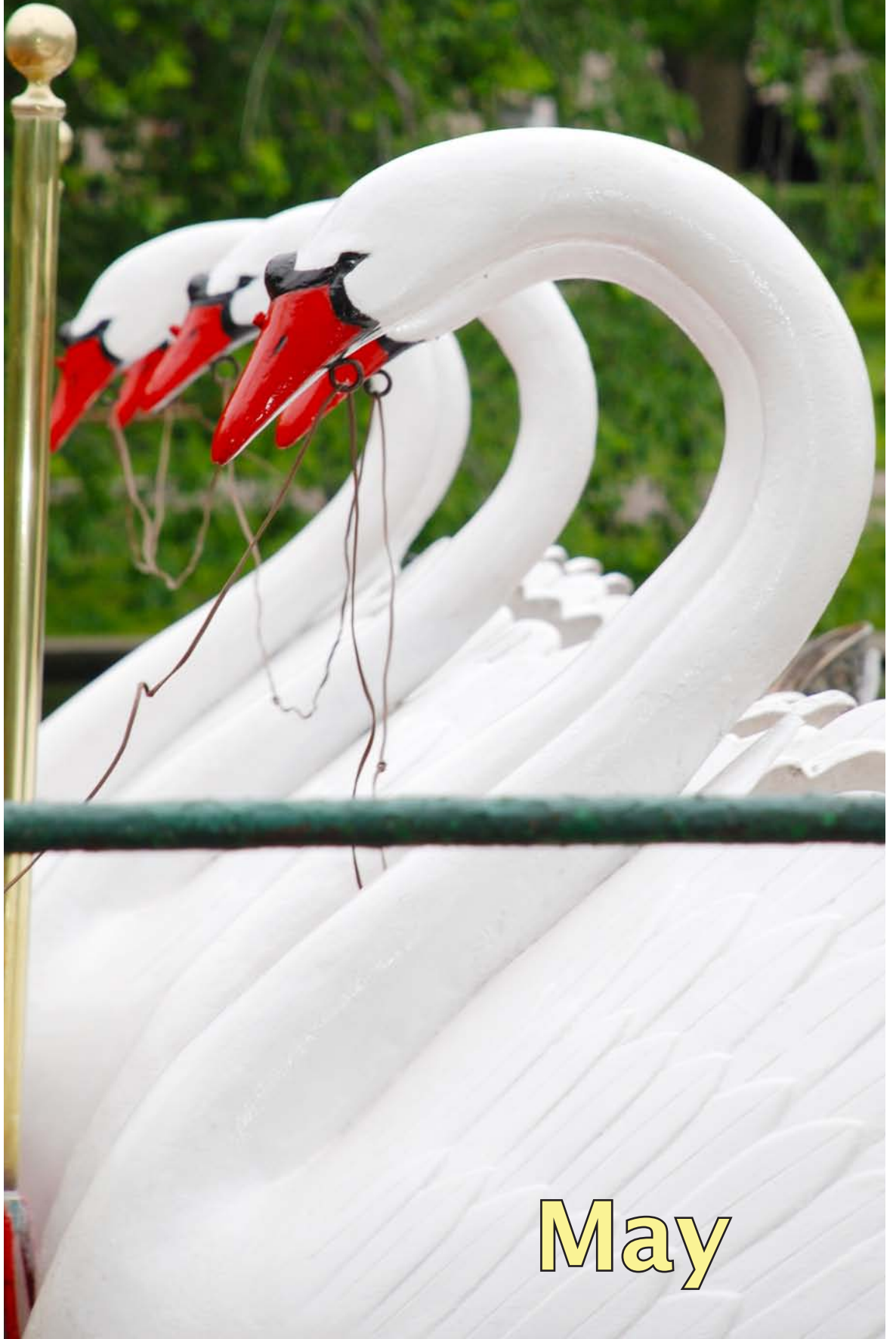




# Boston Seniority

*Elderly Commission*

Martin J. Walsh, Mayor of Boston



FREE

2014  
Volume 38  
Issue 4

May

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

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

***Although all material accepted is  
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## *Boston Seniority*

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# Mayor's Spotlight

MAYOR MARTIN J. WALSH'S

NEIGHBORHOOD

COFFEE

★ HOURS ★



*Coffee Hours 9:30 - 10:30 AM*

**Friday, May 16** - Mother's Rest Park,  
410 Washington St., Dorchester

**Monday, May 19** - Ringgold Park,  
10 Ringgold St., South End

**Tuesday, May 20** - Elliot Norton,  
295 Tremont St., Bay Village

**Wednesday, May 21** - Joyce Playground,  
80 Union St., Allston/Brighton (with  
opening celebration)

**Thursday, May 22** - East Boston Stadium,  
143 Porter St., East Boston\*

**Tuesday, May 27** - McGann Playground,  
309 West St., Hyde Park, (George Wright Golf  
Course for rain location)

**Wednesday, May 28** - Ramler Park,  
130 Peterborough St., Fenway-Kenmore

**Thursday, May 29** - Sweeney Playground,  
180 West Fifth St., South Boston (with opening  
celebratin)

**Monday, June 2** - Christopher Columbus Park,  
110 Atlantic Avenue, North End\*

**Wednesday, June 4** - Billings Field,  
369 LaGrange St., West Roxbury (with opening  
celebration)

**Wednesday, June 11** - Gertrude Howes Park,  
68 Moreland St., Roxbury

**Friday, June 13** - Fallon Field,  
910 South St., Roslindale

**Monday, June 16** - Martin Tot Lot,  
95 Myrtlebank Avenue, Dorchester

\* Rain Location

Dates and times are subject to change  
617-635-4505





# Elderly Volunteer Property Tax Work-Off Program

Martin J. Walsh, Mayor

Ronald W. Rakow, Commissioner, Assessing Department

Emily Shea, Commissioner, Elderly Commission

The Elderly Volunteer Property Tax Work-Off Program matches qualified applicants with suitable volunteer positions within municipal departments in the City of Boston in order to provide limited tax relief to senior homeowners. Qualified applicants can earn up to \$1,000 per fiscal year off their property tax bill. The program is generally limited to 50 participants per fiscal year.

## PROGRAM QUALIFICATION CRITERIA

Age	Gross Income Limit	Residency	Property
You must be age 60 or over by July 1, 2014.	\$30,000 if you are single \$45,000 if you are married <i>Includes Social Security benefits, pensions other retirement benefits, annuities, wages, salaries, tips, other compensation, net profit from business or profession, interest and dividends, rent and royalty income, gains from sale or exchange of real estate or other property.</i>	You must own and occupy residential property in Boston for at least three (3) years.	You must own and occupy your property as a principal residence. If the property is subject to a trust, you must have legal title ( <i>be one of the trustees and a beneficiary</i> ).

Applicants **MUST** provide the following information to meet the program qualification criteria outlined above:

- ☐ Proof of Age (e.g. Birth Certificate, Passport or Driver's License)
- ☐ 2013 Federal and State Tax Returns. *Note: if you are not required to file tax returns, you must submit a signed and dated letter of explanation with your application.*
- ☐ Social Security and Pension Benefits Letters
- ☐ If property is held in Trust, copy of Trust and Schedule of Beneficiaries

**NOTE:** The maximum amount of abatement for this program is \$1,000. The amount of tax work-off credit cannot exceed the total tax due for the fiscal year after any other exemptions have been allowed. The hourly rate of compensation is \$8.00 as of January 1, 2014. Upon approval into the program, your volunteer service must be completed by November 24, 2014 in order to receive credit on your Fiscal Year 2015 Third Quarter tax bill.

### Elderly Volunteer Property Tax Work-Off Law

M.G.L. Chapter 59, § 5K

*Cities and towns may provide residents over age 60 with a local property tax deduction, up to \$1,000, in exchange for volunteer services. The amount of the property tax reduction earned by the taxpayer under this program is not considered income or wages for purposes of state income tax withholding, unemployment compensation or workmen's compensation. Internal Revenue Services does however consider the amounts to be included in the taxpayer's gross income for both Federal Income Tax and FICA tax. Elderly volunteers are considered public employees when volunteering.*

### Application Filing Deadline: July 1, 2014

#### How to Apply:

Contact the Elderly Commission for an application if you believe that you meet the program requirements.

**CALL:** (617) 635-4250

**EMAIL:** [gregory.josselyn@boston.gov](mailto:gregory.josselyn@boston.gov)

**VISIT:** Elderly Commission, Room 271, Boston City Hall.  
Office hours are weekdays, 9AM – 5PM.

A citywide celebration of urban gardening



# Mayor Walsh's 2014 Garden Contest

## Important Dates

Entry Deadline – Friday, July 11 - 5:00 p.m.  
Finalist Notification – Thursday, July 17 (5 per category)  
Judges Visit Gardens – Week of July 21  
Awards Ceremony – Mid August

## Eligibility

Boston resident, business, or organization gardens. Amateur gardeners' work only.

## General Information

Photographs or images submitted to the Boston Parks & Recreation Department become City of Boston property and may be used for press or marketing purposes. The Department has the right to choose the appropriate garden category for entrants, if one has not been chosen or if management believes the garden should be placed in a different category. Gardeners may only win one category per year. For more information, please call (617) 961-3051.

## Judging Criteria

General Appeal – Natural or Formal, Use of Color, Definition – Neatness, Plant Material – Variety/Quality, Sustainable Features and Methods, Garden Hardware – Furnishings/Art

## Gardener's Hall of Fame

Participants that have won three or more times in the last ten years will automatically be entered in the second annual Mayor's Garden Contest Hall of Fame. These distinguished garden hall-of-famers are able to participate as an honorary judge during the 2013 contest, but will not be eligible to participate as a contestant.

Please fill out the form completely and submit photos of the nominated garden.

Please mail this form with photos to:

Mayor Walsh's Garden Contest  
Boston Parks & Recreation Department  
1010 Massachusetts Avenue, 3rd Floor  
Boston, Massachusetts 02118

or apply online:

[www.cityofboston.gov/parks/gardencontest](http://www.cityofboston.gov/parks/gardencontest)

Gardener's Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

Neighborhood \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Garden Address if different than above:

\_\_\_\_\_

Categories (please check all that apply)

- ☐ Porch, Balcony, Deck, or Window Box Garden
- ☐ Shade Garden
- ☐ Small Yard Garden (250 sq. ft. or less)
- ☐ Medium Yard Garden (250 to 500 sq. ft.)
- ☐ Large Yard Garden (larger than 500 sq. ft.)
- ☐ Community Garden
- ☐ Vegetable or Herb Garden
- ☐ Senior Garden Category (65+)
- ☐ Storefront, Organization, or Main Street District Garden

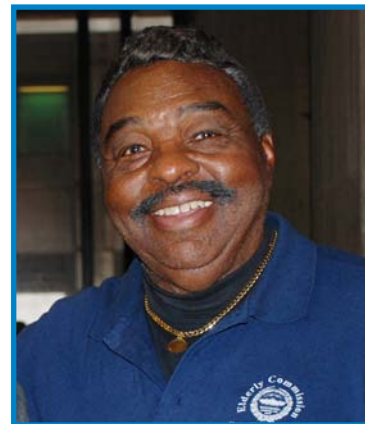


# Elderly Commission Profiles

## **Richard Morrison, Advocate**

### **What is your job?**

My job as an advocate is to enhance life for all Seniors through any conflicts they may have to help them have a better life.



### **What one thing has surprised you about your job?**

You never have the same thing or the same situation. The Seniors that you help always have different ideas and situations and it's your job to try to solve them to the best of your ability.

### **Describe an older adult that made a direct impact on your life?**

My uncle Levi Jackson came up during the depression. He always encouraged us to look on the bright side and promoted a deep spiritual upbringing. He worked hard and put himself through Yale University, and was the first black captain at Yale University. Watching him set his positive goals in life and achieving them, made me focus on my goals in life.





## **Meaghan Murray, Advocate**

### **What is your job?**

I'm a community service advocate. My work here is information and referral, so I enjoy helping Seniors connect to resources in Boston, whether it is for home care services, transportation services, food stamps, or fuel assistance.



### **What has surprised you about your job?**

The one thing that has surprised me is when I help someone and they come to me and really tell me that I made a difference in their lives.

### **What's an example of how you've assisted older adults in Boston?**

Recently, I was at an event in West Roxbury and a woman came up to me and she wanted to thank me. I had spoken to her two years ago. At that time she was living in California and her son was here in Boston raising his son by himself (his wife had passed away). She wanted to relocate to Boston. We did everything over the phone. We spoke for a couple months. I had sent her applications and two years later she's here in Boston. She's living in Allston (she got her apartment), and she wanted to thank me.



## Noise

Noise is everywhere and all the time!

When you live in the city, after a while you don't hear traffic, police sirens, fire trucks, planes, snow plows and groups of teenagers talking outside your house.

We can get immune to every day noises... or they can annoy you beyond belief!

Go camping, visit relatives in the country, go fishing and you wonder what is missing. You even hear the birds singing. It is quiet and relaxing.

In environmental health issues, we hear a lot about air pollution and water pollution. We don't hear much about noise pollution. Yet noise pollution can get in the way of sleeping or even talking.

How often do you stop talking on the phone because a plane is flying overhead?

### Facts

- Decibel measures the loudness of sound.
- Sounds at or above 85 decibels (dB) can hurt your ears!
- Sounds humans hear are measured on a scale from zero to 140.
- A normal conversation is about 60 dB.
- Construction workers, factory workers,

airport workers, farmers, and musicians are exposed to loud noises daily.

- An example of a onetime exposure to loud noise: a gun, shot at close range, can harm your ears permanently.

A short list of noises that you may be exposed to:

### Decibels

150	firecracker
120	ambulance siren, motorcycle
110	rock concert
105	home stereo at maximum level
100	snow mobile
90	lawn mower
85	heavy city traffic
60	normal conversation
40	refrigerator humming
30	a whisper

I suggest if you may be noticing that you cannot hear conversations, television or the radio, call your doctor for an appointment. It might be as simple as too much wax in your ears. Your doctor will refer you to an audiologist who will examine your ears, do simple testing and help you return to good hearing.

Hearing loss is not automatically assumed because you are getting older. There may be a simple remedy for you. It also makes it much easier for family and friends who are tired of screaming in your "good ear."



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- creative arts programs
- lively discussion groups

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- our flexible schedules
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- access to HRC expert rehabilitative therapies

*We welcome clients with early to moderate stages of dementia.*

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please call 617 363-8515



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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.

## Seniors Count

### BNN-TV Channel 9

Boston Seniors Count  
Cable Television Show

Thursday at 3:30 p.m.

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

For more information call



Greg Josselyn  
617-635-4250



## 30 YEARS OF FRIENDSHIP IN BOSTON

FriendshipWorks is celebrating its 30th anniversary of matching volunteers with elders in Boston and Brookline. FriendshipWorks is an interfaith non-profit with the vision to end elder isolation.

Since 1984, FriendshipWorks has been in the business of making friends. The organization meets its mission to reduce elder isolation, enhance the quality of life, and preserve the dignity of elders in the greater Boston area each time a trained volunteer is matched with an elder.

This local non-profit focuses on making quality connections, finding just the right volunteer for each request with the hope that bonds of friendship form. Stories come in everyday of how friends visiting for a cup of tea, a game of chess, or a shopping trip give the folks they serve something to look forward to each week. The volunteers themselves benefit from a richer sense of community and meaningful relationships.

Tyrone, an elderly resident of Dorchester, has some incredible stories to share for those willing to listen. He is an army hero and comes from a family of decorated veterans but as he got older, like most of Boston's seniors, his social circle continued to shrink. After being

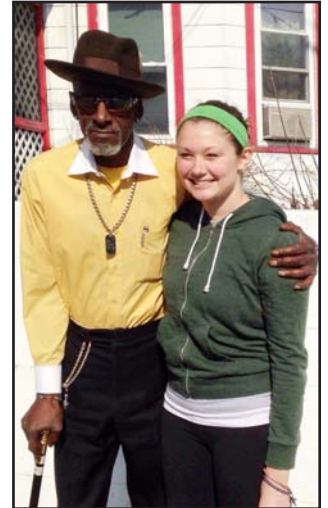
referred by the Boston Visiting Nurses, FriendshipWorks matched him with Erin, a recent college graduate, eager to volunteer.

Erin and Tyrone have started a scrapbook as a creative way to honor Tyrone's courageous life and stories. Though he enjoys telling of his days in the Green Beret Special Forces, he also dislikes "dwelling on things" and wanted to live in the moment. So together they are creating new memories to add to Tyrone's rich life history. Recently, the pair decided to build go-karts for low-income children from Tyrone's neighborhood of Dorchester.

FriendshipWorks' programs reveal the power of friendship and community connection to improve lives. For more information please visit [www.fw4elders.org](http://www.fw4elders.org).

### About FriendshipWorks

The organization FriendshipWorks (formerly Match-up Interfaith Volunteers) was founded in 1984 as a coalition of 20 congregations and social service agencies. They have several programs including medical escorts, weekly friendly visiting, pet visitation, services in Spanish and exercise opportunities. All of this is done through the dedicated efforts of a network of trained volunteers of all faiths who provide friendship, advocacy, education, assistance, and emotional support.



**STATEPOINT CROSSWORD**  
**THEME: WORLD WAR II**

**ACROSS**

1. Low life?
6. Hot springs
9. Nerd
13. \_\_\_\_\_ International Airport, Kyrgyzstan
14. \*It ended in 1945
15. \*Peninsula, location of El Shatt WWII refugee camps
16. March celebrants
17. "Much \_\_\_\_ About Nothing"
18. Bond
19. \*Russian soldiers, en masse
21. \*Ribbentrop's co-signer
23. \_\_\_\_-tzu
24. Absorbed
25. "Yakety \_\_\_\_"
28. Short skirt
30. Geo-spacial positioning system, for short

35. Genesis man
37. Cell phone button
39. Wynonna Judd's mother
40. Mischievous Scandinavian god
41. Dress up or deck out
43. Elegant and stylish
44. \_\_\_\_-\_\_\_\_-la
46. Russell Crowe's 2014 role
47. Comedy Central's "\_\_\_\_.O"
48. One of the founders of scholasticism
50. Box office failure, e.g.
52. One of Five Ws
53. Bread portion
55. Corn spot
57. Entertain, as in idea
61. \*WW II consequence
65. Love intensely
66. Snake-like fish
68. Open-mouthed
69. \*He defeated Max Schmeling before enlisting
70. In the past
71. In the buff
72. Formerly
73. Rin tin tin, e.g.
74. Done for success


**DOWN**

1. Gulf V.I.P.
2. Filly's mother

3. Blyton or Bagnold
4. Primary
5. Hindu retreat
6. Go to and fro
7. Mouse turf
8. Enophile's sensory concern
9. Drunkard
10. "Get \_\_\_\_!"
11. \*Post WWII military alliance
12. \*Battle of \_\_\_\_\_, encirclement of Russian troops
15. Arabic ruler
20. Damp
22. Operations, as in military
24. Hang up the phone
25. \*Churchill/Roosevelt/Stalin meeting site
26. Bedazzle
27. New Zealand parrots
29. Type of sign
31. Boors lack this

32. In no manner
33. American Mennonite
34. \*Like France under Pétain
36. Eight furlongs
38. Involving two parts
42. Selfie
45. \*Axis opponents
49. "Word" in French
51. \*Germany's invasion target
54. Beforehand
56. J. \_\_\_\_\_ Hoover
57. Tall one is a lie
58. Carbon monoxide lacks this
59. Y'all
60. Court order
61. Heidi's shoe
62. Boat track
63. "Planet of the \_\_\_\_"
64. Co-written, produced and directed by Warren Beatty
67. Bigheadedness

CROSSWORD														
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# Greater Boston Senior Games

## SPRING INTO FITNESS! *Training Day*

Saturday, **June 7th**, 2014

9:00 AM—12:00 PM at UMASS Boston

Jumpstart your summer fitness routine by joining us for a morning packed with fantastic workouts!

### Physical Fitness Classes:

- ◇ Yoga
- ◇ Tai Chi
- ◇ Bootcamp
- ◇ Zumba
- ◇ Water Aerobics
- ◇ Cardio/Strength Training
- ◇ Ageless Grace Chair Exercise

### Plus:

- ⇒ Health screenings
- ⇒ Intellectual Fitness Activities
- ⇒ Information related to Active and Healthy Aging



# SPRING INTO FITNESS!

Saturday, **June 7th**, 2014

*Training Day*

9:00 AM—12:00 PM at UMASS Boston

## Registration Form

REGISTER NOW! Complete and **mail** this form to: *Elderly Commission, One City Hall Square, Rm 271, Boston, MA 02201*, or **fax** it to 617.635.3213. Please register by Friday, May 23rd, 2014!

**First Name** \_\_\_\_\_

**Last Name** \_\_\_\_\_

**Street Address** \_\_\_\_\_

**Neighborhood/Zip Code** \_\_\_\_\_ / \_\_\_\_\_

**Telephone** (\_\_\_\_\_) \_\_\_\_\_

**Email** \_\_\_\_\_

We will email updates regarding the day's activities as the event draws closer. Please provide your email in the space above to receive these updates.

**Language(s) Spoken** \_\_\_\_\_

### Classes:

Everyone who registers may attend up to two classes. Please indicate your interest in the classes by numbering them 1-7, with 1 being most interested and 7 being least interested. We cannot guarantee you will receive your first choice; spots will be filled on a first-come, first-served basis.

\_\_\_\_ **Yoga**      \_\_\_\_ **Tai Chi**      \_\_\_\_ **Cardio/Strength Training**      \_\_\_\_ **Zumba**  
\_\_\_\_ **Water Aerobics**      \_\_\_\_ **Bootcamp**      \_\_\_\_ **Ageless Grace Chair Exercise**

Please indicate if you would be interested in attending brief talks on Healthy/Active Aging Topics:

**Yes** \_\_\_\_\_ **No** \_\_\_\_\_

### Transportation:

There will be free shuttle service from JFK/UMASS to the site of the event. Parking is available at UMASS for a \$6 fee. Please let us know how you will be getting to the event.

**Public transportation** \_\_\_\_\_ **I will drive** \_\_\_\_\_

For any transportation-related questions, please call us at 617.635.4366.

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

I hereby agree to hold harmless the organizers and sponsors of the 2014 Greater Boston Senior Games from any and all claims of whatsoever kind and nature which I may have, or at any time in the future have, of any injury arising out of my participation in the 2014 Greater Boston Senior Games. I am in good physical condition and have no medical restrictions that would prohibit my participation in the 2014 Greater Boston Senior Games.

Signature:

Today's Date:

Your age as of 6/7/14:

## Concerts in the Courtyard Return to Boston Public Library

*Music fills the library courtyard in Copley Square during lunchtime and evenings this summer*

Boston Public Library's Concerts in the Courtyard series returns June 4 and runs through August 29, showcasing a variety of artists and musical genres in the library's iconic courtyard at the Central Library in Copley Square, located at 700 Boylston Street. In addition to Friday lunchtime concerts at 12:30 p.m., this season the library now offers evening concerts on Wednesdays at 6 p.m. All the concerts are free and last approximately one hour.

The month of June features Berklee College of Music students and alumni performing everything from jazz, pop, and funk to works with Arab, Latin American, and Scottish influences:

- **Daniel Rotem Trio**, Wednesday, June 4, at 6 p.m. The Trio performs original compositions that integrate world influences with improvisation and the jazz tradition.
- **KeL**, Friday, June 6, at 12:30 p.m. KeL combines elements of jazz and pop with Brazilian melodies.
- **Wambura Mitaru**, Wednesday, June 11, at 6 p.m. The artist's eclectic music blends funk, soul, R&B, jazz, and hip-hop as well as sounds inspired by her African background.

- **Jenna Moynihan and Mairi Chaimbeul**, Friday, June 13, at 12:30 p.m. Rooted in traditional Scottish and Appalachian old-time music, Moynihan and Chaimbeul developed a sound which celebrates and explores beautiful melodies.

- **The Western Den**, Wednesday, June 18, at 6 p.m. Deni Hlavinka and Chris West blend folk harmonies with ambient textures to produce unique sounds and songs.

- **Ahmad El Hagggar**, Friday, June 20, at 12:30 p.m. The Egyptian singer-songwriter and oud player performs original songs and rearranges music from the Arab world to create modern sounds.

- **3 Sudacas**, Wednesday, June 25, at 6 p.m. Performers at the 2014 Latin Grammys with Alejandro Sanz, the group plays both traditional and unique compositions arranged for voice, percussion, mandolin, guitar, and bass.

- **Mariam Elhajli**, Friday, June 27, at 12:30 p.m. The folk singer-songwriter combines the sounds of Joan Baez and Buffy Sainte-Marie with the crudeness of Delta Blues.

The complete Concerts in the Courtyard schedule, which is generously sponsored by the Boston Public Library Foundation ([www.bplf.com](http://www.bplf.com)), can be viewed at [www.bpl.org/concerts](http://www.bpl.org/concerts).



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# **“Senior” Prom**

Friday, June 6, 2 p.m.



Put on your party outfit and join us at our Senior Citizens' Prom. We'll have a DJ to play your favorite dance music, refreshments to enjoy, and teen escorts to make sure you don't get into too much trouble.



[www.bpl.org](http://www.bpl.org)

**Grove Hall Branch of the Boston Public Library**  
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**UnitedHealthcare®**  
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UnitedHealthcare Senior Care Options (UnitedHealthcare SCO) is a voluntary program available to people who are 65 and older. UnitedHealthcare SCO is a Coordinated Care plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. This plan is available to anyone who has both Medical Assistance from the State and Medicare. For more information call 1-877-622-1905, TTY: 711, 8 a.m. – 8 p.m. local time, 7 days a week. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments and restrictions may apply. Benefits, formulary and/or copays/coinsurance may change on January 1 of each year. Copays and coinsurance may vary based on the level of Extra Help you receive. Please contact the plan for further details. Enrollees have no out of pocket costs.



Ahora tengo un plan de salud que me ayuda a ser independiente.

Una cosa menos de la que debo preocuparme.

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Para obtener más información, llame al 1-877-622-1905, TTY: 711, de 8 a. m. a 8 p. m. hora local, los 7 días de la semana. UnitedHealthcare Senior Care Options (UnitedHealthcare SCO) es un programa voluntario disponible para personas de 65 años de edad o más. UnitedHealthcare SCO es un plan de atención coordinada con un contrato con Medicare y un contrato con el programa de la Commonwealth de Massachusetts Medicaid. Este plan está disponible para cualquier persona que tenga tanto asistencia médica del Estado como de Medicare. La información sobre los beneficios provista es una síntesis, no una descripción completa de los beneficios. Para obtener más información, comuníquese con el plan. Pueden aplicarse limitaciones, copagos y restricciones. Los beneficios, el formulario, la red de farmacias, las primas y/o los copagos pueden modificarse el 1.º de enero de cada año. Las primas y los copagos pueden variar en base al nivel de ayuda adicional que usted reciba. Comuníquese con el plan para obtener más detalles. Los afiliados no tienen costos directos.

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CST1611\_240548



# Healthy Recipes

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

## Fennel & Chicken Flatbread

### Ingredients:

- 2 teaspoons extra-virgin olive oil
- 1 bulb fennel, quartered, cored and thinly sliced, plus 1 tablespoon chopped feathery tops for garnish
- 1 red bell pepper, thinly sliced
- 8 ounces boneless, skinless chicken breast, very thinly sliced crosswise
- 4 6½-inch whole-wheat pitas, or eight 4-inch whole-wheat pitas
- 1 cup shredded provolone cheese
- Freshly ground pepper, to taste

### Preparation:

1. Preheat oven to 500°F.
2. Heat oil in a large nonstick skillet over medium heat. Add fennel and bell pepper and cook, stirring often, until the vegetables begin to soften, about 5 minutes. Add chicken and cook another 5 minutes, stirring often, until the vegetables are tender and the chicken is cooked through.
3. Place pitas on a baking sheet and top each with an equal portion of the chicken and vegetable mixture; sprinkle with

cheese and pepper. Bake until the cheese melts and turns golden, 10 to 15 minutes. Sprinkle with chopped fennel tops and serve warm.

**Serves:** 4 **Calories:** 447 per round pizza

**Tips:** Use any kind of pepper instead of a red bell pepper. Also, you can change the flavor by switching out the provolone cheese to a pepper jack, feta, goat or cheddar cheese.

**Source:** [http://www.eatingwell.com/recipes/fennel\\_chicken\\_flatbread.html](http://www.eatingwell.com/recipes/fennel_chicken_flatbread.html)



# Spaghetti Carbonara with Peas

## Ingredients:

- 4 ounces whole-wheat spaghetti
- 1 cup frozen peas, thawed (see Tip)
- 2 small cloves garlic, minced
- 2 strips thick-cut bacon
- 1 large egg, at room temperature
- 1/4 cup finely shredded Parmesan cheese plus 2 tablespoons, divided
- 1/8 teaspoon freshly ground pepper

## Preparation:

1. Bring a large saucepan of water to a boil. Add spaghetti and cook until just tender, 8 to 10 minutes or according to package directions. About 3 minutes before it is done, stir in peas and garlic.
2. Meanwhile, cook bacon in a nonstick skillet over medium heat until crisp. Transfer to a paper towel-lined plate to drain. Scrape the bacon drippings into a large bowl; add egg, 1/4 cup Parmesan, salt and pepper and whisk until combined.
3. Chop the bacon and add to the egg mixture. When the pasta and peas are done, drain, reserving 6 tablespoons of

the water. Immediately stir the pasta, peas and the 6 tablespoons water into the egg mixture, stirring quickly so the egg doesn't scramble. Let stand 5 minutes, stirring occasionally, to thicken the sauce. Serve each portion topped with 1 tablespoon of the remaining cheese.

**Tip:** Spring is here and peas are in season. Feel free to substitute fresh peas for the frozen. Add them to the pasta with about 2 minutes cooking time left.

**Serves:** 2   **Serving Size:** 1 1/2 cups

**Calories:** 386

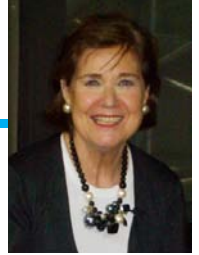
**Source:** [http://www.eatingwell.com/recipes/carbonara\\_for\\_two.html](http://www.eatingwell.com/recipes/carbonara_for_two.html)



# Available For Life!

## “Don’t Retire, Inspire”

By: Augusta Alban



Are you available? Ask yourself that question and wait for an answer. As we age, very often we withdraw, pull back so to speak, from the energy that is our life. We challenge ourselves less, we say “What’s the use? No one really cares anyway.” We foresee a negative ending where once we eagerly created a positive one. Those were our dreams. Remember? You once had that “I’ll show them” attitude. Where has that kind of thinking gone? In earlier times we couldn’t be stopped. We forged ahead. Why now are we drowning in this goo of self-pity?

Is it fear that controls us? Fear of what? Do we really know? Or is it just a feeling that you may run out of time. So why do something new, exciting, maybe useful for someone else? I have news for you: exciting, interesting, or fun, you will run out of time anyway, that is reality. But don’t waste the gift you have been given. No one else has your gift.

So is this all in our heads? What about reality? Well, we are back to what is in our heads. And with work we can change it: it’s all up to us. Much has changed and will continue to change in this fast moving world. When we were younger, we all started to carry around water bottles. Now we carry iPhones. We have changed. We are older.

Certain things don’t work as well as before. They still work but maybe a little slower. What have we really lost? We are not as sure of ourselves as we once were. We should be more self-assured. We have learned more, seen more, read more and experienced more of life; we are more prepared than ever before. What makes us unwilling to try once again? Back to that word: FEAR.

Fear of what? Failing at something? Simply by living life we have already done that over and over again, it’s part of the learning process. Watch a baby learning to walk. What do we say to that little one? We praise them for trying and help them to try once again. Be kind to yourself. I remember learning to drive. The driving part was fine, but that parallel parking “did me in.” Well, I signed up for parking lessons only, and practiced over and over again. I could do it: I just didn’t think I could. No one can beat me at parking any vehicle. I am not called upon to perform that feat very often these days, but no one can take away the confidence it gave me. It is a reminder of what I can do if I just stick with it.

What really makes our lives what they are? We all know the answer to that one. It’s in the thoughts we keep and the



thoughts we think. Life has grown longer. I am grateful but I am not prepared. We must as we once did just jump in and start swimming: it will all come back to us. The things we have learned by just living are truly remarkable. We have a wealth of knowledge and wisdom and there is an audience out there that is searching for just this kind of knowledge. It is up to us to give back, share our lives' experiences and give confidence to others. It is up to us. Give back: it is what we were born to do.

## **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  
617-343-3472 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 RSVP is currently seeking volunteers interested in:**

- o Connecting veterans to resources
- o Assisting in ESL classes
- o Offering transportation to older adults

No experience necessary!  
Training provided

Take the Time, Make the Call  
Help Out in Your Community!

For more information please call  
617-635-1794

## *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 Pleas-Heron at  
617-635-4335  
or email [lorna.pleas@cityofboston.gov](mailto:lorna.pleas@cityofboston.gov)

## The Twilight Brigade—honorable discharge for aging vets

*Former marine and near-death survivor helps aging vets understand life and prepare for death*

By: Chris Kelley

More U.S. vets will die in the next 20 years than all the U.S. soldiers killed in combat since the founding of this nation, multiplied by 11.<sup>1</sup> In the meantime, one former marine and NY Times bestselling author will continue doing what he can to make sure they leave this world with dignity.

“Many of our American war vets die alone,” says USMC veteran, Dannion Brinkley. “That’s because of the horrific events many of them have witnessed in modern warfare, which has left them traumatized and more often than not, unable to readapt to civilian life. It’s my mission to make sure these vets know they’ll always be loved, appreciated and remembered.”

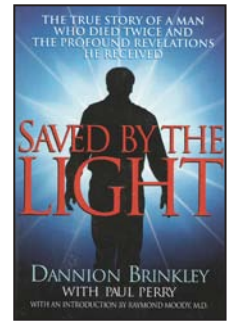
Dannion, 63, knows what it’s like to die. In 1975, he was struck by lightning and pronounced dead in the ambulance. Twenty eight minutes later, he revived. Just as incredibly, he remembered everything from his time on the other side, from going through a tunnel of light and entering a world of infinite love, wisdom and power to meeting his spirit guide and gaining profound insights about life and its mysteries.

One thing Dannion discovered in his personal near death experience is that our life on earth is as dead as we’re ever going to get. “What comes next makes this life really funny,” he says. “We actually come to life when we die. Here on earth, many people see themselves as human beings trying to have a spiritual experience. I’m here to tell you that it’s the other way around. We’re powerful spiritual beings simply having a human experience.”

Doctors and researchers have studied Dannion and declared his brush with death as the most complete near-death experience on record. His story was captured in a runaway bestselling book, as well as in one of the most popular made-for-TV movies ever to air on Fox Network, both called *Saved by the Light*. He became one of the first and best-known front people for the near-death experience and has since been a guest on nearly every talk show in the nation, including Oprah.

Death changed Dannion. Once a bad boy, he didn’t care for anyone but himself. He was in thousands of fights and relished his lethal covert military assignments. After his near-death experience, he started looking for ways to help people.

In 1997, Dannion founded The Twilight Brigade, an end-of-life care community dedicated to being at the bedside of



<sup>1</sup> The number of vets 65 and older in 2012 was 9.6 million. The combat death toll of all U.S. soldiers is 848,163.

our nation's dying, especially our veterans. Today, with approximately 5,500 volunteers, The Twilight Brigade is one of the largest independent hospice organizations operating inside of VA hospitals nationwide.

Dannion himself has logged more than thirty-thousand hours bedside, personally counseling and comforting more than 2000 people as they passed from this life to the next. Lt. Walter Foreman, a Tuskegee Airman from the all-black 332 Fighter Group was one of them.

"The hardest thing about dying is being left alone," Walter wrote to Dannion in a testimonial now posted on [thetwilightbrigade.com](http://thetwilightbrigade.com). "I felt betrayed and abandoned. You made me feel appreciated and proud. God bless you."

Walter and the other Tuskegee airmen were the first African American pilots in the United States Armed Forces. They were also one of the most successful bomber escorts during the war. Walter himself flew 51 successful missions over Germany. In 2007, the Tuskegee Airmen were collectively awarded the Congressional Gold Medal at a ceremony in the U.S. Capitol rotunda. But Walter couldn't be there. So Dannion called Congress and had them send two medals, one for Walter and one for another sick Tuskegee airman. A video on [thetwilightbrigade.com](http://thetwilightbrigade.com) shows Dannion presenting those medals.

"A veteran is a unique character in the end of life landscape because many of them can't forgive themselves for things they've done in the name of duty," Dannion says. "If you have someone listening and asking the right questions, they find resolution. That's what we train our volunteers to do at The Twilight Brigade."

"I learned one thing from Dannion's example," says Lt. Col. James Zumwalt, Board of Advisors of The Twilight Brigade. "There are enough hours in the day to volunteer time to The Twilight Brigade. We all need to recognize the importance of committing ourselves to finding that time rather than making excuses for why we cannot. A smile on the face of a lonely veteran makes it all worthwhile."

For more information on Dannion Brinkley and the Twilight Brigade visit [thetwilightbrigade.com](http://thetwilightbrigade.com).

Chris Kelley was so moved after reading *Saved by the Light* that he reached out and became personal friends with author and near-death survivor, Dannion Brinkley. Chris' wife, a portrait artist, used elements of Dannion's story to create the first ever illustrated children's book on the near death experience, called *Danny's Day in Heaven*. You can see that book on her website at [www.portraitsofthesoul.com](http://www.portraitsofthesoul.com)



## Excerpt from the Speech of Christopher Castellani at the Imagine Such A Life Book Signing at Boston University College of Communication

Everyone at the Memoir Project strongly believes that stories are important not just because they TRANSPORT us back to other times and places, but because they DOCUMENT those times and places for future generations. Stories keep family histories and traditions and loved ones alive; without them, we risk losing both the threads that connect us and the uniqueness that distinguishes us. Stories ground us; they anchor our memories; they give us perspective; they make us less lonely; they build bridges, and they allow us to see the water under those bridges with new eyes.

Writing is a difficult endeavor, one that requires courage, confidence and patience. We are all here tonight to celebrate the accomplishments of every senior who spent long hours re-living and re-examining his or her life – among a classroom of strangers for two hours over eight weeks, in one-on-one consultations in the weeks after the course ended, and in solitude as they revised. On behalf of Grub Street and the City of Boston, I want to personally congratulate each and every one of the seniors from Allston-Brighton, Roslindale, South End and West Roxbury who contributed to this beautiful anthology on a job well done, and thank you for sharing your lives with us. We hope you are as proud of this book as we are.

As we know from Michelle and Kerrie's beautiful Introduction, the title of this book was inspired by the first paragraph of Marion Fennell Connolly's essay, "Life in a Tenement." "I don't know where to

begin to describe what it was like living in a tenement in the 1940s to teenagers who can't imagine such a life," Marion wrote. This line struck us because the act of imagining a life so vastly different from your own — of putting yourself in the skin of another — is exactly the sort of EMPATHY required of every writer and reader. First the writer crafts a life, then the reader lives it along with her; it's that magical transaction, that companionship, that keeps us coming back to stories and books.

I imagine, for example, Betsaida Gutierrez, walking to the curtain factory in Chinatown in her high heels and miniskirt even though it was winter, not realizing it made her look like a "woman of ill repute." She might have taken some advice from Ilene Katz, who wore a men's tailored oxford shirt, bell-bottomed polyester slacks and matching blazer every single day to her job at MH Fishman and Lamston. Betsaida moved to Boston from Puerto Rico, Ilene from the faraway land of Brooklyn. Dorothy Perryman came to us as a child from Georgia, trading a sunny farm to live with a family of six in a small South End brownstone, where she made friends with people from all walks of life, in all sorts of ethnic dress, simply by sitting on the stoop with her cousins. In this close-knit tapestry of families, you could make purchases at the local stores on a neighbor's behalf. Dorothy's South End reminded me of the Patricia Geary's Allston-Brighton, where her "world was a block of six houses," and in those six houses lived a German couple,

two Irish couples, a Syrian family of five, the Steeles and the Coviello's. Nearby lived Eileen Sawyer, sheltered from the war and financial troubles by her parents; when they needed ice, her mother put up the cardboard sign that said "ice" in the living room window; when they needed oil, she flipped it around to the side that said "oil." Eileen spent lots of time at the Egyptian Theater, where she dreamed of being a movie star; I wonder if she ran into Sandy Kilbride and her friends at the Egyptian, where she often spent entire afternoons as a girl and, later, Friday nights, which were movie nights; Sandy, too, caught the showbiz bug at the Egyptian, and went on to play lead roles in many productions.

It's hard to imagine a time when you could leave your children in a supervised playground on the Boston Common while you shopped at the Filene's in Downtown Crossing, but that's what Ita Bridges, also known as the Irish Colleen, used to do in 1961. It's hard to imagine that a doctor would advise George McCormack's mother to drink a highball and smoke a cigarette in order to get her blood pressure down, but it was fun to see her kid's reactions when she tried it anyway. It's hard to imagine that Boston schools were once segregated by race, but reading Sherrard Mowry Hamilton's piece put me in those classrooms where she and her fellow teachers weathered the storms of busing in the early 70s. There is so much noble work in these pages: there's Robert Godino in the peace corps in Santo Domingo building not only a makeshift washing machine from a 50-gallon barrel but constructing the Puerto Nuevo school

that was in use for 30 years; there's Patricia M. Walsh, whose peace corps work took her the southwestern province of Khuzestan in Iran, where she organized



Christopher Castellani  
*Artistic Director*

a library and transformed the lives of her students. So many of these authors went in the direction of dreams, as Kathryn M. Fairbanks put it, herself a teacher and amateur archaeologist who just recently fulfilled her childhood dream of seeing the grandeur and beauty of Egypt. There's the washable engineer Carol Blair, walking on the beams high above the railroad one year, designing I-89 in Vermont with a bunch of guys the next, even though she was told that girls couldn't do this kind of work; even further up in the sky was Judi Gorsuch, a stewardess for over twenty years, during a time when red nail polish, lipstick, eyeshadow, base and mascara were mandatory, ladies wore pancake-styled hats and snow-white gloves, and weigh-ins were monthly. How very 1966. If you put soy milk in your coffee or cereal this morning, you have our own Raven Elliott to thank for that; her work in the Carver Lab at the Ford Motor Company, where she was the only African American employee and worked directly for Henry Ford, led not only to edible soy milk but to a sealant that would waterproof the cars. I don't think I want to imagine how those two products are related.

From Janice Beals Kelly, also known as Bubbles the Clown, I learned that not only

do clowns have their own clubs, called “alleys,” but they have a strict code of conduct and their own prayer; I’m no longer quite as afraid of clowns as I was before I read that essay. I learned a lot reading these stories. From Nancy O’Hara, I learned what it was like for a family to adopt a child from Chile and to live through that child’s eventual search for her birth mother; I learned from Leo Gillis not to hitch a ride on the back of a trolley or a ball of electricity might come down, knock me unconscious, and land me in the City Hospital and also the newspapers.

I was reminded here of the deep imprints of childhood: Dolores Hall as a young girl in the fabric shop with her beloved foster grandmother, glimpsing the two bare doll legs hanging over the side of a box, now gives those dolls away to make others’ lives less lonely; Anne Mahoney’s unexpected trip to Fenway with her father that resulted in her lifelong love of the Red Sox, a love that had as much to do with that precious father-daughter time as her romance with the game; Gail Jacobs and her own father sitting in the living room, him in his chair with his eyes closed, she on the sofa beside him, listening to classical music together, music that, later in life, would help her to deal with grief. Meanwhile, John Mowles and his band of pirates were playing hockey in the street, war games in the “Rockies,” swimming in the sunken marsh behind the Garvey Park playground, and, most importantly, forming the friendships that would carry them through the Korean War and beyond.

I learned a lot about Love in these pages.

It’s a book that begins with both family love and romantic love: Mary A McCarthy’s brave and moving story of coming out to her mother, anchored by her mother’s 3 simple but powerful words to her lover: “I know you.” I won’t ruin the ending, but I can tell you that this book ends on an equally powerful and stunning note from Loura White, who writes quite a different sort of tribute to her very memorable mother. Why did I love my father so much? Judith Klau asks in her essay, given the stories she tells of her irrepressible and sometimes duplicitous father; it’s a question many of us can ask ourselves, though, when you see the photo of him dancing at her wedding in 1957, you know right away. Eileen Bradley writes that her children sometimes accuse her of not telling them that she loves them, and her excuse is that she’s Irish and not demonstrative, but I think her essay “Keep Calm and Carry On” is a love letter in itself. So is Ralph Cairns’s *Memories of Kenny West*, a vivid tribute to a lifelong friend from a person who “never had faith in much of anything other than the transforming power of love.” I think Sheba Brown Barboza would agree with that, Sheba who saw a boy walking down Haskins Street in 1950 and then, forty-eight years later, went on her first date with him, big belly and all, and came to love him completely.

Reading these stories stirs up a lot of emotions, and long after I finished it, the small moments stayed with me. I can still see Jack Casey’s wife, Rita, popping out from behind the hanging sheets of the nursing home laundry where she worked to surprise her youngest daughter, also named



Rita. I could see Edy Rees heading up to Watson Pond with her parents, the car filled with the aroma of the pot of beans her mother baked and the “huge beef eye round in the rotisserie” her father roasted for the trip. I can see Claire Banatt and her lifelong friend Marie dancing to Don Dudley at Moseley’s Dance Hall. I can see Dolores Seay’s father on his beautiful Schwinn bike with the chrome fenders and fur streamers like raccoon tails riding around Blackstone Park with his kids, and I can still see her face when she saw a flushing toilet for the

first time. I can still see Dorothy Dorsey climbing the fire escape at City Hospital to speak to her mother in the polio ward through the closed window, and then, before it got dark, throwing her mother a kiss and walking all the way back to the Northampton train station in tears.

Most of all, I wish I could see Mary O’Keefe here today, but sadly, she passed away before “Lally and her Dad,” her loving tribute to her mother and grandfather, was published. Today’s event is dedicated to Mary.

## Book Signing at Boston University College of Communication



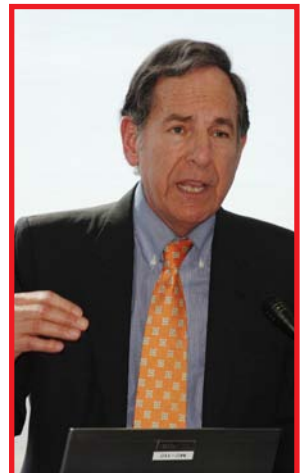
# Aging in Boston Report

A comprehensive report produced by the Boston Commission on Affairs of the Elderly in collaboration with the Center for Social and Demographic Research on Aging at the Gerontology Institute of the University of Massachusetts Boston examining the demographic profile of the over 60 population in Boston. The report includes information related to the welfare of older adults in Boston: age, gender, race, education, and income; housing situation; mobility; and health and disabilities.



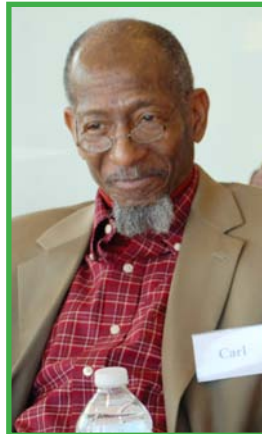
View the Aging in Boston Report and the Aging in Boston Appendix Report at [www.cityofboston.gov/elderly](http://www.cityofboston.gov/elderly).

## Unveiling of Aging in Boston Report at UMASS Boston





# Memoir Project in Dorchester





**I**n recognition of 20 years of service to the Greater Boston community on the Roslindale campus, and 15 years at the Brighton location on Wallingford Road, Great Days for Seniors, Hebrew Rehabilitation Center's Adult Day Health Programs, presented a professional education program called The Power of Adult Day Health Programs: The Hidden Gem in Senior Services. The program, held at Hebrew Rehabilitation Center in Roslindale, included a panel discussion, "Caring for Persons with Dementia in Adult Day Health Programs" and featured a keynote address by Emily Shea, Commissioner for the City of Boston's Commission on Affairs of the Elderly. Approximately 100 professionals attended the event and received continuing education credits.



Mary Moscato, President, Hebrew SeniorLife Health Care Services and Hebrew Rehabilitation Center and Suzie Kaytis, Director of Great Days for Seniors (at left) are joined by panelists Anne Marchetta, Executive Director, Community Family Adult Day Health; June Davis, Director, Adult Day Health Program, Aviv Centers for Living; and Commissioner Emily Shea.

## Solution to Crossword on Page 11

A	M	E	B	A		S	P	A		W	O	N	K
M	A	N	A	S		W	A	R		S	I	N	A
I	R	I	S	H		A	D	O		U	N	I	T
R	E	D	A	R	M	Y		M	O	L	O	T	O
			L	A	O		R	A	P	T			
Y	A	K		M	I	N	I		S	A	T	N	A
A	D	A	M		S	E	N	D		N	A	O	M
L	O	K	I		T	O	G	U	P		C	H	I
T	R	A	L	A		N	O	A	H		T	O	S
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E	R	S	T			D	O	G		D	R	E	S

## Don't Retire, Inspire!

**Hosted by Augusta Alban**

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

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

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

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

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**\$0** plan premium, prescriptions and dental.



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Call to learn if the Tufts Health Plan SCO is right for you.

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Call us toll-free at 1-855-670-5938 (TTY 1-855-670-5940)

Or visit [www.thpmp.org/sco](http://www.thpmp.org/sco).

Representatives are available Monday - Friday 8:00 a.m. - 8:00 p.m.

(From Oct. 1 - Feb. 14 representatives are available 7 days a week, 8:00 a.m. - 8:00 p.m.)

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, copayments/coinsurance may change on January 1 of each year.

Tufts Health Plan is an HMO plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in Tufts Health Plan depends on contract renewal. Tufts Health Plan Senior Care Options is a voluntary MassHealth (Medicaid) program in association with EOHHS and CMS. You must continue to pay your Medicare Part B premium.

# Happy Older Americans Month!

from

**Mayor Martin J. Walsh**

and

*The Elderly Commission*



Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active.

This year, we are focusing on injury prevention with the theme

**Safe Today.  
Healthy Tomorrow.**

