



Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



FREE

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Summer

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Mayor's Spotlight

CITY ANNOUNCES PILOT STREET CLEANING PROGRAM IN CHARLESTOWN

The City of Boston is reminding residents that starting the week of July 1, tickets issued for parking in violation of the street cleaning regulation in Charlestown will increase from \$40 to \$90. Through this new street cleaning pilot program, towing for street cleaning will be discontinued in Charlestown only. The pilot program is being implemented to determine if a change in the city's parking enforcement strategy will lead to increased compliance of the street cleaning regulations by motor vehicle owners and ease motorist concerns about the inconvenience of towing to distant tow lots.

In partnership with local residents and businesses citywide, the City of Boston is committed to ensuring that local streets are thoroughly cleaned each week. Twenty additional "hokeys" are being hired this summer increasing the citywide total to 40. Boston's Public Works Department employs hokeys to assist with street cleaning efforts and to reinforce the work accomplished by the larger street sweeping equipment. Unfortunately, the efficiency of all street cleaning techniques is impeded when vehicles block access to the curb. As a result, although voluntary compliance is preferred, parking enforcement strategies must be available to employ as necessary in order to get the job done.

Currently, due to the high volume of vehicles that are regularly parked in violation of Boston's street cleaning regulations, only one in four vehicles that are eligible to be towed

are towed. Since ticketing a vehicle is quicker and less labor intensive than towing, however, these illegally parked vehicles are receiving parking tickets for violating the street cleaning regulations, it is expected that increasing the fine from \$40 to \$90 will deter a larger number of drivers from parking in violation of the street cleaning regulations than the threat of towing has done, simply because the likelihood of a vehicle being ticketed is much higher than the threat of it being towed. The fine increase will also allow the City to raise additional revenue. Currently, when a vehicle is towed, only the money from the ticket goes to the City. All other fees from towing, which often reach over \$100, go directly to the tow company.

Charlestown drivers are urged to carefully read the posted street cleaning regulations when parking their vehicles. The pilot program will run from July 1 - November 30, 2015. Residents of Charlestown are strongly encouraged to call the Mayor's 24 Hotline at 617-635-4500 or use the Citizen's Connect smartphone app to report any streets that remain dirty after street cleaning. This citizen engagement will allow the City to assess the effectiveness of the program. Residents can also log onto www.cityofboston.gov/publicworks/sweeping/ to learn more about Charlestown's street cleaning schedule and to sign up for "No Tow" alerts to inform you when the street cleaning regulations are in effect on your neighborhood streets.



Is a landlord taking advantage of your disabilities?

Know Your Rights!

Massachusetts housing law provides protection to people with physical or mental disabilities, and helps them rent apartments or maintain their tenancies. These laws prohibit housing discrimination against those who have a physical or mental disability that substantially limits their life activities. Under the law, people with disabilities have the right to expect that landlords will make reasonable accommodations to their individual handicaps. This goes for current tenants, and also disabled persons who are in search of housing.

If you are in need of an accommodation due to your disability you can submit either a written or oral request for a reasonable accommodation to the landlord. This request should cite your disability, and explain the accommodation you require because of your disability. After your request has been submitted, your landlord is obliged to discuss or negotiate reasonable accommodations with you. The landlord may ask you to produce medical documentation proving your disability, if available, you should provide it. Remember to follow up with the landlord after your request has been made.

A landlord is obliged to make reasonable accommodations for both your physical and mental disabilities. For example, if a landlord has a “no pets” policy, but you require a service dog to perform everyday activities, the landlord must make an exception to his policy to ensure that you have an equal opportunity to rent. In terms of mental disabilities, landlords often complain these tenants are troublesome or difficult. Although your disability may sometimes be difficult to manage, and may cause a minor disturbance, a landlord should do their best to accommodate your needs if your needs are reasonable.

Keep in mind that accommodations for disabilities must be reasonable. A landlord is not obliged to substantially change his operating policies to accommodate your disability, nor is he obliged to make accommodations that are highly expensive.

It is important that you know your rights! Landlords will often try to take advantage of tenants with physical or mental disabilities, and will try to evict them because they claim tenants with disabilities are “troublesome.” If you have a physical or mental disability, you are entitled to rent apartments just like everyone else.



¹ M.G.L. 151B §4

² Legal Tactics: Tenants' Rights in Massachusetts, Seventh Edition, 2008. Editor Annette R. Duke, Massachusetts Law Reform Institute.

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Mayor Martin J. Walsh

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Bronze Medal Friends—The Cooperative Bank



The Importance of Senior Companionship

By: Annette Richardson



Companionship by definition means fellowship; association; the act of keeping company with someone.

The purpose of being a Senior Companion is to keep “home-bound” seniors uplifted and vitalized. It’s like having a good friend come over to sit and chat for a few minutes or a few hours. There are times when they may go out for some fresh air, just sit and catch up on current events, or talk about their families.

Having a companion that comes by regularly is a great comfort for our homebound seniors. It gives them a reason to get out of bed. Knowing that a friend is coming over to visit and check up on them can be a great comfort. It takes a special person to sign up to be a Senior Companion; they must have a sense of community, love meeting and helping others, and being a willing worker.

Being a Senior Companion has a dual purpose; it helps both the “client” and the “companion” in that socialization helps keep away depression and the feeling of loneliness. We are social creatures, and that doesn’t change as we grow older. In fact being with other people becomes even more important as we age, our children grow up and move away and our circle of friends change over the years, for various reasons.

Companionship is important because it allows people to share their history, knowledge and creative ideas with one another. It helps keep the mind sharp. If the companion and the client have the same hobbies, this will enhance their time together even more. There’s nothing like having two sewers, knitters, and scrap bookers getting together. Before you know it time has flown by, and they can’t wait for the next visit.

An Unusual Injury to Think About

According to the CDC, about 80,000 people go to the emergency room each year, after they accidentally swallow a foreign object.

Something you probably never thought about...

Several cases have shown up in emergency rooms. BBQ grill brushes are a potential problem.

Wire bristles from grill brushes can snap off, land on the grate and find their way into grilled meats!

When ingested, these bristles can perforate one's throat and go straight down through the digestive tract, piercing along the way. This piece of wire can cause life-threatening injuries.

Yes, a wire bristle can cause perforations and damage all the way along the gastric intestines, often causing severe pain. A slight chance it will show up in a bowel movement.

An x-ray is done. Treatment could be emergency surgery or a colonoscopy.

Prevention: buy one or two wire brushes each year. They now have special mats,

advertised on television that can be put on the grill. Your meats, fruits and vegetables never touch the grill or fall into the charcoal.

Could you ingest a wire bristle from a grill brush? A slight chance, but if you should develop serious pain in your throat to bowel for no reason 1+ days after a BBQ, or a fever, nausea, vomiting, contact your doctor for further evaluation.

Several aluminum foil makers suggest you scrape down the grill with "bunched up ball of foil" to clear off the remaining material on the wire grate.

Boston Fire Department

Free Elderly Fire Safety Program

Photo Electric Smoke Alarm and Carbon Monoxide Detector available for owner occupied single family homes/condos

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



Summertime

By: Joan Borowitz, Freelance Contributor

The summertime is the most beautiful season for many. Watching little children squeal with delight as they splash in kiddie pools, ride ponies at petting zoos, and coast their bikes down their driveways is uplifting for many seniors as they remember their childhood.

For us “grown ups” celebrating the summer in Dorchester brings other great activities; such as cookouts, block parties, wonderful “finds” at local yard sales, concerts in Dorchester Park and community festivals.

Though many flee the city to summer homes on the cape or the islands, those of us at my assisted living, Standish Village, have discovered and gleefully participated in another way to bring the elderly and children together, right in our own building. For about a year now, Standish Village

has partnered with the kindergarten children at the Trotter Elementary School – an underprivileged population of kids in Dorchester. Those residents at Standish Village who so desired have been paired up with a 5 or 6 year old student. The residents would communicate through letters dictated thru teachers, drawings and sending photos back and forth.

A month ago our adorable pen pals descended upon Standish with two teachers, and one patient guitarist, as they sang, danced and read stories to their senior pen pals. In return they received hugs, kisses, warm praise, and a real connection between young and old, bringing out the joy in the elderly as well as the budding wisdom in the youth.

The day’s festivities ended when children abandoned any shyness to gather around the piano and sing several favorites songs. I felt over-joyed to play the piano for them as their little voices sang along!

5 Safety Tips For Women Traveling Alone

A Few Precautions Help Reduce Risks So You Can Focus On Fun, Globetrotting Author Says

Perhaps more than ever, women are willing to ditch their traveling companions and go solo when it comes time to hit the road and see the world.

A survey by Small Luxury Hotels of the World, for example, revealed that between 2011 and 2012 there was a 53 percent increase in the demand for rooms by women traveling alone.

The London Daily Mail also reports that some hotels have taken steps to make their accommodations more appealing to women traveling on their own, with such features as women-only floors.

Still, despite the trend, many women may worry that such solitary excursions carry too many risks, making them a target for thieves, kidnappers and other criminals.

But one woman who has logged endless miles exploring the world and finding romance says it doesn't have to be that way.

"There is no reason to let your fears

keep you from the adventures you can experience," says Barbara Foster, a veteran globetrotter and author of the book "The Confessions of a Librarian: A Memoir of Loves."

"Sure, there are risky places and bad types out there. But with the right precautions, women can travel solo with confidence, visiting the places and meeting the people they always dreamed of and returning home with wonderful stories and memories."

Foster speaks from experience. Her travels have taken her across the country and around the world, with stops in Istanbul, Bombay, Buenos Aires, Jerusalem and other locales.

As an adventurer, Foster is something of a contradiction. She describes herself as a librarian who has difficulty reading flight schedules, and suspects a haggling merchant in an Arab bazaar would view her as easy pickings.

He would be mistaken.

While Foster has spent a professional lifetime in academia, and co-authored books on such esoteric subjects as Tibetan Buddhism, she also is steeped in real-life experience.

Foster, who says solo trips can be deeply rewarding for women, offers five tips for traveling boldly while staying safe.

- Steer clear of the most dangerous locales. Simply put, some places just aren't worth the risk, so avoid "no go" neighborhoods, cities and countries. For example, if you feel compelled to go to the Middle East, visit Israel, which is the safest Middle Eastern country. Still, if the destination is truly important to you, go ahead and take the risk. India can be dangerous and Foster says she was nearly kidnapped there, saved only by the intervention of a librarian friend. At the same time, she says, the country offers a once in a lifetime experience.

- Connect with friendly contacts. Make yourself known not only to the U.S. embassy or consul, but also to people in your field, Foster says. During her travels, Foster wrote articles about libraries she visited. Her fellow librarians were a protective group.

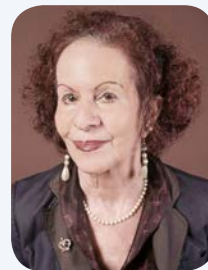
- Learn the language or at least useful phrases. Even if it's just a few key words, speaking the language can come in handy if you need to seek assistance. Understanding what others are saying also can alert you to potential dangers.

- Dress wisely, pay attention to manners and spend money in moderation. Essentially, don't draw unnecessary attention to yourself. In her book, Foster recounts a visit to Istanbul where she watched horror-struck as two Turkish

men slapped a young British woman for wearing a miniskirt on the street. For added protection against thieves, Foster recommends carrying money and identification in a pouch under your shirt.

- Travel in the USA. You will miss many of the world's must-see places, but if the thought of traveling abroad holds too much stress for you, it might be better to stick closer to home. Foster says two of her favorite U.S. cities are New York and New Orleans, both great places to explore.

About Barbara Foster



Barbara Foster has worked as a college librarian and as an associate professor specializing in Women's Studies at the City University of New York. She has published numerous articles on education and travel, as well as more than 200 poems in literary journals under the name Belladonna. Her latest book is "The Confessions of a Librarian: A Memoir of Loves." (www.threelovestory.com)

Get Moving this Summer

5 Tips to Jumpstart Your Summer Fitness Routine

Dr. Vivek Shah, orthopedic surgeon at New England Baptist Hospital

Maintaining a regular fitness routine can be difficult; especially following the cold winter, or if you're recovering from a surgery or illness. The summer is a perfect time to start fresh and create a new workout plan that will keep you active and healthy. Here are 5 tips to jumpstart your fitness routine this summer.

Make exercise part of your daily routine.

Exercise requires time and commitment, so instead of looking at it as an obligation, view it as a healthy habit. Now that the weather is warmer, try to get in the routine of taking a walk each morning. Even if it's a short distance, you'll feel refreshed and energized to start your day. Or, if you prefer, take 10 minutes in the afternoon to lift light weights. Consistency is important, so try to stick to the same

schedule each day. Once exercising becomes part of your routine, it will become automatic.

Set a goal.

Before you start a new exercise routine, you should first think about what you want to accomplish. Is your goal to feel healthier? Lose weight? Run a 5K race? Once you know what you're working toward, you will feel more motivated to achieve that goal. From there, think about what type of exercise, and how much exercise, will most benefit your

goal. A walk three days a week could be perfect for one person, while a more strenuous workout with weights is better for another.

Don't do too much too fast.

You might get overwhelmed at the thought of exercising consistently, especially if you have taken a long break due to the weather or an injury. It's important to not push yourself too hard and too soon, otherwise you could get burnt out or risk further injury. To take the pressure off yourself, ease into it and start your exercise routine by committing to doing a little bit at a time.



Remember the basics.

As the temperatures rise during the summer, there are a few rules of thumb you'll want to abide by in order to ensure your safety. If you are going to take your workout outdoors, make sure you do strenuous activities during the cooler parts of the day, such as in the morning and evening. Use sunscreen with SPF 15 or higher, and make sure it has both UVA and UVB protection. Also don't forget to drink plenty of water, as even mild levels of dehydration can affect your athletic performance, or worse, make you feel ill.

Have fun!

Remember that working out can (and should) be an activity to look forward to. Exercise won't become part of your routine if you don't like it, so find a sport or activity that you will enjoy. Having a workout buddy is also a great way to get back into a routine, and stay social at the same time. A buddy can help motivate you on the days you don't want to exercise, and help push you just a little bit further than if you were exercising alone.

If you have any health concerns, it's important to consult your doctor before beginning a new exercise routine. If you have had an orthopedic injury or joint replacement in the past, don't let that deter you from exercising. There are a



lot of exercise options for everyone, so it's best to speak with your physician about how you can safely participate.

SEEKING VOLUNTEER DRIVERS



Age 55+ to provide dignified transportation to Boston seniors
For more information, contact Tyissha Jones-Horner at 617-635-3988 or email tyissha.jones-horner@boston.gov

Happy Birthday Ernie!



Ernie Deeb who heads the Fire Safety program for seniors turned 92 on June 10th. We asked him what does he like about his job. Here's what he told us, "I enjoy the people."

He went on to say, "After 92 years I'm still ambitious. I might be slowing down a bit but I keep going. I've had a great career."

Ernie also sends a big thank you to Commissioner Shea and Mayor Walsh who sent him a proclamation thanking him for his service.



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NightWork@research.bwh.harvard.edu if interested.



BCYF Neighborhood Block Parties

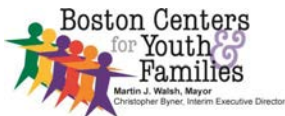
Mark your calendar and bring your friends and family to a fun and free BCYF Neighborhood Block Party! Select Thursday nights in July and August from 5:00 to 7:00 p.m., the BCYF Neighborhood Block Party will offer a variety of free activities which, depending on the location, will include an inflatable obstacle course, a DJ, cookout, snow cones, resource tables staffed by our partners and other city agencies, arts & crafts activities, swimming, and more.

This summer's August schedule is as follows:

August 6 BCYF Curtis Hall Community Center, 20 South Street, Jamaica Plain

August 20 BCYF Nazzaro Community Center, 30 North Bennet Street, North End

All Block Parties – with the exception of the BCYF Clougherty Pool location – are rain or shine. Any updates to the schedule will be posted on the BCYF website (Boston.Gov/BCYF), Facebook page (Facebook.com/BCYFBoston) and on Twitter at @BCYFCenters.



August is Senior Citizen Month!!!!

BCYF Perkins & BMC HealthNet

presents

SENIOR HEALTH & WELLNESS SUMMER FINALE



9:30AM-11:30AM Tuesday

August 4

August 11

August 18

August 25

Location: BCYF Perkins Community Center
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Making a Lasting Impact Through Service: Jumpstart Community Corps

By: Louis Berman and Jessie Levit-Shore

The seven volunteers on the Jumpstart Boston Community Corps team at the Ellison/Parks School entered the classroom as they do each Tuesday and Thursday: ready to read, write, sing and play with the children. “It’s very fulfilling. The kids are growing and learning,” said first year volunteer Yvonne Johnson. She smiled. “I asked them today, ‘What do you like best about Jumpstart?’ and they said, ‘Mr. Joe!’”

“Mr. Joe” is Joe Saunders, the team leader. “I was retired and looking for something to do,” he said. “Once you’ve worked for a long time, you realize you want to use to your time for things you want to do. You want to pass on the teaching you’ve received.” He continued, “We get fulfillment from working with each other and then the kids are the icing on top. We grow with them; we learn too.”

Jumpstart is a national early education organization that trains volunteers to implement a targeted language and literacy curriculum in preschool classrooms. Jumpstart’s Community Corps program was created 11 years ago to leverage the expertise



and dedication of older adults looking to make a difference in their communities. Jumpstart volunteers develop strong relationships with children, fostering their academic and social-emotional skills. The Boston program currently serves classrooms in South Boston, Roxbury, Dorchester and Mattapan.

Joe’s team has built valuable connections with the children and with each other. “Seeing the look on young children’s faces when they gain understanding is very exciting,” Evelyn Smith shared. Livaughn Chapman





remarked, “We work together as a team. We get pumped up interacting with each other before we even go into the classroom to interact with the kids!”

Steven Gilchrist, a former accountant, recommends Jumpstart to anyone looking to learn. “This was a great opportunity to get involved with educating children and giving back to the community. You get to make an impact,” Steven said. “I of course enjoy the kids but also the stories and the lesson plans. Jumpstart actually helps me sharpen my oral skills too!”

When Joe and his team walk into the classroom, they are greeted with cheers of “Jumpstart is here!” The joy the children and volunteers get from their time together is easily visible. The two generations are making a deep impact on one another – and each comes out the better for it.

To learn more about how to participate in the Jumpstart program, please call 857-413-4630 today!

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 Heron at 617-635-4335
or email lorna.heron@boston.gov

Don't Miss *The Elderly Commission* **On the Radio**

ZUMIX Radio - Boston
Seniors Count

Wednesdays at 2:00 PM and Mondays
at 9:00 AM streaming on zumix.org

WJIB 740 AM on Sundays at 7:30 AM

For more information, contact:
Greg Josselyn at 617-635-4250.

Combatting Elder Financial Abuse:

Scams

Older Americans lose billions of dollars each year to financial abuse and exploitation, including an array of increasingly sophisticated scams. The Elder Abuse Prevention Project of Greater Boston Legal Services focuses on the problem of elder financial abuse and works to provide seniors the knowledge they need to avoid exploitation and defeat scammers.

The IRS Scam

One of the most popular scams today involves taxes: tax filing season has just ended, and many seniors are now awaiting a refund from the IRS. But the world's scam artists are hoping to trick them into believing they owe more taxes! According to a recent article in the Dallas Morning News, "tax-related identity theft was the most common form of identity theft reported to the FTC last year, while the number of consumer complaints about criminals impersonating IRS officials was nearly 24 times more in 2014 than in 2013." Twenty-four times!

The IRS Scam typically begins with a phone call (or text message or e-mail) "out of the blue" to a senior stating that he or she owes back taxes. If it's a phone call, the scammer will often manipulate the caller ID system to indicate that the "Internal Revenue Service" is calling. The caller (or author of the text message or e-mail) will insist that the senior must

pay the back taxes immediately by wiring money or loading money onto a prepaid debit card. The scammer may also demand to know the senior's credit card number to "assure" payment. Well-prepared scammers may even recite part or all of the senior's Social Security number and may provide a (fake) IRS badge number!

If a senior doesn't sound cooperative, scammers have no qualms about turning ugly. They have begun threatening seniors with arrest if the alleged back taxes aren't immediately paid! In fact, scammers' typical practice is to place a second, even more threatening phone call to the senior while impersonating an officer in the local police department. Again, they will "spoof" the caller ID system into showing the call originates from the local police department.

How to Avoid the IRS Scam

Be aware that the IRS does not initiate contact with taxpayers via phone calls, text messages or e-mail. Instead, the IRS will initiate correspondence only via a written letter, and will always give a taxpayer the right to attend a meeting in person to challenge any allegedly overdue taxes. Here are some suggestions for avoiding the tax scammers:

- Use call screening and don't pick up calls from someone purporting to initiate first contact on behalf of the IRS.
- If you do pick up the phone, insist that the caller give you their name, badge

number, call back number and office address, and then end the call.

- After that, call the Treasury Inspector General for Tax Administration (TIGTA) at 800-366-4484 to determine if the caller really works for the IRS or not. If TIGTA confirms the caller is an IRS official, of course, you should return the call.
- If TIGTA states the caller is not an IRS employee, immediately file a complaint with TIGTA and also notify phishing@irs.gov (title your e-mail "IRS Telephone Scam").
- Also file a complaint with the Federal Trade Commission (FTC) through their website www.ftc.com and label that e-mail as "IRS Telephone Scam" as well.

- Finally, if the scammer used e-mail, text messaging or other social media, notify the Internet Crime Complaint Center at www.ic3.gov (a joint program of the FBI and the National White Collar Crime Center).

Finally, remember that if you fall for one of these scams, it's virtually impossible to get your money back once it's been wired or loaded on a prepaid debit card.

Knowledge is your best defense!

The Elder Abuse Prevention Project of
Greater Boston Legal Services
John Harrington, Volunteer Attorney
jharrington@gblds.org
(617) 603-1570

Northeastern University

Paid study for adults aged 60+

The Lifespan Emotional Development Lab at Northeastern University is seeking healthy adults to participate in research studies examining emotion and attention. Participants will be paid \$10 per hour and provided with a free parking space. We are just steps from the **Ruggles** stop on the Orange Line and Commuter Rail, and the **Northeastern University** stop on the Green Line. If you are interested, please call **617-373-7243** or email ledlab@neu.edu.

Dorothy Curran Wednesday Night Concert Series

August 5th, 7:00 pm
Strictly Sinatra featuring
Michael Dutra

August 12th, 7:00 pm
Disco Party featuring
Tavares

For more events check out the
"Summer in the Parks" guide at
www.cityofboston.gov/Parks/

The Point of Power is Always in the Present Moment

“Don’t Retire, Inspire”

By: Augusta Alban



It has been proven that the human brain is not capable of thinking of more than one thing at the same time. Multi-tasking is something we have invented, I suspect to increase the productivity in the workplace. On the other hand, if you have the ability to truly focus on another person speaking to you, you have what you need to master anything.

Be present in your life. Don’t give that moment away. It will never happen again. Enjoy that moment in the garden when the warm breeze of the spring is full of fragrance.

Stop yourself from saying how it used to be, by doing that you are postponing, and remember: different does not make it right or wrong, good or not so good, just different.

The past is just that: the past. Leave it behind. We can actually change the past by our perception of it. Give it a happy ending, or at least a different one. Help the story turn out in your favor. Life is now: Live it!

How, what and where would you like it to be? Set your goals. It is up to you and it is never too late to change. You can do it. You can also control your thinking about the way it is. You can change the outcome by changing the ending.

Life is changing every minute of every day. It can’t ever be the way it used to be, but it can be new and different for you now. Clinging to the past will never make you happy. And after all, don’t we all want to be happy?

You can change your perception of the way it was. That’s right! Change the ending of your story! After all, it was just your remembering of it.

You say you are lonely. Stop thinking about yourself. Do you think you are the only person out there that is lonely? STOP, STOP, STOP thinking only about yourself. Get out of your own way. Believe me, it works.

Your dream belongs to you.

STOP COMPLAINING! Complaining simply means you know there’s something better, but you are not willing to risk creating that other more desirable scenario. It’s simpler and easier to complain than to change.

Don’t live another’s dream, live one of your own.

You are not a victim! Start responding in a positive way to signals and events as they occur. You are a grownup and the past is just that: the past. LET IT GO! Get your

head out of the sand.

If you want to make changes in your life you must choose to do so. It's up to you. Any path to success starts with the first step. It's the one you take!

Success is a learned behavior. Take inventory of your life's success. Write them on a pad of paper. No doubt you have supported a family, raised children, helped others in your family, and those at your church or place of prayer, helped your aging parents or a sick friend. These are great successes.

Think about and write down your unique talents. List your unique personal qualities, such as sense of humor, the ability to read upside down, making the best-ever pie or cookies, creating special songs and stories for your children and grandchildren.

You have control over just three things in your life.

1. The thoughts you think.
2. The images you visualize.
3. The actions you take.

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The Elderly Commission

2015 Greater Boston Senior Games Medals



Basketball 3 on 3 Half Court – Female - Madison Park Community Center, May 30, 2015

Age	Gold	Silver	Bronze
50-60	Maine County	Mass Miracles 55+	Endo
	Laurie Bjorn	Barbara Cherecwich	Lisa Mahan
	Janice Pendleton	Kris Krablin	Ellen McKenzie
	Susan Pittsburg	Jane Mooney	Carla Savino
	Mary Whited	Joan O'Donnell	Teresa Thompson
		Tina Quick	Michelle Turner

Basketball 3 on 3 Half Court – Male - Madison Park Community Center, May 30, 2015

Age	Gold		Silver	Tied for Bronze	
50-60	Konica/Minolta		Over the Hill 60's	Black Bears	Rhode Kill
	Greg Cadnette		Ray Huelbig	Peter Haviland	Tom Arcangeli
	Larry Cook		Craig Lankhorst	Rich Manewal	Garrett Byerly
	Mark Ferinando		Joe Manganaro	John Muscatel	John Sibik
	Ken Potter		Ralph Wade	John O'Shea	Gary Sonnechein
				Tom Winters	Peter Sweet
Age	Tied for Gold		Silver	Tied for Bronze	
70-80	Berkshire Legends Green	Berkshire Legends Silver	Over the Hill 1	Over the Hill 2	Real 56ers
	Robert Barton	Bill Barbieri	Ron Francescone	Ed Conway	Raymond Carroll
	Alton King	Bob Bence	John Howard	Jim Hanlon	Gordon Gibson
	Tom Oakley	Jay Clapp	Tippy Johnson	Paul Paulsen	John Hunt
	Tom Sinopoli	Hank Philbrick	David Thorburn	Jim Viola	Donald Koopman
			Ross Triant		Robert Sansone

Billiards – Female and Male- Boston Bowl, Dorchester, May 15, 2015

Age	Gold	Silver	Bronze
60-69	Richard Sutherland	Jim McCarrick	Jack Nason
70-79	Tony Terrasi	Richard Dean	John Harney
80-89	Joe Cincotta	Thomas Tosi	John Hicks



Bocce – Female and Male - Langone Park in the North End, May 14, 2015

Inter Age	Gold	Tied for Silver	
Team	Sons of Italy Watertown	Leonardo DaVinci	Cinque Terre
Member #1	John Mucer	Paul Alizaio	Ray Collins
Member #2	Tony Penta	Paul Delli Colli	Paul Cox
Member # 3	Mario Rossi	Leonard Saltzman	Giancarlo Magliocchetti
Member # 4	Marcello Stisi	Philip Spada	Vinnie Rea

Bowling – Female 8:00 a.m. - Boston Bowl, Dorchester, May 15, 2015

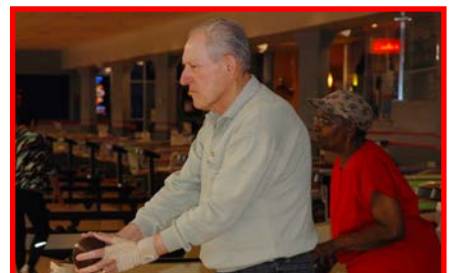
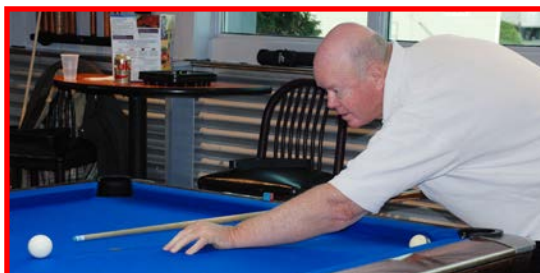
Age	Gold	Score	Silver	Score	Bronze	Score
50-59	Yim Sin Chau	206				
60-69	Yolanda Allison	201	Chen Ping	167	Xiao Wan Liu	142
70-79	Diana Cavanaugh	256	Margie Caputo	255	Joan Cardoza	249
80-89	Helen Mulligan	235	Virginia Luisi	223	Mary Esposito	214

Bowling – Male 8:00 a.m. - Boston Bowl, Dorchester, May 15, 2015

Age	Gold	Score	Silver	Score	Bronze	Score
50-59	Jieping Wang	129				
60-69	David Haughey Jr.	231	Salvatore Ferlito	225		
70-79	Antonio Gentile	270	Paul Dunphy	264	Lou Cavanaugh	249
80-89	James Morrissey/ Joseph Nee	255	Frank Murphy	240	Edmund Sablock	225

Bowling – Female 10:30 a.m. - Boston Bowl, Dorchester, May 15, 2015

Age	Gold	Score	Silver	Score	Bronze	Score
50-59	Laura Adams/ Joan Reed	234/207	Jacqueline Crenshaw	174	Ana Colon	145
60-69	Charlotte Reese	280	Regina Dennis	241	Diane Brown	242
70-79	Mildred Davis	280	Frances Freeman	233	Beverly Butler	232
80-89	Claire Connors	220				



Bowling – Male 10:30 a.m. - Boston Bowl, Dorchester, May 15, 2015

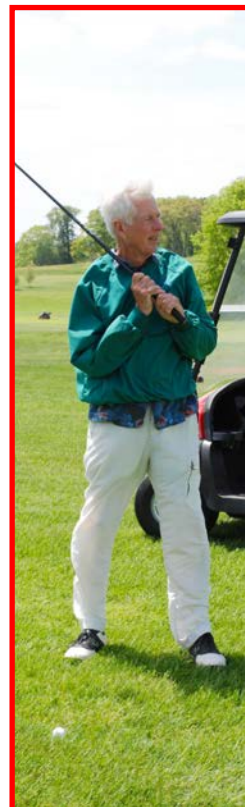
Age	Gold	Score	Silver	Score	Bronze	Score
60-69	John Clune	240	Frank Brown	234	William Sullivan	224
70-79	John Dennis	265	Kim Sit	196		
80-89	Wing Chim	164				

Golf – Female - Permit Holders - William J. Devine Golf Course, May 20, 2015

Age	Gold	Score	Silver	Score
50-59	Susan Nurse	81	Mary Pope	99
60-69	Pam Brothers	99	Denise Dodds	96
70-79	Shirley Johnson	100	Rhoda Christmas	103

Golf – Male - Permit Holders – William J. Devine Golf Course, May 20, 2015

Age	Gold	Score	Silver	Score	Bronze	Score
50-59	Eric Watson	83				
60-69	Ronmy Galigius	80	Erle Garrett	85	Jean Alexander	91
70-79	Lemuel Mills	85	James Orr	86	Arthur McRae	94
80-89	George Jones	95	Lloyd Holford	99	Frank Murphy	103



Golf – Female – Non Permit Holders - William J. Devine Golf Course, May 20, 2015

Age	Gold	Score		Score
60-69	Linda Wynn	94	Nancy McGory	102

Golf – Male – Non Permit Holders – William J. Devine Golf Course, May 20, 2015

Age	Gold	Score	Silver	Score	Bronze	Score
50-59	John Crowley/ Steve Ames	83	E. Norton	86	Bob Kiklas	91
60-69	Jim Smith	84	Hector Lopez	86	Rick Ogarra	90
70-79	Will Shaw	94	Walter Cruz	95	Ross Nacidusky	96
80-89	Anthony Cibbotti	97	Frank Storer	103	David Annechiaro	106

Swimming Back Stroke 50M – Female – Holland Community Center, Dorchester, June 3, 2015

Age	Gold	Time	Silver	Time	Bronze	Time
60-69	Ze Shen	1:06	Pei Yu	1:16		
70-79	Shuzhi Teng	1:16	Judith Hurley	1:20	Xiu Joan Bai	1:28
80-89	Joy Di	1:30	Francis Irene Stetts	2:03	Xie Chen	2:07



Swimming Back Stroke 50M – Male – Holland Community Center, Dorchester, June 3, 2015

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	An Hong	:41	Yang Shi	:45		
60-69	Min Gjie Song	.38	Joseph Kebartas	1:06		
70-79	Lai Shi Lun	.50	Bao Chun Wang	1:08	Lian Shun Zang	1:29
80-89	Zi Yan Wang	1:03	Bing Yuo	1:12	Yan Biao Cai	

Swimming Back Stroke 100M – Female – Holland Community Center, Dorchester, June 3, 2015

Age	Gold	Time	Silver	Time	Bronze	Time
60-69	Ze Shen	2:29				
70-79	Shuzhi Teng	2:44	Judith Hurley	2:47	Xiu Joan Bai	2:58
80-89	Joy Di	3.04	Francis Irene Stetts	4:33		

Swimming Back Stroke 100M – Male – Holland Community Center, Dorchester, June 3, 2015

Age	Gold	Time	Silver	Time
50-59	Yang Shi	1:36		
60-69	Min Gjie Song	1:23	Joseph Kebartas	2:20
80-89	Zi Yan Wang	2:21		

**Swimming Breast Stroke 50M – Female – Holland Community Center, Dorchester, June 3, 2015**

Age	Gold	Time	Silver	Time	Bronze	Time
60-69	Ze Shen	.56	Susan Wang	1:07	Pei Yu	1.12
70-79	Xiu Joan Bai	1:05	Zhao Lan Tang	1:23	Judith Hurley	1:28
80-89	Francis Irene Stetts	1:54	Joy Di	1:56	Xie Chen	2:35

Swimming Breast Stroke 50M – Male – Holland Community Center, Dorchester, June 3, 2015

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	An Hong	:41	Yang Shi	:42		
60-69	Min Gjie Song	:44	Simon Ma	:50	Joseph Kebartas	:53
70-79	Shi Lun Lai	:52	Mikhael Wang	1:01	Bao Chun Wang	1:13
80-89	Bing Yuo	1:11	Zi Yan Wang	1:18	James Di	2:19

Swimming Breast Stroke 100M – Female – Holland Community Center, Dorchester, June 3, 2015

Age	Gold	Time	Silver	Time	Bronze	Time
60-69	Ze Shen	1:59	Susan Wang	2:23	Peiyu Luo	3:04
70-79	Xiu Joan Bai	2:25	Guo Huen Jin	3:27		
80-89	Joy Di	4:23				

Swimming Breast Stroke 100M – Male – Holland Community Center, Dorchester, June 3, 2015

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	Yang Shi	1:33				
60-69	Min Gjie Song	1:37	Joseph Kebartas	1:57	Simon Ma/ Jianmin Dai	2:03
70-79	Mikhael Wang	2:17	Bao Chun Wang	3:04		
80-89	Bing Yuo	3:00	Zi Yan Wang	3:06		

Swimming Freestyle 50 M – Female – Holland Community Center, Dorchester, June 3, 2015

Age	Gold	Time	Silver	Time	Bronze	Time
60-69	Ze Shen	.54	Elynor Walcott	1:10	Susan Wang	1:12
70-79	Judith Hurley	1:06	Xiu Juan Bai	1:08	Zhao Lan Tang	1:20
80-89	Joy Di	1:52				

Swimming Freestyle 50 M – Male – Holland Community Center, Dorchester, June 3 2015

Age	Gold	Time	Silver	Time	Bronze	Time
50-59	An Hong	:30	Yang Shi	:32		
60-69	Min Gjie Song	:34	Jian Min Dai	:50	Joseph Kebartas	:53
70-79	Shi Lun Lai	:40	Lian Shun Zang	:52	Mikhael Wang	:56
80-89	Bing Yuo	1:01	Zi Yan Wang	1:11		

Swimming Freestyle 100 M – Female – Holland Community Center, Dorchester, June 3, 2015

Age	Gold	Time	Silver	Time
60-69	Elynor Walcott	2:25		
70-79	Judith Hurley	2:25	Xiu Joan Bai	2:31

Swimming Freestyle 100 M – Male – Holland Community Center, Dorchester, June 3, 2015

Age	Gold	Time	Silver	Time
50-59	Yang Shi	1:19		
60-69	Min Gjie Song	1:17	Joseph Kebartas	2:00
70-79	Shi Lun Lai	1:41	Lian Shun Zang	2:20
80-89	Bing Yuo	2:45	Zi Yan Wang	3:01

Swimming



Tennis Singles – Men – Sportsmen's Tennis and Enrichment Center, May 16, 2015

	Gold	Silver	Bronze
Singles Men	Elliot Sharpiro	Francis Thomas	Joseph Kebartas

Tennis Doubles – Men – Sportsmen's Tennis and Enrichment Center, May 16, 2015

	Gold	Silver	Bronze
Doubles Men	Gus Ogunbamera Francis Thomas	Robert Morris Daniel Simpson	Armando Dockery Elliot Sharpiro

Tennis Singles – Women – Sportsmen's Tennis and Enrichment Center, May 16, 2015

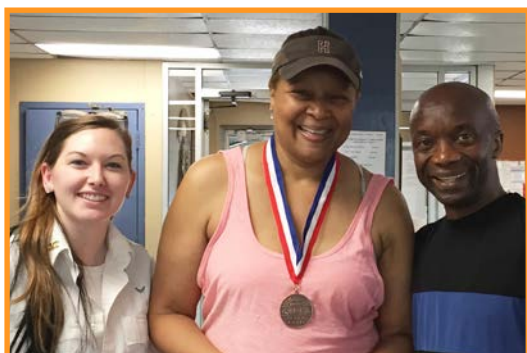
	Gold	Silver	Bronze
Singles Women	Charlene Reese	Helene Martel	Tracy Strain

Tennis – Mixed Doubles – Sportsmen's Tennis and Enrichment Center, May 16, 2015

	Gold	Silver
Open Mixed Doubles	Charlene Reese Daniel Simpson	Elliot Sharpiro Cheryl Alexis

Tennis

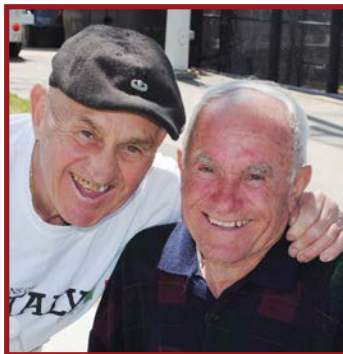
Photos by: Michael McColgan



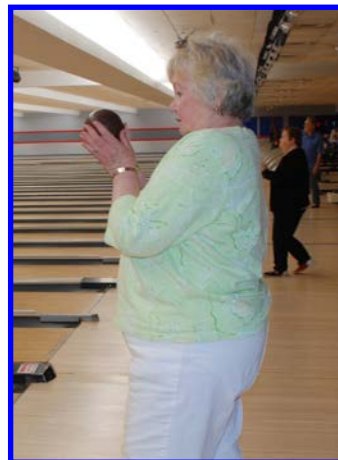
Golf



Bocce



Bowling & Billiards



Half Court Basketball



Summer - a Gift of Warmth

By: Marian Leah Knapp

The meaning of summer should be pretty obvious. I thought I knew what it was until I began to wonder and searched for an explanation. It turns out it isn't so simple to figure out what summer is. How people consider summer depends a lot on whose definition you use and where you live. Summer can be the months of June, July, and August – if you live in the Northern hemisphere. An astronomical interpretation is that summer is measured by the solstice – which, in 2015 will be from June 21st through September 23rd. In Southeast Asia summer is considered to be from March through June and in Ireland summer begins on May first, and goes through August first. School summer vacations here in Boston are usually the months of July and August – but sometimes less than that depending on the previous winter's weather.

With all this variety in meaning and measurement I decided that I had the right to define for myself what summer is and how long it lasts. With that said, I think that summer is about five months. It starts around the beginning of May and extends through the end of September. For me, the main characteristic of summer has to do with how warm it is and not by the limits set by systems or science over which I have no control.

I can decide to celebrate summer as soon as I feel the smallest bit of warmth that tells

me friendly weather is on its way. Warmth can start in early May when the temperature begins to rise in small increments and when I can smell the earth coming to life again after many icy days. Warmth begins to fade in the early fall, but I try to ignore that until I must put on my down coat to shield me from the cold. I dislike the winter very much and pretend that it doesn't start until January first. That way I can fool myself into believing that warmth is only a few months away. I figure if I can get through January, February, and March then I am on my way to having a good five months of balminess.

There are lovely things to do in the days of warmth like open-air concerts, baseball games, and barbecues. But, for me, the value in these activities is that I can be outside with the heat of the sun caressing my shoulders. In the winter I feel constrained and confined. This past winter tested my and everyone else's mood. The slightest hint of a warm day in May freed my spirit and allowed that bitter chill to float away. I grew up in New England and should be used to the harshness of winter, but I am not. I manage cold days by treating them as something to plod through so that I can, once again, have the chance to cherish the gift of warmth that comes with a very long stretch of summer.

Marian Leah Knapp is a resident of Newton, MA, serves on Newton's Council on Aging, and writes about her own experience on what it is like to get older. At age 70 she received her Ph.D. which was focused on the total environment in which people age.

Spring into Fitness



National Senior Health and Fitness Day

200 older Bostonians joined the City of Boston, the White House Conference on Aging (WHCoA), and AARP with a workout and short walk for National Senior Health and Fitness Day.



Have a Splendid Summer!

from
Mayor Martin J. Walsh
&
The Elderly Commission

