

Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



FREE

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Mayor's Spotlight

Mayor Menino Names Boston Bridge in Honor of Tuskegee Airmen



Mayor Thomas M. Menino joined with area veterans and Boston residents to dedicate the “Tuskegee Airman Bridge” over Morton Street in Dorchester in honor of the legendary Tuskegee Airmen. The Tuskegee Airmen were the first African American military aviators in the United States Armed Forces. The design, construction and financing for the project was the result of a public/private partnership between the City, State and Federal governments, as well as NStar and the Stop and Shop Companies. The dedication marked the completion of a multi-year redesign of American Legion Highway.

“The reconstruction of this bridge and American Legion Highway has been a true community project and I thank all of our partners for their dedication to seeing it through,” Mayor Menino said. “It is wonderful to see our community come together to honor the Tuskegee Airmen as well as all of our service men and women. I can’t think of a more fitting tribute on American Legion Highway.”

The dedication of the Tuskegee Airmen Bridge signifies the completion of a multi-year project designed to make significant engineering and aesthetic improvements to American Legion Highway. In addition to rebuilding the bridge, the project included redesigning intersections, repaving, repainting pavement markings, installing new traffic signals, constructing new curbs, and landscaping and lighting updates.

“I’d like to thank Mayor Menino and the people of Boston for this memorial bridge which celebrates the achievements of the Tuskegee Airmen,” said Willie Shellman, President, New England Chapter, Tuskegee Airmen Inc. “I am proud to be involved with this dedication. Although we all trained in Tuskegee, Alabama, the Airmen were from cities and towns throughout the country. It is heartwarming for me to join today with other New Englanders to dedicate this bridge as a tribute to our important accomplishments.”



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Thomas M. Menino
Mayor



Emily K. Shea
Commissioner

Commission on Affairs of the Elderly
Presents the 19th Annual

Mayor Thomas M. Menino's Health & Fitness Walk for Seniors



Wednesday, October 10, 2012
11:00 a.m. – 2:00 p.m.

Boston Common

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Entertainment
Refreshments

2/3 Mile Walk
Rain or Shine

Warm-up Stretches
Health Fair

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Please complete and send or fax the registration form on the back cover.

For for more information, please call 617-635-4168

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SCP Highlight:

Jose Del Valle

By: Eileen O'Connor



in our homes (apartments) and in our community.



What would you tell others who are thinking about being a Senior Companion Volunteer?

I would tell others who are thinking about becoming a Senior Companion Volunteer to step forward and join us in the struggle to make life easier, safer and most of all, interesting for the elderly. It is, by all means, a very rewarding experience and, the more we look out for each other, the better our quality of life will be.

What do you do most with your clients?

It all depends. Everyone has different needs. Sometimes we just talk about how we manage and try to make our lives better. Reminiscing is a good way of getting people to accept the present and see life as an ongoing process. Getting people to smile and laugh is important since laughter tends to relax us and helps us accept things as they are. I take clients grocery shopping and sometimes accompany them to shop for a special garment, a gift, or something

What made you decide to become a Senior Companion?

I decided to become a Senior Companion after looking at the spare time that I had and the opportunity to do some volunteer work with the elderly and provide companionship to one of the most vulnerable populations in our city. My decision has paid off since working with my peers and the agencies that provide them services has opened the door of opportunity for me to get out and meet people and share my life experience with others.

What do you like most about being a Senior Companion Volunteer?

What I like the most about being a Senior Companion Volunteer is the warmth associated with meeting new people, sharing experiences with them and strengthening the bonds which unite us in our daily struggle to manage independent living while remaining

for the home. I call in their prescriptions to the pharmacy and pick them up for them. I translate government services correspondence from English to Spanish for one client and accompany her to the Social Security or the Supplemental Nutritional Assistance program as needed. One client loves for me to sit with him at the table to chat while he has supper. I may heat his meal and serve it for him. Wash the dishes and put out the garbage. I've found myself being an asset when it comes to helping them use a remote control for their television sets so that they can get the channels they want or just going out with them for a short walk.

I asked Joanne McMahon the Director of Boston Senior Home Care where Jose is a Senior Companion for a quote and this is what she had to say about him.

Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others.
- Danny Thomas

Jose Del Valle, a Senior Companion and Boston Senior Home Care (BSHC) volunteer, is a shining example of success as illustrated in this wonderful quote by Danny Thomas, the actor, comedian and founder of St. Jude Children's Hospital in Memphis. As a BSHC volunteer, Jose provides companionship, friendship and support

to many homebound elders who are isolated and lonely and have no other means of support. Whether reading to an elder, running an errand, sharing a meal or just lending an ear, Jose's support is vital to BSHC's success as an organization and our ability to support Boston's low income elders.

BSHC is a private, community based, non-profit corporation established in 1974 to provide care management services and programs to low-income elders and disabled individuals who wish to remain in their own homes and communities as safely and independently as possible. For close to 40 years, Boston Senior Home Care has provided hope to thousands of low income elders living in the neighborhoods of Boston by giving them the choice to stay at home. BSHC is a private, community based, non-profit corporation established in 1974 to provide care management services and programs to low-income elders and disabled individuals who wish to remain in their own homes and communities as safely and independently as possible. For close to 40 years, Boston Senior Home Care has provided hope to thousands of low income elders living in the neighborhoods of Boston by giving them the choice to stay at home.

For information on how you can become a Senior Companion please call 617-635-3987.

BATHROOM HAZARDS

According to a new CDC estimate, each year 244,000 people over the age of 5 require emergency medical care for injuries they had in the bathroom.

- 80% of the injuries result from falls
- 37% involve showering or bathing
- 14.1% getting on or off the toilet

How many falls do Americans really sustain? Most are treated at home with a bandaid or an ice pack!!!

Bathroom safety is especially important for those who have Alzheimer's, those on blood pressure medicines, those who suffer from imbalance and dizziness and those who have had surgery.

Some Safety Tips

Use a shower curtain. It is very difficult to get out of a tub with a glass door. If you want to keep a sliding door, replace it with unbreakable plastic for safety.

Nonskid decals on the tub floor make the tub less slippery or a non skid bath mat in the tub and one on the floor.

A shower bench or seat in the tub or shower for better security and safety.

A rechargeable electric razor is easy and safer to use. Men can shave in bed if necessary, avoiding razor cuts when a person is unable to stand for a long period of time.

A raised toilet seat with handles makes it easier to get up and down.

Put baskets out of sight; under the sink or in a corner of the room that is not in the line of traffic.

Have bright light in the bathroom. People still leave their medications in the medicine cabinet. Thereby, everyone can see each medicine bottle clearly.

Night lights should be put on in the bath or hallway so everyone can see at night.

Grab bars can be included in the tiles if you decide to redo your bath or portable grab bars can be purchased at the local hardware department.

Soap on a rope is a great idea or you can improvise and put a bar of soap in the leg of pantyhose and tie it to the grab bar.

People with dementia should not be left alone in the bathroom. If possible stay in the bathroom with them or right outside the door. Give them as much privacy as you can.

If you need help trying to make your house safer, ask your doctor for a referral to the local VNA who will come to your house. If a member of your family is in

the hospital, hospital staff can help with a referral. Most falls are preventable. Sometimes, just slowing down will prevent a fall.

Information about The Ride

If you are registered for The Ride for at least a year and have been using this service, with a \$5.00 application fee you can get a free T-Pass.

Go to 145 Dartmouth St. at Back Bay Station 8:30 a.m. - 5:00 p.m.
They recommend you get there latest at 4:45 p.m.

THE ELSIE FRANK WALK



*Celebrating the centennial
of the birth of
the late Elsie Frank,
a passionate advocate
for seniors*

FOR KIT CLARK SENIOR SERVICES

September 29, 2012

DCR Pope John Paul II Park, Dorchester, Registration opens at 9AM

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Questions? Email development@baycove.org or call (617) 619-5930

Proceeds from the Elsie Frank Walk will benefit all aspects of Kit Clark Senior Services' work, including Meals on Wheels, adult day health programs, the Madden Senior Center, and more.



Kit Clark Senior Services is a division of Bay Cove Human Services

Boston RSVP

Volunteer Spotlight

*Boston Partners in Education and
Horizons for Homeless Children*

Volunteer: Jane Hans

By: Anique Langlois



A short time ago, I had the privilege of interviewing Jane Hans, one of our Boston RSVP volunteers. She is a classroom mentor at both Boston Partners in Education and at Horizons for Homeless Children. Jane began volunteering with Boston Partners in November of 2011. She is a whole class volunteer in Ms. Hernandez's first grade class at the Sarah Greenwood K-8 School in Dorchester, through the Boston Partners in Education School Volunteer Program. She gives one day a week for about three hours and is considering adding a second! I asked her to share some of her experiences with Boston Partners in Education for a National Volunteer Week profile, and these are her responses:

How and why did you become a member of RSVP?

I received an e-mail from Boston Partners in Education with information about the program and thought "Oh yeah!" The connection to a larger volunteer community was what struck a chord with me. I wasn't as concerned about the reimbursement (RSVP reimburses members for travel and small expenses and provides supplemental accident insurance while on duty.) When I realized I could contribute my reimbursement to the Sarah Greenwood, I decided that I definitely wanted to become a member.

Where did you work before retiring?

I did a number of things. Most recently I was a producing artist - a sculptor exhibiting in public spaces. Before that, I owned and ran a bookstore, and prior to that I obtained a graduate degree in counseling and school psychology, a field I worked in for ten years.

What other charitable work, if any, do you do?

I currently also volunteer at Horizons for Homeless Children. Over the years, I've been involved with many organizations, including the Elizabeth Stone House, Rosie's Place, and WarmLines, Newton.

As a classroom volunteer, do you find yourself working with the entire classroom, or coming back to specific students?

I never work with the entire classroom at once. Ms. Hernandez eased me into doing more individualized tutoring with the students. At first, I floated around the classroom and responded to kids who were working on various projects. Over time, Ms. Hernandez has given me more specific assignments. She has a set up ready for me when I arrive, and immediately puts me to work. Last week I worked continuously with different small groups of kids on one task or another. I've been more directly involved in teaching recently and I really enjoy it. I like to be active and busy in the classroom.

What do you like most about mentoring?

I like working with small groups. I love the contact with the kids and seeing them light up when they get something, seeing them understand, seeing them make progress. The communication and the interaction I have with the children is very satisfying.

Do you have any inspiring stories?

The teacher I'm working with inspires me. I've worked with kids professionally in different capacities throughout my life

and I have three children and four grandchildren, yet I never spent time in a classroom except as an occasional drop-in as a parent. Ms. Hernandez runs a very structured first-grade classroom. Sometimes I think, "Oh my goodness, that's so strict!" but over time I've come to see that within that very clear structure, there's a tremendous amount of latitude for the children to express themselves and interact with the group and be seen as individuals. I've found that really edifying, and wish I'd seen it 50 years ago when I was bringing up my own children. Ms. Hernandez also consistently communicates with great clarity, and the benefit of this to the children is tremendous, they know what is expected of them.



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Helping Seniors

Drive Safer, Longer

(Family Features) Since January 2011, nearly 10,000 Americans turn 65 every day, joining the fastest growing age group in the nation. According to a recent American Automobile Association (AAA) survey of that booming population, nearly half of seniors worry about losing their freedom and mobility when the time comes for them to transition from driver to passenger.

From understanding how vision changes can affect one's ability to drive at night, to researching the effects certain medications can have on one's driving ability, it's important to get the facts about driving for seniors. Use these tips from AAA to help ensure you and your family members are driving safely:

Evaluate your driving.

While most seniors are experienced drivers, it's important to take time to consider one's driving "health" and habits. For instance, how frequently do you wear a seatbelt? Do you use your signal and check for nearby traffic before changing lanes? Does traffic cause you to feel anxious? When was the last time you had an eye exam? You can take a Driver 65 Plus self-assessment at www.SeniorDriving.AAA.com to get a clear picture of just how good your driving skills really are, and you'll also get suggestions for improving your driving.

Be aware of how aging affects driving habits. From hearing and vision loss, to mental fitness and reaction time, seniors may not notice the gradual differences that can impact their driving ability. For instance, by age 60, your eyes need three times the amount of light to see properly as they do for people 20 years old, which means it's more difficult to see at night.

Likewise, one-third of Americans suffer from hearing loss by age 65. This can pose a problem, as senior drivers may be unable to hear high-pitched noises such as emergency response vehicles while on the road. Reaction times can be slower for seniors as well. But preventative measures can go a long way.



- When following other vehicles, seniors should increase the distance between their car and the car in front of them, to allow more time to react to sudden braking.
- Eliminating distractions in the vehicle and avoiding heavy traffic can also help seniors identify emergency sirens, and avoiding driving at night is another safer option for seniors.

Find the right fit.

With the wide array of vehicles offering all sorts of convenience features, seniors may not realize that their car may not be optimally adjusted to fit them. For example, sitting too close to the steering wheel can interfere with steering and cause fatigue, as well as injury, should the airbag deploy during a collision.

- Make sure you have at least 10 to 12 inches between your chest and the steering wheel.
- When seated properly, you should be able to see the ground in front of your car within 12 to 15 feet and 1 1/2 car widths left and right.



- Visit www.car-fit.org to assess the safety of your vehicle, find the proper seat and mirror adjustments and more.

Take a refresher course.

No matter how many years a driver has been on the road, a refresher course can help reinforce the basics such as identifying road signs, as well as provide information on updated driving rules and new vehicle technologies.

Talk with your doctor and pharmacist.

Ensure that the medications you take - both prescription and over-the-counter - will not impair your ability to drive safely. In addition, make sure all your medications go through one pharmacy, so the pharmacists on staff can better assess any potential drug interactions.

To help older drivers and their families deal with driving and mobility challenges related to aging, AAA has launched a new website (www.SeniorDriving.AAA.com) to make a comprehensive suite of tools and resources available at the click of a button. From an Ask-the-Expert feature to Roadwise Review - an online screening tool that measures functional abilities (like vision and reaction time) linked to crash risk - and more, all of the features are free to site visitors. The site also offers links and resources to help families find other means of transportation when their loved one is no longer able to drive safely.

Top 5 driving tips for seniors

1. Prepare for a drive by adjusting your mirrors and seat to ensure you can see properly. Always wear a seatbelt.



2. Eliminate distractions, such as the car radio, which can interfere with your ability to hear emergency response vehicle sirens and other important sounds.

3. Avoid driving in bad weather, heavy traffic or at night.

4. Making left-hand turns can be difficult for people with limited vision. Avoid left-hand turns at intersections with signals by making three right hand turns around the block when possible.

5. Manage slower reaction times by increasing the amount of space between your vehicle and the car in front of you, allowing for more time to react to sudden braking.

Tips for family members

If you're concerned about the safety of a senior family member, look to resources such as their doctor or your local DMV, that can help identify their capacity to drive, and find transportation resources to help them manage daily needs:

- If your family member has received two traffic citations, warnings or been involved in two collisions or "near misses" within a two year period, it may be time to look for other forms of transportation.
- Make sure your family member speaks with their doctor and pharmacist about prescription and over-the-counter medications that may impair their ability to drive safely.
- Talk with family members, friends and neighbors about organizing a car pool to help seniors who need rides find transportation. Look to local public and supplemental transportation options as well.

Read more about assessing your family member's ability to drive, as well as where to find alternative transportation, at www.SeniorDriving.AAA.com.

The Countdown Is On: Switch Now to Electronic Federal Benefit Payments

Source: U.S. Department of the Treasury, Financial Management Service

If you get Social Security or other federal benefit payments by paper check, you are required by the U.S. Department of the Treasury to switch to an electronic payment method by March 1, 2013. That's only six short months from now!

Don't wait. Switch now to one of the two electronic payment options recommended by the Treasury Department: **direct deposit** to a checking or savings account or the **Direct Express**® Debit MasterCard® card.

There are many reasons why you should make the switch now. Getting your payments electronically saves taxpayers money. It also helps protect your payments from financial crimes and delivery disruptions caused by severe weather and other unforeseen events.

It's fast, easy and free to make the switch today. You can switch at your local federal benefit agency office, online at www.GoDirect.org or by calling the U.S. Treasury Electronic Payment Solution Center at (800) 333-1795. For **direct deposit**, you can also switch at your bank or credit union.

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Review

TIVOLI AUDIO SONGBOOK

Boston Seniority recently trialed the Tivoli Audio SongBook and we give it excellent reviews. It is portable and has amazing sound quality. We took it to the beach and camping and at both places the Tivoli Audio SongBook offered excellent radio reception and the batteries lasted for hours.

In honor of NPR's 40th anniversary, Tivoli is offering special limited editions of the Tivoli Audio's SongBook (\$199.99) and iSongBook (\$399.99), designed by iconic artist, Peter Max. In addition to the high quality and high performance the limited edition radio makes a splashy statement.



Both radio's offer a digital alarm, a rubberized weatherproof cabinet, and can run for hours on rechargeable batteries. These special edition radios can be purchased at <http://shop.npr.org/radios-page-2/> or you can also call 888-677-3472.

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Basketball



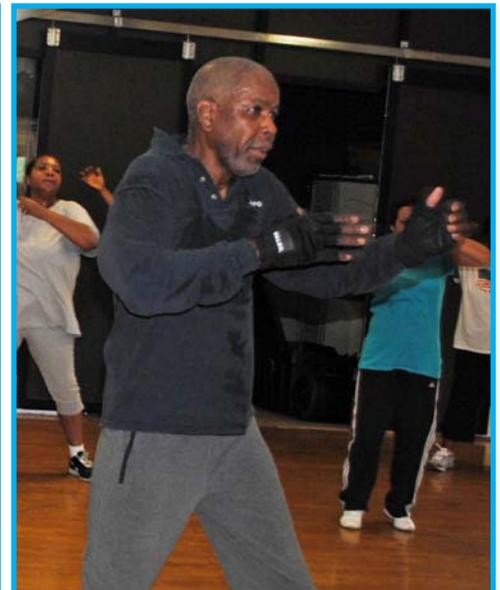
Seniors over age 60 who are interested in playing Basketball are welcome to join us every Thursday from 10:30 a.m. to 12:30 p.m. at the Roslindale Community Ctr, 6 Cummings Hwy
You can just shoot around or you can participate in 3 on 3 Half Court games.

For more information call Ed Conway at
(617)327-6831 or e-mail him at
edconway14@yahoo.com



We want to applaud Barbara Reid for being such a great example of an active older adult. She teaches an hour long aerobics class at the Roxbury YMCA on Tuesdays at 9 a.m. Participants include men and women ages ranging from 20 thru 80 years old. The class is high energy and she has great music to keep the participants moving.

Barbara encourages all people to stay active and that it is never too late to start.



Seniors Go Wild at the Franklin Park Zoo



Upham's Elder Service Plan participants proved they were brave when they ventured out during a notorious Friday the 13th outing to the Franklin Park Zoo.

As a bit of an adventure, the Activities department took participants from both the 1140 Dorchester Avenue and the 36 Dearborn Street sites to the zoo for a unique lunch and tour. As part of the City of Boston

and the Highland Street Foundation "Free Fridays" program, the Franklin Park Zoo, among other organizations, were free for participants. The Franklin Park Zoo reported a total of 24,000 visitors that Friday, Upham's Elder Service Plan/PACE participants among them.

At the Zoo, the participants enjoyed seeing a variety of animals. Some participants reminisced about when they would take their families and young children to the zoo. One participant recalled in her youth, visiting the African plains with her newlywed husband and seeing the creatures in their natural habitat.

Participant Fred Allston (pictured, right) showed himself a gentleman, taking the lunch cooler from the Activities Coordinator, Maria. Participant Johnnie Freeman shared the legend of Little Joe, the famous escape artist gorilla from several years ago.



The participants of the Upham's Elder Service Plan/ PACE showed they didn't have ophidiophobia, a fear of snakes, as a pair of snake handlers showed up to entertain and wow the spectators with their ten foot snake. Participant Mary Carroll (pictured, right, bottom) snaps a shot of the free range snake while Johnnie looks on.

For more information about the activities or enrollment for the PACE program, contact the Enrollment Coordinator at 617-288-0970, extension 33.

Healthy Recipes

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

Chicken & Tomato-Stuffed Zucchini

Ingredients:

- 4, 8 ounces zucchini
- 1 1/2 cups chopped cooked chicken or turkey (about 8 ounces)
- 1 cup chopped steamed vegetables (such as sweet peppers, eggplant, zucchini, and/or yellow summer squash)
- 1/2 cup chopped tomato (1 medium)
- 6 tablespoons finely shredded Parmesan cheese
- 1 teaspoon Mediterranean seasoning or other herb seasoning blend

Directions:

1. Preheat oven to 400 degrees F. In a covered 4-quart Dutch oven or large saucepan, cook whole zucchini in a large amount of boiling, lightly salted water for 5 minutes; drain and cool slightly. Cut a lengthwise slice from the top of each zucchini. Using a spoon, carefully scoop out pulp, leaving about 1/4-inch-thick shells.

2. In a medium bowl, stir together cooked chicken, steamed vegetables, tomato, 4 tablespoons of the Parmesan cheese, and the Mediterranean seasoning. Spoon filling into zucchini shells. Place in a shallow baking pan. Sprinkle with the remaining 2 tablespoons Parmesan cheese.

3. Bake for 10 to 15 minutes or until heated through.

Serves: 4

Calories - 175



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The Elderly Commission

On Radio



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at 617-635-1922

Fresh Corn-Rice Salad

Ingredients:

- 4 ears fresh corn
- 1 1/2 cups cooked white or brown rice, cooled
- 1 pint cherry or grape tomatoes, halved
- 1 cup fresh arugula
- 1 small red onion, cut in thin wedges
- 1 jalapeno pepper, thinly sliced
- 2 tablespoons rice vinegar or red wine vinegar
- 2 tablespoons olive oil

Directions:

1. Husk corn and remove silk with a stiff brush; rinse. Cook corn in boiling, lightly salted water for 3 minutes. Remove corn; let cool. Cut corn off the cob in planks (see note).

2. Combine cooked rice, tomatoes, arugula, onion and jalapeno pepper. Transfer to serving bowl; top with corn.

3. Drizzle with vinegar and olive oil. Season to taste with salt and pepper. Serve at room temperature. Makes 10 to 12 servings.

From the Test Kitchen -

Note To cut planks, place an ear on its side on a cutting board. Holding the corn

firmly with fingers away from the blade, cut off a side of the corn. Rotate and repeat until all sides are removed. Use a spatula to gently move planks to salad.

Note: Add a can of rinsed black beans or a grilled meat for added protein.

Serves: 10-12

Calories - 123 per serving

A special Thank You to the following sponsors for the Nazzaro Bingo Luncheon:

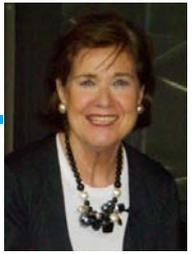
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THE SENIORS.

How Can I Help?

“Don’t Retire, Inspire”

By: Augusta Alban



In my own thought world, I was briskly walking to my computer class on a Saturday morning. A pleasant voice brought me back to reality.

“Can you help me?”, she asked. As always, I asked, “What do you want?”

“I would like something to eat.”
“And where do you think you will get that?” I asked.

“Up the street at the coffee shop” was her answer.

“Well that is where I am going! Please join me.”

We walked on together, just talking like regular people do. I told her to get what she wanted as I headed to the coffee bar on the other side of the room. We met at the check-out. She got a pastry and soda; I got coffee. She decided to stay and eat at the shop, she thanked me as I left.

“My pleasure!”, I answered. I wished her well, and left a folded bill on the table beside her soda. We had shared a moment together. Perhaps she was better for it, I don’t know, but I know I was.

We all want to be of help! We never know how close we are to walking in someone else’s shoes. There are those on

the street now (many children) who have worked hard, done the right thing and, through no fault of their own, find that they are homeless. For me, it’s a new awareness. I would not have ever believed I could be homeless! And yet, a year or so ago, I nearly lost my home. I try not to judge people as I used to do. There is a difference in those on the street these days, and I can see it. By that I mean these people would work, if they could find work.

When people ask me to help, I always nicely ask, “What do you want?”

One young man answered, “I would like a blueberry muffin.” “You are in luck,” I answered. “I am on my way to the Blueberry Muffin store. Please join me.” He smiled. We had a brief but nice conversation as we crossed the parking lot to get to the store. Many of us have lost a lot, but more than our home and jobs, we have lost our pride, our ambition and our self-worth.

The following Saturday, I was on my way to class once again. I heard that same, soft voice ask, “Could you please help me?”

“I did last time. What would you like this Saturday?”, I asked.

“I remember you!”, she said with a huge smile.

“As I crossed the park this morning, I was asking myself whether or not to stop for coffee. You have answered my question! Will you join me?”

We continued our conversation from last week, regarding signing up for assistance. We exchanged some new ideas. My friend got her usual. She thanked me and found a table. The man

at the register said we should all try a little harder to help. After all, he said it’s just a cup of coffee.

I don’t believe that for one moment! It’s about reaching out to another human, a human we think is different from ourselves, another person we think we have nothing in common with. But the wisdom I have gained is everyone is like us, and we are all connected to each other. Just think: sugar, cream and awareness all in a small cup of coffee.

1967 RED SOX

When September comes, baseball season is winding down. Many exciting games have been played. Of course, seniors know of the 1967 Impossible Dream season. Almost nothing can top that year. On Broadway, a show was playing. It was the story of Don Quixote, a man who set out to help people. It was a quest. Comparisons were made between Don Quixote and the Red Sox.

The Red Sox, for years, did not have winning seasons. When Dick Williams became the manager of the Red Sox, he set down new rules. Only one team could win the pennant. At one point, the Red Sox found themselves in a four way tie for first place. On Broadway, Don Quixote was singing: “This is my quest, to follow that star.”

Different members of the Red Sox were making names for themselves. People were becoming more interested. After a long successful road trip, the Red Sox returned to a greeting from thousands of people.

Carl Yastrzemski was one player making a name for himself. Another was pitcher Jim Lonborg. He was fearless on the mound, willing to pitch “inside” to a batter. Sportswriters were no longer the only ones writing about the Red Sox. Following the Red Sox almost became an art, with the daring pitcher, the well-known ballpark, and a respected team owner. There was excitement.

Don Quixote and other cast members gave quite a performance. Lonborg and his teammates put on quite a show. 1967 was an exciting year for baseball.

Vitamin Deficiencies

By: Gabriel Belosevic, R.N.,
3rd year NP student MGHIHP

The body needs vitamins to function. Some people get enough vitamins from their diets, but most people do not. Without adequate dietary intake or utilizing a daily multivitamin, vitamin deficiency may lead to serious consequences. Vitamin deficiency may also result from alcoholism or malabsorption syndromes such as Crohn's disease or Celiac disease, which cause the body not to be able to absorb nutrients from consumed food or vitamins.

Specific Vitamins have specific and essential roles in the body:

- **Vitamin A:** Necessary for cell reproduction and immunity. Deficiency results in night blindness, dry skin and weak bones. Sources include fruits, veggies, nuts, and dairy.
- **Vitamin B1 (Thiamine):** Enables body cells to convert carbohydrates to energy. Deficiency results in muscle weakness. Most fruits and veggies are not significant sources, so supplementation is recommended.
- **Vitamin B2 (Riboflavin):** Important for cell growth and red blood cell

reproduction. Sources include fruits, veggies, nuts, dairy, beans, meats and wheat.

- **Vitamin B3 (Niacin):** Key in function of digestive system, skin and nerves. Sources include fruits, veggies, nuts, dairy, beans, meats and wheat.
- **Vitamin B5 (Pantothenic acid):** Essential for metabolism of food, and formation of hormones and good cholesterol. Sources include berries, beans, meats and wheat.
- **Vitamin B6 (Pyridoxine):** Plays a role in immunity, nerve function and red blood cell formation. Deficiencies can result in nausea, vomiting, confusion, irritability and convulsions. Same sources as above.
- **Vitamin B9 (Folate/Folic acid):** Folate is found in fresh foods, folic acid is in synthetics. Key for cell production including nervous system cells. Sources include berries, nuts, veggies, dairy, legumes and peas.
- **Vitamin B12:** Important for overall metabolism. Symptoms of deficiency include: tingling or numb extremities and possibly mood and memory problems. Only available from fish, poultry, meat and dairy.
- **Vitamin C:** Perhaps the most

important of all vitamins because of significant role as antioxidant. Sources include most fruits.

- **Vitamin D:** Key to absorbing Calcium, Magnesium and Phosphorus which are essential to bone health. Symptoms of deficiency include: weak bones, and muscles. Mostly from dairy and meat or cod liver oil and fortified cereals.

- **Vitamin E:** Significant role as antioxidant, helps minor wounds heal and helps absorption of Vitamin K. Mostly in eggs and berries.

- **Vitamin K:** Major role in blood clotting, regulates blood Calcium levels and activates proteins involved in bone health. Found in berries, many veggies, nuts and dairy.

So how do you pick the best multivitamin? Name-brands or store brands are better performers than generics. In general, you want 100% of your daily value for everything, but don't expect 100% of your Calcium because that would make the pill too large. Overall, a basic multi-vitamin is sufficient, but "senior" formulas tend to have more Vitamin D, B12 and Calcium.

If you think you might be vitamin deficient, or have questions about multivitamins, please talk to your doctor or nurse.

References -

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- http://www.crohns.net/Miva/education/articles/nutrient_Deficiencies_Associated_with_Crohns_Disease.shtml
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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

America's Aging Eyes

By: Bonnie An Henderson, MD
Harvard Medical School
Boston, MA

*Dr. Henderson is a consultant for Alcon
Laboratories, Inc.*

Today's baby boomers are living longer, staying active and remaining in the work force longer than ever before. As an eye care provider here in Boston, I think it's important to remind the nearly 145,000 Boomers who call this city home¹, that while they may feel younger, their eyes aren't getting any younger².

As this generation ages, they are more likely to experience age-related eye conditions like cataracts, the leading cause of vision loss in adults over age 55³. In fact, about 25,000 Boomers in Boston have been diagnosed with cataracts⁴. Many more have not yet been diagnosed, and may accept deteriorating vision as a natural part of aging. So, if you are a Boston Boomer it may be time to check out your eye health and schedule a comprehensive eye exam.

Symptoms to Watch For

Early symptoms of cataracts are very mild, and are often unnoticed or overlooked. They can include blurriness, and needing more and more light to read, even while wearing glasses.

While these early symptoms may not severely impact daily activities, most patients don't know that their vision worsens as the cataract grows. That's why it's important to see an eye care provider at the first sign of any vision issues, even if they seem minor. Remember, early treatment for many eye conditions may save your sight!

Left untreated, cataracts will lead to more severe symptoms that can make everyday activities challenging and even dangerous. The most common symptoms include⁵:

- Cloudy or blurry vision
- Difficulty with glares or seeing a halo around lights
- Poor night vision
- Seeing faded colors that often look faded
- Double vision or multiple images in one eye

What To Do?

Cataracts are more treatable today than ever before! One of the most common treatment options is a procedure that involves removing the eye's cloudy lens and replacing it with an artificial intraocular lens (IOL).

- Traditional IOLs replace the cloudy

lens, and can correct your distance vision.

- There are also more recent advanced technology IOLs that can correct pre-existing eye conditions, potentially eliminating the need for glasses or contact lenses!

Talk to your doctor, and visit National Institutes of Health (NIH) National Eye Institute website http://www.nei.nih.gov/health/cataract/cataract_facts.asp to learn more about cataracts and available treatment options.

References:

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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 at 617-635-4335

Need a Ride?

Senior Shuttle

617-635-3000

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

Please give at least 2 business days advanced notice. Priority is given to seniors scheduling rides for medical appointments.

(Some restrictions may apply)

Puerto Rican Flag Raising Izamiento de la Bandera de Puerto Rico

Recognitions / Reconocimientos

Santitos Laboy, Edna Santiago, Francisco "Paco" Figueroa, María Flores,
Pablo Cruz, Zoraida Díaz

Sponsor Recognition / Reconocimiento al Patrocinador

Carlos Carrasquillo - Café Latino

Thank you to all of the volunteers who helped with this event
Gracias a todos los voluntarios que ayudaron con este evento



HEALTHY LIVING

Tips To Prevent Memory Loss As You Age

(StatePoint) - You may not realize it, but you can take steps to keep your brain fit and flexible as you age. In fact, some experts now say that through proper diet and routine mental health exercises, you even can delay the onset of Alzheimer's disease long enough to avoid experiencing the symptoms.

“The sooner you start to protect your brain against Alzheimer's, the sooner you will notice improvement not only in recall and mental focus, but also in energy level, mood, general health, and sense of well-being,” says Dr. Gary Small, M.D., Professor at UCLA, and author of the new book “The Alzheimer's Prevention Program” (Workman Publishers).

Small offers these stay-sharp tips to help you get started:

- **Eat brain food:** Stock up on food filled with antioxidants like berries, avocados, and raw vegetables; omega-3 rich, anti-inflammatory food choices, like fish, whole grains, and legumes; and memory-boosting spices like turmeric and cumin. Alcohol in moderation can be beneficial too, so don't shy away from a glass of wine or beer at dinner.

- **Train your brain:** You can cross-train your brain, by jumping from right-brain to left-brain workouts. “The Alzheimer's Prevention Program,” offers great daily mental workouts that combine wordplay, letter scrambles, 3-D drawings, tricky

equations, logic challenges, and number sequences. For more information, visit www.drgarysmall.com.

- **Be flexible:** Try simple tasks like writing and eating with your non-dominant hand. By engaging neural circuits in ways that are different from their usual patterns, you will provide your brain a good mental stretch.

- **Make discoveries:** Like any muscle you'd work out at the gym, your brain needs variety and stimulation to stay in shape. Find new challenging mental activities that you also enjoy, so that engaging your brain is never a chore. For example, explore a genre of music you haven't before, or take up a new thought-provoking hobby.

- **Get Moving:** Hopefully you are already exercising for optimum physical health. If you aren't, consider this: physical activity increases blood flow, oxygenating the brain. So turn off that mindless television program and take a brisk walk!

- **Reduce your stress:** Practice yoga, meditate; take a vacation or even just a bubble bath.

“Stress can temporarily impair one's learning and recall,” says Small. “By taking away sources of stress, or reacting to stress differently, you can improve your memory.”

Alzheimer's is already affecting 5 million people in the U.S. alone. But a memory lapse today doesn't need to become a bigger problem tomorrow. Take charge and help sharpen your memory now.

Nazzaro Center Boat Trip





Ice Cream Social in Charlestown

Photo credit: Isabel Leon



Volunteer Appreciation

On June 20, Bay Cove Human Services & Kit Clark Senior Services hosted a volunteer appreciation event at Madden Senior Center, 1500 Dorchester Ave. in Dorchester, where 130 individuals were invited to receive certificates of appreciation, enjoy light refreshments and win giftcards generously donated by area businesses like CVS, Stop & Shop, Shaw's and Phillips Candy House.

Four volunteers also received plaques for their outstanding efforts for our senior clients. Receiving accolades were: Shirley Turner, for her work at Madden Senior Center; Arlene Lopes, for her work as House Council President and in support of the annual Elsie Frank Walk for Seniors; Evans Joseph, for his work as a dance instructor and DJ at Kit Clark events; and Robert Rudolph, for his dedication to the Cardinal Medeiros Center.



Arlene Lopes



Shirley Turner



Evans Joseph

Boat Trip on the Majesty



Mayor Menino's Wednesday Night Concert



Registration Form

for

Mayor Thomas M. Menino's Health & Fitness Walk

Wednesday, October 10, 2012, 11:00 a.m. – 2:00 p.m.

on the Boston Common at the Visitor's
Center at Park Street Station



If transportation is needed, please check (✓) your preferred pick-up site*:

Boston <input type="checkbox"/> Blackstone Apts, 33 Blossom St <input type="checkbox"/> Harriet Tubman Hse, 566 Columbus Ave	J P <input type="checkbox"/> Flynn House, 805 Huntington Ave <input type="checkbox"/> Julia Martin House, 90 Bickford St <input type="checkbox"/> Nate Smith, 155 Lamartine St <input type="checkbox"/> Woodbourne Apts, 6 Southbourne Rd
Brighton <input type="checkbox"/> Chinese Golden Age Ctr, 677 Cambridge St <input type="checkbox"/> JCHE, 30 Wallingford Rd <input type="checkbox"/> V. B. Smith Sr Ctr, 20 Chestnut Hill Ave	Rox <input type="checkbox"/> Council of Towers, 2875 Washington St <input type="checkbox"/> Reggie Lewis Ctr, 1350 Tremont St <input type="checkbox"/> St Joseph Commun, 86 Cripus Attucks Pl
Dor <input type="checkbox"/> St Brendan Church, 589 Gallivan Blvd <input type="checkbox"/> Keystone Apartments, 151 Hallet St <input type="checkbox"/> Kit Clark Senior Ctr, 1500 Dor Ave	South <input type="checkbox"/> 185 West Ninth St. Boston <input type="checkbox"/> Foley Apts, 199 H St <input type="checkbox"/> W Broadway TF, 81 Orton Marotta Way
E. Bos <input type="checkbox"/> East Boston Social Center, 68 Central St	West <input type="checkbox"/> Spring Street Apts., 24 Spring St Rox <input type="checkbox"/> Center St between CVS & Walgreens <input type="checkbox"/> Cheriton Grove, 20 Cheriton Road
Hyde <input type="checkbox"/> Cleary Sq Pking Lot, Across from Police Sta Park <input type="checkbox"/> Georgetown Apts, 400A Georgetown Dr <input type="checkbox"/> Readville Srs, St Ann Pkg Lt, 82 W Milton	
Matt <input type="checkbox"/> Church of the Holy Spirit, 535 River St <input type="checkbox"/> Foley Apartments, 249 River St	

Note: The Boston Common is on the Red and Green Lines at Park Street Station

All pick-ups will be between 9:45 a.m. and 10:30 a.m.

*Sites may be deleted based on the number of people registered at each site.

For more information, please call 617-635-4168

<i>Entertainment</i>	<i>Lunch</i>	<i>2/3 Mile Walk</i>	<i>Warm-Up Stretches</i>	<i>Rain or Shine</i>	<i>Mini Health Fair</i>
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If you are interested in participating, please complete this form and return by **Wednesday, October 3** to:

Commission on Affairs of the Elderly
 One City Hall Square, Room 271 – Boston, MA 02201
 Attention: Michael McColgan
 Or Fax: 617-635-3213

Please Print Clearly

Name	Street Address	
Neighborhood and Zip	Telephone	Email

Waiver of Liability

I hereby agree to hold harmless the organizers and sponsors of Mayor Menino's Health and Fitness Walk from any and all claims of whatsoever kind and nature which I have or at any time in the future may have or any injury arising out of my participation in Mayor Menino's Health and Fitness Walk. I am in good physical condition, and have no medical restrictions which would prohibit my participation in Mayor Menino's Health and Fitness Walk.

Signature _____ Date _____