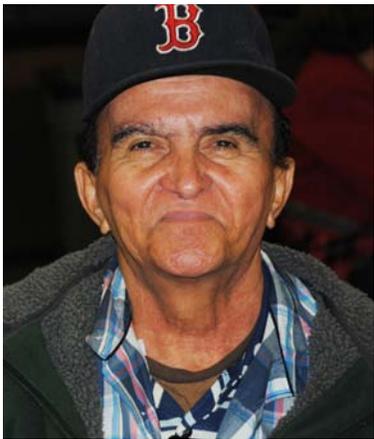




Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



November

FREE

**2013
Volume 37
Issue 10**

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Go on Facebook to find out what's going on at The Elderly Commission www.facebook.com/BostonElderlyCommission

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Main number (617) 635-4366**

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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.

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Mayor's Spotlight

Mayor Menino Launches Greenovate Boston's Adopt-a-Tree Program

Mayor Thomas M. Menino announced the debut of Adopt-a-Tree, a pilot program to encourage stewardship of young street trees planted by the City of Boston's Parks and Recreation Department. These trees, which are less than seven years in age, are the most vulnerable to water loss, weeds, and damage from the urban environment. Through the program's partners and interactive website, adoptatree.greenovateboston.org, residents can find a tree to adopt and join a community of tree adopters in improving the streetscape.

"I'd like to thank all the residents who will become stewards of our street trees through Adopt-a-Tree," Mayor Menino said. "By helping preserve our tree cover, they are playing a huge role in improving our city's health, increasing pride in their neighborhoods and 'greenovating' Boston for future generations."

To use the program, residents can visit the website and select a street tree in three pilot neighborhoods: Mattapan, South Boston and Roslindale. Users can also add a young tree that they know the City of Boston has planted, in any neighborhood, but which does not yet appear on the map. Adopters will also

receive a tree care guide and a street-level sign that recognizes their participation and encourages others to follow suit.



This program supports the Mayor's sustainability initiative Greenovate Boston, which encourages residents to take actions to help reduce the city's greenhouse gas emissions, including protecting green spaces and trees.

"Adopt-a-Tree is one more innovative way that we are encouraging residents to beautify our city while fighting both the impacts and the causes of climate change," said Chief of Environment and Energy Brian Swett.

Adopters may also receive one of fifty tree care kits, which the Home Depot store of Dorchester has donated to the program. Each kit includes gardening gloves, a trowel, a soil cultivator, a tree guard, and a watering can.

The non-profits Boston Natural Area Network (BNAN), Southie Trees, Greening Rozzie and Roslindale Green and Clean will be coordinating neighborhood outreach.

Visit adoptatree.greenovateboston.org to learn more and get started.

Holiday Hints & Tips for Caregivers

festive disposable paper
plates and cups



- Try some simple holiday preparation with the care recipient several days ahead. Just observing your preparations will familiarize him/her with the upcoming festivities; if they participate with you, they experience the pleasure of helping and giving as well as the fun of anticipation and reminiscing.

- If the care recipient is suffering from Alzheimer's Disease, prepare potential quiet distractions (a family photo album or a simple repetitive chore like cracking nuts) to use if the loved one becomes upset or over-stimulated.

- Try to avoid situations that further confuse or frustrate many people with Alzheimer's Disease:

- o crowds of people who expect the care recipient to remember them
- o noise, loud conversations or loud music
- o strange or different surroundings
- o changes in light intensity – too bright or too dark
- o over-indulgence in rich or special food or drink (especially alcohol)
- o change in regular routine and sleep patterns

We understand that handling the holidays with a loved one who needs care can be difficult, but here are some tips from the National Institute of Aging to help caregivers:

- If you're a caregiver, set your own limits early, and be clear about them with others. You do not have to live up to the expectations of friends or relatives. Your situation is different now.

- Invite guests to the home of the care recipient so that he or she will be comfortable and not have to be taken out.

- Encourage family and friends to visit even if it's painful for them. Keep the number of persons visiting at one time to a minimum, or try a few people visiting quietly with the care recipient in a separate room. Plan for the care recipient to have adequate private rest in between.

- Talk to family and friends before they arrive. If the care recipient is confused, has trouble eating or has any behaviors that guests might not understand, explain the circumstances to them and tell them how to approach the situation.

- Suggest a potluck meal or ask guests to take responsibility for preparing a meal. Make clean-up easy by using

- Try scheduling activities, especially some outdoor exercise, early in the day to avoid the fatigue from added activity at the end of a long day. Familiar holiday music, story-telling, singing or church services (even on TV) may be especially enjoyable.
- If you receive invitations to holiday celebrations that the care recipient cannot attend, go yourself. Enjoy the chance to be with friends and family who love you and enjoy your company, with or without your loved one.
- Take the hassle out of gift giving. Consider giving a gift of love such as an offer to reserve conversation time with a friend or a promise to attend a grandchild's school play. Caregivers who wish to purchase gifts should consider giving one gift per family; buying online or mail-ordering purchases; or asking a neighbor or friend to help with shopping.
- If guests ask what they can bring, suggest gifts that really will help — frozen prepared foods, an IOU for caregiving that offers you respite time, a trip to the beauty or barber shop for your care recipient, or an offer to run specific errands.

Source: <http://www.nia.nih.gov/>
For immediate help with your caregiving needs in Boston, The Family Support Caregiver Program, FCSP of Boston is here. We are here to support, mentor,

IMPORTANT INFORMATION

Don't Wait Until It's Too Late!

Medicare's Open Enrollment Period October 15 – December 7

Medicare plans change every year!
This is the time to decide on your coverage for 2014.

SHINE Can Help!

SHINE counselors provide **FREE** Medicare counseling.

**To speak with a SHINE counselor call
617-292-6211**

counsel, be a friend and offer respite to the Caregivers who live and care for family or friends within the 14 neighborhoods of Boston.

Caregivers now have an opportunity to relax knowing that there is someone they can call and reach out to for assistance and support.

The FCSP of Boston is a source for referrals & support for Caregivers. Referrals are made through the Boston Elder Info Line (617) 292-6211. Incoming program referrals are monitored on a daily basis by the FCSP Program Manager. Each Caregiver is assigned a Care Advisor. The Care Advisor will make contact with the Caregiver within 24 hours of receiving the referral.

Jane Boyer, Community Service Advocate

1. Describe your job at the Elderly Commission.

I am an advocate for the seniors and disabled, therefore I connect them to information and referral. Additionally, I run crime watches in three buildings in the areas of West Roxbury and Jamaica Plain. I also do home visits based on referrals to answer any questions constituents may have and I try to make them feel at home and comfortable. I am also out in the community.



2. Describe an older adult that had a direct impact on your life.

There has been many. I have been with the Commission 11 years, but the one that comes to mind is a mother in her 80's and a son in his 50's. The son had a stroke and had some mental disability. I was called out to the home because the son had paid a friend to paint the house but the friend did not do it and the mother was upset. While I was there assessing the situation I noticed that the son had Federal Blue Cross and was paying \$1,000 a month for his drugs. When I investigated further I realized that if the son had his prescriptions filled through the mail he could save some money. I checked with the insurance and got him switched and his costs went from \$1000 to \$96 a month.

We would like to recognize and congratulate Jane for the following awards she recently received - the **Excellence Award** presented by Nate Smith House at their 15th Anniversary Celebration and the **2013 Community Service Award** presented by Boston Police District E-5 in celebration of Roslindale Night Out.



Jean Desgrottes, Taxi Coupons Monitor

1. Describe your job at the Elderly Commission.

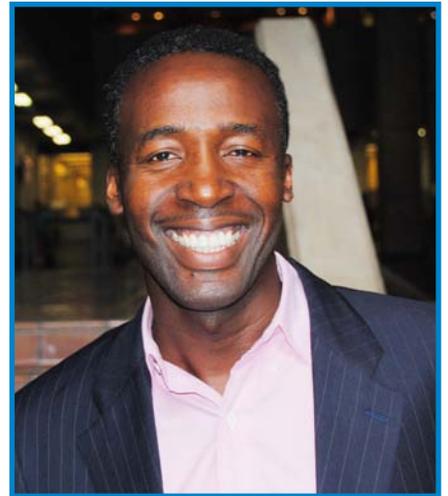
My job is to manage the Elderly Commission taxi coupon program. I sell taxi coupons to seniors in their neighborhoods throughout the City of Boston.

2. What is your favorite part of your job?

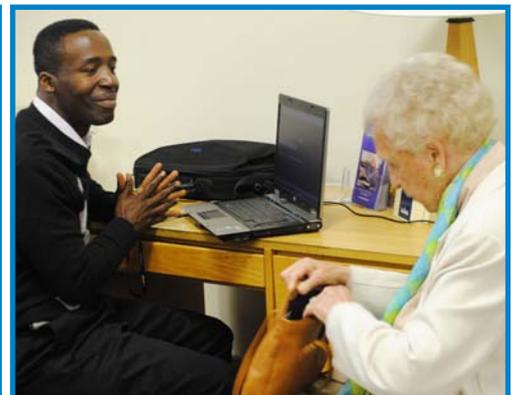
My favorite part of my job is being out on the streets of the city every day. I get to drive throughout the city and meet seniors and get exposed to all sorts of different cultures. That is really great!

3. Describe an older adult that had a direct impact on your life.

There was a senior in Roxbury, she was homebound and I would go sell her taxi coupons. She would always tell me stories about her past. She taught me a lot about how to handle different situations and how to make lemonade out of lemons. I really took a lot of advice from this senior for my personal life.



**To view short video clips of these profiles go to:
www.facebook.com/BostonElderlyCommission**



Great American Smokeout: Smoking in Casinos

Each year, November is the month that the American Cancer Society reminds us to quit smoking.

While I was researching to write about something new about quitting smoking, I found an article about the state of Colorado who bans smoking in their casinos. They had less ambulance runs to the casinos because there were less second hand smoke breathing problems for their patrons!!

Actually, as of the spring of 2013, there are 20 states that ban smoking in their casinos and another 28 states that partially ban smoking. Some states do not regulate casino smoking.

Casinos are a key issue in Massachusetts these days. Having a “smoke free” casino atmosphere may encourage more gamblers to gamble locally rather than go out of state and spend their money!!

Flu vaccine
Don't forget. It is not too late
to get your flu shot!!

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 Thomas M. Menino, the Elderly Commission & Suffolk University



**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

CONNECTING FAMILIES AND CAREGIVERS VIA VIDEO TECHNOLOGY



Urvideoprofile is a unique online platform that uses video technology and screening tests to enable families, especially children that live far from their parents, to easily connect with qualified and reliable caregivers. All of the caregivers are prescreened by the Urvideoprofile team. Families can go to the site and watch video profiles of caregivers who live around their area. The caregivers talk about their experience, background, and characters.

Urvideoprofile was created by Florence Furaha. After working as a caregiver and a care manager for many families during college, Florence saw firsthand how many families would struggle to find the perfect caregiver for their aging parents. The process was time consuming, stressful and expensive.

Florence saw this as an opportunity to utilize video technology to help families increase their chances of finding a caregiver that meets a family's specific needs. Many times, a caregiver might seem ideal based on a resume, but still not be the perfect match for the family seeking a caregiver. By creating video profiles, caregivers save both themselves and the family seeking them time and effort. Families can reduce the amount of interviews required to meet a caregiver that meets their specific needs. Save time, money and reduces stress.

Currently, Urvideoprofile has caregivers located in Massachusetts, but by late 2014, there will have also senior caregivers in other states. The team is also working on updating the platform with more features such as live video interviews, video references, and payment system. You can visit Urvideoprofile at www.urvideoprofile.com or call the main number, 617-935-2063.

Holiday Phone-A-Thon



Friday, December 6, 2013

8:00 a.m. to 2:00 p.m.

Boston City Hall - 5th Floor



Mayor Thomas M. Menino, the Boston Commission on Affairs of the Elderly and at&t are happy to announce the annual Holiday Phone-A-Thon.

If you are a Boston resident, age 60 or older, you may be able to call a relative or friend anywhere in the world: FREE OF CHARGE.

Each person will be given one-half (1/2) hour to place as many telephone calls as they wish.

To register, please complete the application form below and return by Monday, November 25, 2013 to the Attention of:

Mary Beth Kelly
Commission on Affairs of the Elderly
One City Hall Square, Room 271
Boston, MA 02201
Or fax to 617-635-3213

Breakfast or Lunch Provided

PLEASE PRINT CLEARLY

First Name:	Last Name:
Address:	Apt. #
Neighborhood:	Zip Code:
Countries I wish to call:	Telephone #:
Time I would like to call:	() Transportation Needed () Transportation Not Needed CHECK BOX BELOW

CENTRALIZED PICK UP LOCATIONS - PLEASE CHECK ONE CLOSEST TO YOUR HOME

- | | |
|--|--|
| () Allston-Brighton Chinese Golden Age, 677 Cambridge St. | () Jamaica Plain Julia Martin House, 90 Bickford St. |
| () Allston-Brighton Covenant House, 30 Washington St. | () Mattapan Church of the Holy Spirit, 535 River St. |
| () Allston-Brighton JCHE, 30 Wallingford Road | () Mission Hill Flynn House, 835 Huntington Ave. |
| () Boston 333 Massachusetts Avenue | () Roxbury St. Joseph's Community, 86 Crispus Attucks |
| () Dorchester Kit Clark Senior Ctr., 1500 Dorchester Ave | () South End Castle Square Apts., 484 Tremont Street |
| () Fenway-Kenmore Kenmore Abbey, Kenmore Square | () South End Franklin Square, 11 East Newton Street |
| () Jamaica Plain, 155 Lamartine Street | () South End-Chinatown, 5 Oak Street |

Sites with 8 or more seniors attending this event may schedule for a bus pick up. When you register you will receive a phone call with your pick up time for the phone-a-thon.

A \$0 plan premium, help to stay independent and someone new to count on.



Introducing a plan that can give you more than you would expect, Tufts Health Plan Senior Care Options (HMO-SNP) is a plan for seniors with \$0 out-of-pocket costs. It combines Medicare and MassHealth Standard benefits including dental care, transportation and extras like a care manager.

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

TUFTS Health Plan Senior Care Options

Call us toll-free at 1-855-670-5934 (TTY 1-855-670-5936)
Or visit 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) benefit in association with EOHS and CMS. You must continue to pay your Medicare Part B premium.

A Special Place...

Kit Clark's Dementia ADH Program

"I like it when I come here!" (Why?) "Everybody seems alright with everybody!" This is a quote from one of the women in our dementia day program. She made the comments one day while getting her blood sugar checked, and we realized that this illustrates why a dementia - specific program works.

The day program's goals include providing a secure environment for people with dementia and providing respite for their caregivers. While the person needing care is at the center, the caregiver can have the peace of mind that comes from knowing the loved one is safe. Just as important however, is the goal of providing a therapeutic, positive setting for the person who is experiencing progressive cognitive decline.

Our program is staffed with people who are trained to work effectively with people with dementia, and includes nurses, a social worker, activity coordinators and program assistants.

The services provided include:

- Monitoring of vital signs and coordination of a plan of care with the client's primary care provider
- Assistance with medications if needed
- Assistance with social service issues
- Activities geared to individual abilities and interests
- Help or support with managing activities of daily living (eating, dressing, bathroom use, etc.)
- Support for families and caregivers (including two caregiver support groups)

Each day in the program is unique, but every day includes a morning exercise routine, breakfast, lunch and an afternoon snack, music which is meaningful and enjoyable to clients, individual and group activities and individualized attention from our multi-disciplinary staff.

The woman quoted was expressing the feeling of acceptance and belonging that our clients' experience. People with dementia often exhibit some behaviors that make them unsafe and unsuccessful in certain settings. This might include wandering, frequent repetition, and



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www.BrooklineDentureCenter.com

inability to follow directions in a group. In a dementia-specific setting, the focus is on helping the person feel respected and successful. This is accomplished by making the most of remaining abilities and promoting positive emotions.

If you are involved in the care of someone with Alzheimer's or another form of dementia please give us a call. This program might be just what you are looking for to enhance the care of your loved one! If you know of someone who might benefit but does not know of this resource, encourage them to consider us.

We have openings now in our

program, located on Washington St. in the Codman Square section of Dorchester. To apply or to get more information, please call Donna Allen, RN Program Manager at (617) 533-9225 or e-mail: dallen@baycove.org.

In addition, Kit Clark has four (non-dementia) Adult Day Health Programs, all in Dorchester. For information call Erica Johnson, Director of Adult Day Health Services (617) 533-9214 or e-mail: ejohnson@baycove.org.

Also, visit our website at www.baycove.org to see the array of services Kit Clark has to offer seniors and their families.



Having difficulty since your knee replacement?

Are you having trouble doing your home and community activities since your Knee Replacement?

Are you at least 50 years old?

Was your knee replaced between 1 and 5 years ago?

Participants will be paid \$50.

To find out more about this Boston University research study call toll free 1-866-269-1027 or email enact@bu.edu.

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Call 617-635-4366 to find a location near you.



Boston Seniors Count



BNN-TV Channel 9

Cable Television Show

Thursday at 3:30 p.m.

Repeated Sundays at 11:30 a.m. and Tuesdays at 8:30 p.m.

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



Thank You!

Senior Companion Volunteers are providing friendship and support to Boston Seniors every day!

Mayor Menino's Health & Fitness Walk



Thank You for Helping Make the Health & Fitness Walk a Big Hit!

Gold Sneaker

- United Healthcare

Silver Sneaker

- EasCare Ambulance
- Partners Healthcare
- Eaton Vance

Bronze Sneaker

- Boston Private Bank & Trust Co.
- Faulkner Hospital - Brigham & Women's
- Susan Bailis Assisted Living
- Fallon Community Health Plan - navicare
- Dignity Memorial - Boston Harborside Home
- NSTAR
- FirstRealty
- Commonwealth Care Alliance

Blue Sneaker

- Boston Athletic Club
- Emerson College
- Generations Inc
- Senior Whole Health
- Suffolk University

Screening Partners

- The Family Van of Harvard Medical School
- Dana Farber's Mammography Van

Volunteer Translation Partners

- Greater Boston Chinese Golden Age Center
- South Cove Manor
- Castle Square Tenants Organization

Honorable Mention

- ABCD - *Staff*
- Massachusetts Water Resources Authority
- Massachusetts Department of Public Health
Keep Moving Program

Grandparents Luncheon



What Will Really Make You Happy?

Research Reveals 4 Common Misconceptions

The idea of a happy and meaningful life has become unnecessarily complicated in some circles, says author and certified positive psychology coach Lynda Wallace, who left a high-powered executive career with Johnson & Johnson to pursue her real passion – helping individuals and groups achieve greater happiness and success.

“Happiness has been appropriately cited as a goal in political debates on issues from taxation to the social safety net to marriage equality, but the debate is often confused,” says Wallace, author of “A Short Course in Happiness: Practical Steps to a Happier Life,” which topped Amazon’s Self-Help Best Seller list.

“Some people claim that happiness is all in your DNA or bank account. The truth is that happiness is largely a matter of everyday choices and actions. There are straightforward, well-researched and effective things every one of us can do to create greater happiness in our lives and in the lives of those we care about.”

The essential elements of a happy life are not mysterious, she says.

Research shows that the happiest people do four basic things that make the difference: they focus on what is good and positive in their lives; cope effectively with life’s inevitable challenges; develop strong relationships; and pursue meaningful goals.



“We can all become happier by putting our efforts into these areas,” Wallace says.

One of the first steps we can take is to get past some of the common misperceptions about happiness that can stand in our way. Wallace offers these four examples.

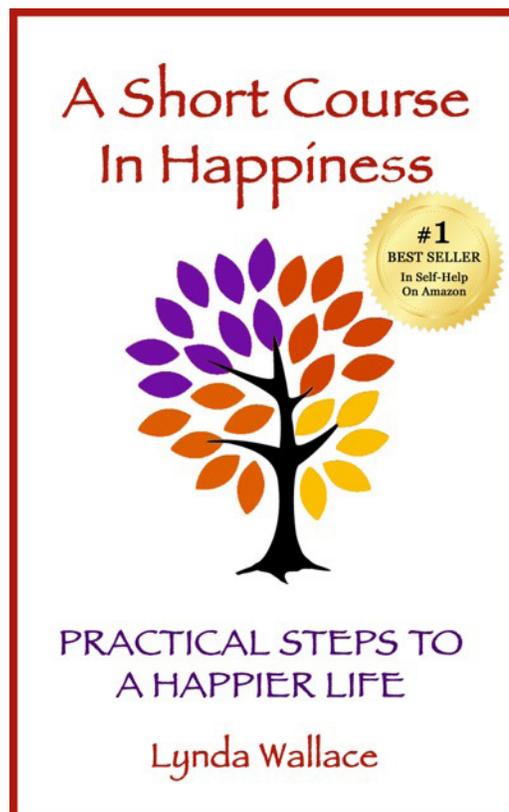
- **Misconception #1:** Happiness is about getting the big things right. It’s natural to think that if we were suddenly rich, beautiful and living on the beach somewhere, we’d be happy. But that type of good fortune turns out to have a surprisingly small impact on happiness. The happiest people are most often not those in the most enviable circumstances, but those who cultivate positive emotional outlooks and actions. So how can we do it? “Take concrete steps to practice optimism, gratitude, kindness and self-compassion in your

everyday life,” says Wallace. “The cumulative effect of those everyday choices can have a tremendous impact on how you experience your life.”

- **Misconception #2:** Happy people suppress negative emotions. Happy people actually experience sadness, grief, worry and other so-called negative emotions nearly as frequently as unhappy people do. The difference is what happens when those feelings occur. Happier people are generally able to experience negative feelings without losing hope for the future. “They give themselves permission to feel sad, angry, or lonely, but they remain confident that things will get better. As a result, their sadness progresses into hope and action rather than regressing into anxiety and despair.”

- **Misconception #3:** Pursuing happiness is self-centered. The strongest of all conclusions drawn by researchers into emotional well-being is that our happiness is determined more by our relationships with other people than by any other single factor. The happiest people build their lives around good, trusting relationships. “If other priorities are getting in the way of your relationships,” says Wallace, “take steps to shift the balance back to where it will really make a difference.”

- **Misconception #4:** I’ll be happy when I achieve my goals. Have you ever noticed that when someone wins the Super Bowl or an Academy Award, or when you achieve a long-sought ambition, that wonderful sense of accomplishment and happiness seems to fade faster than you’d expect? “That’s just the way our brains work,” says Wallace. “Committed goal pursuit is one of the keys to a happy life, but most of the happiness we get from striving for goals comes while we’re making progress toward them, not after we achieve them. That’s why it’s so important that we choose goals that are in synch with what we love and value, and that we make a conscious effort to enjoy them along the way.”



Healthy Recipes

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

Cranberry Gelatin Salad

Ingredients:

- 3 cups fresh or frozen cranberries
- 1 (12 oz) can frozen apple juice concentrate, thawed
- 2 (3 oz each) sugar-free raspberry gelatin
- 1 (8 oz) can crushed pineapple, undrained
- 1 cup chopped celery
- 1 medium navel orange, peeled, sectioned and chopped
- 1/2 cup chopped walnuts

Preparation:

In a 3 qt microwave-safe dish, combine cranberries and apple juice concentrate; cover with waxed paper. Microwave on high for 8-10 minutes or until most of the berries have popped. Immediately stir in gelatin powder until dissolved. Cool for 10-15 minutes. Add remaining ingredients; mix well. Pour into a 2 qt. ring mold coated with nonstick cooking spray. Refrigerate until firm, at least 3 hours. Unmold onto a serving plate just before serving.

Serves: 12

Source:

http://wiscran.org/recipes_products_0004/In_the_Kitchen_0020/Lighter_Side_0008.html

On behalf of Mayor Menino and the Commission on Affairs of the Elderly,
you are cordially invited to:

AN AFTERNOON OF Memoirs

MONDAY, DECEMBER 9

1 p.m. — 3 p.m.

West Roxbury Branch Library
1961 CENTRE STREET
WEST ROXBURY, MA 02132

**R.S.V.P BY
DECEMBER 5
AT 617-635-4250**

Stories read by West Roxbury Seniors of THE MEMOIR PROJECT

Colonial Corn Pudding

Ingredients:

- 3 cups frozen whole-kernel corn kernels, thawed and divided
- 3/4 cup evaporated fat-free milk, divided
- 2 tablespoons half-and-half
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper
- Dash of freshly ground nutmeg
- 1 large egg
- 1 large egg white
- 6 tablespoons oyster crackers, crushed and divided
- 3 tablespoons stone-ground cornmeal
- Cooking spray
- 1/2 cup (2 ounces) shredded sharp cheddar cheese

Preparation:

1. Preheat oven to 350°.
2. Combine 1 cup corn, 1/4 cup evaporated

milk, and half-and-half in a blender; process until smooth. Combine remaining 1/2 cup evaporated milk, salt, pepper, nutmeg, egg, and egg white in a large bowl. Stir in pureed corn mixture, remaining 2 cups corn, 3 tablespoons crackers, and cornmeal.



3. Spoon mixture into an 8-inch square baking dish coated with cooking spray. Sprinkle evenly with cheese. Combine remaining 3 tablespoons crackers and butter in a small bowl; sprinkle cracker mixture evenly over cheese. Bake at 350° for 30 minutes or until golden brown. Serve warm.

Note:

You can substitute store-bought frozen corn in this custardy baked side dish. When it's done, the edges should be a little crusty and the center still slightly soft. If time is an issue, make the dish ahead, refrigerate, and then reheat before serving.

Source: <http://www.myrecipes.com/recipe/colonial-corn-pudding-1000001860026/>

Need a Ride?

Senior Shuttle

617-635-3000

Scheduling Available: Monday - Friday / 8:00 a.m. - 4:00 p.m.

The Senior Shuttle offers free door-to-door transportation service to Boston Senior residents age 60 or over. Rides are offered to non-emergency medical appointments. We kindly request that you notify us as soon as possible to schedule an appointment since rides are scheduled on a first come first serve basis.

Occasionally, due to cancellations, we can accommodate same day requests.



THE POINT OF POWER IS ALWAYS IN THE PRESENT **MOMENT**

“Don’t Retire, Inspire”

By: Augusta Alban



Don’t live someone else’s dream. Have one of your own. Your dream belongs to you, no matter what your age. It’s never too late.

I love the story about a dear friend’s husband, a well-respected businessman and pillar in his community, whose 65th birthday was just around the corner. He was upset and very angry. “If you don’t want a party,” his wife told him, “there will be no party.” “It’s not about a stupid party!”, he said. “It’s about my life. It’s been a good life, but I always wanted to be an attorney and now it’s too late.”

“Go back to school!”, she told him. “It’s too late!”, he said. “By the time I get out, I will be almost 70!” “I’ve got news for you!”, she said. “You will be 70 with or without a law degree.” Yes he did go back to school, and yes he did pass the Bar, and yes he practiced law for the next 20 or so years after that. He gave his law time, as he called it, to help those who could not afford a lawyer. There is always time! Think about the good you could be doing for you and others! Don’t let those thoughts about what you would like to do and are not doing take up all that room and energy in your head. You use all that time just thinking about it. In the same amount of time, you could have done it 10 times over.

Make a list, just like you would for the grocery or CVS. Instead of using energy to think about a subject you could have done, use the energy to DO IT. In the process, you may find others who want to join you. My friend loves to pick wild mushrooms. There is a group of wild mushroom pickers she found on line, they went out on Sunday and had a wonderful day together. They offered to share their treasures with me. I thanked them, but declined the offer. It’s not that I don’t have confidence in their knowledge of mushrooms: I just prefer to buy mine in a little blue paper carton at the store.

It’s like walking: take just one step and then another. I saw a baby in the park the other day, just starting to walk. He took a few steps, started to tip over, and before he could fall he just sat down. I am suggesting we do the same! Take a few steps as you try something new. If you feel you are starting to tip over, just sit down.

We all make mistakes. It’s the way we learn. Remember Edison failed 999 times in his attempt to invent the light bulb. When questioned about it he said, “I have not failed 999 times. I have simply found 999 ways how not to create a light bulb.” Even Major League baseball players on

COME ONE *to the* **COME ALL**

38th Annual Holiday Craft Bazaar

Great Holiday Gifts Available

Many Hand Made Items Depicting the Rich Ethnic Cultures of Boston

Boston City Hall Mezzanine, 2nd & 3rd Floors

Friday, December 6, 2013 10:00 a.m. - 2:30 p.m.

For more information about the Holiday Craft Bazaar contact:

Mary Beth Kelly at 617-635-3959 or **Ellen Roth** at 617-635-4373

Sponsored by:

Mayor Thomas M. Menino

and the

Commission on Affairs of the Elderly

Emily K. Shea, Commissioner



Continued from page 20

average strike out 150 times a season, and average only 30 home runs.

Dream dreams. Show up everyday. Smell those roses. Laugh with that baby. Sing with a song in your heart. Feel the sand under your feet. Savor the chocolate bar. Cry for joy or sadness. But don't let life pass you by, because it will. It's moving and so must you. Show up every day. Some days it's hard to do that. Make yourself! Some days it's a breeze, some days a joke, others a miracle, some a song, but all in all it's life. LIVE IT. The

universe with its unseen helping hands is waiting to assist you!

Albert Einstein said, "Everything is a miracle, or nothing is a miracle." Mr. Webster defines the word miracle as a supernatural event. Joseph Campbell, who saw the miraculous in everything, referred to these phenomena as "unseen helping hands." He taught his students that these occurrences are more frequent for those who "follow their bliss." **Find your dream**, follow your bliss.

Advice from Cynthia Casoff Henry author of “Dying A Guide To A More Peaceful Death”

Medical Legal Forms or Advance Directives All Seniors Should Have

Conversations about death and dying should start with family and friends before you have a serious diagnosis. Getting all your legal documents in place will make for an easier time, rather than doing these hastily in times of crisis.

Advance Directives:

1. Living Will - This is a document where you decide the person or persons who will follow your wishes when you cannot verbalize them. It describes your final wishes for medical care. It spells out what if any life prolonging medical care or procedures you want provided, withheld or withdrawn if you can no longer make known or voice your wishes.

2. The Five Wishes - This is a preprinted document that is legal in the state of Massachusetts; it is similar to a living will which is usually written by a lawyer. This is a hands-on document; it allows you to specify the following:

- Who you want to make healthcare decisions when you cannot.
- The kind of medical treatment you do or do not want.
- How comfortable you want to be.
- How you want people to treat you.

- What you want your loved ones to know.

You can order The Five Wishes from Aging with Dignity at 888-594-7437 or you get one from a local hospice social worker. You can use this form instead of a traditional lawyer written Living Will.

3. Health Care Surrogate - This is the person or persons who will represent you and make your healthcare decisions when you can no longer make them. It is extremely important that you discuss your wishes with this person or persons and confirm that they agree to respect your wishes.

4. Anatomical Gifts (organ donation) - This is a written form that indicates your wishes to donate all or part of your body. Make sure all arrangements are in place and that your health care surrogate is aware of the process. Usually a medical school or a teaching hospital will be involved. You may still need minimal services of a funeral home.

5. DNRO or Do Not Resuscitate Order - This form identifies that you do not want to be resuscitated in any circumstance. Forms are available from your doctor, Department of Health, or from an attorney. Keep this form in plain sight, usually on the refrigerator. If an ambulance is called, the EMT knows to look there.

6. POA (Power of Attorney) - This is a form that authorizes a person to take care of your financial, legal, personal, and possibly medical issues.

7. Will - This is a document that legally declares your wishes pertaining to your

estate. You will name an executor who together with the courts and an attorney, will carry out your instructions and divide what you want your children, friends, other family members or organizations to receive from the remainder of your estate. This can be done by an attorney or you can print out forms from the Internet, you will need to get these forms notarized and witnessed as required by law.

Once you have done all this, you will feel a sense of accomplishment. It would be a

good idea to review this information with the person or persons you have chosen to represent you. Keep these important papers in a file where they can be found easily. Make sure the persons named have copies of records pertaining to them. If you find that the person or persons you have chosen seem too stressed to represent you, you can always go outside your family or friends, you can ask your lawyer to represent you and you can tell family or friends that you did not want to burden them. This is your contract for your end of life.

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

Do you have knee pain?

Are you interested in a
Strength Training Research Program?

To take part in this study you must ...

- have diagnosed **knee arthritis**
- be 50 years or older
- participate in a **Strength Training Class** 2 x per week for 6 weeks
- **Strength Train** at home for 2 years

For information call
617-353-2725
ENACT - BOOST STUDY



Stipend available

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 directly at 617-635-2359.

You can also view our website online at
www.cityofboston.gov/fire
or visit the Boston Fire Department
on Facebook.

John F. Kennedy Memorabilia: 50 Years Later

By: Jeff Figler

Friday, November 22, 1963 started out like most other Dallas fall days. It was cool and crisp, with the wind blowing ever so slightly. With the weekend approaching, most people were thinking about how to enjoy the good weather while it lasted. Oh yes, President Kennedy was in town, but, for most of the locals, he was of the wrong political party anyway.

But the eyes of the world would soon be fixated on Dallas.

Father time was about to stand still. The three major networks had interrupted their local programming, mostly soap operas, to capture the breaking news that was unfolding.

Many Americans were soon to be glued to their television or radio.

CBS anchorman Walter Cronkite, later labeled “the most trusted man in America”, had the compelling duty to report on the shootings of President Kennedy and Texas Governor John Connolly.

Then at 1 p.m. Central time, Cronkite removed his glasses and

tearfully announced to anybody and everybody that President Kennedy had died at 12:30 Central time. People of all races, religions, ages, sizes, shapes, and economic status wept uncontrollably.

The unmistakable leader of the Free World has been gunned down. Camelot was about to come to a screeching halt.

That was fifty years ago, a full half century. Even today, people vividly remember where they were at the time they heard the news of JFK's death.

Alive or not at the time, the Kennedy presidency has left an indelible mark on the American people, as well as on the culture of the United States. His abbreviated thousand day term is remembered much more than that of his predecessor, Dwight Eisenhower, or of his successor, Lyndon Johnson, and certainly JFK is not forgotten today. The mention of Kennedy's name often invokes emotion, with friend and foe readily admitting that the Kennedy aura and mystique is still very prevalent. Especially among collectors.

Many Kennedy items, especially those of an educational nature, are in the hands of libraries and other places of intellectual pursuits. However, many of his personal items are now possessed by the super-rich, and yes, even the common folk.

A quick glance at the prices paid for a few JFK's items would even make Kennedy himself cry "foul". Ready for this?

In a November 2011 auction, Kennedy's rocking chair, presumably the last one he swayed in back and forth, went for a whopping \$65,725. Mind you, that was for a rocking chair, not a signed document related to a Congressional bill.

Try this one. It was common knowledge that, despite his physical ailments, Kennedy enjoyed sports, including football, golf, and baseball. He would often toss the pigskin at family gatherings, and hit the little white sphere around the golf links. But he also closely followed the Boston Red Sox and the old Washington Senators. The baseball that he threw out on Opening Day in 1961 at the Senators game was auctioned in February 2013. It went for \$47,800. Even though it was inscribed, at least it bore his signature.

Then there is the front page of the Dallas Morning News that was in a 2009 auction. Granted, this was no ordinary front page of a tabloid. Not by a long shot. This page had been signed by Kennedy on the day he was mortally wounded. This November 22, 1963 signed copy was sold for nearly \$39,000. It is often said that yesterday's news is not worth much, but surely this was an exception.

Other items of the late President are in high demand as well.

A wristwatch, that he wore during his 1960 presidential campaign with Richard Nixon, sold for nearly \$24,000. Nixon would later, of course, occupy the White House as well, but his personal items have never been auctioned for lavish amounts. Even a golf ball that Kennedy smacked around went for almost \$4000. That's right. A golf ball that he hit cost as much as what some people earn in a few months.

Okay, a few other "practical items". A size 44 leather Air Force One bomber jacket from 1962 was sold for an astonishing \$570,000. Over a half a million bucks for a jacket. A Kennedy worn necktie even went for almost \$9000.

Kennedy, of course, won the Pulitzer Prize for his book Profiles in Courage. Despite controversy as to who actually authored the book, signed first editions of the award-winning book are highly desirable. Depending on the condition of the book and dust jacket, signed first editions can range anywhere from \$4000 - \$7000. A signed first edition of another of his books, Why England Slept, can cost upwards of \$6000.



Even small items signed by both JFK and the First Lady Jackie will set you back thousands. Such is the case with 1963 Christmas cards signed by the duo. They have been auctioned for as much as \$8,000-\$10,000.

And if you collect hair clippings, well, Kennedy's strands are in demand. A bag of his 1963 clippings gathered by the "Barber to the Stars", Harry Gelbert, sold for over \$4000.

But don't be too discouraged. There are still some Kennedy items that the average mortal can acquire without depleting his or her bank account. For example, campaign buttons, as well as paper items from Kennedy's senatorial and presidential campaigns, in most cases, can be bought for less than ten dollars. Even photos can be gotten on eBay for around twenty dollars.

Admittedly, my favorite Kennedy items are a pair of bobbleheads, which have been labeled the "Kissing Kennedys". They are a pair of dolls with



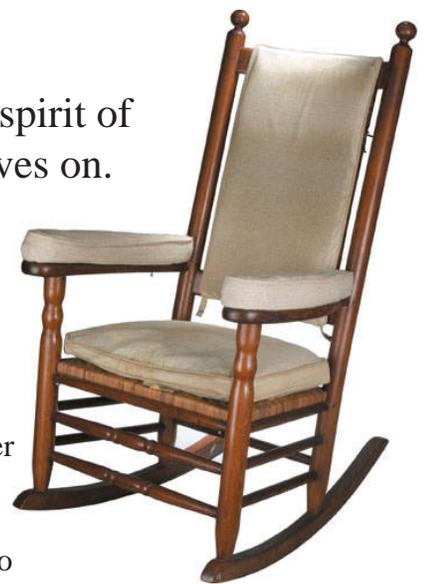
magnets, and I'm sure you can visualize the rest. They were first distributed only a month before the assassination, but the marketing ceased after the fateful November day. The bobbleheads are extremely rare and worth over a thousand dollars if the original boxes are included.

The incidents of that November weekend fifty years ago seem like almost yesterday. Many of us even remember watching little John Kennedy salute his father's casket during the funeral procession.

However, JFK memorabilia is still available. Items can be very pricey, but if you set your sights a bit lower than, let's say, his personal rocking chair, there are relics that can be very affordably obtained. These items will bring back the memories of the Camelot days of the early 1960s.

To many, the spirit of John F. Kennedy lives on.

Jeff Figler has authored more than 400 published articles about collecting. He is one of the world's leading experts on collectibles and is a former sports columnist for the St. Louis Post-Dispatch/STL Today, and San Diego Union Tribune. Jeff's most recent book is "Collecting for Beginners". You can learn more about Jeff by visiting his website www.collectingwithjeff.com He can also be reached via email at JFigler@JeffFigler.com





Now I have someone to drive me to the doctor.

With **UnitedHealthcare® Senior Care Options (HMO SNP)**, you'll have a Personal Care Manager. Your Personal Care Manager will help you coordinate the services you may need, like rides to doctor appointments, and answer questions about staying healthy and more. It's your doctor, hospital and prescription drug coverage and independent living support in one simple plan.



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Celebrate Your Health Day @ UMASS



“It was a great event. I liked it very much. The information booths were very well set up. Lunch was excellent.”

- Participant from Roslindale



“The place was beautiful. We enjoyed the scenery. No complaints.”

- Participant from East Boston

“It was very informative and a very nice afternoon. The massage was great.”

- Participant from Dorchester



“Thank you for the opportunity to introduce people to Zumba Gold. I enjoyed teaching the class.”

- Mary Stevenson, Zumba Instructor





“I had a wonderful time. It was very rewarding, especially working with the group of men and women from Haiti. I hope they enjoyed their time. I even picked up one student who has joined the class at the Veronica Smith Center.”

- Dawn Scaletro, Instructor of the Art Workshops

Thank you for helping make Celebrate Your Health Day a Success!

Event Co-Organizers: Tufts Health Plan Foundation, Gerontology Institute of the John W. McCormack Graduate School of Policy and Global Studies at UMASS Boston

- Ira Jackson, Dean, John W. McCormack Graduate School of Policy and Global Studies
- Anne Marie Boursiquot King, Director of Grants and Operations, Tufts Health Plan Foundation

Workshop Leaders: Dawn Scaletro – Art, Mary Huff Stevenson – Zumba, Greater Boston Chinese Golden Age Center - Tai Chi & Healthy Cooking Demo, Denise Montgomery – Mary Kay Training Center, Gloria Davila & Team - Perfectly Balanced Life

Vendors: Boston Senior Home Care, EOEPA-Prescription Advantage Program, Greater Boston Legal Services, Project Bread (SNAP applications), Partners HealthCare, City of Boston Veteran's Commission, Boston Fire Department, Alzheimer's Association, New Entry Sustainable Farming Project, MSPCC, Elderly Commission Benefits Check-Up and information, MAB-Mass Association for the blind and visually impaired, Mass College of Pharmacy and Health Services, Friendship Works, Mary Kay - Hand/Lip Treatment table, OLLI/Umass, A&J Beauty and Day Spa, ETHOS, Mid-town Home Care, Chinese Golden Age Center, MAOA, ISD Rental Registration, Office of Emergency Management, Elder Achievers – blood pressure screenings

Speakers/Presentation: Secretary Ann Hartstein, Executive Office of Elder Affairs – Affordable Care Act, William Reiter, Alzheimer's Association – Recognizing and Addressing Alzheimer's Disease, Bridget Landers, Mass Department of Public Health – Matter of Balance, Lucilia Prates, MA SMP Program – Fraud/Scam Prevention



Memoir Project Beacon Hill and West End



Nazzaro Center's Halloween Party



10th Hispanic Heritage Celebration



A Special Thank You to the Following:

Gold Sponsors: Northeastern University, New England Baptist Hospital, Reggie Lewis Center

Silver Sponsors: Senior Whole Health, Partners Healthcare, Fuente de Vida

Honorable Mention: Mass College of Art, Boston Centers for Youth and Families-Tobin, All Checks Cashed, 99¢ Store, Fuentes Market, Mike's Donuts, Montecristo Mexican Grill



**MAYOR THOMAS M. MENINO &
THE SEAPORT WORLD TRADE CENTER
PRESENT**

**First Come
First Served!**

**Admission by
ticket only!!**

25th Annual First Night Celebration

Thursday, January 2, 2014 -- 11:00 a.m. – 2:00 p.m.

TRANSPORTATION SIGN UP SHEET

INDIVIDUAL APPLICATION ONLY - NO GROUP REGISTRATION ALLOWED

REGISTRATION BY FAX OR MAIL ONLY - NO PHONE REGISTRATIONS ACCEPTED

TRANSPORTATION PICK-UPS BEGIN AT 10:30 a.m. - DOORS DO NOT OPEN UNTIL 11:00 a.m.

ADMISSION BY TICKET ONLY - TICKETS ARE LIMITED

Please complete and return registration form by **Friday, December 13, 2013** to: **Fax 617-635-3213** or mail to **1st Night, Elderly Commission, One City Hall Plaza, Room 271, Boston, MA 02201**

Last Name:	First Name:	Tel:
Address:		Apt. #
Neighborhood:		Zip Code:
Language Spoken:		

CENTRALIZED PICK UP LOCATIONS

Allston/Brighton – Covenant House, 30 Washington St.	Mattapan – Church of the Holy Spirit, River St.
Allston/Brighton – JCHE Housing, 30 Wallingford Rd.	Mission Hill – Flynn House, 835 Huntington Ave.
Allston/Brighton – Veronica Smith, 20 Chestnut Hill Ave.	North End – Nazzaro Center, 30 North Bennett St.
Boston – Park Street Station – MBTA (Tremont and Park)	Readville – St. Ann's Church, 82 West Milton St.
Charlestown – Golden Age Center, 382 Main St.	Roslindale – Roslindale Municipal Bldg, Roslindale Sq.
Charlestown – 100 Ferrin Street	Roxbury – Reggie Lewis, 1350 Tremont St
East Boston – E.B. Social Center, 68 Central Sq.	Roxbury – Shelburne Community Center, 2730 Washington St.
East Boston – Brandy Wine, 88 Brandy Wine Drive	South Boston – West Broadway Task Force, 81 Orton Marrotta Way
Dorchester – Keystone Apts. 151 Hallet St.	South Boston – St. Monica's Church, Old Colony Ave.
Dorchester – Kit Clark Services, 1500 Dorchester Ave.	South Boston – Foley Apts. 199 H St.
Dorchester – St. Brendan's Church, 589 Gallivan Blvd.	South End – Castle Square Apts. 484 Tremont St.
Fenway/Kenmore – Kenmore Abbey, Kenmore Sq.	South End – Harriet Tubman, 566 Columbus Ave.
Hyde Park – Blake Estates, 1344 Hyde Park Ave.	South End/Chinatown – 5 Oak St.
Hyde Park – Georgetown Apts. 400A Georgetown Dr.	West End – Blackstone Apts. 33 Blossom St.
Hyde Park – H.P. Municipal Parking Lot, Cleary Sq.	West Roxbury – CVS & Walgreens Parking Lot
Jamaica Plain – Julia Martin House, 90 Bickford St.	MBTA RIDE
Jamaica Plain – Nate Smith, 155 Lamartine St.	I DO NOT NEED TRANSPORTATION

Once this registration form is received an admission ticket will be issued in the name of the registrant and mailed to the above noted address.

