



Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



FREE

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Winter

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Mayor's Spotlight

City of Boston Issues Safety Tips Ahead of Holidays

Mayor Martin J. Walsh issued safety tips ahead of the launch of the holiday season.

"While residents are enjoying this holiday, it is always important to exercise caution," said Mayor Walsh. "I encourage the public to review our safety guidelines and be safe this holiday season."

Cooking

When cooking large items such as turkeys, always make sure to have the proper sized pan to prevent the overflow of hot liquids on to the stove or a person. Never leave the stove area unattended.

Familiarize yourself with how to contain a grease fire. Having a small fire extinguisher nearby is always a good idea. They are readily available at local home improvement stores. Keeping combustible items away from the stove is also recommended.

If frying a turkey outdoors, start with having the propane tank and the burner at least two feet apart. This is to be done on the ground away from items that can burn such as porches, garages and trees and leaves. Use a turkey in the 8-10 pound range that is thawed out and dry.

If grilling outdoors remember that charcoal grills must be on the ground away from the house. Propane grills can be on the first floor porch as long as there are stairs to the ground and there is some clearance from the home.

To help protect pipes, avoid pouring fats, oils and grease down drains. Let fats, oils and grease cool and dispose in a container, in the trash receptacle. In all cases when cooking, it is best to keep children and pets away from the cooking area.



Candles

Special precautions are needed to burn candles safely. Use candle holders that have a firm base and keep candles away from combustible materials such as wreaths, trees, curtains, and paper decorations. Never leave candles unattended, and always extinguish candles before going to sleep.

Christmas Trees

When purchasing a Christmas tree, select only a freshly cut tree. The needles should not be falling off from dryness.

When you place the tree inside, start with a tree stand that has a water receptacle and is non-tip. The stem of the tree should be cut diagonally to allow the tree to soak up water from the stand.

Water should be added twice daily to prevent the tree from drying out.

For stability, consider adding some wire near the treetop and run it to nearby walls. If you prefer artificial trees, purchase those that are flame retardant.

Trees should be at least three feet away from heat sources such as fireplaces, candles, and heating equipment.

Never block an exit with the tree. Remove trees as soon as possible after the holidays. The Public Works Department will collect Christmas trees for composting from January 4 -15. Don't put them in plastic bags and make sure to take off decorations. Place curbside by 7 AM on recycling day.

Holiday Lights

Use only Underwriters Laboratory (UL) approved lighting. Start by a careful examination of the lights. Before plugging a set of lights in, look for cracked sockets, frayed, loose or bare wires, and loose connections that could cause an electric shock or start a fire.

Never overload your electrical system. Do not connect more than three light sets together. Whether on a tree or on the house never staple or nail the light sets. Lights should be unplugged during the night.

Fire Safe Toys

When buying children's presents, avoid toys made of highly flammable materials and make sure that all electric toys have the label of an independent testing laboratory such as Underwriters Laboratory (UL).

Heating Systems, Fireplaces & Chimneys

Heating systems, fireplaces and chimneys should be looked at and serviced by professionals.

For fireplaces, burn only appropriate material and never burn trash or paper. Always use a fireplace screen and dispose of the ashes in a proper metal container.

Smoke Detectors

Massachusetts law requires a working smoke detector outside of each separate sleeping area and one on each level of the home, including at the base of each stairway.

Make sure toddlers and older children can recognize the sound of a smoke detector and know how to respond. Teach children never to hide under a bed or in a closet when a detector sounds. Families should also have a meeting place outside in the case of fire.

Portable Heaters

Portable heaters are not meant to be the main heat source for a home.

Electric powered portable heaters should never be left on while sleeping and must be kept at least three feet away from combustible materials. Use only UL approved heaters that shut off automatically when tipped and always follow the manufacturer's directions on use. Liquid fueled space heaters such as those filled with kerosene are illegal for indoor use in Massachusetts.

Carbon Monoxide (CO) Detectors

Carbon Monoxide (CO) is a colorless, tasteless, odorless toxic gas, which is produced when fuel burns. CO poisoning occurs most often from faulty heating equipment such as furnaces not properly vented, a blocked chimney flue or a malfunctioning stove.

Exposure to CO can cause headaches, dizziness, weakness, nausea, vomiting or loss of muscle control. The best first aid for CO poisoning is plenty of fresh air followed by immediate medical treatment.

CO detectors are now required in the homes by law. They must be within 10 feet of sleeping areas. In addition, they need to be on every level of the home including the basement and attached garages. Look for UL approved detectors and follow the manufacturer's instructions for placement and operation.

SCP Highlight : Daniel Roman



We would like to acknowledge and congratulate Daniel Roman for his selection as a 2015 ABCD Community Heroes Celebration honoree! This was an opportunity for ABCD to honor Daniel's significant commitment to helping others.

Over the past 10 years, Daniel has volunteered his time at the senior center on Parker Street. From vacuuming the floor to cleaning the bathrooms, Daniel helps out wherever he sees the need. Because he is fluent in Spanish, Daniel also acts as a bilingual translator for seniors who are not fluent in English. By accompanying them to doctor visits or helping them make medical

appointments, Daniel ensures they get the care they need. His dedication to both ABCD and to the clients we serve is a true testament to his character and spirit of compassion. Daniel sees his work with the center as a way to be useful to others. "I never want to sit around and do nothing," he says. "I like helping out. They tell me they are grateful when I help them out and that makes me feel good."

Daniel along with friends and family was honored on November 6 at the Boston Copley Place Marriot Hotel.

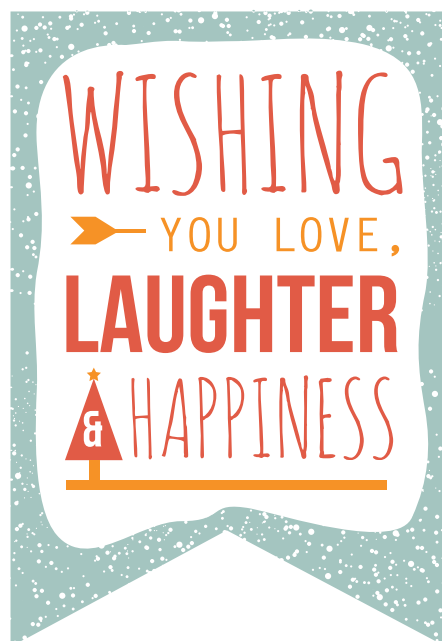
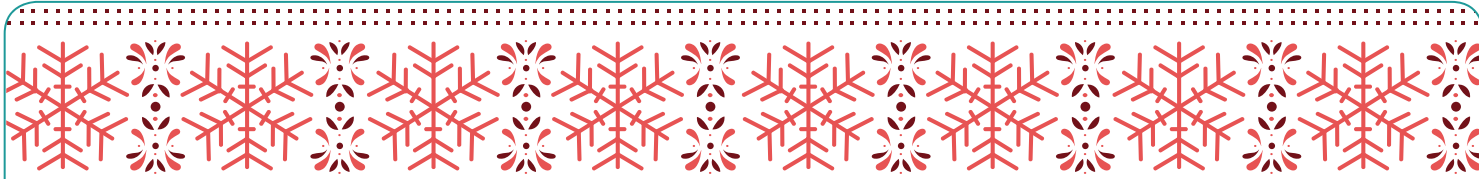




You tell each other everything.

When it comes to end-of-life care, talking matters.

Consider the facts: **90%** of people say that talking with their loved ones about end-of-life care is important, but only **27%** have actually done so. What's more, sharing your wishes can bring you closer to the people you love. Visit **TheConversationProject.org** for inspiration, personal stories, and a step-by-step guide to get you started.



Happy Holidays & Happy 2016!
From Boston RSVP



Reviews of David's Tea *Help Has Arrived* Package



Karen: The aroma of Cold 911 is wonderful. As someone who likes strong tea, I found the flavors a bit underwhelming after brewing for 20 minutes.



Janet: The first thing you notice when you break open this product is the diaphanous “sachet” (tea bag), with its elegant attached cord. The large colorful herbs invite a whiff even before you settle the sachet into your cup or mug. Even the self described overwrap was attractive, color coordinated and surprisingly biodegradable. This will hardly be your ‘sick at home’ cup of Lipton tea.

And this green tea based drink did not disappoint, despite the high expectations of its presentation. The flavor was really bright, light and refreshing, and worked well with the honey stick I was provided for my tasting. The high notes of lemongrass and orange were a little overwhelmed by the spearmint, but this is definitely something I would purchase for myself.

Luis: This tea is very refreshing and cooling. The peppermint cooled my sore throat but I would have preferred a more warm feeling instead of a cool one, especially in the winter.

Guilli: Wow! Such an invigorating cup of tea. It has a really strong minty aroma which I enjoyed. The soothing sensation and scent from this tea really perked me up.

Inflammatory Bowel Disease

You have had bowel problems for many years. You know where every restroom is in your area. You have missed some important events because of pain, bowel problems or just feeling fatigued!

Your doctor has diagnosed you with inflammatory bowel disease (IBD). You may have Crohn's or ulcerative colitis or just an irritated bowel.

You take your medications faithfully. You have all blood tests, endoscopies and colonoscopies regularly, keep all doctor appointments, get an annual flu vaccine, quit smoking, exercise when possible and there are several other things you should think about!

1. Your mouth can develop painful canker sores (aphthous ulcers) or thrush. These can be caused by the IBD itself, or secondary to nutritional deficiencies. Your doctor will prescribe medicine to relieve the pain. Your dentist should be told you have IBD so he can look for any infections in your mouth. Your dentist will tell you how often you should visit the office each year.

2. Eyes - About 10% of people with IBD have eye problems. Most eye problems are minor yet you should see your ophthalmologist at least once a year. Many patients take corticosteroid medicine that can increase the risk of glaucoma and some temporary vision changes.

3. A Gastroenterologist works closely with your doctor. Each case is different. Your doctor may want you to see a nutritionist. The nutritionist will help you choose foods that you can tolerate. Oftentimes, patients with IBD lose large amounts of weight, often over a few weeks caused by diarrhea, infection, poor appetite and pain. Sometimes, a patient is hospitalized for further treatment. Sometimes bowel surgery is necessary.

4. Support groups - There are many people who have IBD. Often, talking to someone who knows what you are going through makes a big difference in your life. The Crohn's and Colitis Foundation of America (CCFA) has an online community where you can connect from your home computer at www.ccfacommunity.org. You will meet others (patients and caregivers) who are coping with the same problems as you!

The Crohn's and Colitis Foundation of America has a very easy to read and understand website. Their goal is to educate you about bowel diseases, up to date treatments and support for those who suffer from inflammatory bowel diseases.

For more information, visit their website at www.ccfa.org.

**I Wish all my Readers a
Very Happy & Healthy 2016**



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FOR A HAPPY
HOLIDAY SEASON
AND VERY HAPPY
NEW YEAR!**

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Facebook.

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

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Monday-Friday, 8 a.m. - 4 p.m.

7 Warning Signs Your Parent Could Use More Support



By: Rebekah Levit, Executive Director,
Standish Village Assisted Living

I have found over my many years working in the senior living industry that holiday visits are often a wake-up call for adult children who realize their parent isn't doing all that well living alone. Although it can be tough facing the reality of elderly relatives more frail or forgetful than the last time you visited, it's a great opportunity to check on how they are really doing and to make a change for the better.

Look for these signs to determine whether it's time to suggest a move to a more supportive living arrangement.

1. Check the mail: The mail offers clues to how your parent is managing money, a common warning sign of cognitive trouble. Look for: snowdrifts

of mail, unopened bills, letters from banks or creditors, thank-you messages from charities.

2. Give a hug: Clues aren't always visible from a distance. You might learn more from a hug. Look for: obvious weight loss or gain, increased frailty, changes in appearance.

3. Check the medicine cabinet: Individuals over 65 take an average of 14 prescriptions a year and those over 80 are prescribed 19 different medications yearly. That can be lot to keep track of! Medication errors are among the leading causes of hospitalization in older adults. Look for: Expired, discontinued or duplicate prescription bottles.

4. Inspect the kitchen: Because people spend much time here, this room is especially revealing. Look for: expired

perishables, multiples of the same item, a freezer full of frozen dinners, broken appliances, signs of past fire.

5. Walk around the house and yard: Lack of maintenance may mean that your parent isn't faring well at home alone. Look for: clutter, lax housekeeping, grimy bathrooms, signs of neglect, mail piled up in the mail box.

6. Observe your parent's social life: Social circles can shrink with age, which can have health and safety implications. Look for signs of isolation: if your parent has cut back on interests, spends days without leaving the house, and doesn't have a group of friends to socialize with.

7. Take a drive: Ask your parent to take you out for a spin. Look for: dents, signs of being easily distracted, impaired driving, dashboard warning lights. Encouraging a parent to move to senior housing can be stressful for all concerned. Keep in mind that Assisted Living does not mean a loss of independence. Quite the contrary! Assisted Living is designed to maximize autonomy within an environment that provides seniors with choices, celebrates their individuality and allows them to thrive. Your Mom or Dad will enjoy a safe, comfortable, social lifestyle and you'll spend less time worrying and more time enjoying your times together as you visit.

Reach out to me at Standish Village on the Milton/Dorchester line or Matt Desrosiers, Executive Director of our sister community Compass on the Bay in South Boston, with any questions about assisted living. We are happy to guide you through the research process, help sort out financial issues, and provide the information you need so that you can make the best decision for your family.

Contact Information:

Rebekah Levit, Executive Director
617-298-5656
rlevit@slr-usa.com



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For more information, contact Amanda Cunningham at 617-635-3988 or email amanda.cunningham@boston.gov

How to Prevent Injuries in Winter Weather Conditions

Each winter, the snow and cold temperatures fall upon us with a vengeance, causing a wide range of injuries from slipping, falling and shoveling. While in some circumstances these injuries are unavoidable, there are a number of precautions and preventative measures you can take. Here are four ways that you can prevent winter injuries.

1. Continue Exercising Throughout the Winter

Falls are the leading cause of injury to seniors in the United States. One of the best ways to prevent falls is by continuing regular exercise throughout the winter to help build and maintain strength. Exercise should also focus on improving balance and coordination. For ways to keep active during the winter, try walking the mall, swimming indoors at a local gym or community center, or using exercise videos or DVDs in your living room.

2. Be Extra Cautious When Walking Outside

In the winter, you need to take extra precautions when walking outside, particularly in the dark. Wear supportive shoes that fit correctly and have nonskid soles. Assume all wet, dark areas on pavements are slippery and icy. Do not take long strides. Instead take short, shuffling steps and avoid quick changes

in direction. This will help you avoid common injuries such as back, neck and shoulder injuries, fractures, concussions, muscle strains, cuts and bruises. If you do fall and have any persistent pain, it is important to see a doctor. If you have fallen recently or have felt unsteady, talk to your doctor about personalized strategies to help you keep your balance.

3. Try to Avoid Shoveling

With the record breaking snowfall we received in Boston last year, many people experienced back pain as a result of shoveling, sweeping, clearing snow, breaking up ice and cleaning off the car. If possible, avoid shoveling and use a snow blower or hire a plow to clear away heavy snow after a large storm. If you are using a snow blower, make sure to push with your legs and keep your knees bent to prevent injuring your back.

4. If You Must Shovel, Stretch and Use Proper Form

Remember that if you are shoveling your muscles will be tight because it's cold, so make sure to stretch your arms, shoulders, and back before you begin. Don't try to shovel deep snow all at once. It is better to clear a few inches at a time, doing more lifts of less heavy shovel loads instead of trying to do it as quickly as possible with the least amount of maneuvers. As you pick up the snow, bend at your knees, not your back. A "back shovel" with a curved or adjustable

handle will help you use proper shoveling technique. As you deposit the snow, turn your whole body instead of twisting your back. Similarly, do not toss the snow to the snow bank; instead, walk it over and drop the snow on the pile in order to avoid straining your back.

Although the winter can pose some challenges for seniors, by planning ahead, being prepared and asking for help from friends, family and neighbors, you can stay safe, avoid injury and enjoy the season.

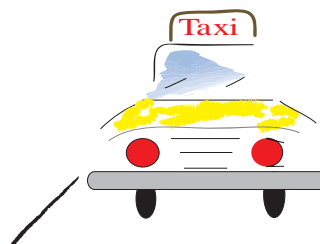
Thomas Wuerz, MD, MSc, MS is an orthopedic surgeon at New England Baptist Hospital specializing in sports medicine and hip preservation with a focus on hip arthroscopy.

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for Extra Help with their Medicare
prescription drug plan costs.

To find out if you qualify, go to
www.socialsecurity.gov/extrahelp



Healthy Recipes

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

Nut Free Chocolate Cherry Snack Bars

Ingredients:

- 2 1/2 cups unsweetened puffed wheat cereal
- 3/4 cup old-fashioned rolled oats
- 1/2 cup dried cherries or dried cranberries, coarsely chopped
- 1/2 cup honey
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1/2 cup mini semisweet chocolate chips or finely chopped bittersweet chocolate

Preparation:

1. Position a rack in lower third of oven; preheat to 300°F. Line an 8-inch-square pan with parchment paper, letting it overhang on two opposite sides.
2. Toss cereal, oats and dried cherries (or cranberries) in a large bowl.
3. Combine honey, vanilla and salt in a small saucepan. Warm over medium heat, stirring, until the honey is more fluid and the salt is dissolved. Pour the honey mixture over the dry ingredients and fold until everything is moistened and sticky. Let cool for 5 minutes. Fold in chips (or chopped chocolate) until
4. Bake until the top is golden brown, about 35 minutes. (If in doubt, take it out so the honey does not burn.) Run a knife along the unlined sides of the pan to detach the bars. Let cool in the pan on a wire rack to room temperature, about 1 hour. Use the ends of the parchment to lift the bars from the pan. Gently peel off the parchment. Use a heavy sharp knife to cut into 16 bars or squares.



evenly distributed. Scrape the mixture into the prepared pan and spread evenly with a fork. Using the back of the fork, press the mixture very firmly all over. (Alternatively, cover with parchment paper and press firmly all over.)

Serves: 16 bars **Calories:** 93 per bar

Sources: http://www.eatingwell.com/recipes/nut_free_chocolate_cherry_snack_bars.html

Coffee Braised Pot Roast with Caramelized Onions

Ingredients:

- 1 4-pound beef chuck roast, (see Ingredient Note), trimmed of fat
- 1/2 teaspoon salt, or to taste
- Freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil, divided
- 2 large onions, halved and thinly sliced (4 cups)
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- 3/4 cup strong brewed coffee
- 2 tablespoons balsamic vinegar
- 2 tablespoons cornstarch mixed with 2 tablespoons water

Preparation:

1. Preheat oven to 300°F.
2. Season beef with salt and pepper. Heat 2 teaspoons oil in a Dutch oven or soup pot over medium-high heat. Add beef and cook, turning from time to time, until well browned on all sides, 5 to 7 minutes. Transfer to a plate.
3. Add the remaining 2 teaspoons oil to the pot. Add onions, reduce heat to medium and cook, stirring often, until softened and golden, 5 to 7 minutes. Add garlic and thyme; cook, stirring, for 1 minute. Stir in coffee and vinegar; bring to a simmer. Return the beef to the pot and spoon some onions over it. Cover and transfer to the oven.

4. Braise the beef in the oven until fork-tender but not falling apart, 2 1/2 to 3 hours. Transfer beef to a cutting board, tent with foil and let rest for about 10 minutes.



5. Meanwhile, skim fat from the braising liquid; bring to a boil over medium-high heat. Add the cornstarch mixture and cook, whisking, until the gravy thickens slightly, about 1 minute. Season with pepper. Carve the beef and serve with gravy.

Notes:

- **Ingredient Note:** Although it is not the leanest cut of beef, chuck is still our choice for pot roast because it doesn't dry out during braising. You will find pockets of fat as you carve it, but they are easy to remove.
- **Slow-Cooker Variation:** In Step 2, transfer the browned beef to a slow cooker. In Step 3, use just 1/2 cup coffee. Add the onion mixture to the slow cooker. In Step 4, cover and cook until beef is tender, 4 1/2 to 5 hours on High or 7 to 8 hours on Low. In Step 5, pour the liquid into a medium saucepan and continue as directed.

Serves: 10 with 3 oz of meat each

Calories: 252 per serving

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



By: Tewfik Adjout

Mathew touched the old piano as if he was holding his father's hand. Behind there was a saxophone in its hard case, with the famous tag name, and also a guild electric jazz guitar, valuable instruments that doesn't stir a note for him, who opted for a career in business law, against his father's will to turn him a successful jazz musician.

Mathew never knew if he did have or not a good ear. All his early memories were full of notes and rhythms that reminds him of his always present absent father. At home repeating, and bothering his family and the neighbors, or the eerie tranquility of the house, when he is away in concerts and tours. He was just never there. And success and fame only made things worse: Mathew became the fan that started hating his star.

He looked at his father's ashes he just brought home from the funeral, and the unopened letter that he left for him

to read after his death. It was his wish. He put the ashes on the mantelpiece, knowing not what to do with them, then opened the letter.

"I never told this to anyone, but you have to understand. Thaddeus Schwarzkopf, I know him in high school, in my home town. One day he came to me with some music sheets he had written. He was a brilliant mathematician, but a very poor saxophonist, me I was already leading a jazz band, dreaming to be the next Charlie Parker. I couldn't understand how he came up with those smart pieces. I didn't believe they was his. As a musician Thaddeus was nil. I asked him permission to let me keep the pieces, and try and work an arrangement for our jazz combo. But few days later I was in a greyhound bus, heading for New York.

Anyway I was young and foolish, but it all ended up in something beyond my wildest expectations. Few months after my runaway, I was playing in the bird land itself, as a start up with Lee Konitz, the new Charlie Parker of the time. After that I met Dave Brubeck and we recorded Thaddeus' pieces.

Sorry Son to disappoint you, but I did go back to our home town few years ago and looked for Thaddeus to amend, but only to learn that he died in a plane crash the same year his best piece, 'Take Five' was on the radios of all the world.

Please give back the credit of those compositions to his family, I didn't dare to do that myself.

Thank you

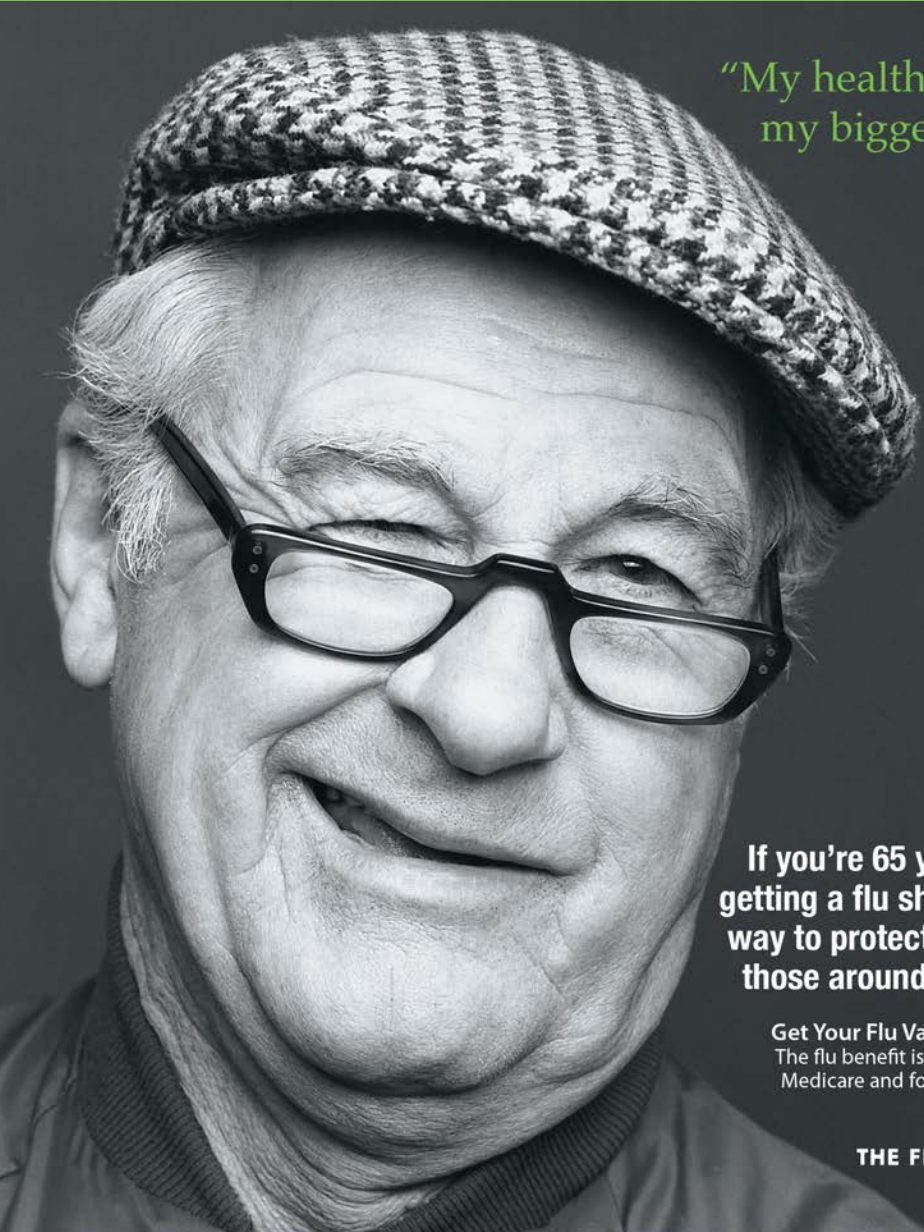
Your beloved father.

Mathew, smiling, almost ecstatic, knew right away what his father was really

asking him to do. With tears welling up in his eyes, he took his lighter and burned the letter on top of his father's ashes.

About the Author:

Tewfik Adjout was born in Algiers, Algeria and has lived in Boston since 2008. He is a fan of the Be Bop era which inspired this fictional story.



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my biggest asset."*

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Winter: Glory or Gloom

By: Marian Leah Knapp

Winter can be glorious or gloomy. There are people who love this season because there are things to like. Some individuals enjoy being outdoors, reveling in the crisp air. Kids like sledding, snowmen, or forts when winter dumps enough snow to make all that possible. The holidays attempt to spread sunshine over darkness by using candles and sparkling lights in our various traditions. We gather for connections, gift-giving, and food. So, yes, these are wonderful things to plan and participate in.

I am a New Englander and have lived through 78 winters, but I am not fond of this time of year. I, like many of us,

enjoy the get-togethers, terrific food and catching up with people I may not have seen for a while. But the bottom line is that I don't like being cold. The temperature starts to dip in November. If I believe that winter starts in November and lasts through March, then that is five months of icy misery. Too much!

Since I don't fly south, I have developed strategies so I'm not undermined by the cold. First, I try to convince myself that winter really doesn't start until January first. Just using this little mental trick knocks about two months off this dreary season. Even though I may get chilled, I say to myself "it's unusual – winter hasn't started yet." This is simple-minded and delusional, but it works – sort of. Now, it becomes only three months of cold.

I have learned to "layer" – long underwear, long pants, and two or three warm shirts underneath my puffy coat. I start wearing a hat early on. I have some that won't slip off, and which don't make my head itchy. I always wear a

scarf. I have good hiking-type boots with deeply grooved soles. They are big enough to hold my feet encased in a few pairs of socks. Having the right clothing makes it a little more likely that I will venture out for a party, a community event, or a movie.

Around the end of February, I start sniffing the air waiting for a hint that spring will appear soon. This other bit of a fantasy keeps my mood pointed toward the future, and not stuck in frosty darkness.

Still, sometimes my strategies don't work. Last year, for example, the storms kept coming and my illusions and layers were no match for the reality of winter. I, like everyone else, almost gave up hope that warmth would ever arrive. I lamented the loss of connection to the outside world. I sure hope that this winter will not be as bad as last year's, but if it is, I must find more ways to wish winter away, stay warm, and, most importantly, make sure that I am able to join with others. In my building, we have started to have floor parties. Everyone brings something to eat, and we all sit around and talk. It is lovely. Hmm, maybe winter isn't so gloomy.

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.

Dance With Parkinson's

Let's move!



Dance With Parkinson's is a class designed to keep individuals living with Parkinson's Disease moving in a fun, welcoming, and safe environment. Class includes exercises designed to enhance and maintain mobility, flexibility, balance, coordination, and strength. All exercises can be modified for a variety of mobility levels. The goal is to challenge participants, safely, wherever they may be. Caregivers and loved ones are welcome to attend, although not required.

Urbanity's instructors have trained with Mark Morris Dance Group's David Leventhal, who codified the original Dance for PD curriculum, in collaboration with Brooklyn Parkinson's Group. Our program utilizes professionally trained instructors who use live music, storytelling, and a variety of movement styles from around the world. In this social, creative outlet, participants can discover or rediscover the joy of movement.

All are welcome; no previous dance experience required!

Tuesdays 10:30AM-12:00PM
(Session 2: January 5th – March 15th)
Urbanity Dance
1180 Washington Street - South End
Contact: Jerusha Aman at
community@urbanitydance.org
or by phone 617-572-3727

My Learning Curve

“Don’t Retire, Inspire”

By: Augusta Alban



As I sit at my heavily-laden desk, I am shockingly reminded that another whole year has gone by. The experiences of this past year are like none I have ever had before, and it is hoped not to ever be repeated again soon, if ever. I can hardly believe what has happened and that the whole year has vanished. Yet I feel no older, in some ways not as old.

It's going on winter again. Winter in New England is more beautiful than any other place I know. The winter last year broke all records. I must admit, I am a bit frightened of what may come this time. Oh well, you say, you lived through it and you are here. Yes! I admit it and I am grateful for the frightening learning experiences. However, I need not learn so much this winter. Please just let it snow and give me peace.

As life moves on, I must move with it and so another adventure, an exciting or unusual experience with an uncertain outcome, is just around the next corner. I am wishing I could go to my grandmother's garden and once again sit on my "huge comfort rock." It was a real rock abundantly surrounded by flowers and sprigs of mint leaves. The sky was always a brilliant blue as I remember, and the air smelled sweet with the flowers from her varieties of

plantings. That immense flat rock was nicely warmed by the sun in the daytime, and its effects lasted well into the evening's chill. No matter the confusion, trouble, problems or uncertainties, the comfort rock was always just that to me: a place of solitude and understanding. As I may have painted this memory degrees better than it may have happened. I happily remind myself that this is my memory and my comfort rock. You can have your own rock. We all have places of comfort within ourselves.

The universe has taken charge of my life this last year, and I have been hopelessly and helplessly unable to do anything about it. When forces are this great, my best advice to myself is to go with it, not to question why is this happening to me, but to ask what I am supposed to be learning from this experience in my life. This is the question I have been asking myself for some time now. Well, I got the answer.

I need to stop the searching and learn to start accepting. I need to stop myself from running from place to place, thing to thing, trying to get answers to questions I don't need answers to. All I need to do is focus on what would be best for me.

It's all right in front of us anyway, if we just stop, take a breath, look around and appreciate what we have. It doesn't look like what we wanted, and perhaps it is not what we thought it should be, but could it be better? Could it be we are being sent on a journey? Could this journey be better for us? Life is so full of surprises.

Is it out of our control? I don't believe so. What I believe is that we have choices of what we believe, how we

choose to believe, how we choose to let go, and what not to hold on too. To forgive ourselves and those around us and to let go of the anger. To try and remember the true beauty of this world and enjoy this place, this place in time we are in.

If you have food, be thankful. Many do not. To think that children go hungry every night in the richest country in the world is unforgivable. STOP! GIVE THANKS and HELP OTHERS.

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* CORRECTION *

Correction for "What is medicaid and am I eligible?" article from our October issue:

The income threshold for an individual MassHealth applicant is \$1001 per month and for a couple it is \$1348, both due to a \$20 disregard.

SNAP: Food Assistance - Are you eligible?

If you are single and make less than \$2,000 a month or if you are married and make less than \$2,700 a month then Yes!

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

BBB Scam Alert

Scammers Pose as Banks in Chip Card Con

Many banks are issuing new debit and credit cards with an embedded chip for additional security. The new chips are meant to reduce fraud, but the hype around the new cards is having an unintended side effect... fodder for scams.

How the Scam Works:

You receive an email saying that your new credit or debit card with the chip is on the way. But first you need to update your account. The message seems to be from your bank or credit card issuer. It may have the company's logo and even the reply email address.

All you need to do, claims the message, is reply and confirm your personal and banking information. Or, in another version, the message instructs you to click on a link to continue the process.

Don't do it! If you share personal information, the scammer can use it to commit identity theft. If you click on the link, you may download malware to your device. Scammers use malware to steal your personal information, send spam and commit fraud.

Tips to Spot a Phishing Scam:

- **Be wary of unexpected emails that contain links or attachments.** Do not click on links or open files in unfamiliar emails.
- **Consider how the company normally contacts you.** If a company usually

contacts you by phone, be suspicious if you suddenly start receiving emails or text messages without ever opting in to the new communications. Banks and credit card issuers have secure communications channels that require you to log into your account before you can read the message.

- **Don't believe what you see.** Just because an email looks real, doesn't mean it is. Scammers can fake anything from a company logo to the "Sent" email address.
- **Check the company's website or call them.** If something sounds suspicious, confirm it by checking with the bank or credit card issuer. The customer service phone number will be on the back of the card. If you want to look on the company's website, look for the URL on your statement or do a web search. DON'T click on any links in the message you suspect is a scam.
- **Be cautious of generic emails.** Scammers try to cast a wide net by including little or no specific information in their fake emails. Always be wary of messages that don't contain your name, last digits of your account number or other personalizing information.

For More Information -

Learn more about this scam and the new credit and debit cards, check out this article at <http://www.consumer.ftc.gov/blog/what-know-about-new-credit-and-debit-chip-cards>.

To find out more about other scams, check out BBB Scam Stopper bbb.org/scam. To report a scam, go to BBB Scam Tracker www.bbb.org/scamtracker.

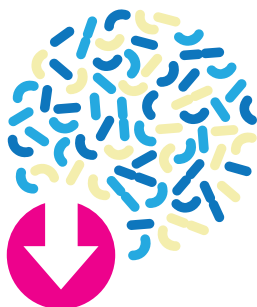
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TO MEASURE TEMPERATURE AND STAY FOOD SAFE

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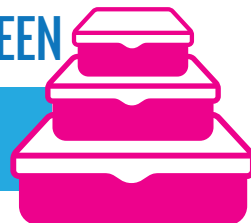
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Building a Healthy Boston
Mayor Martin J. Walsh

Made possible by funding and support from the Centers for Disease Control and Prevention's REACH Obesity and Hypertension Demonstration Project.

Happy Holidays!

WARM WISHES FOR THE HOLIDAY SEASON

FROM YOUR FRIENDS AT THE
SENIOR COMPANION PROGRAM



SCP Participates in a Dementia Sensitivity Training

Members of Boston's Senior Companions Program took part in a dementia sensitivity training developed and facilitated by Senior Living Residences, owners and managers of Dorchester's Standish Village Assisted Living and South Boston's Compass on the Bay Memory Support Neighborhood. Their Dementia Experience builds empathy and understanding of cognitive impairments caused by Dementia by giving participants simulated physical impairments and putting them through role playing activities designed to re-enact typical daily activities such as taking medications and preparing meals.





Lower Mills City Site

Since early November, Ruben Manuschewski and Daniela Schmitt, Program Assistants at Little Brothers-Friends of the Elderly (LBFE), have spent their Wednesday afternoons with residents at 2262 Dorchester Avenue in Lower Mills for Bingo, art and coffee.

Lower Mills is part of LBFE's new City Sites program, which brings social activities to elder buildings across Boston—and fosters community in the process. Says resident Veronica Soberanis, “To me it is very relaxing—I love it!” She also noted that, “If it wasn’t for this I would probably be upstairs.”



The Lower Mills City Site is made possible through the assistance of several community partners. Jane Boyer, a Lower Mills resident and Advocate with the

Elderly Commission, introduced LBFE staff to the building. Jill Baker from Councillor Frank Baker’s office has been

a champion of the project, arranging donations of refreshments from local businesses. David Mareira, another Lower Mills resident, is a long-time friend of 2262 Dorchester Avenue. The building’s Resident Task Force, led by Kathy Ford, and its property manager, Chris Lezama, have also offered support.

The City Sites program is part of LBFE’s ongoing work to help alleviate elder loneliness and isolation. Other sites in the Fenway, South End and Symphony neighborhoods are staffed by students in Northeastern University’s Service-Learning and Civic Engagement Programs.



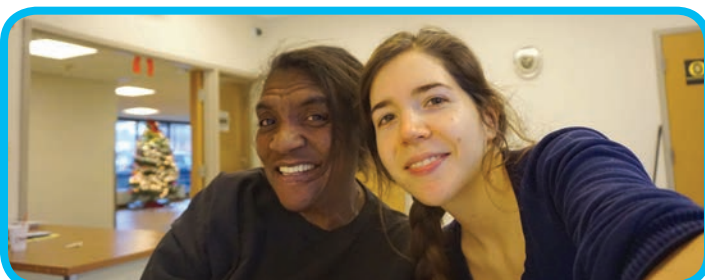
The intergenerational quality of the gatherings is appreciated by both the elder residents and the young people. For Ruben, City Sites “is a great chance for me to do my part as a ‘linking piece’ between different generations and to make the days of our elderly friends at Lower Mills



a little bit brighter not only by being a volunteer but also by being a friend.” The activities have also proved to be a great way for elders to volunteer by recruiting other attendees and helping organize the events.

All in all, it’s a win-win for everyone involved. Residents enjoy stopping by for a cup of coffee and a round of Bingo, students and Program Assistants get to take time out of their busy weeks for games and conversations, and LBFE is able to serve more elders on a regular basis. In short, as 2262 Dorchester Avenue resident Mr. Davis says, “We have fun!”

If you would like to learn more about starting a City Site in your building or neighborhood, or you would like to get involved in this or other LBFE programs, please contact Cynthia at 617-524-8882 or cwilkerson.bos@littlebrothers.org.



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Music in Your Life

By: John H O’Neill III

Music can play an important part of each day. Everyone can benefit from music.

Different types of music are used in advertisements. Strong, up-tempo music may be used for sports. Soft, mellow music is used in health related matters. People may have different injuries and recovery may take a while but music can help them. “Les Marcelles” is very inspirational while recuperating from an injury.

I believe hearing “The Sound of Music” will draw ones attention.

It is important and beneficial to make music a part of each day. It definitely has an effect on people.

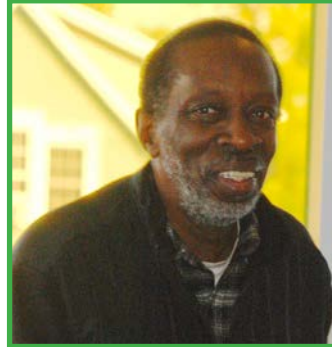
Halloween Luncheon



Italian Heritage Luncheon



Memoir Project Reading at Grove Hall



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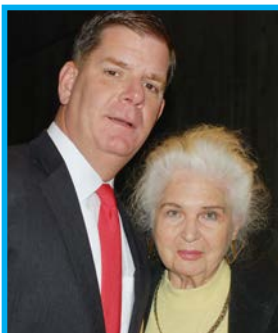
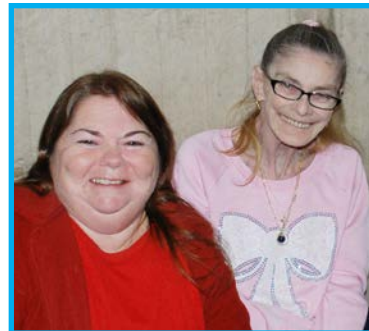
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Mayor Martin J. Walsh
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The Elderly Commission

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