity  
 26. Jeweler's glass  
 27. Coastal feature  
 29. \*"Spartacus" star  
 31. \*"Mommie Dearest"  
 32. Ruler sides, e.g.  
 33. This and desist  
 34. Type of dessert  
 36. \*"An American in Paris"  
 38. Potter's oven

42. Lacking guile  
 45. Easily handled  
 49. Poe's "The Murders in the \_\_\_ Morgue"  
 51. Left gratuity  
 54. Pinch in the nose  
 56. Bullying, e.g.  
 57. Extremely  
 58. Any thing  
 59. Docs for dachshunds  
 60. Aesop's race competitor  
 61. Celestial bear  
 62. \*Where all Hollywood legends' work winds up  
 63. Sales clerk's call  
 64. Paper or plastic?  
 66. Seek damages

CROSSWORD														
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## Plastic Surgery is not just for WOMEN

Everyone knows that women like to enhance their appearance.

Men are now admitting that they need a little “sprucing up” as they get older!

Men can do the obvious improvements: get to the gym, lose a few pounds and dye your hair a few shades darker to cover up the gray. Simple things like a new haircut style or even your first “manicure, pedicure” can lift morale.

Some of these treatments should be done by a professional barber or manicurist and not your wife or grandchild. This is your first encounter with improving your appearance. This is no time to experiment with inexpensive drug store supplies or possibly end up looking like Red Skelton!

Men aren't vain! They just want to look and feel better in 2016!

We all know about some of these treatments: nose changes (rhinoplasty), nip and tucks to eyelids, laser treatments for leg spider veins, liposuction, face

lifts and hair transplants.

As we age, fat, bone and muscle layers lose some of their facial “youthfulness” under the skin. Often times, we can tell when Hollywood stars have had “soft tissue fillers”. Fillers can plump up the skin, make scars look better or, if injected with too much filler, they look like clowns with puffy cheeks and very large lips!

The most popular plastic surgery for men? Botox.

Botox is injected into the face and neck to treat lines. It also makes your skin look smoother and refreshed, softens crow's feet, forehead creases and lines in the neck. Botox is also used for migraine headaches, profuse perspiring and muscle spasms around the eyes and neck.

Second most popular plastic surgery is laser hair removal. Unwanted hair is removed from backs and chests by using a laser.

Third treatment is microdermabrasion. A peel gently sands your skin. This treatment lightens your age spots, wrinkles, acne scars and fine lines. The microdermabrasion removes the flaky and uneven outer layers of skin. Several sessions are needed.

Chemical peels remove damaged outer layers of skin, reduce age spots, scars and wrinkles. Chemical peels are often used to get rid of damaged skin from over exposure to the sun.

Ask your primary care physician for a referral to a licensed, certified plastic surgeon. Look at the photos of treatments done by the doctor or hair transplant specialist. Check with your insurance company. The treatment may not be covered by your insurance. Find out how long the recuperation time is. Be sure to get follow up appointments.

Remember, 2016 may be the year that you do some subtle and minor improvements to your body!!

**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

## **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 617-635-4366.

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.

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

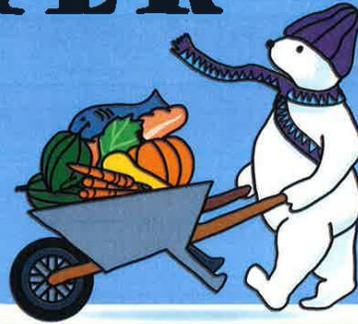


The Senior Shuttle has multiple wheelchair accessible shuttles offering free door-to-door transportation to Boston residents age 60 or over.

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.

# DORCHESTER WINTER FARMERS MARKET



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**JANUARY 9 - MARCH 19, 2016**

**10:00 AM - 1:00 PM**

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Dorchester Winter Farmers Market   
@DorchesterWFM   
dorchesterwinterfarmersmarket@gmail.com

## Correction

In our February issue we did a review from David's Tea but we left out the contact information. You can find David's Tea at [WWW.Davidstea.com/us\\_en](http://WWW.Davidstea.com/us_en)



They also have retail locations in Boston listed below:

- 617-292-0098 / 298 Washington St. Boston, 02108 / Open until 8:00 pm
- 617-585-9534 / 661 Tremont St. Boston, 02118 / Open until 7:00 pm

## SNAP: Food Assistance

### Are you eligible?

If you are single and make less than \$2,000 a month or if you are married and make less than \$2,700 a month then Yes!

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)

## Solution to Crossword on page 8

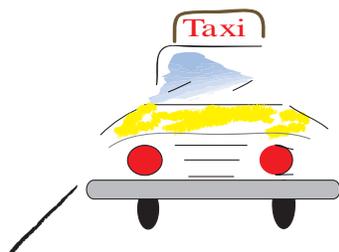
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## Never Too Late Group February 2016

**Thursdays at 2 p.m. - Commonwealth Salon  
Central Library in Copley Square  
617.859.2339 · [www.bpl.org/ntlg](http://www.bpl.org/ntlg)**

*The Commonwealth Salon is on the first floor of the Central Library in Copley Square across from the Leventhal Map Center.*

### February 11

#### **On the Road with the Great American Songbook**

Join singers Carol Robinson and Carole Bundy, with pianist Joe Reid, as they take you on a spirited musical tour highlighting Richard Rodgers, Les Brown, and others.

### February 18

#### **The Descendants** (film, 2011, 115 min.)

In Hawaii, a man struggles to reconnect with his daughters after his wife becomes comatose in a boating accident. Stars George Clooney.

### February 25

#### **Beginners** (film, 2010, 104 min.)

A young man is rocked by two announcements from his elderly father: that he has terminal cancer and that he has a young male lover. Stars Christopher Plummer and Ewan McGregor.

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617.522.7600 301 South Huntington Ave, Jamaica Plain, MA  
[www.MountPleasantHome.org](http://www.MountPleasantHome.org)

In Recognition of African American History Month we Asked the Boston Public Library to Share a List of Books you can Check Out

**Fiction:**

- God Help the Child by Toni Morrison
- Loving Day: A Novel by Mat Johnson
- A Moment of Silence: Midnight III by Sister Soulja
- The Turner House by Angela Flournoy



**Non-fiction:**

- Alex Haley and the Books that Changed a Nation by Robert J. Norrell
- Between the World and Me by Ta Nehisi Coates
- Delta Jewels: In Search of My Grandmother's Wisdom by Alysia Burton Steele
- If Someone Says, "You Complete Me," run by Whoopi Goldberg
- Soul Food Love: Healthy Recipes Inspired by One Hundred Years of Cooking in a Black Family by Alice Randall and Caroline Randall Williams
- Year of Yes: How to Dance It Out, Stand in the Sun, and Be Your Own Person by Shonda Rhimes

# Seniors Count

## BNN-TV Channel 9

Boston Seniors Count  
Cable Television Show

Thursdays at 3:30 p.m.  
Repeated Sundays at 11:30 a.m.

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



## Through the **EXTRA HELP PROGRAM**

Medicare beneficiaries can qualify  
for Extra Help with their Medicare  
prescription drug plan costs.

To find out if you qualify, go to  
[www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp)



# Healthy Recipes

*All Healthy Recipes are carefully selected by our expert nutritionist*

*Melissa Carlson, MS, RD*

## Pineapple Upside-Down Muffin

### Ingredients:

#### Topping -

- 2 tablespoons packed light brown sugar
- 2 tablespoons chopped walnuts, or pecans (optional)
- 1 10-ounce can pineapple slices

#### Muffins -

- 3/4 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon ground cinnamon
- 2 large eggs
- 1/2 cup packed light brown sugar
- 1/4 cup canola oil
- 2 tablespoons pineapple juice, or orange juice
- 1 teaspoon vanilla extract
- 1 8-ounce can crushed pineapple, (not drained)
- 1 cup grated carrot, (1 large)
- 1/2 cup old-fashioned oats
- 3/4 cup raisins, preferably baking raisins
- 1/4 cup chopped walnuts, or pecans (optional)

### Preparation:

1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.
2. To prepare topping: Sprinkle 1/2 teaspoon brown sugar into each muffin cup. Sprinkle nuts, if using, over the sugar. Stack pineapple slices and cut into 6 wedges. Place 2 wedges in each muffin cup.
3. To prepare muffins: Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt and cinnamon in a large bowl.
4. Whisk eggs and brown sugar in a medium bowl until smooth. Whisk in oil, juice and vanilla. Stir in crushed pineapple. Make a well in the dry ingredients; add the wet ingredients and stir with a rubber spatula until just combined. Stir in carrot, oats, raisins and nuts, if using. Scoop the batter into the prepared muffin cups (they'll be quite full).
5. Bake the muffins until the tops are golden brown and firm to the touch, 15 to 25 minutes. Immediately loosen edges and turn muffins out onto a baking sheet. Restore any stray pineapple pieces and nuts. Let cool for at least 10 minutes. Serve upside-down, either warm or at room temperature.



**Serving:** 1 muffin **Calories:** 211

**Source:** [http://www.eatingwell.com/recipes/pineapple\\_upside\\_down\\_muffins.html](http://www.eatingwell.com/recipes/pineapple_upside_down_muffins.html)

# Crispy Chicken Schnitzel with Herb-Brown Butter

## Ingredients:

- 2 8-ounce boneless skinless chicken breasts, trimmed
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1/4 cup white whole-wheat flour
- 2 large eggs, beaten
- 1 lemon
- 2 cups fresh whole-wheat breadcrumbs
- Olive oil cooking spray
- 2 tablespoons butter
- 1 tablespoon extra-virgin olive oil
- 1 small shallot, minced
- 1/4 cup chopped fresh herbs, such as dill, parsley and chives

## Preparation:

1. Preheat oven to 450°F. Coat a large baking sheet with cooking spray.
2. Cut chicken breasts in half horizontally. Cover with a large piece of plastic wrap and pound with the smooth side of a meat mallet or a heavy saucepan to an even 1/4-inch thickness. Sprinkle the chicken with 1/4 teaspoon each salt and pepper.
3. Place flour in one shallow dish and eggs in another. Zest lemon and combine the zest with breadcrumbs in a third shallow dish. (Slice the lemon for



serving; set aside.) Coat both sides of the chicken in the flour, shaking off any excess, then dip in egg. Coat on both sides with the breadcrumbs, pressing to help them stick. Place the chicken on the prepared baking sheet. Coat on both sides with cooking spray.

4. Bake the chicken until golden brown and no longer pink in the center, 10 to 12 minutes.

5. Meanwhile, melt butter in a small saucepan over medium-high heat. Cook until just beginning to brown, about 2 minutes. Add oil and shallot; cook for 30 seconds more. Remove from heat; add herbs and the remaining 1/4 teaspoon each salt and pepper. Serve the chicken with the herb sauce and lemon slices.

**Serves: 4 Calories: 313**

**Source:** [http://www.eatingwell.com/recipes/chicken\\_schnitzel\\_herb\\_brown\\_butter.html](http://www.eatingwell.com/recipes/chicken_schnitzel_herb_brown_butter.html)

## **New Medicare Policy Helps Aging Americans Think and Plan for End of Life**

By David Grube, M.D.

My mom paid a painful price for not completing an advanced directive about her preferences for end-of-life medical care. She was an intelligent and organized woman who had everything in her and my dad's life planned out and written down. She even drafted her own obituary. Ironically, she never discussed her end-of-life care preferences with my father or her physician son (me), preferring to talk about “more pleasant subjects.”

When she was 86, she developed colon cancer, a serious illness at any age. Following surgery for this, she had medical complications of heart and renal failure. The prognosis was not good, and my father and I struggled to decide how much and what kind of treatment she would want since she was unable to advocate for herself. Eventually, she died in hospice care but only after prolonged and, as I see it now, unnecessary suffering. It broke both my dad's heart and mine.

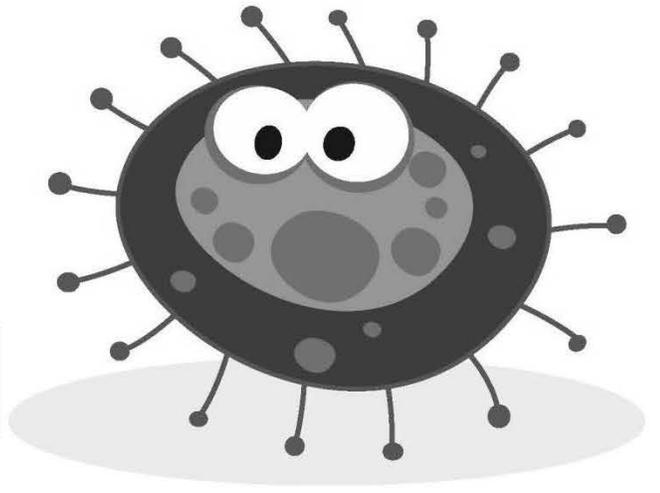
Unfortunately, my mother's story is all too common. That's why it is very good news that the Centers for Medicare & Medicaid Services (CMS) will soon begin to properly reimburse doctors for communicating with patients about whether and how they would want to be kept alive if they become too sick to speak for themselves. In the fee-for-service health care system we have, reimbursement by public and/or private health insurance plans is the best way to ensure people get specific treatment. (It is also why people often get treatment they don't want, especially at the end of life, which is a separate problem my organization is working to improve.)

Evidence-based research overwhelmingly shows the need for more and higher-quality doctor-patient conversations about the patient's healthcare goals, preferences and values. As a 2015 Institute of Medicine report called “Dying in America” explains: “Most people nearing the end of life are not physically, mentally, or cognitively able to make their own decisions about care ... The majority of these patients will receive acute hospital care from physicians who do not know them. As a result, advance care planning is essential to ensure that patients receive care reflecting their values, goals, and preferences.” Indeed, just 27 percent of people aged 65 and older in a recent Kaiser survey said they've actually had such discussions with a doctor or other health care provider.

This long overdue advance planning provision under Medicare makes it likelier that healthcare providers will honor patients' treatment goals, preferences and values, and that this important conversation will take place during the Welcome to Medicare initial visit and annual wellness visits. Based on my 35+ years of experience in family medicine, and now as a national medical director for Compassion & Choices, I would like to see CMS further give physicians the flexibility and autonomy to engage in additional end-of-life planning conversations as often as needed, as a patient's health status evolves. To deliver quality, patient-centered care, doctors need to use their best judgment, informed by their patients' wishes. It is an ideal to which we get closer every day.

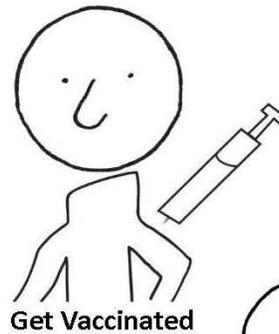
Dr. Grube is a board certified physician in family medicine and is a national medical director for Compassion & Choices, the nation's oldest and largest end-of-life choice advocacy organization.

# Fight the Flu



**Keep your family healthy this flu season!**

- ✓ **Everyone 6 months of age and older** should get a flu vaccine *every year*.
- ✓ **Cover your coughs and sneezes** to prevent the spread of germs.
- ✓ **Wash your hands often** with soap and water or use hand sanitizer.
- ✓ **Stay home if you feel sick** and contact your doctor if symptoms become severe.



Get Vaccinated



Cover your cough



Wash your hands



Stay home when sick

**Ask your doctor for the flu vaccine today!**

For public flu clinics, go to [www.bphc.org/flu](http://www.bphc.org/flu)

*Need help finding a doctor or getting health insurance? Call the Mayor's Health Line at 617-534-5050.*

**For more information, please contact:**

Boston Public Health Commission  
Infectious Disease Bureau  
(617) 534-5611 or [www.bphc.org/flu](http://www.bphc.org/flu)



# Safe Winter Driving Near Snow Plows: Keep a Safe Distance

By: Klark Jessen

MassDOT's Highway Division reminds motorists to use common sense while driving near plows as snow and ice crews work to clear state and local roadways during and following a winter weather event.

Please review the following tips for winter driving when encountering snow plows:

- Remember that the road in front of the plow is usually in much worse condition than the roadway behind the plow. Plows will typically travel under 35 miles per hour and there is always a temptation to pass them. For your safety, it is recommended that you stay a safe distance behind the snowplows.
- During plowing operations, visibility can be reduced by blowing snow and plow operators may need time to stop or move over to avoid stranded vehicles. Keeping a safe distance between your vehicle and the plow is very important in order to avoid accidents.
- Allow plenty of room when passing a snowplow. Do not cut back into the lane ahead of the plow too quickly since the blade extends several feet ahead of the truck. Some snowplows are equipped with a "wing plow," a 10-12 foot

extension off the side of the truck. Be aware that the hazard exists.

- When you see an approaching snow plow on an undivided roadway, move as far away from the center line as you safely can since blowing snow may obscure the actual width of the snowplow's blade.
- Turn on your lights - to see and be seen. Brush the snow off your headlights and taillights frequently.
- Winter driving requires motorists to be careful and alert, but the most important tip for winter driving is: **SLOW DOWN!**

Please review MassDOT's Safe Winter Driving Tips to learn more about safe travel and preparing your vehicle for winter weather at [www.massdot.state.ma.us/highway/Departments/SnowIce/SafeWinterDrivingTips.aspx](http://www.massdot.state.ma.us/highway/Departments/SnowIce/SafeWinterDrivingTips.aspx)



Source for article and photo: <http://blog.mass.gov/transportation/massdot-highway/safe-winter-driving-near-snow-plows-keep-a-safe-distance/>

# MYTHBUSTERS



## Myth:

I left some food out all day, but if I put it in the fridge now, the bacteria will die.

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**Fact: Refrigerator temperatures can slow the growth of bacteria, but will not stop the growth of bacteria in food.**

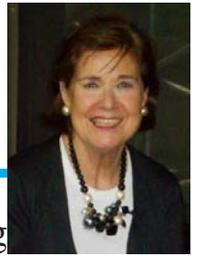
If food is left out at room temperature for more than two hours, putting it into the refrigerator will only slow bacterial growth, not kill it. Protect your family by following the 2 hour rule -- refrigerate or freeze meat, poultry, seafood, eggs, cut fresh fruits and vegetables, and all cooked leftovers within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature is above 90 °F.

While refrigeration does slow bacterial growth, most perishables will only keep for a few days in the refrigerator. To keep perishables longer than a few days-- like most meat, poultry and seafood-- you can freeze them.

# Get out of your own way!

## “Don’t Retire, Inspire”

By: Augusta Alban



Plaque is building in my arteries, my HDL & LDL are struggling with each other, the world’s temperature is rising melting the ice and forcing those “white bears” farther out to sea. Now, my latest anxiety is suffering from “data rot”. This means that digital data will be unreadable in 10 years or less. Things couldn’t get much worse; then I discover a plantar wart on the bottom of my foot.

Repair, repair, repair is now taking up most of my time. I am convinced flossing four or five times a day will keep my arteries flowing and that little voice inside called “truth” almost guarantees my life would be extended by eating less meat and more vegetable. Trying to help the environment of those “white bears” is easy in Boston, just get a “Charlie” card and hop on any public transportation. My druggist (smiling from behind his counter) suggested a “one time” application of Dr. Scholl’s foot care product, he assures me only “one time” will totally remove all evidence of my wart without removing my foot.

If only we could get to the bottom of today’s uncertainties with a “one time” application. I would start by asking the media to ease up on the constant drumming of negativity; lighten up, we the people get it, we really do. We the people want to be informed and we thank

you, but we the people are being inundated. You are frightening us and fear is taking over, please, some balance is needed. We the people understand sponsors won’t pay big bucks “Pollyanna” shows; newspapers won’t sell at all if the only picture on the front page is dear grandma holding her rescued cat.

My work as I see it, is to put an enriching spin on my thinking and to help my world be the very best it can be. Each morning when I arise I start with my “WHAT’S GOOD” game; for one minute I say out loud things I am grateful for, always starting with “just getting up”. I am grateful for whatever weather is happening that day – sun, snow or rain, I just reminded myself to dress appropriately. I happily think about that freshly brewed cup of coffee I’m about to enjoy; I smile when I think of my friends - my ability to love them, as well as my ability to love myself. If being grateful for one’s life sounds too casual, talk with any cancer patient who is about to lose theirs.

On my “Don’t Retire, TV show I have rewarding conversations with those wonderful people who bring joy and help to others. Recently I had the pleasure to ask Father Dan O’Connell of a parish in Boston what question is most often asked of him. He offers, “How do we get out of our own way?” It’s asked in

many ways, but it's the same question. "Do you ever have this problem?" I ask him. Surprisingly his answer was, "many times." "You are a priest," I said. "I am human," he replied, just like the rest of us. I seek answers for myself and I pray for guidance for others." One of the fastest and best ways to stop thinking about your problem is to help someone with theirs. Take flowers to bed-ridden people in the

hospital - many of those same patients would give anything to be up taking flowers to someone else. Just let people talk, your job is to hear them.

Reach out to others. This is not the time in our history to pull back; it is the time for us to work together. Try it; it's easier than you think and it's fun! And your world will be a better place for your effort.

## Accepting Proposals for Contributors for a Television Show on Positive Aging

Mayor Martin J. Walsh's City of Boston Elderly Commission and Suffolk University Studio 73 invites proposals from volunteer contributors interested in presenting on Augusta Alban's television program *Don't Retire, Inspire* on the Boston Neighborhood Network. *Don't Retire, Inspire* invites empowered individuals sixty years and older to share their personal story. These individuals showcase a unique spirit of motivation and have fulfilled their life's work even in the face of adversity. While many of the show's guests have retired from decades in other careers, they have utilized their time as an opportunity to engage with their passions – with no sign of slowing down. Others

continue to pursue their employment far beyond the retirement age, proving resilience and determination. We invite proposals from individuals interested in sharing their vocational and/or radical life accomplishments on our show or suggestions of notable candidates living in Boston.

Contributors looking to present on *Don't Retire, Inspire* must have flexibility to prepare and record a 25 minute interview segment on Tuesdays between 11:00am - 12:00pm at Suffolk University Studio 73 (73 Tremont Street, Downtown Boston). For consideration, please e-mail show producer Greg Josselyn to nominate yourself or another inspiring individual you know to: [gregory.josselyn@boston.gov](mailto:gregory.josselyn@boston.gov) or call [617-635-4250](tel:617-635-4250).

*Don't Retire, Inspire* airs on the Boston Neighborhood Network (Comcast Broadband Channel 9 or RCN Channel 15) on Fridays at 2:30pm and on Saturdays at 11:30am.

# HEALTHYLIVINGTIPS

## Staying Healthy During the Winter



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As we age our body's ability to maintain a constant temperature is diminished, and certain diseases and conditions may make controlling the body's temperature even more difficult.

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As you spend time enjoying winter activities such as skating, skiing and building snowmen with your grandchildren, stay on the lookout for signs of hypothermia. These signs include:

- Shivering
- Loss of motor control
- Cold skin
- Discoloration of ears, fingers, nose or toes
- Drowsiness
- Confusion
- Speech difficulties

Although winter can be dangerous, it's important to remain active. Take steps now to prepare for the winter months and enjoy them safely. There are many ways to be safe this winter:

- Avoid going out during storms or when the temperature is very low.
- Keep your home warm, even when you are out. Coming home to a warm home is an easy way to prevent frostbite and hypothermia.
- If you think you or a loved one is suffering from hypothermia, call 911 immediately.



### Useful Resources

*Administration on Aging Health Related Resources*

[http://www.aoa.gov/AoARoot/Preparedness/Resources\\_Individuals/Health\\_Resources.aspx](http://www.aoa.gov/AoARoot/Preparedness/Resources_Individuals/Health_Resources.aspx)

*National Institute on Aging: Stay safe in cold weather!*

<http://www.nia.nih.gov/HealthInformation/Publications/staysafe/>



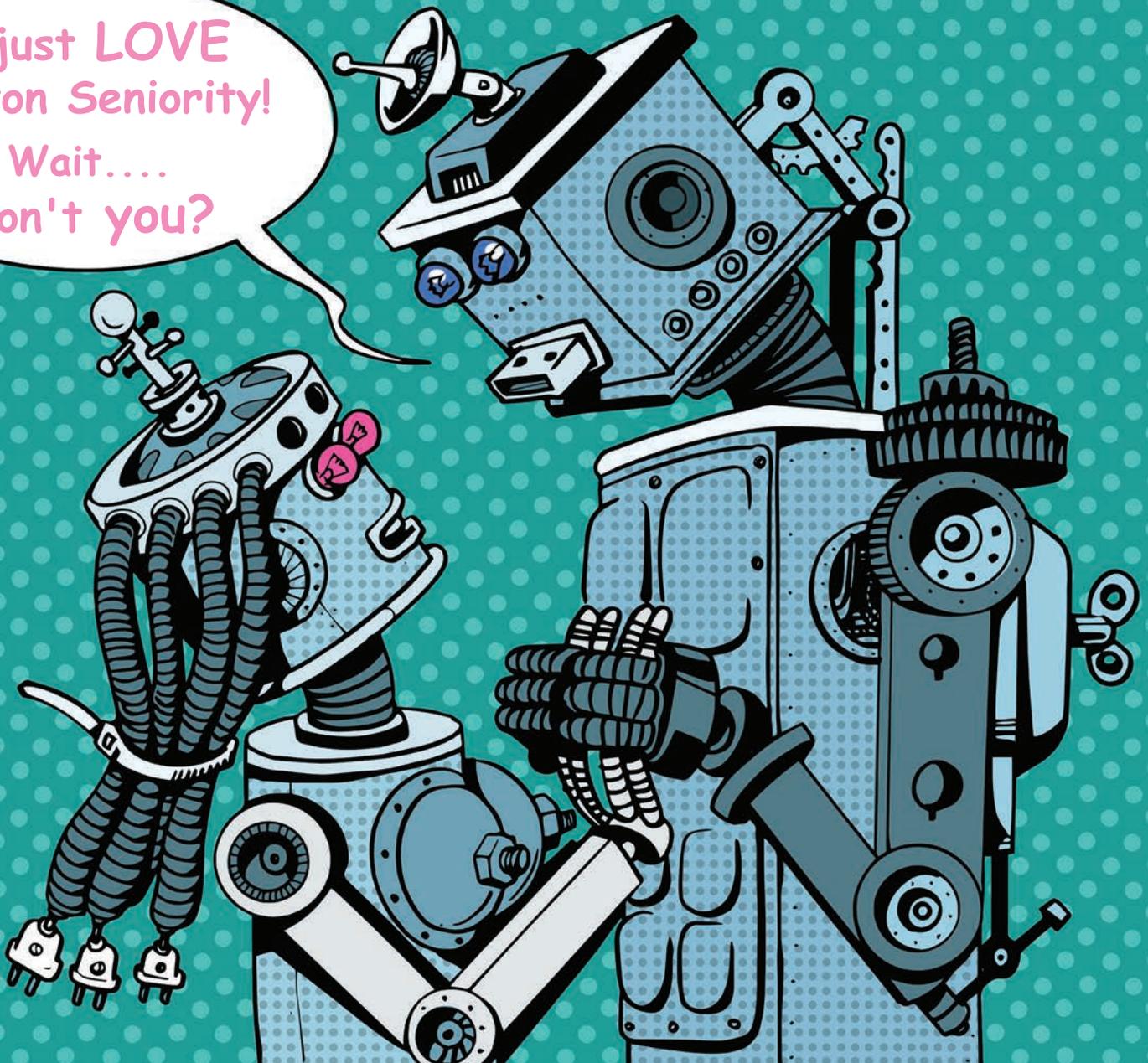
FOR MORE INFORMATION ABOUT AOA U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES,  
ADMINISTRATION ON AGING, WASHINGTON, D.C. 20201

PHONE: (202) 619-0724 | FAX: (202) 357-3555 | EMAIL: AOAINFO@AOA.GOV | WEB: WWW.AOA.GOV |  
FACEBOOK: WWW.FACEBOOK.COM/AOA.GOV

# Happy Valentine's Day!

from  
Mayor Martin J. Walsh  
&  
The Elderly Commission

I just LOVE  
Boston Seniority!  
Wait....  
Don't you?



# Senior Companion Program Year in Review

## Happy 2016

At the start of a new year, it's always good to look back to see what we have accomplished. What have we done that makes a difference or simply what kind of memories have we made.

The Senior Companion Program is no different, so let's look back at 2015 and review.

In 2015, we have interviewed several of the Senior Companions:

- Ms. Edelweiss S. Vitale
- Mr. Fritho Celestin
- Ms. Marsha Colbert won the "Volunteer of the Year" Award in February 2015
- Gloria Rice-Stuart was honored at the Caribbean Foundation Banquet in March 2015 for her work as Director of the Senior Companion Program
- Senior Companion Program and Boston RSVP celebrated African American History month featuring Fulani Haynes who spoke on the changes she has seen in the community over the years.

- Ms. Eddie L. Blakely was recognized in May 2015 for the Mayor's Day of Recognition for National Service.

- We created binders for station supervisors and volunteers that hold all of the pertinent information.

- Ms. Marsha Colbert, and Gloria Johnson along with SCP Director Gloria Rice-Stuart helped celebrate "Senior Corps Week".

- In June of 2015, an article was printed in Boston Seniority about the "Importance of Senior Companionship."

- In September, we celebrated Ms. Maria Diaz 86th Birthday; with volunteer Daniel Roman's help.

- Daniel Roman was honored by his site ABCD for his continued commitment to helping others. He received an award at the Boston Copley Place Marriot Hotel.

- The Senior Companion Program and Boston RSVP celebrated volunteers' hard work with a recognition lunch on the Spirit of Boston. Cruising, partaking of a wonderful luncheon and dancing until the ship came back to port.

- Ms. Eddie Blakely celebrated her 90th Birthday at her site "Project Care and Concern" with her supervisor Sis. Joyce McMullen and SCP Director Gloria Rice-Stuart.

• It is with great sadness to also note that we have lost one Senior Companion volunteer to death in 2015. Ms. Teresa Barrows. She was a faithful volunteer at Kit Clark Senior Services, and will be greatly missed.

We have endured many things in 2015,

but now the calendar has turned over and we begin again. Let us look forward to all the possibilities that 2016 can bring us.

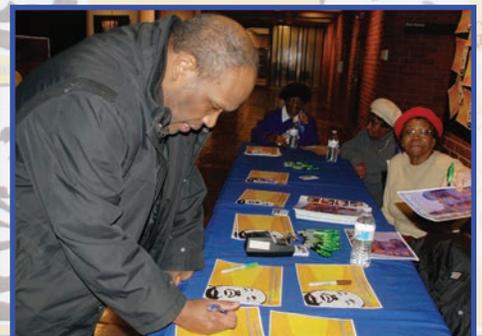
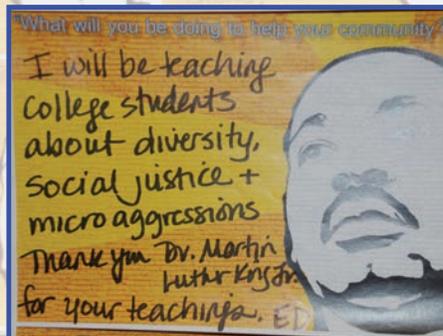
Here's wishing you a prosperous and healthy 2016!



## “What are you Doing to Serve your Community?”

On Friday January 15th, the Boston Senior Companion Program held a recognition event in honor of Martin Luther King, Jr Day. They hosted a table at the Government Center entrance of Boston City Hall and invited guests and employees at city hall to answer the question “What are you doing to serve your community?”

Over 50 people filled out the flyer and they were posted on the spot for all visitors to see. Answers included: Donating clothes and shoes, fight violence through community service and activism, mentor young adults, spreading love and peace, keep a frail elder company, raise my children to be good citizens, and help a friend with shopping, to name a few.





## Depression is Not a Normal Part of Growing Older

Depression is a true and treatable medical condition, not a normal part of aging. However older adults are at an increased risk for experiencing depression. If you are concerned about a loved one, offer to go with him or her to see a health care provider to be diagnosed and treated.

Depression is not just having "the blues" or the emotions we feel when grieving the loss of a loved one. It is a true medical condition that is treatable, like diabetes or hypertension.

### How Do I Know If It's Depression?

Someone who is depressed has feelings of sadness or anxiety that last for weeks at a time. He or she may also experience—

- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness and/or helplessness

- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early–morning wakefulness, or excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches or pains, headaches, cramps, or digestive problems that do not get better, even with treatment

### How is Depression Different for Older Adults?

- Older adults are at increased risk. We know that about 80% of older adults have at least one chronic health condition, and 50% have two or more. Depression is more common in people who also have other illnesses (such as heart disease or cancer) or whose



function becomes limited.

- Older adults are often misdiagnosed and undertreated. Healthcare providers may mistake an older adult's symptoms of depression as just a natural reaction to illness or the life changes that may occur as we age, and therefore not see the depression as something to be treated. Older adults themselves often share this belief and do not seek help because they don't understand that they could feel better with appropriate treatment.

### How Many Older Adults Are Depressed?

The good news is that the majority of older adults are not depressed. Some estimates of major depression in older people living in the community range from less than 1% to about 5% but rise to 13.5% in those who require home healthcare and to 11.5% in older hospital patients.

### How Do I Find Help?

Most older adults see an improvement in their symptoms when treated with antidepressant drugs, psychotherapy, or a combination of both. If you are concerned about a loved one being depressed, offer to go with him or her to see a health care provider to be diagnosed and treated.

If you or someone you care about is in



crisis, please seek help immediately.

- Call 911
- Visit a nearby emergency department or your health care provider's office
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (4889) to talk to a trained counselor

Source for article and photos:  
<http://www.cdc.gov/aging/mentalhealth/depression.htm>

#### 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 \$10,125



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

# 50th Wedding Anniversary





# The Essentials of Living and Aging:

a **FREE** 3 part series collaboration of the  
Boston NAACP Health Committee, GBABSW &  
the MA Alzheimer's Disease Research Center

## **WORKSHOP 1: ARE YOU OR SOMEONE YOU LOVE WORRIED ABOUT MEMORY?**

**SATURDAY, MARCH 5, 2016 10 AM**  
**GROVE HALL LIBRARY**  
**41 GENEVA AVENUE, DORCHESTER, MA 02121**

### **Agenda**

- 10:00 - 10:25 AM Registration / Check-In
- 10:25 - 10:30 AM Welcome
- 10:30 - 11:30 AM Alzheimers Presentation - Jonathan Jackson, PhD
- 11:30 AM - 12:00 PM Questions & Answers - Alzheimer's Clinicians
- 12:00 - 1:00 PM Lunch
- 12:00 - 2:30 PM Memory Screening (Voluntary)
- 3:00 PM - 4:00 PM Wrap-Up / Evaluations & CEC Distribution

**To RSVP - Call 617-643-0143**

# 1st Night Celebration



# Senior First Night

Thanks to Our Wonderful Sponsors!

## Presenting Sponsor

Seaport Hotel & World Trade Center

## Transportation Sponsors

A Yankee Line, Inc

Boston Public Schools

## Platinum Balloon Sponsor

Walgreens

## Bronze Balloon Sponsor

Central Boston Elder Services

*And a special thank you to Boston EMS*



*Also a big thank you to the  
242 amazing volunteers  
who helped out that day!  
We couldn't have done it  
without you.*

## 1st Night Celebration



# CELEBRATE AFRICAN AMERICAN HISTORY MONTH

with  
**Mayor Martin J. Walsh**  
&  
*The Elderly Commission*

