

Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston

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Mayor's Spotlight

Boston Ranked Most Energy-Efficient City in the United States

American Council for an Energy-Efficient Economy (ACEEE) gives Boston top honors in a new report ranking America's 34 largest cities on their efforts to cut energy use and costs

Mayor Thomas M. Menino announced the American Council for an Energy-Efficient Economy (ACEEE) has named Boston the most energy-efficient city in the United States, according to its new 2013 City Energy Efficiency Scorecard, a report that ranks 34 of the most populous U.S. cities on policies and other actions to save energy. The report is the first to rank cities exclusively on energy efficiency efforts.

Cities were evaluated on what actions they are taking to reduce energy use in five key areas: buildings, transportation, energy and water utility efforts, local government operations, and community-wide initiatives.

ACEEE cites four areas that helped the City of Boston take top honors in the report, all of which relate to its building energy and community engagement efforts:

- Mayor Thomas M. Menino's 2009 Executive Order and 2011 Climate Action Plan, which set energy savings goals for the City's municipal operations and the entire community;
- The progress the City has made towards these goals, which has been supported by the Mayor's Greenovate Boston initiative and by the business and institutional leaders on the Boston Green

Ribbon Commission;

- The effective outreach and partnerships the City has formed with community groups and utility companies to bring energy savings to residents and small businesses through its Renew Boston program; and
- The City's 2013 Building Energy Reporting and Disclosure Ordinance, which requires all large buildings to rate and report their energy use to improve energy management.

"We couldn't be more proud of our progress in creating a greener, healthier city," Mayor Menino said. "Boston is a world-class city, and we know that our economic prosperity is tied to its 'greenovation,' which has helped create jobs and improve our bottom-line. Reducing our energy use is just one smart step in improving the quality of life in Boston and around the world."

Other top-scoring cities include Portland, New York City, San Francisco, Seattle and Austin. The next tier of top-scoring cities (Washington, D.C., Minneapolis, Chicago, Philadelphia and Denver) have also developed efficiency initiatives and are poised to rise in the rankings in future years. The report also presented a number of key findings and follow-up recommendations based on the profiled cities' best practices.

To read the report and its key findings and recommendations, and to view the interactive infographic, visit: <http://aceee.org/local-policy/city-scorecard>

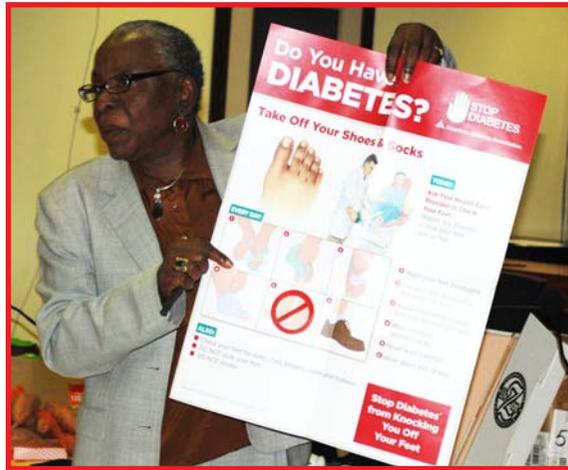




**On behalf of the Senior Companion
Volunteers we would like to thank
the following speakers who
have spoken at our monthly meetings**



Atty Kathy McNair
Senior Solutions



Joyce Williams
Fair Foods Inc.



Michael Kincade
Alzheimer's Association



Lorna Pleas-Heron
Health Service Advocate



Tom Bagley
Boston Water and Sewer



Danielle Domingos
Boston Water and Sewer

If you would like to speak at our monthly meetings or know of someone that would please contact Eileen at 617-635-2844 or by email at: eileen.o'connor@cityofboston.gov

Boston Senior Corps Letter Writing Campaign



On August 28th Boston RSVP and Boston Senior Companion Program, in partnership with the New England Center for Homeless Veterans, hosted a letter writing campaign at the Homeless Veterans Center on Court Street. The campaign, part of the September 11th National Day of Service, was to allow Senior Corps volunteers and veterans from the center to join in an effort to write letters of encouragement to active duty service personnel thanking them for their service and letting them know the people back home were thinking of them. The life of a soldier in a foreign country can be scary, boring, and lonely. When mail comes, letters are treasured. However, some soldiers receive nothing in the mail, month after month. Some of these soldiers don't have much family back home, or their families are busy, or just not the letter-writing type. It is crucial that the troops know they are not alone, and they are loved, thought of, and supported at home. The campaign was a phenomenal success generating over 200 letters and cards.



Emily K. Shea, Commissioner



1. In 3 sentences or less what is your job?

My job is to make sure that the Elderly Commission is running in the most efficient and effective way possible. I am responsible for looking at national and local trends and making sure our short and long term planning matches the needs of Boston's older residents. I also make sure that we are following best practices so that the quality of our work is the highest that it can be.

2. What is your favorite thing about your job?

My favorite thing about my job is that it gives me the opportunity to make a difference for older adults in the city. In this role I have the ability to play a part in big picture things like policy decisions, planning, and funding as well as on the direct services level like our provision of transportation services, events and advocacy.

3. What one thing has surprised you about your job?

That I love it so much! I really wasn't sure when I took the position how I would feel – I knew it would be a challenging role. But I couldn't ask for a better boss than Mayor Menino and I truly enjoy working with the Elderly Commission staff members. I think it would be hard for me to do a job that I wasn't passionate about – and I love this one!



Angela S. Yarde, Director of Information & Referral

1. In 3 sentences or less what is your job?

My job is to improve the quality of life of our seniors who are in need of our services. Specific examples of doing this are giving information, appropriate service referrals, advocacy, crisis intervention, conducting follow ups, maintaining up to date community resource database, data collection, analysis and reporting, and community outreach.



2. What is your favorite thing about your job?

My favorite thing about my job is empowering seniors and teaching them how to advocate for themselves.

3. What is one thing that has surprised you about your job?

One thing that surprised me is learning and understanding the different personalities and cultures within the unit.

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



Allergy: What to Know

Has your doctor told you that you have allergies or mild asthma from allergies caused by things in the air, examples of pollen, dust, pet dander or mold? Other allergies are things that touch your skin, example, latex, detergents, food allergies, metals, hair dyes, medicines like penicillin or insect bites, like bee stings.

There are medical terms used that you may not be familiar with. You think you might start “allergy immunotherapy”. This is the medical terms for allergy shots or taking allergy drops under your tongue. “Sublingual immunotherapy” is the allergy drops placed under your tongue. Do not confuse them with eye drops, a very different medicine. The Food and Drug Administration has not approved this treatment yet!

Otolaryngologist is the specialist doctor who treats ear, nose and throat problems. Your primary care doctor will refer you to this specialist for expert evaluation and treatment.

Allergies. An allergy is a reaction your body has to a substance around you. (See the most common list in paragraph one.) Allergies happen when your immune system (the system that protects your body from germs) reacts to one of these particles called “allergens”.

This reaction by the immune system is what causes allergy symptoms.

Allergy symptoms from “airborne allergies” can include: Sneezing, stuffy or runny nose, itchy nose, itchy throat, coughing, mucous running down your throat (called post nasal drip), itchy, watery or swollen eyes, pressure in your nose, cheeks and forehead, rash or itchy skin.

More serious allergies can cause asthma symptoms: wheezing, shortness of breath, chest tightness and generalized misery!

Seasonal allergies also called “hay fever”, example pollen allergies, happen at certain times of the year. For many people, when trees and grass release their pollen, their life can be miserable. Perennial allergies, like sensitivity to dust, can happen all year long.

It is possible to have both types of allergies and a person should be followed by a specialist because over the counter medications probably will not work very well.

You aren't the only person to suffer with allergies. About 20 out of every 100 US people have allergies. About 9 out of every 100 US people have asthma. In more than one half of people with asthma, the asthma is triggered by an allergy.

When you have treated yourself with OTC antihistamines from the drug store and tried to avoid your allergens, perhaps cleaned your rugs, drapes and mattresses with no good results, it is time to see a doctor who will do a skin test to check for reactions to common allergens. The doctor may prescribe allergy shots.

Allergy shots work to lessen your body's reaction to and lessen your immune system to be less sensitive to the allergen. This treatment has a very small amount of allergen inside the shot so your immune system becomes less sensitive to the allergen. This treatment is done over a long period of time. With the correct treatment, you will no longer suffer from allergies. Your family and friends will be glad you are being treated because some of your symptoms can also be difficult for them to see.

October is National Breast Cancer Awareness Month

We wish to acknowledge the many people, who have survived breast cancer, are being treated and/or who have lost a loved one to this disease.



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

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

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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.

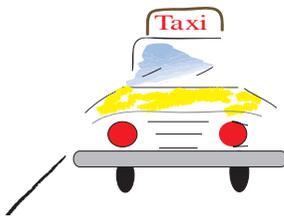
Tufts Health Plan is an HMO plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in Tufts Health Plan depends on contract renewal. Tufts Health Plan Senior Care Options is a voluntary MassHealth (Medicaid) benefit in association with EOHHS and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

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If you are a **healthy adult, ages 60-85**, please contact us for more information or to schedule an appointment.

Participants Needed for Noninvasive Study On Emotional Processing

The Cognitive and Affective Neuroscience Laboratory at Boston College is conducting a study examining how we perceive and react to emotional (pleasant and unpleasant) pictures and film clips. All methods are non-invasive and no drugs are administered. You will be asked to view pictures and films on a computer screen while a camera records where you are looking.

You will be paid \$10/hr for your participation.
Phone: 617-552-6949 Email: canlab@bc.edu



Senior Count



BNN-TV Channel 9

Boston Seniors Count
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

617-635-4250

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
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For more information or to complete an application contact:

Lorna Pleas-Heron at 617-635-4335 or email

lorna.pleas@cityofboston.gov



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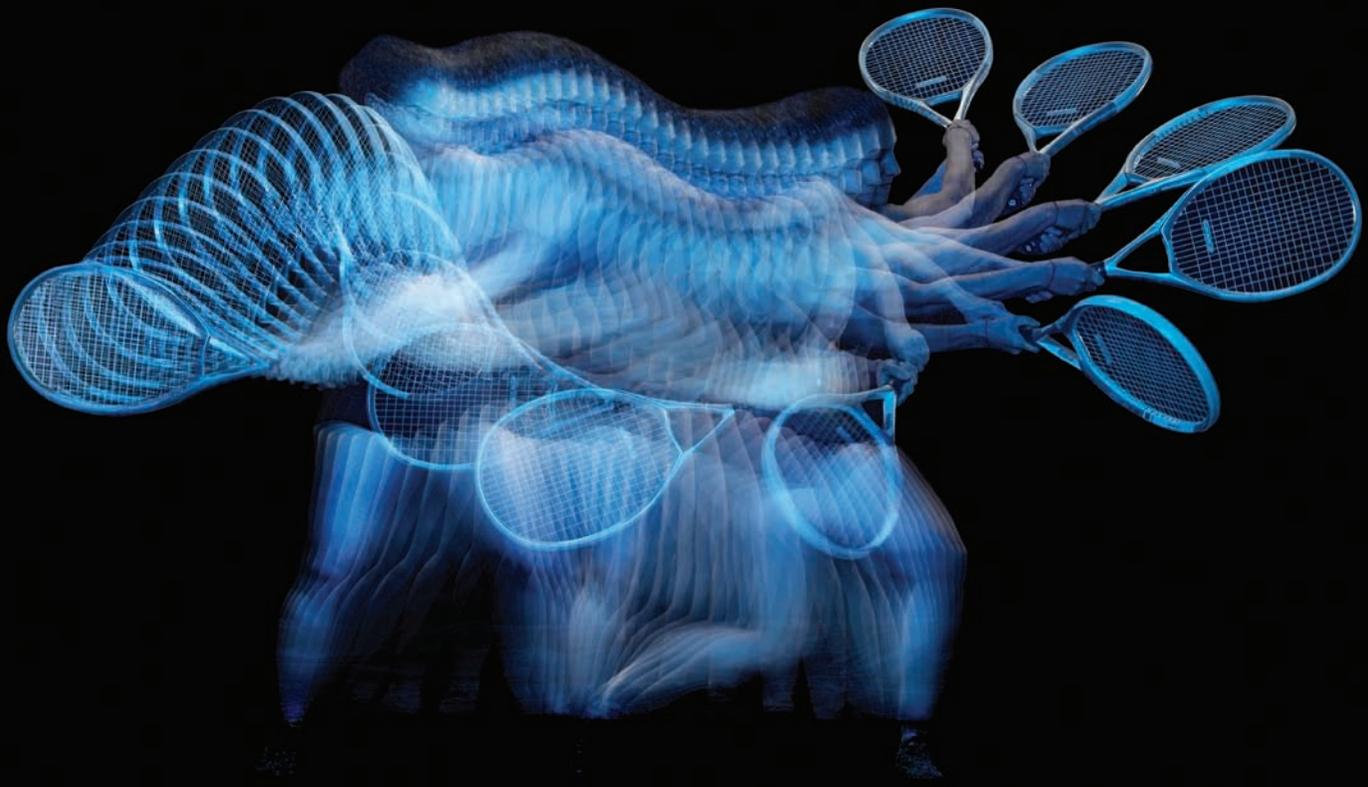
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The 2013 Regatta

By: John H O'Neill III

The "Head of the Charles" regatta draws many spectators. Rowers practice each day for the big event. During October, college students arrive in Boston ready to compete. They practiced at their colleges and then made their way to Boston. This year, the regatta will be on October 19th and 20th, 2013.

Seniors would enjoy attending the regatta. Actually, there is so much to see. The two skylines (Boston and Cambridge) are amazing.

There are different types of row boats. They range from sculls (singles) to boats with eight rowers. The larger boats include a person known as a coxswain who directs the boats speed and steering.

The race begins at the Boston University Bridge and then proceeds upstream northwesterly. It continues for three miles ending near Christian Herter Park in Brighton. The racers go along a winding route with many bends and curves. The course can be quite challenging. Spectators line both sides of the Charles. It can make for a fun day.

Head of the Charles

By: Bill Lynch

Forty-five years ago, I had my first experience at the illustrious Head of the Charles Regatta. I had attended an inner-city parochial high school (not to be compared to Andover or Georgetown Prep) and went on to an inner city college, Columbia. I had no rowing experience (except in a rowboat) and am unsure if I had heard of the sport of Crew.

Columbia however had Bill Stowe, an Olympic Gold Medallist and he, in order to promote this bucolic sport to the young men (no women yet) attending Columbia, literally brought a shell (boat) to the middle of the campus with an invitation to join the team. I naively thought I understood water sports and so gave it a try.

After a year on the team, Bill Stowe extolled the opportunity to attend the Head of the Charles. It would provide an experience unlike our other races. In the race the best time wins but, unlike a horserace, each crew leaves the start alone, staggered by 15 seconds.

The water on the Charles River was a vast improvement over the water on either the Harlem or the Hudson; apparently the

environmental clean up effort had a head start in Boston and reduced commercial traffic on the Charles left behind fewer pollutants.

We arrived the day before the all day event (then a single day) in order to practice. The practice helps you get accustomed to the river itself but we had no experience with the aura of festival the Head of the Charles had established. People lined the banks with picnics; blankets and chairs ready to cheer on their teams (mostly, naturally, local team favorites). Boston was, especially at that time, a rowing town unlike New York City.

Our varsity club enthusiastically rowed the 3-mile race. It was a cold day but we would all soon warm up as we attempted to match and surpass more experienced crews. All in all, it was exhilarating. Its continued popularity and enormous growth of crew and spectators attests to the memory making quality for all. There is something for everyone. For more of the sport specifics and the United States in a different time take a look at Daniel James Brown's *The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics*.

Moving On: Smart Strategies When It's Time to Sell Your Home

By: Aaron Katz

I recently bought a home from a family that had lived there since the 1940s. Needless to say, selling a home after decades can be fraught with emotional, financial and logistical problems. It's critically important to proceed cautiously.

You have three major options when selling your home: hiring a realtor, a professional homebuyer or selling it yourself. "Sale by owner" is rare in the Boston area; a realtor or a professional homebuyer (someone who buys homes for resale or investment) is usually your best bet. But it is important to know which option is the right fit for you.

When time is on your side and your house requires minimal repairs (or you're in a position to make repairs), hiring a realtor may put the most money in your pocket.

Homes in Boston spend about 120 days on the market - after three to four weeks to ready for listing. Today's buyer demands a lot from homes. For example, granite countertops, stainless steel appliances, gas heaters, upgraded bathrooms and open floor plans are a must.

Look for a realtor who has specific experience in your neighborhood, and get at least two different realtors to provide you with a market analysis.

Boston is full of old homes that need a lot of TLC, and if you have one to sell, a professional homebuyer is an option. The amount of money that goes into your pocket at the time of sale may be a little less than the



traditional route, but a professional homebuyer will pay all inspections, attorney fees, taxes and other out-of-pocket costs. There are no surprises or the "unknown factor" of whether or not it will sell on the retail market. My team has even handled cleaning out the furniture, dishes and other household items accumulated over a lifetime for sellers who didn't want to be bothered.



As with a realtor, thoroughly investigate any professional homebuyer. They should be able to bring a Proof of Funds letter from their financial institution, plus references and testimonials to prove their track record. (My company, HomeVestors, is America's largest buyer of residential real estate, so customers know they are dealing with an established, proven business with decades of experience.) Also, be sure to check them out on www.BBB.org to prove that they deal in honest, ethical business practices.

Just like your home, there is no "one size fits all" answer when it's time to sell. Consider your options so you can move into the next phase of your life as smoothly as possible.

Aaron Katz leads a team of 14 real estate professionals in the Greater Boston Area office of HomeVestors (We Buy Ugly Houses). Contact him at aaron.katz@homevestors.com

CELEBRATING A SPECIAL ANNIVERSARY?



Boston Seniority would like to include pictures and information on those celebrating 40 years of marriage or more!

Please include your names, date of marriage, and something special about you and your spouse!

Anniversary information and a photo should be sent via email to:

bostonseniority@cityofboston.gov

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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?

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

Various Voices from Various Neighborhoods!

An Audience Members Reaction to the South End Memoir Project Reading

By: Rev., Dr. Barbara A. Perryman
Resident Service Coordinator (RSC)
St. Joseph's Community, INC.

On Monday, June 03, 2013, I attended a heart-warming event known as the Memoir Project. The event was held at the Harvard Club on Commonwealth Ave, in Boston, MA. The Memoir Project was a catalyst for giving seniors the opportunity to pen stories that significantly impacted their lives. Those stories were then collectively combined into a series of books by the phase of each project. In attendance were staff from the Mayor's Office, Emily Shea, Commissioner, Tula Mahl, Deputy Commissioner, Eileen O'Connor, Staff Photographer, other senior writers whose memoirs would soon be published, resident service coordinators, family members, friends, other photographers, and other guests. Books were available for purchase as well. Books can be purchased by contacting Tula Mahl at 617-635-1922 at Boston City Hall.

The purpose of the event was to acknowledge, honor, and celebrate their journey into one of Boston's most enduring neighborhoods. Thus, seven participants six women, and one male stood before the audience and read

their soon to be published story.

Like others in the audience, I found myself experiencing a wide range of emotions from laughter to tears. I salute the woman who embraced being a pioneer and became an engineer. The male reader gave us insight in terms of bonding with a critically ill patient who eventually passed away. Being an African American woman myself I felt a sense of pride that an African American bio-chemist invented soy milk. Another reader shared her positive experience of being adopted and her passion for dolls. After her first job as an adult, she purchased her first doll. She became a collector of dolls and ensured that all her children had dolls. Also, her family and friends gave her dolls and she now has an extensive collection.

Another reader savored fond memories of a colorful dad and a strong mother in the home. As she reflected she realized the imperfections of parents, yet forgiving those imperfections because they can become a source of strength for us as we grow older. The next reader shared her anxiety of relocating from the South to the North and being a part of the Black Migration.

She was followed by another reader who



shared she was a daughter who played detective. As a detective she sought to collect puzzle like pieces of her life that would help her better understand her mother and learn more about her father. Life doesn't always give us answers to our questions. This young woman accepted that the last piece of the puzzle was still an open question mark, even today.

As an audience participant I understood the importance of telling our stories. Congratulations to Carol Blair, Ralph Cairns, Raven Elliott, Delores Hall, Judith Klau, Dorothy Perryman, and Loura White.

As a Resident Service Coordinator who develops programs and activities for

seniors, I am grateful that seniors are able to participate in the Memoir Project to share their journey. Not only am I delighted that one of the participants is my sister. I would encourage other seniors to participate as well.

This project would not be possible without the support of Thomas M. Menino, Mayor of Boston who said, "Senior citizens are the foundation on which Boston was built. The people who shared their memories and participated in the Memoir Project represent thousands of families who have paved the way for all of us." (Sometimes They Sang With Us, City of Boston, Grub Street, INC. Vol. III, page v)

Memoir Project

3 Books
for \$20

Learn about your fellow Bostonians through their lifestories. Call 617-635-1922 if you would like to purchase the Memoir Project series.

Here are a few quick teasers from the series -



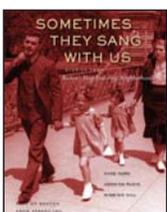
My husband and I met in downtown Miami on Labor Day weekend 1951, when he was on liberty from the Navy base in Key West. I was fifteen and he was nineteen. He was my first love and my first New England Yankee. He came from South Boston and intrigued me with....

- Mary Agnes Donovan, South Boston / Born Before Plastic (Vol 1)



One night in 1976, I was off duty and had stopped at a twenty-four-hour store in Mattapan. As I left the store, there was a shot and I was down. When I emerged from the coma one year later....

- Arnold Ross, Charlestown / My Legacy Is Simply This (Vol 2)



Alas, as I nosed up to the exit, a harsh reality set in: I was locked inside Mount Hope Cemetery for the night! How could this be happening to me? How dare the cemetery people just go home and leave me abandoned to....

- Robert F. Hannan, Hyde Park / Sometimes They Sang With Us (Vol 3)

Healthy Recipes

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

Roasted Apple Butter

Ingredients:

- 8 medium McIntosh apples, (2 3/4 pounds), peeled, cored and quartered
- 2 cups unsweetened apple juice

Preparation:

1. Preheat oven to 450°F. Arrange apples in a large roasting pan. Pour apple juice over the apples. Bake until tender and lightly browned, about 30 minutes. Using a fork or potato masher, thoroughly mash the apples in the roasting pan.

2. Reduce oven temperature to 350°. Bake the apple puree, stirring occasionally, until very thick and deeply browned, 1 1/2 to 1 3/4 hours. Scrape into a bowl and let cool.

Serves: 2 cups

Calories: 27 per tablespoon

Source: http://www.eatingwell.com/recipes/roasted_apple_butter.html



Mediterranean Roasted Broccoli & Tomatoes

Ingredients:

- 12 ounces broccoli crowns, trimmed and cut into bite-size florets (about 4 cups)
- 1 cup grape tomatoes
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 10 pitted black olives, sliced
- 1 teaspoon dried oregano
- 2 teaspoons capers, rinsed (optional)

Preparation:

1. Preheat oven to 450°F.
2. Toss broccoli, tomatoes, oil, and garlic in a large bowl until evenly coated. Spread in an even layer on a baking sheet. Bake until the broccoli begins to brown, 10 to 13 minutes.
3. Meanwhile, combine lemon zest and juice, olives, oregano and capers (if using) in a large bowl. Add the roasted vegetables; stir to combine. Serve warm.

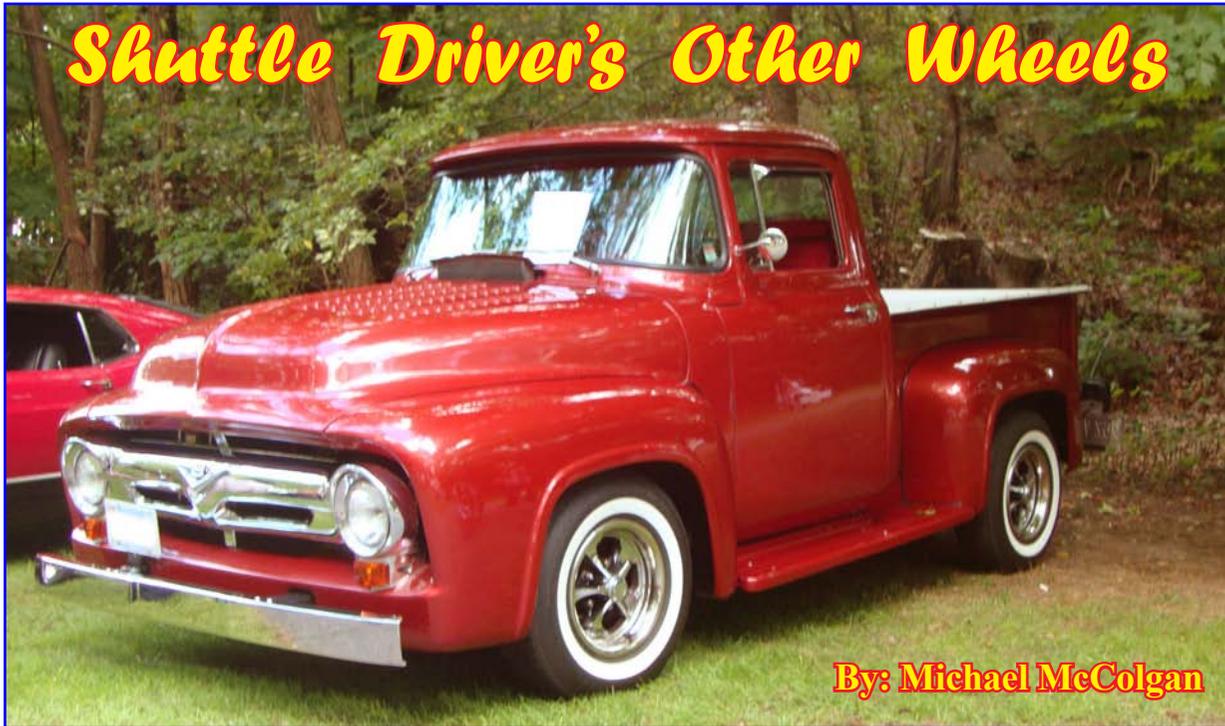
Serves: 4 (1 cup each)

Calories: 76 per serving

Source: http://www.eatingwell.com/recipes/mediterranean_roasted_broccoli_tomatoes.html



Shuttle Driver's Other Wheels



By: Michael McColgan

Did you ever wonder how the Elderly Commission's shuttle drivers get around town when they are not on duty? Like most of us they either take the T or can be found in an assortment of sedans and SUV's with name plates that include Chevy, Dodge, Ford, Kia, Nissan, Toyota VW, and Lincoln.

In the good weather at least, Kenny Moriello drives and displays with great pride his candy apple red 1956 Ford Pick-up Truck Hot Rod that houses a big mint condition Chevy engine.

If you want to see this beauty up close, you can occasionally see it at Boston area classic car shows. Most recently, Kenny's truck was displayed at Larz Anderson in Brookline at their special Ford/Lincoln/Mercury show on August 18 and again at the Dorchester Park Classic Car Show on September 8.

As classic car enthusiast, I am grateful to Kenny for taking the time and effort to maintain this fantastic vehicle and sharing it with all of us.

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.

Effortless ... OR ACT AS IF!

“Don’t Retire, Inspire”

By: Augusta Alban



Observing nature always leads me to the most rewarding and enriching experiences of my life. The more research being done, and the more I learn about wild creatures, the difference between them and us almost disappears. The more we study nature, the more human the animals become.

We have long thought that animals do not have feelings. Research has uncovered elephants and even birds mourn their dead just as we do. Some studies indicate the human behavior is more prevalent in wild animals that have been raised by humans. Apparently we all learn from each other, animals and humans alike.

As with all life creatures, most of our basic needs are much the same. We may mistakenly refer to some events as cruel and painful - not the way Disney told us it should be. I try not to judge what I see. Not judging is one of the most difficult postures I have ever tried to learn: taking that one step back and trying to see through different eyes. Sushil Bhatia (Executive in Residence at Suffolk University, is an expert in the art of Laughter and Meditation) has taught me that some things are positive, some negative and some things JUST ARE. Replacing judgment with acceptance is something I must relearn everyday I live.

Sitting on top of my favorite picnic table in a local park, I had the honor of watching a raven circling high above me. Effortlessly,

he navigated the air, using the open sky as his stage. The air show was breathtaking. He moved from one air current to another without so much as a single movement of this wings, soaring above me. I almost envied his freedom. We are such earthbound creatures. Finally he spotted something on the ground and started his earthly decent. It was apparent when he tried to land that he was injured. The landing was not easy. He was close to me: I wished I could have helped him. He went about scooping up what he had spotted on the ground, and struggled to take off once again.

It’s very dangerous for a creature in the wild to be injured: they become instant prey of another animal. Yet watching, I could see he was not giving up as he fought to get to a safer place to rest. Nature has given him the ability to know he must continue to fight. He does not have a choice. Life is worth the struggle. He knows what we all must learn: it isn’t over until it’s over. We must all try! Some will make it look effortless, just like my raven soaring high overhead. Fake it till you make it!

We all know the feeling of a rocky landing: life has given us more than a few. But somehow we will find a safer place to rest and renew ourselves. Just like the raven, we will fly once again, maybe even higher than before. It will take effort, but we will make it look effortless. Life is a gift we have been given, be inspired in living it.

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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.

SCAM ALERT

Keep an eye on your magazine renewal subscriptions. Consumers all across the country want others to avoid payment to Associated Publishers Network (APN) - a renewal subscription "business" claiming an address near Las Vegas, Nevada. Complaints from different people and institutions are pouring in from everywhere. Records show there are 112 complaints filed with BBB against Associated Publishers Network in the last year.

The scam goes like this: you get a renewal notice and write the check. You wait and your subscription grinds to a halt. You contact the magazine and they tell you they have no working relationship with APN. Assuming you retained your paperwork, you call the renewal company. You likely won't speak to a person. If you do, they don't act. Calls and emails are most frequently not acknowledged; in the end, your request for a refund is ignored.

“The subscription renewal notices being sent to consumers throughout the US are very realistic and few consumers can differentiate the fake from the real,” explains Paula Fleming, Vice President of the local BBB. “If consumers are looking to renew their subscription, refer to the renewal notice in the final issue of a magazine or contact the publisher directly.”

For more information, visit bbb.org for tips and news on trending scams.



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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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 Advantage contract and a contract with the Commonwealth of Massachusetts Medicaid program. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan.

MASCO 120213_173411
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Massachusetts Advocates Standing Strong

500 Harrison Avenue, Boston, MA 02118

Office: 1-617-624-7549

MA Toll Free: 1-866-lamable (1-866-426-2253)

E-mail: mass.office.info@gmail.com

Mailing Address: P.O. Box 6025 N. Plymouth, MA 02362

MAKE AN IMPACT ON YOUR COMMUNITY!



Massachusetts Advocates Standing Strong (MASS)

has launched **New Freedom Volunteer Supporter/Driver Project** for self-advocates with intellectual and developmental disabilities in the Greater Boston Area. The goal of this project is to provide **accessible and efficient transportation and support** for self-advocates to attend their self-advocacy, citizen advisory boards, and human rights/diversity meetings

What We are Looking For?

- ✓ Volunteers who can make strong time commitments
- ✓ People who want to work with the disability community and make a difference
- ✓ Volunteers who are familiar with the MBTA system and are willing to coach the self-advocate on taking the T
- ✓ Volunteers with their own vehicles would be great too!

WHY SHOULD YOU VOLUNTEER?

- ✓ You help Individuals with Intellectual/Developmental Disabilities stay independent and active in their community by driving them to their self-advocacy meetings
- ✓ You ensure individuals with intellectual/developmental disabilities have accessible transportation
- ✓ Your support (assistance and presence) during a meeting or event can enhance the self-advocate's total experience
- ✓ You will be reimbursed (if needed) for gas, toll-booths, and/or MBTA costs

Your interest and participation can make a difference in the lives of others!

For more information, please call John Dale at 617-624-7713 or email

johnd.mass.office@gmail.com

Massachusetts Advocates Standing Strong

is a well-respected 501(c)3 non-profit advocacy organization that empowers self-advocates to speak up for their rights.

The Dawn of a Bright New Day in Health Coverage

By: Ron Pollack, Executive Director,
Families USA

On the first day of October, health insurance “marketplaces” will open in every state. Three other key provisions of the health reform law, the Affordable Care Act, will also go into effect that day, and they will greatly benefit older Americans.

The first of these provisions will benefit everyone who shops in the new marketplaces, but it will be especially valuable to adults between the ages of 55 and 64. On October 1, people with pre-existing conditions, who may have previously faced denials of coverage or burdensome additional charges because of those conditions, will have the opportunity to buy health insurance that covers their conditions without having to pay additional costs.

This is more than a token change. In 2010, Families USA worked with one of the nation's top health care and human services consulting firms to study the breadth of problems people with pre-existing conditions face. We found that approximately 57.2 million Americans under the age of 65—more than one-fifth of that age group (22.4 percent)—had diagnosed pre-existing conditions that

could lead to a denial of coverage in the individual health insurance market. Even more astounding was the finding that almost half of the people in that group - more than 30 million people - were aged 55 to 64. So while this provision of law will benefit everyone looking for coverage in the new marketplaces, its biggest and most direct positive impact will be on adults between age 55 and the age of Medicare eligibility.

A second key provision of the law that goes into effect on October 1 is the expansion of Medicaid. States that have decided to expand Medicaid will have new opportunities to offer health coverage to all low-income adults. This could be particularly helpful to those below age 65 who aren't yet eligible for Medicare. In these states, the income eligibility level will be raised and standardized at 138 percent of the federal poverty level (about \$21,400 for a family of two), and other barriers to eligibility will be thrown out as well.

Why does this matter? As Families USA found in 2011, it matters to seniors and their families because 15 percent of America's seniors—and almost 45 percent of people with disabilities—receive health coverage through Medicaid. But until now, many people just below age 65 have been closed out of the program.

Continued from page 24

Medicaid will continue to be there to support seniors and people with disabilities who need long-term care. As the largest payer for nursing home care in the United States, Medicaid covers the home- and community-based care that makes it possible for 2.8 million seniors and people with disabilities to remain in their communities.

The third big provision of the law that takes effect on October 1 will benefit everyone shopping for health coverage, not just older people. On that day, consumers shopping for coverage in the marketplaces will be able to tap health care “premium tax credits” that can lower their health care premiums each month, making their health coverage much more affordable. Those with the lowest incomes will receive the greatest financial assistance and will pay the lowest premiums. Families with incomes as high as \$62,400 for a household of two will be eligible for this assistance.

A bright new day in health coverage is about to dawn.

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Commissioner Emily Shea hosted Claire Keatinge, Commissioner for Older People for Northern Ireland, (pictured right) for a short, but lovely visit to our office.

Thank you to Ms. Keatinge for joining us! Learn more about Northern Ireland's focus on older adults at:

www.copni.org/about-claire-keatinge.html

Dear EarthTalk: Some green groups are promoting the simple notion of sharing as a way to green communities and combat waste. Can you explain

- Becky L, Centereach, NY

The convergence of environmental awareness and consumer culture has created a whole new movement today whereby sharing is cool. Indeed, some environmentalists view sharing as key to maintaining our quality of life and our sanity in an increasingly cluttered world.

“Sharing is a relatively simple concept and a basic part of human life,” reports Janelle Orsi on Shareable, an online magazine that tells the story of sharing. “What’s new is that people are applying sharing in innovative and far-reaching ways, many of which require complex planning, new ways of thinking and organizing, and new technologies. In short, people are taking sharing to new levels, ranging from relatively simple applications of sharing to community-wide sharing initiatives—and beyond.”

“In a shareable world, things like car sharing, clothing swaps, childcare coops, potlucks, and cohousing make life more fun, green, and affordable,” reports Shareable. “When we share, not only is a better life possible, but so is a better world.”

The non-profit Freecycle Network, which runs a Craigslist-style website where people can list items they want to give away, pioneered using the Internet to facilitate diverting reusable goods from landfills when it launched back in 2003. To date, more than nine million individuals across 5,000 different regions have used the group’s freecycle.org website to find new homes for old items.

According to Shareable, other examples such as Zipcar, Wikipedia, Kiva and Creative Commons show how successful sharing can be. “They show what’s possible when we share. They show that we don’t act merely for our own good, but go out of our way to contribute to the common good. They show that we can solve the crises we face, and thrive as never before. They show that a new world is emerging where the more you share the more respect you get, and where life works because everyone helps each other.”

Shareable and the Center for a New American Dream, a non-profit that highlights the connections between consumption, quality of life and the environment, have collaborated on the production of the new “Guide to Sharing,” a free downloadable booklet loaded with practical ideas about exchanging stuff, time, skills and space. Some of the ideas in the guide include: organizing a community swap; starting



Photo Credit: Clapstar, courtesy Flickr

In a shareable world, things like car sharing, clothing swaps, childcare coops, potlucks and cohousing make life more fun, green and affordable.

a local toy, seed or tool library; launching a skills exchange where community members can swap professional skills like carpentry or grant-writing; or setting up a food, transportation or gardening co-op. Some other sharing tips include car-sharing, gift circles, sharing backyard chickens with neighbors and launching a “free market” where people meet to trade skills and stuff.

For her part, Janelle Orsi envisions a future where public land is dedicated to community gardening, public libraries also lend tools, equipment and other goods, and citywide bike sharing, carpooling and wifi programs are all the rage. Orsi and others warn we had better get used to sharing, as it is here to stay.

CONTACTS: Freecycle Network, www.freecycle.org; Shareable, www.shareable.net; Center for a New American Dream, www.newdream.org.

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The early stages of communication disorders are easier to spot when you know the signs.

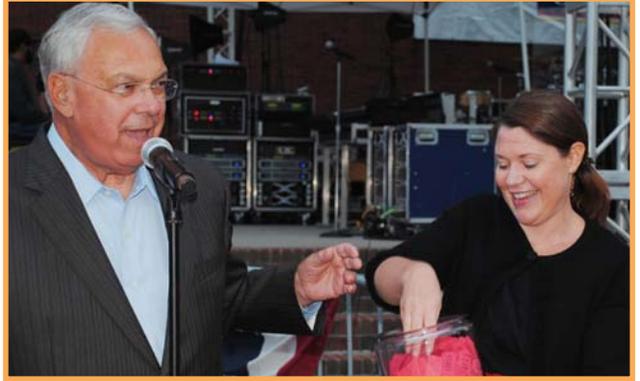
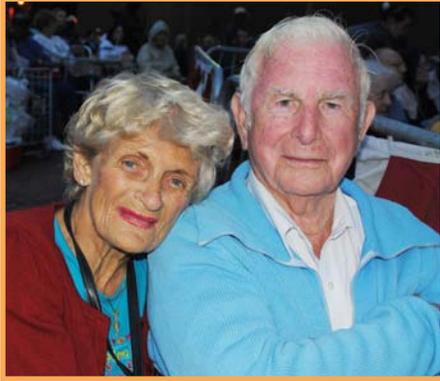
IDENTIFY THE SIGNS

Early detection can improve treatment and quality of life. For more information visit IdentifyTheSigns.org.



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Mayor Menino's Wednesday Night Concert featuring Roberta Flack



Memor Reading in the South End

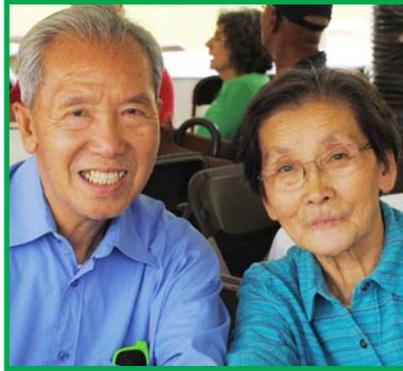


Flower Arrangements at the Hale House

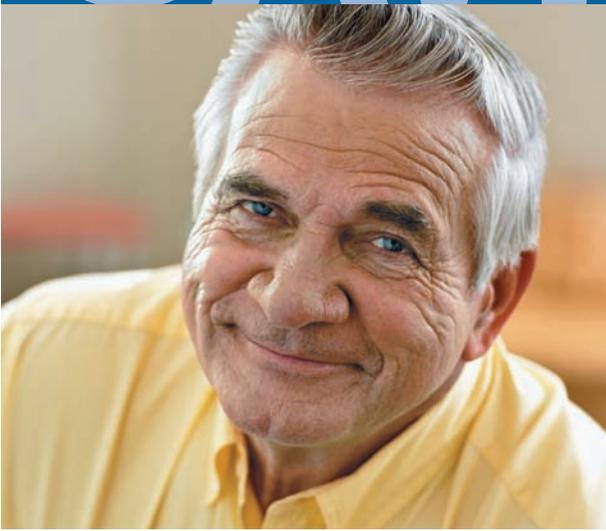


Picnic at Malcolm X Park

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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, premium and/or co-payments/co-insurance may change on January 1 of each year.

A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-855-633-4195, TTY 711.

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Massachusetts White Cane Law: General Law Chapter 90 Section 14A
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