

Elderly Commission

Boston Seniority



August

FREE

2006

Volume 30 Number 6 Thomas M. Menino, Mayor of Boston

THE MEMOIR PROJECT SOUTH BOSTON



The City of Boston and Grub street Memoir Writing Project went out with a bang in the North End. It was undoubtedly a huge success. Special thanks to the Old North Church Association, The Weekly review, and the Post Gazette and the Boston Globe.

Round two will take shape in the style of the Officer's quarters of Fort Independence, Castle Island, South Boston. Thanks to the Castle Island Association, the Boston Globe, South Boston Online, and the South Boston Tribune recruitment was easy. A special thank you to Sullivan's for the speedy service and great food!

The four week course began on Tuesday July 25th and will meet thru August.
Contact Eliza Greenberg or Kaysea Cole at 617-635-3244 for more information.

Boston Seniority

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M ayor's Spotlight



"AIM FOR PEACE" PROGRAM COLLECTED 1,000 FIREARMS!

Program Ends, Message of Peace Continues

Mayor Thomas M. Menino and Acting Commissioner Al Goslin, in conjunction with the Boston Police Department and numerous community and faith-based organizations, is pleased to announce that the 2006 Boston Gun Buyback "Aim For Peace" was a major success. "Aim For Peace" has taken 1,000 firearms off the streets of Boston.

"The gun buyback program exceeded our expectations," Mayor Menino said. "The citizens of Boston stood together and sent a loud message to criminals: We are not going to allow our streets to be overrun with violence and fear." The gun buyback asked city residents to "Aim For Peace" and trade in a gun for a \$200.00 Target® gift card. This program took place from June 12th through July 14th. Firearms were accepted at various designated drop-off sites citywide Monday through Friday from noon to 7:00 PM. Drop-off locations included every district police station and eight additional community sites.

The gun buyback program was a proactive approach to reduce gun violence and signifies a movement to inspire a change in attitude and behavior. This "no questions asked" initiative took 1,000 guns off the streets and sent a clear message encouraging young people to reject a life of crime and violence and embrace a life of personal responsibility, hope and peace.

"We are so pleased that the gun buyback message resonated with the community. We have numerous anecdotes that demonstrate that this program inspired individuals that we were seeking to reach with our unified message of peace," commented Reverend Shawn Harrison, Youth in Crisis Ministry, "However our work does not end here. We will continue to spread this message throughout the community to put an end to this senseless gun violence."

The hotline, 1-888-GUN-TIPS, will remain active for the next several weeks for neighbors who wish to provide information related to criminal activity or can provide information leading to the whereabouts of a "community" firearm.

"The Boston Police Department is working tirelessly to quell gun violence on the streets of Boston," stated Boston Acting Police Commissioner Albert E. Goslin, "But the police department cannot

accomplish this alone. We encourage the community to move forward with the same community spirit and camaraderie demonstrated during the 'Aim For Peace' program and together we will reduce violent crime."

As this program comes to a close, program coordinators would like to extend their deepest gratitude to all those who contributed to the programs success:

Community partners include: Target Corporation, Project RIGHT Inc., Boston Ten Point Coalition, Hyde Square Task Force, Katherine Mainzer-Bella Luna Restaurant, Lewis S. Dabney-Million Mom March, Bowdoin Street Health Center, Quincy Geneva Housing Corporation, Boston Centers for Youth and Families, Dorchester Youth Collaborative, St. Catherine Rectory, Charlie Rose-City Year, Urban Youth in Leadership Program, Urban Edge, Hope Church, Ella J. Baker House, Mass Communities Action Network, Roxbury Multi-Service Center, Nuestra Comunidad Development Corporation, WinnResidential, Grove Hall Youth Workers Alliance, Michael Patrick MacDonald, United Church of Christ, Church of Scientology, Sandler Lacoste-Boogs Wear, Inc, Boston Housing Authority, City Links, Youth in Crisis Ministry, Inc, Streetworker Program, WFXT Fox 25, the Boston Herald, Community Newspaper Company, WILD 1090 AM, the Bulletin Newspapers, ClearChannel, the MBTA, the Dorchester Reporter, the Mattapan Reporter, the Charlestown Bridge, Boston Red Sox Foundation, Mark Wahlberg Youth Foundation, City of Boston Credit Union.

City of Boston Elderly Commission Services

Do you know what services the Elderly Commission offers?

Below is a listing of free services and programs that are available to all seniors living in Boston

Community Service Advocates/Direct Services Unit

Through this unit, a myriad of services is available to Boston's senior community, among them emergency home health and well-being visits, government benefits and form preparation assistance, and tenant/homeowner issue support, as well as general information and referral assistance. Community Service Advocates manage specific resources, and are available to meet seniors' needs during weather and other emergencies. Advocates act as an information resource as well as proponents for seniors' rights.

Serving the Health Information Needs of Elders (SHINE)

The SHINE Program offers seniors free health insurance counseling benefits, oral and dental screening and referrals, fitness programs, health information and access to the Mayor's Neighborhood Pharmacy Plan. This program gives seniors access to information essential in maintaining and improving health for a better quality of life.

Nutrition

The Elderly Nutrition Program ensures nutritional meals for income eligible seniors, who may dine at any of 40 area congregate lunch sites or receive home meal delivery anywhere in Boston. Considering special dietary requirements for seniors is a top priority. This ensures that everyone has access to the essential nutrients specific to their needs.

Caregiver Support Service

The Commission on Affairs of the Elderly provides Caregiver Support Services including information and referral, assistance in gaining access to support services, support groups, educational trainings, respite scholarship and information to caregivers who need a helping hand.

Notary Public

Free notary service is provided to eligible residents through The Elderly Commission. Please call in advance to schedule an appointment.

Employment and Volunteer Programs

Senior Companion Program

This program allows seniors to help other seniors by serving as one-on-one companions, helping with everyday life. Both companion and senior benefit from this program, making meaningful relationships along with impacts on one another's lives.

Seniors Training for Employment Program (STEP)

This federally funded employment training program empowers low-income seniors to rejoin the work force: giving them the extra edge needed in today's work force. Participants perform 20 hours of community service weekly in non-profit, business and government agencies while seeking employment.

Retired and Senior Volunteer Program (RSVP)

Knowing the rewards of volunteering, the Elderly Commission provides seniors the chance to make an impact with their skills and experience through one of the many meaningful opportunities available through the City of Boston and the RSVP Program. Along with helping local non-profits, RSVP participants benefit from the unique fulfillment that comes with volunteering.

Senior Shuttle

Free curb-to-curb rides are provided to non-emergency medical appointments, grocery shopping and other activities within the City of Boston. Please call (617) 635-3000 at least three days in advance to schedule an appointment. Rides are scheduled on a first-come, first-served basis and are available to anyone over age 60.

Taxi Discount Coupon Program

The Elderly Commission partners with the Boston Police Department Hackney Division to provide an affordable transportation option. Coupon books are worth \$10 at a cost of \$5 per book for all taxis licensed by the City of Boston. Coupon books are available at Boston City Hall and at various sites throughout the city.

Community Relations Unit

Communications

It's important to the Elderly Commission that Boston's seniors are up to date with services, issues, and all things relevant to senior living. *Boston Seniority* magazine is published 10 times per year and is available free at senior centers, libraries, elder housing complexes and other locations throughout Boston. "Boston Seniors Count" is an informational TV program for area seniors broadcast live on Tuesdays at 3:30 p.m. on Boston Neighborhood Network TV Channel 9.

Events

Over 100 educational, recreational, and social events for seniors are offered each year by the Commission and other organizations. Held throughout the City's neighborhoods, these gatherings offer Boston seniors opportunities to learn and socialize with new and old friends, thus decreasing isolation and loneliness.

Remembering Special Events

Seniors celebrating special events in their lives, such as retirements, notable achievements, anniversaries or birthdays, can receive special recognition from the Mayor and the Elderly Commission.

Advocacy

The Mayor's Advisory Council is a group of over 100 Boston seniors and senior service agency representatives who represent and advocate for Boston seniors. This group advises the Commission on policy, legislation and service areas for future funding.

Health and Long Term Care Task Force is a large group of both seniors and agency representatives who work to better the quality of life for Boston seniors by advocating for better health and long term care options and coordination of services.

Housing Task Force Group is a small group who are very active in planning and coordinating more options for senior housing in Boston.

Advocacy Task Force Group is a medium sized group made of both seniors and agency representatives who work to support legislation that will benefit Boston seniors and advocate for positive changes to the senior service network.

The Elderly Commission is also home to two other organizations serving seniors:

Boston Area Agency on Aging

The AAA plans, coordinates and advocates services on behalf of the City of Boston's older population, as well as monitors and evaluates other local senior service non-profits which are supported by funds provided through the Older Americans Act.

Council on Aging

This group promotes the active involvement of seniors in the life and health of their neighborhoods essential in preventing isolation and providing information and referral services.

*For information on all programs and services, please call (617) 635-4366
or visit us on the world wide web at : www.cityofboston.gov/elderly*

All Political Parties & Candidate Value Seniors As Valuable Volunteers

By Mary Clayton Crozier

The door is open for seniors to volunteer in all political parties and to campaign for candidates in the coming statewide primary Sept. 19 and election Nov. 7.

If you have a commitment to Democrats, Republicans, Independents or Green Rainbows the welcome mat is out to volunteer on behalf of their candidates.

Older men and women volunteers are considered as important as their young counterparts as volunteers.

Seniors have an opportunity to have fun, to meet new people in getting out the vote and to share their campaign ideas and experience.

Altogether mental health specialists will agree that this type of volunteer experience is good for senior health because it is an opportunity to be heard and to be valued because of age.

Here is what a survey of the political parties and gubernatorial candidates have found for Boston residents over 60:

There are telephone calls to

be made at party headquarters soliciting votes, helping with an input for a telephone scripts to elect candidates. Especially important is phoning other seniors.

There is also an opportunity to adlib on the telephone about needs as seniors and to convey the promises of candidates.

Helping with mailings are important and appreciated.

Adding important voting information into computers is also important.

Distributing campaign auto stickers and signs to individual neighborhoods

In other words using seniors for whatever volunteer jobs are necessary in campaigns.

Here are the resources

Massachusetts Democratic Party, 56 Roland St., Charlestown, Two blocks from Sullivan Square. Accessible by bus or T. or The Ride. Chris Dempsey, volunteer coordinator. 617-776-1676.

Massachusetts Republican Party, 85 Merrimack St., 4th Floor, accessible by public transportation. North Station T. stop. Robert Willington, political director. 617-523-5005.

Candidates For Governor alphabetically

Christopher Gabrieli, Democrat. His Headquarters: 164 Canal St., Boston. 4th Floor. About a block from North Station. Contacts: Bridget McCarthy and Mike Moschella, field director. Boston.. 617-314-6691.

Green Rainbow Party, Mike Heichman, contact, 617-265-8143. Also Grace Ross, gubernatorial candidate, 617-291-5591...Must collect 10,000 signatures in order to be on Nov. 7 election ballot. Contact Wanda Boeke, signature chair, (413) 997-2170.

Kerry Healey, Republican, 85 Merrimack St., Suite 200. Near T.D.Banknorth Garden, Contact: Nick Connors, field director. Accessible by North Station T stop. 617- 523-0844.

Christy Mihos, Independent. Headquarters 9 Park St., Beacon Hill. Contact 617-399-2244. Accessible from Park St. T station. Contact Chuck Zicari.

Deval L. Patrick, Democrat. Headquarters, 56 Roland St., Charlestown. Contact Clare Kelly. 617-367-2000. Accessible by public transportation. Orange Line to Sullivan Square. 5 Minute walk to headquarters.

Attorney General Thomas F. Reilly. Headquarters 270 Congress St., Boston. Block from South Station T stop. Julia Fox, volunteer coordinator. 617-292-4866.



choice of home care at last!

by Al Norman, Mass Home Care

Seniors citizens and the disabled who qualify for long term care services under the MassHealth program will have an “equal choice” of care at home, or care in a nursing home, under legislation adopted in July unanimously in both chambers of the General Court.

S. 2273, the “equal choice” bill, modernizes the MassHealth program from one which has historically been institutionally oriented, to one which focuses on care “in the least restrictive setting appropriate” to an individual’s needs.

The bill is “an important civil rights protection that allows consumers to seek care in the most integrated setting.” The equal choice bill also establishes a more focused “pre-admission counseling” program for people who are being referred to a nursing home, to ensure that they are aware of community alternatives. Everyone about to enter a nursing home---regardless of whether they are

privately paying, or seeking MassHealth support---will have the opportunity to explore options in the community first.

The equal choice bill requires the state to submit a “waiver” to the federal government which will raise the income and asset levels for the MassHealth long term care program, thus allowing the Commonwealth to capture 50% federal match for some elders who are now fully supported by state funding.

According to the Romney Administration, the equal choice bill will save state taxpayers \$134 million in the first five years after implementation. Several recent studies of the state’s long term care system have noted the Commonwealth’s over-reliance on institutional care. Today, approximately 75% of the MassHealth funding for long term care goes to nursing homes. Massachusetts ranks 25th in the nation for the percentage of MassHealth funding spent in the community.

The equal choice legislation has been endorsed by the major elderly and disabled rights groups in the state, including Mass Home Care, the Boston Commission on Affairs for the Elderly, AARP, the Statewide Independent Living Council, MAOA, Mass Senior Action, Mass Councils on Aging, and the Greater Boston Interfaith Organization. Equal choice was also strongly endorsed by Mayor Tom Menino, who said: “Enabling senior citizens to have a choice in their care setting is not just the decent thing to do, it’s the cost-effective thing to do...We should honor elders’ preferences, respect their rights and allow them to choose where they receive their care. It is their money---it should be their choice.”

The elderly and the disabled want to be cared for at home as a first resort. This legislation gives them the choice to live independently in the community. For the first time in 40 years, we set a clear mission for more than \$2 billion in state spending. This bill is a win-win. It keeps elders living in the community, and it saves tax dollars as well. “

EXPLORING ROXBURY

WITH HARRIET HAYES

By Kali Borrowman



Recently, the Boston Seniority sat down with Harriet E. Hayes to talk about growing up in Roxbury and on 36 years teaching in the Boston Public School System. Here's what she had to say...

Hayes - I was born in Boston, MA. My parents are from Barbados, West Indies.

Seniority - When did your parents come to the US?

Hayes - They came to the US just as they were getting married. We landed in, first of all, Canada, and then we came to Boston, MA. I lived in Roxbury, and went to Boston Public Schools.

Seniority - How long did you live in Roxbury?

Hayes - I lived in Roxbury for years until I got married.

Seniority - When did you get married?

Hayes - In 1965 to Vincent Hayes. He was on the Boston Police Force. In the 1960s I was going to Boston Teachers College and they were looking for black teachers to promise to come back and teach in the community for a year and they would pay us a stipend and send us to Harvard. So, we had teachers from Harvard who came to different sites in Roxbury to educate us. There was a group of about 35 of us who wanted to become teachers in the Boston system.

Seniority - Where you a close group?

Hayes - We were very close, yes - at that time.

Seniority - Was it all women?

Hayes - No. There were men and women, young - in our 20s and 30s. We graduated from Harvard in 1973. We were teaching in parochial schools at first and then we went to the public schools. I think only two of us remain today.

Seniority - What made you want to be a teacher?

Hayes - Well, I've always wanted to be a teacher. I was brought up in the church and I taught religious education. I had an aunt that was a teacher and there weren't too

many black teachers in the City of Boston. So, as they were recruiting, I just happened to be at the right time and right place. I was very happy about that. Without education I would have probably still been doing small jobs; although, I did work in the Federal Reserve Bank at night. I was a night clerk for about 10-12 years, while getting my education at Harvard, plus I was married with two children. We just had our first house. My husband was working two jobs. We were busy. Time went by very quickly. It was so busy!

Seniority - How did you manage to handle the children, the husband and everything else?

Hayes - We were very cooperative. He helped with the children and the boys helped, too. I have two sons and we traveled.

Seniority - What sort of traveling?

Hayes - Every year we'd find a place to go. We traveled to all the islands: to Barbados, Jamaica, all the islands. I sang at that time, with a group, the Black National Catholics and we went to Rome (in the late 90s). It was a singing group at my church and we went to Rome to sing for the Pope. My husband and I, and the group - there were about 50 of us. It was extremely well done. We visited the Cathedrals, Vatican City. We were very well received. We ate lavishly. At that time Mayor Flynn was the ambassador and he welcomed us and gave us a luncheon and we sang

for him.

Seniority - How long were you in Rome?

Hayes - We were in Rome for 10 days and we visited everywhere.

Seniority - What was your favorite?

Hayes - Oh, the fountain, you know that fountain that you throw pennies in.

Seniority - Did you make a wish?

Hayes - Oh yes!

Seniority - What did you wish for?

Hayes - Oh dear, I can't tell you that! Laughter I'm just teasing - just for happiness, good health.

Seniority - Would you say that came true?

Hayes - Oh yes! Then my husband and I went to Alaska; that was our last trip in 2004. Oh beautiful! Juno. We took a cruise for about a week. It was very nice. There are no Eskimos or igloos. Instead it was very much Native Americans. I thought Alaska would be cold but we went swimming, and did you know that they are still panning gold in Alaska? My girl friend found something and made a ring. It was exciting. That was three or four years ago. My husband passed away right after. We were married for 54 years and he

was so handsome.

Seniority - When did you get married?

Hayes - I was 19 almost 20. We were married in September and in October I turned 20.

Seniority - How did you meet your husband?

Hayes - We were at a birthday party and the sailors had just come into town. He was in the Navy. They would look for parties and I was going to clerical school. He was from Boston and went to Boston Public Schools and got on the Police Force when he was only 21 years old. He was on the force for over 40 years before he retired. He was one of the first twelve blacks to be on the Boston Police Force.

Seniority - What was the first thing he said to you when you met?

Hayes - He asked for a dance and we've been dancing ever since! He loved to dance. He was a fun kinda guy; even though he was strict on the police force he was still a fun kinda guy.

Seniority - How long did you date before you married?

Hayes - About three years. He was in the Navy and had to get out and all that business. When we got married we lived in Roxbury for about a year and then bought a house in Dorchester.

We stayed in that house for 35 years. I raised my children in that house. The house is still there, but I haven't been back. It's a beautiful place, but I love living here now. We have a nice pool, nice exercise room. I'm comfortable. I thank God for that. I am very grateful for what I have.

Seniority - Do you remember any places that you went to in Roxbury?

Hayes - Oh yes! We went to the High Hat on Columbus Ave. They used to have music every Friday, Saturday. We'd listen to everybody: Benny Goodman, Ray Charles, Nat King Cole - we saw them all. That's where my husband and I would dance. My favorite restaurant was Slades on the corner of Hammond and Tremont Street. The best chicken in Boston and, oh my goodness, it was delicious. It was one of the famous places for BBQ chicken.

Seniority - How many brothers and sisters did you have?

Hayes - 5 brothers and 1 sister - only two girls including myself. They're all gone now. It was fun growing up with brothers. They were very protective.

Seniority - What schools did you go to?

Hayes - I went to Roxbury Memorial High School, graduated in 1946 and then I went to clerical school for 1 year. That's when I decided to go to the Boston Teach-

*Exploring Roxbury continued
from page 11*

ers College on Huntington Avenue I was becoming a teacher when I met the man who was recruiting and that's how I started classes at Harvard. They paid for our books and classes, and gave us a stipend. I loved teaching! First of all, I started off as a Math teacher and then I went and got my Master's degree in reading. I loved every minute of it; in fact, I'm still substituting for Sacred Heart School in the wintertime. I love teaching. I love being around the children. I taught everything from Kindergarten to High School. I enjoyed every age group. I really had a good life with my teaching experience. The kids really liked me and I liked them. I don't think I could say that I had one bad day. Even if I went in tired, I still had a good day. I always pushed the students towards college. In fact, I just got a letter from a former student saying that she had graduated from law school.

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Opening Soon.....

Institute of Contemporary Arts



On September 17, 2006 the Institute of Contemporary Art is inviting everyone to get the first look of their brand new location located on the waterfront near Anthony's Pier 4. Designed by celebrated architects Diller Scofidio + Renfro, the art museum is the first to be built in Boston in nearly 100 years and is destined to become one of the most recognized architectural landmarks in the city and now on a September Sunday, you can view it FREE OF CHARGE.

The 65,000-square-foot building, featuring a dramatic folding ribbon form and a cantilever that extends to the water's edge, provides a bold presence for the ICA and symbolizes the museum's commitment to contemporary art and design.

"The design of the ICA embraces and bridges dual objectives—the museum's mission to become both a dynamic space for public activity and a contemplative space for experiencing the art of our time," says Jill Medvedow, James Sachs Plaut Director of the ICA. "We hope that the ICA will catalyze the transformation of the waterfront, building upon the emerging energy and vitality of the area."

The new museum will feature four inaugural exhibitions when it opens next fall, including a presentation of works from the permanent collection. The exhibition Super Vision examines how artists define the distinctive character of contemporary vision and considers the effects of technology, surveillance and virtuality on today's art. Artists such as Andreas Gursky, Anish Kapoor, Gabriel Orozco, Chantal Ackerman, and Harun Farocki have explored the perceptual effects of vision and the expansion of the visual realm. Super Vision will present a range of work in diverse media to explore the simultaneous pleasure and threat of contemporary vision, from the super-human to the anti-human. Other inaugural exhibitions will feature works by finalists for the ICA Artist Prize, an award and exhibition program that recognizes outstanding artists in the Boston area, and Momentum 6, part of an ongoing series of solo exhibitions presenting new developments in contemporary art.

Take advantage of this day and visit the ICA for free!

Discover a whole new world.... The World Wide Web

Feeling left behind in the computer age? Well, I have some remedies.

The internet, also known as the World Wide Web (www) is a wonderful resource. Now-a-days you can find just about anything on the internet. You can keep in touch with family and friends by e-mail (electronic mail) which allows you to send messages to their computer within seconds. You can browse newspapers including your local newspaper, the town you grew up in, or a newspaper in a distant country. All are a few clicks away.

However, I do agree with traditionalists who say technology is taking something away. For instance, I can't remember

the last time I received a handwritten letter. Though, on the flip side, it allows me to communicate instantly with my grandmother who lives in Florida without having to pay a telephone bill.

I also love researching travel options. I can view a hotel room before I book it, compare prices and make my reservation without even picking up the phone.

Not convinced yet? Most telecommunication companies offer affordable packages where your phone, cable and internet are all on one bill (this type of package typically includes free long distance too). Computers are no longer outrageously priced. In fact,

you can get a decent computer equipped with everything you need for around \$400.00. Too much money? I bet if you ask a family member or friend who has recently upgraded, they will let you have their old one for free!

If neither of the options mentioned is possible, you can visit your local library and use the computers for free.

Getting the computer and internet access is the easy part right? While learning is the hard part.

One key thing to remember is that man built the computer.

With that in mind, please check out the following page for locations where you can get free instructions. Come on, what are you waiting for?

VOLUNTEERS WANTED

Elderly Commission's RSVP Program has the following Volunteer opportunities for Boston Seniors

New!

Humanities International

Assisting with Elder hostel. Travel programs. Comfortable with Public Speaking. Must be physically able to assist on Field Trips, also friendly and outgoing. Knowledge of City of Boston & Mass Transportation system. Must live on site Sunday—Friday (Charlestown). Various opportunities plus \$100 to cover added expenses. Must be flexible and able to volunteer two weeks out of calendar year.

Horizons for Homeless Children

Is looking for caring, dependable individuals to interact and play with children living in homeless shelters in our Greater Boston community. Volunteers are asked to commit 2 hours a week for 6 months. Days and evening hours are available on weekdays. (Dorchester and seven other sites throughout City of Boston).

Community Servings

Reception Volunteers are responsible for two primary tasks; answering incoming phone calls, greeting and directing volunteers, clients and guests. Volunteers are asked to commit 2 days a week. (Roxbury).

For more information, contact the Boston RSVP Staff at (617) 635-3988 or 617-635-1974.

Free Computer Lessons!

The following Boston Public Library locations regularly offer workshops on using the Internet. Please contact the location you are interested in for dates and times.

690 Adams Street, Dorchester 617-436-6900 Adams Street Branch

179 Main Street, Charlestown 617-242-1248 Charlestown Branch

690 Washington Street, Dorchester 617-436-8214 Codman Square Branch

433 Centre Street, Jamaica Plain 617-522-1960 Connolly Branch

65 Warren Street, Roxbury 617-442-6186 Dudley Branch

276 Meridian Street, East Boston 617-569-0271 East Boston Branch

2044 Columbus Avenue, Roxbury 617-445-4340 Egleston Square Branch

419 Faneuil Street, Brighton 617-782-6705 Faneuil Branch

300 North Harvard St., Allston 617-787-6313 Honan-Allston Branch

27 Richmond St., Dorchester 617-298-7841 Lower Mills Branch

10 Hazleton Street, Mattapan 617-298-9218 Mattapan Branch

25 Parmenter Street, North End 617-227-8135 North End Branch

1497 Tremont Street, Roxbury 617-427-3820 Parker Hill Branch

4238 Washington Street, Roslindale 617-323-2343 Roslindale Branch

685 Tremont Street, South End 617-536-8241 South End Branch

500 Columbia Road, Dorchester 617-265-0139 Uphams Corner Branch

151 Cambridge Street, Boston 617-523-3957 West End Branch

1961 Centre Street, West Roxbury 617-325-3147 West Roxbury Branch

Be informed Don't get SCAMMED

Most fraudulent telemarketing calls - 56 to 80 percent - are directed at senior citizens. Each year, nearly 25 million Americans, mostly seniors, are victims of consumer fraud. In many cases, people have been victimized in their own homes and even lost their life savings.

Many legitimate companies and charities solicit consumers by phone and consider it an effective way to raise money or increase company business. However, others are up to no good, says the National Crime Prevention Council. Seniors can prevent telemarketing fraud by being shrewd and savvy with telemarketers and keeping these tips in mind:

- Offers too good to be true usually are. Ask to receive the unbelievable deal or the amazing prize offer in writing so you can read it carefully before making a commitment.
- Never give out your per-

sonal information over the phone or Internet unless you have initiated the contact. Legitimate business callers will not ask you for this information over the phone.

- If a caller asks you to pay for an offer in advance or asks for your credit card number or Social Security number, tell the person you don't give out personal information over the telephone.

Remember that legitimate telemarketers won't be turned off if you use these techniques. They will appreciate dealing with an educated consumer.

You may find yourself bombarded with telephone calls from telemarketers offering you everything from "fantastic investment opportunities" to home repairs (for an unbelievably low price). Cases of stolen identity don't occur just in TV shows. They happen to real people, and ever more frequently, especially to senior citizens. During National Fraud Awareness Week, July 9-14, the National Crime Prevention Council (NCPC) is reminding consumers of easy safety measures they can take

to protect themselves against fraud and identity theft. These measures could save you valuable time and money - on average, victims report spending 30 hours cleaning up after an identity crime at a cost of \$500.

- Eliminate paper trails. Some identity thieves "dumpster dive," that is, they rummage through garbage cans and communal dumpsters searching for discarded bill stubs, cancelled checks, credit card and bank statements, pre approved credit card offers, and other private information. So, tear up your correspondence, or, even better, shred it before throwing it away.

- Sign up for direct deposit. If you currently receive Social Security or other federal benefits by check, consider making a switch. Direct deposit eliminates the risk of lost or stolen checks, reduces fraud, and gives people more control over their money. Direct deposit also protects against identity theft. For more information about signing up for direct deposit of your Social Security or other federal benefit payment, call the Go Direct help line at 800-333-1795 or go to www.GoDirect.org.



Senior Companion Program

Become a Senior Companion and become a friend.

Senior Companions bring a *friendly face* into the homes of homebound elderly.

For information on how you can *brighten a senior's day* call (617) 635-3987.

Massachusetts Chapter
alzheimer's association
the compassion to care, the leadership to conquer

Face Alzheimer's Fears with Support from Alzheimer's Association

Aside from cancer, Americans fear getting Alzheimer's disease more than any other diseases including heart disease, stroke and diabetes. The recently published study conducted by Harris Interactive for MetLife entitled "MetLife Foundation Alzheimer's Survey: What America Thinks" also revealed that people over the age of 55 fear Alzheimer's even more than they fear cancer.

According to the Alzheimer's Association, 4.5 million Americans currently have Alzheimer's and that number is predicted to increase to 16 million by 2050. In Massachusetts alone, an estimated 140,000 people are living with Alzheimer's. With the reality that the number of Alzheimer's victims is only increasing, it is important to plan for the possibility of getting Alzheimer's, however many people have taken no action to do so.

With no cure currently available, Alzheimer's robs its victims of life, dignity and awareness of their surroundings. The study revealed that the disease is not well understood by many. Alzheimer's is a complicated progressive brain disorder and education, understanding and knowledge of the disease can make a difference. The Alzheimer's Association, Massachusetts Chapter in Watertown has a variety of resources such as the 24-hour helpline, a number of family and caregiver education programs, and early stage programs that are available. Through these programs the Association is able to educate and support both patients and families.

Alzheimer's can take a high monetary toll. The cost to care for a person with Alzheimer's – with the average person living about eight years after onset – is around \$200,000. Very few people take the appropriate planning steps. A large number of people have no financial arrangements prepared for the possibility of getting the disease, they have not discussed the issue with their families and many have not looked at care options.

Knowing and being ready to take on Alzheimer's can lessen the impact. For more information, call the Alzheimer's Association's Helpline at 1.800.272.3900 or log onto www.alzmass.org.

Caregiver Services

If you are caring for someone *over the age of 60* or are a *grandparent raising a grandchild*, the Elderly Commission and Caregiver Alliance wants to make sure you are receiving services that you deserve.



For information and referrals, assistance in gaining access to services, individualized counseling, support groups, care giving problem solving, respite care, advocacy, training, or supplemental services please

call the Elderly Commission at (617) 635-2713.

Keeping Cool with Food

by Melissa Carlson, MS, RD

As the temperature rises our bodies work harder to keep us cool. This means we need to keep eating a healthful and nutritious diet to keep our energy up and to stay hydrated. On average the human body is approximately 60% water, as we age our body composition changes and the human body will reduce to approximately 55% water. To keep hydrated during the hot humid days of summer it is recommended that we replenish our liquids by drinking 8-10 cups of water per day. You can also get about 20% of your liquids through food. Below are nutritious tips on how to stay healthy when it is hot:

Drinks

- Water- Try to drink one cup of water at a time. You have all day to drink the recommended 8-10 cups. No need to rush unless you want to be running to the bathroom.
- Artificially Flavored Drinks- drinking plain water all of the time can get kind of boring. Try out different flavors of Sugar Free Kool-Aid or Crystal Light.
- Fruit Water- you can

flavor water naturally by adding fruit slices and wedges to your water. Try lime, lemon, orange, honeydew melon, cucumber, mint leaves, or a splash of fruit juice.

Foods to eat

- Juicy fruits- Fruit is a great way to get your vitamins, minerals, fiber, and some added liquids. Eat a variety of fruit including- watermelon, cantaloupe, honeydew melon, cucumbers, tomatoes, pineapple, peaches, grapes, and many more.
- Vegetables- can contribute water to and be an excellent nutrition source for your diet. Eat vegetables fresh or lightly steamed to digest them easier.
- Salads- vegetable, fruit, leaf or pasta salads can be a cool, nutritious and complete lunch or dinner option during the hot summer. Refrigerate your vegetables, fruit, dressings, or cooked pasta's before eating (it will add a nice cool relief). Summer is a great time to experiment with different salad mixtures too- try dried fruits, fresh berries, apples, and peppers and don't forget the protein source.
- Protein sources- when it is hot out, eating a big piece of

meat can be very filling. You can get your protein sources by adding beans, nuts, seeds, edamame, canned tuna or eggs to different dishes. Remember 1 ounce = 12 almonds or 7 walnut halves or 24 pistachios. You need about 5 ½ ounces of protein a day.

- Dairy Products- are always cold and refreshing. Mix yogurt, milk, cheeses and cottage cheese with different fruits for a change.
- Sandwiches- never forget about a nice sandwich made with cold cuts, cheeses, different spreads, or hummus.

Cooler ways to prepare food

- Grilling- you can cook an entire meal on the grill. Use any kind of meat, seafood or vegetable with different dressings, herbs and marinades to make something new.
- Ovens- Use a toaster oven if you need to bake. Try not to use your larger oven on the hotter days. Also when cooking with the stovetop try to limit the number of burners and pots you have cooking. If you do need to cook using the oven or stove top make sure to have your air-conditioner or fan running to cool things off or open the windows to let a breeze in.
- Microwave- Try to have some frozen foods on hand for a quick meal when you don't feel like cooking.

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healthsouth.com



FIT TIPS: WALKING FOR YOUR HEART

by D. Vanessa Wilson-Howard, M. S. Certified Fitness Specialist
Director, Project Healthy Plus/Project Health Exercise Plus ABCD, Inc.

Remember taking your first step? Walking is a major milestone in our development. It is a tool that provides each of us the freedom to explore and to move about on our own. Yet we often take this basic skill for granted, until we find ourselves faced with a problem that makes it hard to walk, such as bad knees, extra weight, or even worse, a heart attack. You can avoid and/or reduce pain and discomfort by simply adding walking to your daily routine.

THE HEART is our most essential muscle. Simply put, if it stops, so do we. Walking strengthens and stimulates the heart and challenges it to work harder. There is abundant evidence that regular physical activity decreases the likelihood of developing heart disease and increases the chances of survival if one does suffer from a heart attack. Yet less than 1/3 of Boston residents say they get regular significant physical activity.

OTHER BENEFITS walking provides:

- § Increasing overall body strength
- § Relaxation and stress reduction, and
- § Healthy weight loss

NO AGE LIMIT to walking. Just follow the SAFE and HEALTHY WALKING tips below.... and let's go!

§ First, talk with your doctor or health care provider to see what is a good beginning distance to walk. Gradually build to longer walks.

§ Invest in a comfortable pair of walking shoes or sneakers. The shoe should support your entire foot and ankle. Also wear comfortable clothing that is not restraining.

§ Make a plan to include walking into your daily schedule.

§ Stay hydrated. Drink water before, during and after the walk.

§ Walk in well-lit areas with a friend or a group... "Walking Buddies".

§ Carry a picture ID with you and preferably a cellular phone.

§ Keep hands free. Carry your personal belongings in a fanny pack.



Step one:

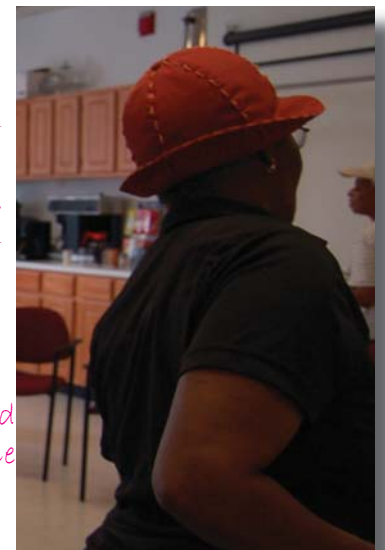
Place one foot in front of the other using the "heel-ball-toe" format.



Bend elbows back like "chicken wings". Move them back and forth along the side of your body. This will assist your balance and helps to strengthen your heart.

Step two:

For good posture and form, keep your eyes and head forward.



Step three:

AVOID:

Cradle rocking your arms across the body OR swinging them across the body. This stresses the spine and may jeopardize your balance.

HealthBeat with Dr. Nancy Norman

Senior- I don't like taking prescription drugs but I have arthritis. I would like to have an alternative to taking medication. Is there anything else I can do to relieve some of the pain?

Dr. Norman -Definitely. Arthritis is a chronic condition where inflammation in joints can cause pain, swelling and stiffness. Although there are several different types of arthritis, the symptoms are usually the same and can lead to a decrease in one's ability to do functions of daily living, like buttoning a shirt or tying one's shoes. Early on in the disease, and throughout its course, it is vitally important to remain active and exercise as much as possible. Many patients have found stretching classes or yoga instruction to be helpful. Swimming is another way to improve the pain and stiffness in joints without taking over the counter (OTC) or prescription medication. Talk with your doctor and develop a plan of treatment you feel comfortable with and that suits your style. Ask your medical provider about the possible benefits from alternative therapies like massage, acupuncture or chiropractic care. Sculpting a plan you feel suits you and addresses your beliefs can only result in a more successful plan.



Senior- Can men get bladder infections?

Dr. Norman-Yes. Women tend to get more bladder infections than men though just because of the difference in anatomy. The distance from the outer genital area, up 'the bladder tube'(or urethra), to the bladder is much shorter in women making it much easier for bacteria to enter the system and cause a bladder infection. Making sure you empty your bladder completely when it is full, urinating shortly after sexual activity and drinking sufficient amounts of water during the day to help keep your urine dilute, are useful ways to decrease your chances of getting a bladder infection. The acidity of cranberry juice is also useful in keeping infectious bacteria populations at a minimum.

Senior -Is it Ok for seniors to take naps every afternoon? I am so sleepy by the time 3:00 p.m. rolls around. Is this helping or hurting my sleep schedule?

Dr. Norman- Personally I think there is nothing like a good afternoon nap! Having said that though, it is important to look at how these afternoon naps fit into your daily schedule. If you take a 3 o'clock nap for about an hour and still find you are able to fall asleep at night, without any problems, and sleep straight through the night with no interruptions, then a daily nap is fine. I think naps can become problematic if they start to interfere with one's normal sleep patterns (i.e. unable to fall asleep at night or waking constantly), or if they are really a symptom of some other underlying problem (i.e. depression, blood sugar problems or thyroid problems). If you find you must have a nap every afternoon I would recommend discussing this pattern with your doctor to rule out any other underlying problems.

Apricot- Glazed Pork Chops

$\frac{1}{4}$ tsp salt

$\frac{1}{8}$ tsp black pepper

4 (4-oz) boneless center-cut loin pork chops (about $\frac{1}{2}$ inch thick)

1 tsp olive oil

$\frac{1}{3}$ cup apricot preserves

$\frac{1}{3}$ cup Riesling or other slightly sweet white wine

$\frac{1}{2}$ tsp bottled ground fresh ginger or ground fresh ginger

Sprinkle salt and black pepper evenly over pork. Heat olive oil in a large nonstick skillet over medium-high heat; add pork. Cook 2 minutes on each side or until browned. Remove pork from pan, and keep warm. Combine preserves, wine, and ginger in a small bowl, stirring with a whisk. Add preserves mixture to pan; simmer 4 minutes or until mixture thickens. Return pork to pan; cook 1 minute, turning to coat.



Sautéed Spinach with Pine Nuts and Golden Raisins

2 tsp Extra-Virgin Olive oil

2 Tbsp dried golden raisins or dried cranberries

1 Tbsp pine nuts

2 cloves garlic, minced

1 10-oz bag fresh spinach, tough stems removed

2 tsp balsamic vinegar

$\frac{1}{8}$ tsp salt

1 Tbsp shaved Parmesan cheese

Freshly ground pepper to taste

Heat oil in a large nonstick skillet or Dutch oven over medium-high heat. Add raisins, pine nuts and garlic; cook, stirring, until fragrant, about 30 seconds.

Add spinach and cook, stirring, until just wilted, about 2 minutes. Remove from heat; stir in vinegar and salt.

Serve immediately, sprinkled with Parmesan and pepper.

Heathy Wealthy and Wyse

by Geraldine Wyse RN

First Impressions

It only takes five seconds to develop an opinion of someone!! I remember when it was ten seconds to develop a first opinion!! Our fast paced life is really moving faster than we thought. In fact, one can form a lasting impression in less than one minute.

The Joint Commission on Accreditation of Health care Organizations has established initiatives for improving patient safety. It is called "Speak Up". Why are introductions to patients and families so important?

At one time, nurses wore white uniforms, nursing caps, name tags and white shoes. It was easy to differentiate nurses from other staff. Now most hospital medical personnel wear colorful scrub suits or lab coats.

Even I have difficulty identifying hospital personnel.

Ideally, personnel would introduce themselves to you, wear a name tag with printing large enough so you can see their name, what department they work in and shake your hand. Don't they seem like they are all very rushed these days?

In our every day world, we meet people and their names have completely slipped our mind!! I often remember many trivial facts about the person but I cannot remember his/her name. What to do? Chat for a while and move on? What if someone approaches the two of you and you are too embarrassed to say that you have forgotten his/her name.

Act professionally. Introduce yourself immediately. The odds are the person may have forgotten your name also. He/she is relieved when you admit you have had a lapse of memory.

As we get older, our eyesight may have deteriorated. An older person may not actually see your face-only shadows.

Hearing may be impaired. Use a well modulated tone. The person may recognize your voice by your distinctive laugh or accent. Some families have very distinctive voices that you never forget. Most of us have instant recall when we hear Cary Grant or Jimmy Stewart speak.

If the tables are turned and you or your family notice that frequently you don't recognize old, close friends and family members, it may be time for you to visit your doctor for an examination. You may only need a new pair of eyeglasses or hearing aid. In some serious cases, there may be something going on inside your body that your doctor needs to further investigate.

COME SLEEP WITH US! **Must be 55 or older to qualify**

Brigham & Women's Hospital needs healthy men and women 55 and older to participate in a research study on the effects of light on nighttime sleep.

Participants will spend
13 consecutive
days and nights at our facility.

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\$2,408

Jen Rowe at (617) 732-7294
sleep@rics.bwh.harvard.edu

Campaign for Safe Senior Homes Part 2:

Small Home Modifications Seniors Can Make to Prevent Falls

According to the Centers for Disease Control and Prevention (CDC), falls are one of the leading causes of emergency department visits among people over the age of 65. More specifically, CDC reports that about one in three people over the age of 65 fall each year. The report goes on to state that many of the falls that occur, happen within the home.

Fall injuries can vary but severe fall injuries can involve hospital admittance, acute rehabilitation and or nursing home admission for complete recovery. So, what can seniors do to modify their home to prevent falls and live safely and independently? Let's continue on Campaign for Safe Senior Homes 2 by reviewing and modifying another commonplace in the home where falls occur, the kitchen.

Why do falls occur in the kitchen? Obvious reasons are that when we are in the kitchen we are usually cooking, cleaning, reaching and climbing. All of which require strength and energy. If you are not feeling well, have an injury or disease your ability to perform tasks is limited, which can easily compromise your safety while in the kitchen. So what can we do in the kitchen to make it easier to perform tasks while minimizing the possibility of a fall?

QUICK TIPS

Move all food and dishes in cabinets down onto lowest shelf or onto the counter to make reaching easier.

If reaching, make sure to keep one hand on the counter to maintain balance

If reaching, make sure you are standing in front of the item you are reaching for to avoid leaning and reaching

Try to prepare dishes in same general area to avoid walking and carrying

Make sure to maintain steady breathing throughout all activities

Make sure all spills are cleaned before walking

Arrange your kitchen furniture in a way that is accessible and clutter free

Remember to wear non skid shoes

Finally, avoid climbing on chairs and/or furniture

A great helper in the kitchen is a reacher. A reacher is a piece of equipment that has a trigger on one end and a grasper on the other end and runs about 24 inches long. All you have to do to reach an out of reach object is pull the trigger to open the grasp and secure the object.

Before you purchase equipment, it is suggested that you consult with an Occupational Therapist to perform a home evaluation of your home.

Contact Boston Elder Info to find out more information on home evaluation services: 617-292-6211

Volunteer at Fort Independence



*Bill Spain, President of the
Castle Island Association*

Looking for something exciting and rewarding to fill your time? Ever thought about volunteering?

The Castle Island Association's Historical Committee is looking for a few good men and women to volunteer their time to help with tours and other duties happening inside Fort Independence on Castle Island in South Boston.

Ever been inside the Fort? Well it's amazing and so is this opportunity to volunteer for a great cause. History and its preservation.

Volunteers are needed during the weekends in the summer from Memorial Day thru Labor Day 12:00 to 3:00 p.m., and Sundays thru Columbus day (all dates and times are weather permitting) . Volunteer opportunities range from being a tour guide where you give tours of the Fort and its History or as back up where you help the guide but don't have to do the talking. Not up for all of the walking? No problem, you can volunteer for office duty.

There is free parking and transportation may be arranged from the bus or T. stops.

The Castle Island Association's Historical Committee meets on Thursdays thru the winter at the Curley Community Center where you will get all of the training and history you need for the summer months.

Interested? Call Tom Hale, Historian at 617-773-8488 or Patricia Reid 617-572-8331

Free help understanding your pension

Do you have questions about your retirement plan? Do you know your pension rights under federal law? Do you know how to get the benefits you are entitled to? The Pension Action Center might be able to help.

The Pension Action Center at the University of Massachusetts Boston runs the New England Pension Assistance Project which is the only organization in New England devoted exclusively to helping individuals, free of charge, with their pension and retirement plan problems. They can help individuals to understand their plans and their rights as participants whether they are in a traditional pension, a public retirement plan, or a 401K. The Project also assists people in obtaining benefits to which they are entitled. Since 1994, the Project has recovered over \$27 million in retirement benefits and assisted over 4,000 individuals with employer-sponsored retirement plans.

Individuals with questions about their pension, 401K or other retirement savings plan, or anyone who feels he/she might have a right to pension money through a previous job or a deceased or former spouse can call the New England Pension Assistance Project at **1-888-425-6067**, Monday-Friday. This is a free service funded by a grant from the U.S. Administration on Aging with additional support from the Massachusetts Bar Foundation and the Boston Bar Foundation.



to Spectacle Island...

Spectacle Island features a marina, visitor center, two sand beaches, and five miles of walking trails that will lead visitors to the crest of a 157-foot-high hill, offering magnificent panoramic views of the harbor and the city. Supervised swimming is offered daily. We hope that you will join us on Spectacle Island, to remember its intriguing history and celebrate its future as a new center for recreation and learning in Boston Harbor.

The Spectacle Island visitor center demonstrates renewable energy, oriented with a roof line facing south so a solar electric (photo voltaic) system could be installed with maximum solar gain. These photophobic panels produce enough energy to keep a small fleet of electric vehicles operational on the island as well as to send clean electricity to the electric utility company's power grid for use throughout the area.

Spectacle Island was created by massive glaciers that engulfed present-day New England during the last Ice Age. We know that people began living on Spectacle Island over a millennium ago, utilizing the abundant resources of aquatic life and shellfish nearby for their survival. The island's name was inspired by the shape of two glacial drumlins or hills, connected by a sand bar, which resembled a pair of spectacles to early European explorers.

The arrival of English colonists in Boston Harbor during the 1600s signaled the beginning of great changes for Spectacle Island. The first Bostonians began harvesting lumber for firewood and shipbuilding on islands in the harbor. In 1717, a makeshift quarantine station was built on Spectacle Island in an attempt to prevent the spread of disease in Boston, including the dreaded smallpox. Two summer resorts opened on Spectacle during the 1840s and became infamous for hosting gambling and other illicit activities until the hotels were closed by local authorities some years later.

In 1857, Mr. Nahum Ward built a horse-rendering plant on the island. Two range-lighthouses were also built on Spectacle Island to guide vessels into the inner harbor. In the 1920s, the City of Boston began using a section of Spectacle Island as a municipal garbage dump and grease plant. When the dumping ended in 1959, more than 30 acres had been added to the island, altering its topography forever.

Beginning in 1992, the Central Artery/Tunnel Project began to rehabilitate Spectacle Island. Over 3 million cubic yards of dirt, gravel, and clay excavated during the construction of the Ted Williams Tunnel were used to cap the island, and a seawall was built to prevent the erosion of polluted materials into the harbor. In addition, 2 to 5 feet of topsoil was laid down to allow the growth of trees and shrubs. When the capping was complete, Spectacle Island had passed through yet another metamorphosis, growing to one hundred and five acres.

Operating Hours & Seasons

Visitors are welcome dawn to dusk, daily (June 24 -- Labor Day). Passenger ferry service is provided from Boston. Inter-island connections are provided to Georges and Thompson Islands. For Ferry Service information and events, please call 617-223-8666.

A perfectly
accessorized
tote.
A summer must
have!!



Accessorize your wardrobe with a color canvas tote bag. To beat the heat and humidity, don't be afraid to wear light colors or white from head to toe. You can add color to an outfit with accessories that are useful and stylish. With an oversized tote you can carry everything you need from sunscreen, books and even a bottle of water to stay hydrated on these hot summer days.

Must have items for a fashionable, fun summer:

Positively Radiant Daily Moisturizer with SPF 15 from Aveeno. This product puts the power of soy behind its product. It will hydrate your face and protect it from the sun. The best part: this moisturizer is mild, you can use daily even with sensitive skin. You can find this product in your local drugstore.

Lip Moisturizer. Lips need moisture too! As you're enjoying your water-cicle, your lips might need a little added moisture. Neutrogena makes a great product for lips that includes a sunscreen. Using a moisturizer as well as a sunscreen helps lips by moisturizing and preventing future damage.

Bottled-Water-Cicle. Packing a bottle of water is an absolute must to stay hydrated during the hot months of the summer, but you can run into problems when the water becomes too warm to enjoy. Before going to bed at night, take a bottle of your favorite water brand and place it in the freezer. In the morning you'll have a bottled-water-cicle. Freezing the water will allow it to keep cool as you go about your day, and as the water melts you'll have a nice refreshing sip.

A Good Book. *The Devil in the White City* by Erik Larson will transport you from the beach back to Chicago, 1893 in this bestseller's story of the architect behind the famous World's Fair and the serial killer who used the fair to prey on his victims. With careful research behind this National Book Award Finalist, you'll be sure to lose track of time when you're enjoying the beach.

Looking for something to do indoors? Visit the Isabella Stewart Gardner Museum this summer. The Museum is open Tuesday-Sunday 11 a.m.-5 p.m. Admission: \$10 adults (\$11 weekends), \$7 seniors. Members and children under 18 admitted free. Events are free with Museum admission unless otherwise noted. Please call 617- 566-1401
The Musuem is located at 280 The Fenway, Boston, MA 02115

Elder Abuse and Neglect on the Rise

Boston, MA - Ethos, Boston's Elder Protective Services agency, announced that it had received a report on its 1000th elder this year. This is twice the number of elders for whom abuse was reported two years ago.

Reports of elder abuse have climbed over the past three years from 686 in FY04, to 1,101 in FY05, followed by 1,232 in FY06 - with one week yet to go in the current year. (Sometimes Protective Service will receive more than one report of abuse for an individual elder.) With limited funding for case workers who investigate reports and intervene on behalf of elders, there are only so many cases that the program can investigate. State regulations cap the number of cases per worker at 22. Essentially flat funding from the State for next year prevents the hiring of new workers to handle the increase.

Given the rise in reports, we need more financial support to protect the elderly. It's very disappointing that an increase in funding to match the increase in reports has

not been provided in the FY07 state budget. As it stands, the state is tying our hands," says Dale Mitchell, Executive Director of Ethos, the non-profit agency that manages the Boston Elder Protective Service Program.

During FY 06, Ethos has been forced to turn away 129 reports due to caseload capacity. Sandy Hovey, director of the Ethos Protective Service program, points out that, "These 129 reports would have been screened in for

"1,000th Elder Referred to Protective Services in 2006"

an investigation if we had more case workers to handle them." Hovey continues, "...Ethos' PS program continues to experience a significant increase in reports of abuse...this not only has put a tremendous strain on the staff who assist these vulnerable elders, but more importantly, means some elders won't get the help they need."

Some increase in the reports is attributable to a change in report-

ing regulations. In FY 05 the state required mandated reporters (i.e. police officers, doctors, nurses, social workers) to report suspected self-neglect too, in addition to suspected abuse or neglect by others. Elder abuse can be physical, emotional, or sexual abuse, neglect, self-neglect and financial exploitation. Even with this change in reporting requirements, it does not account for the almost doubling of elder abuse reports.

Given the trend in rising abuse, the outlook for elders who need assistance is getting worse. The State's proposed Budget for FY 07 has level funded the Protective Service program, which will likely mean more cases of elder abuse being turned away due to caseload capacity. "Can you imagine calling up to ask for help dealing with abuse and being turned away?" asks Hovey. "Is this how we want to treat elders?"

For information about elder abuse and the Boston Elder Protective Service program at Ethos call (617) 522-6700, ext. 340.



CONGRATULATIONS TO

The 2006 Greater Boston Senior Games Competitors

Regards and Best Wishes from the
Boston Teachers Union

Senior Aide for Boston Elderly Commission's STEP program gains employment

by Annette Richardson

Ms. Daphne Dear came to the Seniors Training for Employment Program in March 2006. Ms. Dear is originally from Barbados, W.I.

Daphne has an extensive background in the hospitality field. She is quite good at speaking to people and putting them at ease.

Daphne formerly worked at the Hebrew Rehabilitation Center for the Aged, now known as Hebrew Senior Life where she was responsible for ensuring the timely and adequate preparation, handling and delivery of

meals to more than 100 residents and guests in the dining hall at lunch and dinner time. She also trained new employees within the department on the established protocols and systems in place.

Ms. Dear was a district store manager at Kentucky Fried Chicken in Barbados, W.I. She went to Louisville, KY to attend Kentucky Training School. Daphne was responsible for the management and daily operations of six (6) district stores. She trained new employees and staff at all levels and conducted new employee orientations.

Daphne's first assignment as a S.T.E.P. participant was at the Association of Haitian Women in Mattapan, where she acted as Office support. Her duties included, but were not limited to answering the phone, light typing, maintaining the filing system and handling incoming and outgoing correspondence.

Daphne has been diligent in performing her job search, per program regulations, and has recently obtained a full-time position at Kentucky Fried Chicken in Dorchester as an Assistant Manager.

We wish you success with this and every endeavor in your future.

Congratulations Daphne



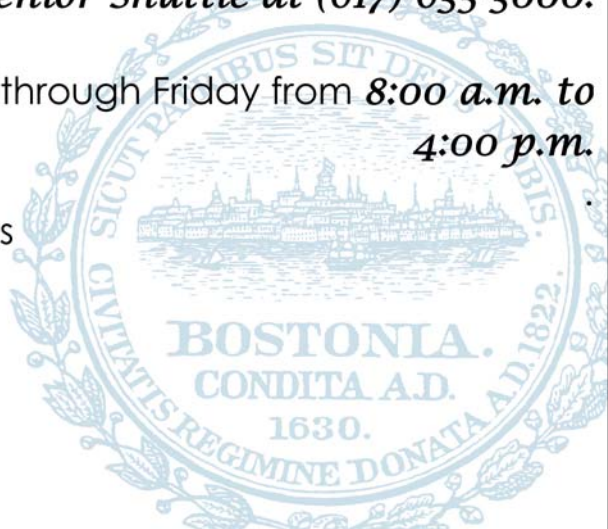
Senior Shuttle

For a *convenient ride* to a medical appointment, grocery shopping, or to social or recreational events call the *Senior Shuttle at (617) 635-3000.*

Available Monday through Friday from **8:00 a.m. to 4:00 p.m.**

Make sure to give at least three business days advanced notice.

Priority is given to seniors scheduling rides for medical appointments.



5 Tips for keeping your house cool this summer without using an Air Conditioner.

1. Close your Windows and Doors during the day.

Keeping your house closed tightly during the day will keep your house cooler. Although it seems like a good idea to open up your house to let the breeze in, during the hottest months (like August) the breeze can bring in the heat and humidity. By keeping the windows shut in the hottest parts of the day, you make sure that none of the humidity is seeping into your home and that the cool air from the night remains inside. During the later part of the evening when the air begins to cool, open up the windows and the doors to catch a nice cool breeze.

2. Use your drapes as a keeping cool tool.

By closing your curtains, the sun won't be able to heat your house as easily. Make sure to use light colored curtains. Lighter colors reflect the sun as darker colors absorb it. Make sure to close your curtains throughout the day as the sun rotates around your household. The windows that need shade will change from day to night.

3. Use window fans.

Using window fans especially at night when the cool air is coming in, helps circulate the air through the entire house. If you don't have a window fan, try placing an oscillating fan near the window to help move the air in the right direction. Make sure to use a fan in the room that you are sleeping so that you can get adequate, comfortable rest.

4. Use your kitchen wisely.

In these hot summer months keep your oven usage to a minimum. Using the oven heats up your home and can make the summer very uncomfortable. Use an alternative method such as stove top, out door grill, or microwave to cook your meals.

5. Cut back on electricity.

There are certain types of light bulbs (incandescent) that produce a substantial amount of heat. Switch your bulbs to compact fluorescent bulbs and switch off the lamp at the same time. Using these light bulbs as well as making sure to turn off any unused lamps, overhead lights, and electric appliance (computers, stereos, etc.) can reduce the amount of heat in your home significantly. Doing so will not only make your house a comfortable temperature but will also decrease your energy bill.

For more information on how to prepare for extreme heat and or cooling sites locations please call the City of Boston Elderly Commission at 617-635-4366 .

For emergencies always call 911

For non-emergencies after business hours please call the Mayor's 24 Hotline at 617-635-4500

Are you dealing with grief of your own? Many people struggle to deal with the loss of the loved one be that a spouse, friend, colleague or pet. Handling grief can be difficult and different for everyone. Here is one way a Seniority reader deals with grief. To find out how to deal with your own grief call the Caring Connections

Hotline at 1-800-658-8898.

Getting out of that Tunnel of Grief

By Frank McCabe

Shortly after my wife, Marion (Manny) Bishop McCabe died, my son, Tom, a professional storyteller, had a "gig" in a Cambridge venue. It had an Open Mic period when anyone who wanted to was invited to step up and do so. Tom insisted I tell a story.

Thus began a new phase in my life. I discovered that telling a story about Manny helped me not only to say "goodby" but to acknowledge my love for her. My story helped the audience to see Manny as I remember her, and it helped me to accept my loss and move on.

Manny and I used to go to the Saturday Mass at the Sacred Heart Church in Malden, MA. Sacred Heart is a massive 100 year old structure with a high ceiling and long pews. The Saturday Mass was usually held in the small chapel downstairs, but one day, that area was closed for repairs and we were directed to the huge main sanctuary.

A very large family sat at one end of the pew directly in front

of us -- father, mother and an assortment of children.

At the opposite end of the pew, all by himself, was a little boy whom I would call a Rug Rat. Shirt tail hanging out, shoe laces untied, hair uncombed -- a real Rug Rat. When one of the little girls stuck her tongue out at him, we figured she was his sister and that he was a member of that large family who had either chosen to go it alone or been sent to sit by himself.

There is a point during the Catholic Mass when you turn to a neighbor to greet him or her. In a spirit of generosity, I greeted this child. I thought I would make him feel welcome, a part of the church community.

As we were leaving the church, Manny looked at me and commented, "That was a nice thing you did; making him feel welcome. I would have shaken hands with him too -- only he had just been picking his nose"

There must be a lot of wives who would take pleasure in reminding their other halves about a certain lack of obser-

vational skills, for my story it got a good laugh. More importantly, my listeners saw Manny and her humor from my point-of-view.

That is the reason I suggest to people who have recently lost a loved one to tell a story about that person. It feels good to let others see your lost love as you remember them. I have trouble remembering a long story, so I suggest they tell a short, and hopefully funny story which reflects the humor in their relationship. I suggest to anyone who wants to tell to focus on the fun and their feelings of love for the person.

I used to think I could not tell a story in front of strangers. That first experience taught me that I could tell a familiar family story which was close to my heart to anybody who would listen.

If you, like a lot of other people, think you cannot tell a story, try telling it first to a baby, a cat, a dog, to anyone who will listen. After telling it a few times, you will trust that the right words will come. You will feel ready to tell your story in front of people you don't know and you'll get up and do it! It relieves the feelings of grief, and recharges your energy.

2006

Greater Boston Senior Games



Bocce

Normally, the official opening of the Greater Boston Senior Games would have been at the Golf Tournament which had been scheduled for Wednesday, May 10. Due to a series of seemingly unending rain storms, golf was postponed for two weeks to May 24.

The rain continued on Thursday, May 11 but because we were able to move Bocce indoors, the seventh annual Bocce Tournament became the first of what turned out to be three venues of the 2006 Games. Our thanks go out to Michael Testa and Cathy Winter-Grant of the Massachusetts Department of Conservation and Recreation (DCR) for allowing us to use the indoor Argeo Cellucci Jr. Bocce Courts at DCR's Steritt Skating Rink in the North End of Boston.

In spite of the weather outside, 70 seniors from throughout the greater Boston area formed eighteen teams and joined Salaried Employees of North America Local 9158 - United Steel Workers of America (SENA) Treasurer Kathy Ellis and SEN A representative John F. Bailey of Parks and Recreation for a very festive day of team sports. SEN A has been supporting the Bocce venue since 2000.

Our thanks go to our Bocce coor-

dinators, John Roberts and Mike Flynn, both of whom did a fabulous job of making the tournament work, in spite of the fact that they were working with only two Bocce courts at the Cellucci facility as opposed to the three that we normally have at the outdoor Langone Park. We are grateful to Angelo DiGirolamo and Frank Ania who made sure that the courts were groomed and that we had the right equipment. Deputy Commissioner Kathleen Giordano extended her congratulations to the three championship, four-person teams. The Gold Medal team was from the North End, the Silver Team was from Chelsea and the Bronze Team was Brighton.

Special thanks goes out to the staff of the Boston Centers for Youth and Families especially Michael Dewlin, Robert Deveneau and Sean Pero who made sure our participants had tables and chairs on which to enjoy their continental breakfast and lunch. Finally, we acknowledge the efforts of Peter O'Sullivan of Neighborhood Services and Martin McDonough of Wall Outdoor Furniture.



Billiards and Bowling

Luckily, this year's second venue of the Games is always an indoor sport. The Billiards and Bowling Tournaments convened

on Friday, May 12th, at Boston Bowl, Morrissey Boulevard, Dorchester. Unconcerned about the unending dampness outside, the 87 participants at this venue enjoyed their day immensely. Nearly 40% of the bowlers were over the age of eighty. Special thanks are extended to Paul Fabianski of Boston Bowl who coordinated Bowling and Rocky Kinteris and Michael Flynn who coordinated Billiards.



Golf

Waiting two weeks paid off because the Golf Tournament day which was finally held on Wednesday, May 24 at the William Devine Golf Course in Franklin Park. It turned out to be a comfortable, sunny day. In other years, what is normally the official opening of the Annual Greater Boston Senior Games became the last of three venues for this year. Boston Emergency Medical Technician Richard McCready sang the National Anthem to kick-off the Tournament. His fabulous performance has become a tradition within the Senior Games. For the sixth consecutive year, the golfing competition had a shotgun format. Two teams of four golfers started at each of the 18 holes simultaneously. Ninety-five participants over the age of 50 had a spectacular time playing 18 holes.

As always, we were able to keep fees and expenses at a minimum thanks to all of our sponsors. The delicious continental breakfast was donated by Commissioner Antonia M. Pollak and the City of Boston Parks and Recreation Golf Fund. The Golf Tournament also had support

from New England Baptist Hospital who was the sponsor of hole #10, and hole #1. New England Baptist has been helping with Golf since 2001.

The major sponsor of this year's Games, HEALTHSOUTH Rehabilitation Hospitals in Braintree and Woburn had a Giveaway Table on the rough. Later during the Award Ceremony, HEALTH SOUTH's Director of Business Development, Teresa Hayes, graciously awarded the medals.

As always, our gratitude goes out to the volunteer team of Donna Townsend of Allston, Sally Johnson and Pamela Brothers both of Dorchester who for many years have put their heart into organizing and coordinating this event and always look out for the best interest of the seniors of Boston. We are thankful that Barbara Hamilton of BCUF was there to assist our staff with the intense scoring process. We also appreciate the efforts of Jesse Hodge of the Parks and Recreation Department whose leadership and attention to detail were in all aspects of the organization of this tournament

The Grand Finalé Canceled

The Grand Finalé was scheduled for Saturday, May 13th at the Clark Athletic Center at the University of Massachusetts, Boston. However, due to threats of floods along Morrissey Boulevard, high winds and horizontal rain, the Elderly Commission initially postponed this event for the safety of all. Ultimately, after many attempts to get a definitive postponement date that would both fit into individual schedules as well as coincide with the availability of space at U-Mass Boston campus and other venues, it was decided this event had to be canceled for 2006. This decision was supported by the Elderly Commission's concerns about seniors participating in vigorous outdoor sporting activities during the hot months of July and August.

Furthermore, beginning in September, the U-Mass Campus facilities are booked up with the universities' sporting events, as you might imagine.

A special thank you goes to Rodney Hughes at the Clark Athletic Center for doing all he could to try to get a postponement date that was plausible for the Finalé. We truly appreciate Rodney's valued advice and assistance. We also want to acknowledge Betty Murray and her staff at Murphy School who stood ready and willing to host the Finalé swimming events. We want to thank all of the volunteers and sports coordinators who were all set to work on May 13 and were so disappointed about the cancellation. Most of these volunteers are recruited through the efforts of Mary Beth Murray and have done an amazing job in other years.

We hope to see many Boston residents who participate in the Games at Mayor Thomas M. Menino's Health & Fitness Walk which will be scheduled for the Boston Common sometime in October. We also hope to see all of the Games participants attending at least one of the four venues of the 2007 Greater Boston Senior Games that will be scheduled for May of next year.

Overall

The Greater Boston Senior Games (with the exception of Billiards and Bocce) were divided into age categories of 5-year increments, from 50 to 90+ years of age, allowing seniors the ability to compete with those of their own age. The three-day/ three-venue event included competitive sports with an award ceremony on each day to the winners of Gold, Silver and Bronze medals.

The Greater Boston Senior Games are held through the cooperation of the Boston Parks and Recreation Department, Boston Centers for Youth and Families, The University of Mas-

sachusetts Clark Athletic Center, and Boston Bowl. We are especially grateful to our new Bronze Medal sponsor HEALTHSOUTH (Braintree & Woburn). Other major sponsors include City of Boston Parks and Recreation Golf Fund and SENA Local 9158, AARP Massachusetts, Ironworkers Local Union No. 7

Other supporters include Perini Corporation (since 2000), New England Baptist Hospital (since 2001), State Street Development Management Corporation (since 2001), and City of Boston Credit Union (since 2004) Boston Teachers Union (since last year), Roxbury Highland Bank Charitable Foundation (since last year).

The Games also got financial assistance from Zelma Lacey House of Charlestown (Peabody Resident Services since 2001), and Saint Elizabeth Medical Center of Boston (since last year) who was joined for the first time by Hebrew Senior Life and by Plumbers Union Local 12

City Golf Boston and Tedechi Food Shops also contributed to the Games.

The two major in-kind supporters were Dunkin Donuts Corporation who were ready and willing to provide the continental breakfast at the Finalé if we had one and Bill Rodgers Running Center who provided all the Games participants with beautiful t-shirts.

The Elderly Commission was fortunate to have additional support from several City of Boston agencies. City Hall Copy Center staff members Gerry Kenneally and Frank Duggan were very patient about last minute demands. As always, Boston's EMS were aware of all of the Game events and were ready to respond to any potential emergency. We are thankful to EMS Special Events Coordinator Deborah Acres for arranging this. We are also grateful to Larelle Bryson and

(Continued on page 35)

2006 Greater Boston Senior Games Medals

Billiards- Men

Division	Gold	Silver	Bronze
50 - 69	Arnold Gatto	Robert Cheffro	Fred Voellmeckie
70 +	George Simmons	Gene Lozzi	Robert Rose

Bocce - Men and Women

<i>Inter Age Team</i>	Gold	Silver	Bronze
	North End	Chelsea	Brighton
Member # 1	Natale Demarco	Mike D'Salvo	John Cardarelli
Member # 2	Lazio Ignazio	Mary Frangammo	Loreto Leone
Member # 3	Angelo Girolamo	Bill Roberts	Gino Saalvucci
Member # 4	Ralph Mascacri	Frank Taliaferro	Lou Camilli

Bowling – Men 8:00 a.m.

Age	Gold	Silver	Bronze
60-64	Vini D'Amato	Paul Tenney	
65-69	Dominico Federico	Dino DeSantis	Salvatore Ferlito
70-74	Jack Luisi	Daniel Sheehan	
75-79	John Reilly	Joseph Monterisi	Frank Esposito/Hal Jacobs
90-94	Walter Mulloney	Louis Foley	

Bowling – Women 8:00 a.m.

Age	Gold	Silver	Bronze
60-64	Barbara Wirtz		
65-69	Lucille Delano	Thelma Burns	
70-74	Virginia Foley	Faith Fiore	Virginia Luisi
75-79	Bridget Sheehan	Alice Horan	Grace Kiley
80-84	Agnes Cassano	Catherine Quinlan	Arline Atwood

Bowling – Men 10:30 a.m.

Age	Gold	Silver	Bronze
60-64	Chet Landen		
65-69	John H. Dennis Sr.	Sal Marchese	Alvin Wing
70-74	Leo Page	Edward Ruka	Warren Woodward
75-79	Robert Heine	Joseph McLaughlin	James Derwin
80-84	Tony Marino	Silvano Pacchielat	
85-89	Joseph Prendergast	Sal Cifa	Felix Zullo

2006 Greater Boston Senior Games Medals

Bowling –Women 10:30 a.m.

Age	Gold	Silver	Bronze
55-59	Judith Adelizzi		
60-64	Clara Landen	Carol Bearse	Sadie Hodges
65-69	Margaret Woodward	Maureen Riggins	Sheba Barboza
70-74	Kathleen Palmer	Mary Conway	Joan MGrath
75-79	Marie Morris	Mary Limberakis	Mary Atkins
80-84	Rita Morrison	Betty Lafferty	Mary Rizzo
85-89	Elizabeth Wong		
90-94	Grace Giordano		

Golf - Men - Members

Age	Gold	Silver	Bronze
50-54	Russell Boone		
55-59	Patrick Gall	William McCrevan	Donalexander Goss
60-64	Kevin Mannix	Jack Rowley	Ernie Green
65-69	William S. Howel	Jerry Haynes	Rudy Cabral
70-74	George Jones	Prince Gonsalves	Robert Jones
75-79	Bob Berry	Moses McBrayer	Andrew McGhee
80-84	William Rhinehart	Wesley Alston	
85-89	Leon Jackson		

Golf –Women - Members

Age	Gold	Silver
55-59	Pamela Brothers	
60-64	Donna Townsend	
65-69	Shirley Johnson	Rhoda Christmas
70-74	D.C. Taylor	Sally Johnson
75-79	Vera Butler	

Golf - Men – Non Members

Age	Gold	Silver	Bronze
50-54	Paul Covington	Mark Sullivan	Robert Johnson
55-59	Earl Garrett	Joseph Martell	Vern Williams
60-64	Edwin Hasgill	Gene McGrory	Jim Martin
65-69	Ronnie Robertson	Joseph Curran	John Adamchek
70-74	Richard Ghelfi	John Kirksey	Thomas Murphy/Frank Storer
75-79	Don Leavitt	Tony Cibbotti/ Joseph MacIssac	Gilbert Peralta
80-84	Dom Giannangelo		
85-89	Paul Hasgill/Roy Vickory		
90-94	James Guilford		

THE CHEMICAL AGE OF BASEBALL

By Mike Flynn

Going yard, tater, outta here, dinger, over the bridge, the long ball. A baseball home run has always been a macho thing. It brings people to their feet. It is the most exciting and many times the game winning play. The walk off homer. Not much like it in sport.

However, it has not always been that way. In 1913, Frank Baker of the Philadelphia Athletics was nicknamed "Home Run" Baker for hitting 12 in a season. Ty Cobb of the Detroit Tigers led the league with 10 in 1908.

But in 1920 the construction of the ball was changed, making it harder. In his second year as a position player, Babe Ruth, who began his career as a pitcher, hit 54 homers. This was more than all but 2 teams' total. Between 1921 and 1931 he averaged 47 per year. When he retired he had amassed 713 total home runs, 200 more than closest competitor Jimmie Foxx. He truly was the greatest long ball hitter of his time. He did all of this on hot dogs and beer, as a sign read at a recent game.

Sure, athletes have become bigger and stronger. How many track records continue to fall? Swimming, javelin, discus and all of those Olympic records keep being rewritten. The basketball hoop has been raised several times. So how come in baseball the distance to first base remains the same but runners are still thrown out by a step?(nice work

Abner Doubleday). It is baseball as a pure, well constructed sport.

But until 1961, no one had eclipsed Ruth's Records. Roger Maris was simply a good player on a great Yankee team, with a certified baseball god playing center field. Mickey Mantle and Maris were best friends and roommates. That year they pushed each other to extraordinary heights. When it looked as if Maris was going to break Ruth's record, he was booed at every at bat. He began receiving death threats. His hair started to fall out. All of America knew this was supposed to be The Mick's record. The final slap came from baseball Commissioner Ford Frick. After Maris broke the record, Frick decreed that an asterisk would be placed next to Maris' name in the record books because he had played in 8 games more than Ruth.

By the time Henry Aaron had broke Ruth's career record with 714, he had also endured death threats. He was booed every where he went and much of it had to do with the color of his skin. Once again the Commissioner of Baseball, Bowie Kuhn this time, showed his true character by not even showing up to the park for the record breaker.

Nowadays these two immortals are revered. Maris died much too soon and Aaron is taking all this hoopla surrounding

his record and Barry Bonds like the true gentleman he has always been.

In the Nineties baseballs began flying out of ballparks at an incredible rate. 170 pound second basemen were hitting 400 foot blasts. To the opposite field! Were the bats corked? (Sammy Sosa got caught when his corked bat shattered on National T.V.) Was the construction of the ball changed? (MLB said no). Well, we now know that it was the players who were juiced. Steroids, muscle building drugs, human growth hormones.

With baseball's grueling schedule of games and travel, some drug use had always been tolerated. If you did not have a fistful of amphetamines or "greenies" before a game you did not want to win. We found all of this out back in 1970 when Jim Bouton's "Ball Four" was published. It was the extraordinary, never before heard account of the daily life of a ball player. He kept a diary of his time as a pitcher with the Seattle Pilots and the Houston Astros and he named names. These greenies did not make the players superman, but allowed them to get "up" for the daily baseball grind.

Now, however we know that steroids do make them close to being hitting supermen. Even though they have been outlawed, players still use. Masking agents make it possible to avoid detection. Last month an Arizona Diamondback pitcher was arrested. He was trying to extend his ca-

*Chemical age of Baseball
Continued from page 34*

reer. With the salaries involved, can you blame him? On his way out he threw a bunch of teammates under the bus. It is starting to get nasty.

Baseball has a strong players union that opposes any rules that infringe on players rights. It is time for players not using to stand up and say "we're mad as hell and we're not going to take it any more" (thank you Howard Beale). The Commissioner must take a stand against the cheaters. The integrity of the game is at stake. If another home run record is broken, he should do like past Commissioners. Do not show up and do not recognize it. At least this time it will be right. Never mind the asterisk. As baseball fans those asterisks are already etched in our minds.

*2006 Greater Boston Senior Games
Continued from page 31*

Barbara Hamilton of the Boston Centers for Youth and Families for making sure that we had the right equipment for both golf and softball.

The Boston Police Senior Response team were ever present and looking out for the safety of our participants. We thank officers: Dino Gonzalez (Bowling & Billiards and Bocce), Robert Minton of E-6 (Bowling & Billiards), Lena Julien of B-2 (Bowling & Billiards and Bocce), Linda Lyons of D-4 (Bowling & Billiards) Our gratitude goes out to Sergeant Michael O'Connor for coordinating the Senior Response team effort.

The 2006 Greater Boston Senior Games would not happen without the following people: Mayor Thomas M. Menino, Commissioner Eliza F. Greenberg, Parks & Recreation Commissioner Antonia M. Pollak and the Games Steering Committee members: Chief of Staff Tomas Gonzalez, Deputy Commissioners Kathleen Giordano, Joanne Lee, Greg Rooney and Francis Thomas, BCUF Director of Recreation Garin

Veris, Event Coordinator Michael McColgan, Event Planners Michael Flynn and Mary Beth Murray, Golf Coordinators Sally Johnson, Donna Townsend, Pamela Brothers and Jesse Hodge, Bocce Coordinator John Roberts, Bowling Coordinator Paul Fabianski, and Billiards Coordinator Rocky Kinteris.

A special mention should be made of the efforts of volunteer Angela Hatch who with assistance of Joella Thomas and volunteers Helen Young, Yvonne Holbrook, Phyllis Ferola, Barbara Gumes, completed the important behind-the-scenes tasks, including mailings and the massive goodie bag compilation. Last but not least we want to acknowledge volunteer Jonathan Macy who together with Mary Beth Murray worked on inputting the database of the Games in a streamlined manner for the third year. The sponsors, volunteers and staff demonstrated great teamwork.

Programs and Services Available

- S.S. Questions
- Medicare
- Medicaid
- Medicare Supplemental Insurance
- Fuel Assistance
- Food Stamps
- Veterans' Benefits
- Oral/Dental Health Screening Program
- Health and Fitness Program
- SHINE (Serving the Health Information Needs of Elders)
- Taxi Coupons
- Housing Assistance
- **And much more!**

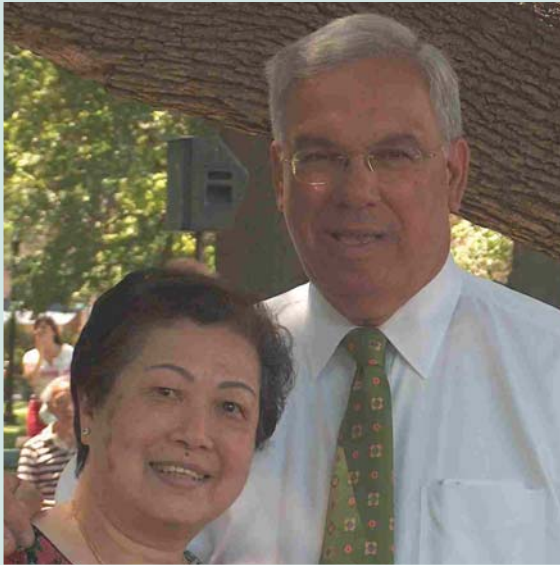
Direct Services Unit



Do you need help with government benefits, tenant/homeowner issues or health issues?

The Elderly Commission's **Community Service Advocates** can help you with those needs!

For more information call (617) 635-4366.



Mayor Meneino with Alice Chan at the Garden Party held on the Public Garden.



Yvonne Holbrook and Phyllis Ferola onboard the USS Mount Washington enjoying the views of Lake Winnipasake, NH



Commissioner Greenberg takes a break with Eileen Collins and Barbara Scarborough before enjoying entertainment by the Village People on City Hall Plaza



Thelma Burns (left) with Ann Kincaid at the Mayor's Garden Party



Charlene Natale, Gerry Crowell, Anna Lynsky of South Boston enjoy the Mayor's Garden Party.



Commissioner Greenberg, Frank Chin and Ruth Moy Celebrate the Mayor's Dim Sum lunch



Mayor Menino with pal Mary Frasca



Commissioner Greenberg laughing with concert goers



Lois Epps with the entertainment on board the Volunteer Recognition boat cruise



Carmen Pola and Joan Shivers were spotted on the way to an afternoon of shopping at Faneuil Hall Market Place



Milton and Beverly Roye with Crewman Tony Keegan ready to set sail on Lake Winnipisake

**SHE is Why Boston Endures
the Big Dig!**
introducing
**THE ROSE KENNEDY
GREENWAY**

By John O'Neil



We have received many inquiries about the Rose Kennedy Greenway. When, where, what? You name it. So we decided to put Elderly Commission staff member John O'Neil on assignment.

First we must tell you the story of how the Big Dig came to be. In the 1950s, the Central Artery was constructed through Boston's business district and some of its oldest neighborhoods. As a result, the waterfront and North End section of town (where Rose Kennedy was born) was cut off from the rest of the city. Plus, traffic on the elevated roadway was so congested because of its poor design with six total travel lanes, numerous on- and off-ramps, and no breakdown lanes. This prompted city and state civil engineers to investigate the idea of building a larger artery underground during the 1970s. After many years of planning and getting the necessary permits, the Central Artery/Tunnel Project was approved by

Congress as part of an omnibus transportation bill in 1987, but President Ronald Reagan vetoed it on funding grounds, calling it a "pork" project. Congress subsequently overrode the veto.

Plans called for the tunnel to be built as the elevated Artery continued to be in service, then the Artery would be torn down and surface streets would be restored. It was decided that substantial portions of the Artery footprint become green space, as the historic waterfront, the North End, and the rest of the city become reconnected.

In 1991, construction began on the Big Dig. By 2004, the new I-93 tunnels were completed enough to close the old elevated artery. Demolition of the hulking superstructure began in earnest shortly thereafter. With the Central Artery gone, decisions were made to utilize this space as a greenway.

The Kennedy family, government

officials and others met to dedicate the Greenway on July 26, 2004. Rose Kennedy, the matriarch of the Kennedy family, was greatly admired during her life time making the decision an easy one for authorities.

The Rose Kennedy Greenway is a 30-acre parkway which will span from the North End to Chinatown, parallel to the waterfront. Where the old double decker 93 once cast its shadow. Work started on the Rose Kennedy Greenway, following Boston's Big Dig. Historically Boston's parks have been located on "one side of town". The Rose Kennedy Greenway will give workers and tourists alike a different view of Boston and a convenient place to relax near the waterfront.

A laborer working on the Greenway explained his team was working on surface restoration, the team included laborers, operators, electricians and carpenters. I was able to speak to the superintendent of the actual Greenway team, "Jim". He was busy overseeing his team who were working on what seemed to be the foundation of the Greenway.

Mayor Thomas Menino's office released the following statement "The Rose Kennedy Greenway will provide the City of Boston with tremendous resources-recreational and aesthetically. Before too long, the nearly 30 acres of brand new green space in the heart of our city will reunite Boston neighborhoods and allow for new unprecedented civic space to be taken advantage of by residents and visitors alike. We are all enjoying watching it take form before our very eyes."

Below we have taken the description on each segway from the Mass Turnpike Authority:

Chinatown Park



The Chinatown Park's ceremonial groundbreaking was held on May 15, 2006. The park will incorporate the historic gateway to Chinatown, located at Surface Road and Beach Street, into a new public space and will anchor the southern end of the Rose Fitzgerald Kennedy Greenway. It is replacing an unsightly off-ramp from the former Central Artery and will create an acre of open space, making it the largest public recreational area in the Chinatown-Leather District neighborhood.

North End Park



The North End Park will reconnect the urban fabric that was severed by the Central Artery, while establishing a world-class public park in the tradition of Boston's open space system. Situated at the threshold of downtown Boston and the North End, the North End Park is a significant "hinge" point between the grand civic spaces of downtown and the intimacy of Boston's oldest neighborhood. This is a space of great cultural, historic and topographic significance.

Wharf District Parks



A groundbreaking ceremony on December 6, 2005 marked the beginning of construction on the Central Artery/Tunnel Project's Wharf District Parks. Approximately five acres of parks and open space will be created and opened in spring 2007 where the old elevated artery once obstructed the waterfront from downtown Boston. Located in the heart of the Rose Fitzgerald Kennedy Greenway, the four parks will provide breathtaking views and recreational space not seen in Boston for more than 50 years.

So by its own right the Rose Kennedy Greenway will be a nice reward for a long wait! Not to mention a great use of space.

Art in the Park



Over 65 artists display and sell their work in historic City Square Park. This is the 8th year for this annual event.

Admission is free and the park is handicapped accessible.

Saturday September 9th

Location: City Square Park Charlestown

corner of Rutherford Avenue and Chelsea St

Time: 10:00 AM-5:30 PM

617-241-0130