

B • O • S • T • O • N

SENIORITY

SERVING BOSTON'S ELDERLY COMMUNITY

Volume 29

March 2005

Number 2

Thomas M. Menino, Mayor of Boston

Mayor Menino Rings in the New Year with His Annual First Night Senior Celebration

Over 2500 seniors started their new year off a little early at the 15th Annual First Night Senior Celebration. Seniors from every neighborhood in the City of Boston came together to attend this unique and entertaining New Year's celebration hosted by Mayor Thomas M. Menino and the Commission on Affairs of the Elderly.

The event is an extension of the now world famous First Night festivities which originated here in Boston. The First Night Senior Celebration is held to give the seniors of Boston an opportunity to participate in the New Year's celebration in a safe, accessible (and warm!) location with transportation provided.

Mayor Menino and Commissioner Eliza Greenberg were on hand to

greet the guests and extend their wish for a Happy New Year to all who attended. This is the biggest senior event that the Elderly Commission sponsors

John Drew, President of World Trade Center/Seaport Hotel and the Staff at the World Trade Center hosted this event for the seventh year.



Mayor Thomas M. Menino enjoys helping volunteers serve meals to Seniors at First Night Senior Celebration.

during the year. As always, it was the overwhelming generosity of the sponsors and the enthusiastic participation of an army of volunteers that worked to make it the success it was.

First Student Inc. and Yankee Bus Line Inc. provided free transportation to and from the event. The gracious and much needed donation of their time and vehicles enabled many seniors with disabilities and limited resources to attend.

The aid of the sponsors, along with the selfless work of all the volunteers who took the time out of their daily schedules to help, were shining examples of what can be accomplished when people come together for a cause they care about.

(continued on page 2)

A Special Thank You for Our Sponsors of the 15th Annual First Night Senior Celebration at the World Trade Center



Mayor Thomas M. Menino with Caregiver Alliance of Central Boston Elder Services, Sponsors of the First Night Celebration.



(L to R) John Gillette Executive Director of the Zelma Lacey House in Charlestown, Mayor Menino and Zelma Lacey.

Mayor Thomas M. Menino

and

The Commission on Affairs of the Elderly
would like to express our deepest appreciation to the
World Trade Center & Seaport Hotel

Sheraton Boston Hotel
Zelma Lacey House of
Charlestown
Boston Red Sox
East Boston Foundation
Caregiver Alliance
Evercare
Standish Village of
Dorchester
Big Brother Association of
Massachusetts Bay

Jiten Hotel Management
New England Patriots
First Night Boston
First Student, Inc.
Yankee Bus Line
City of Boston
Copy Center
2003 Miss NH Junior
National Teenager,
Laura Corlin

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**Boston
Seniority**
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Number 2

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Mayor's Column



Recently I met with the heads of several dozen local non-profits to talk about the devastating effect that President Bush's budget proposal would have on this city and, more importantly, thousands of residents who live here.

Each year Boston receives an average allocation of \$24.6 million in Community Development Block Grants (CDBG) from the Department of Housing and Urban Development. We use this money to fund a broad range of programs that serve low and moderate-income families. The 31-year-old CDBG program allows us to assist elderly homeowners with emergency repairs, provide parents and children with after-school programs, and give immigrants the opportu-

nity to learn English as a second language.

Today these and many other programs are in danger of being eliminated as a result of President Bush's budget proposal. If passed, these cuts would effectively eliminate the CDBG program, leaving thousands of Boston families without the vital services they depend on. The impact on Boston would be devastating. We estimate that Boston would lose over \$23 million in CDBG funding.

In addition to funding hundreds of social service programs, CDBG grants have provided us with the building blocks to revitalize Boston's neighborhoods. Programs such as Boston Main Streets and my Leading the Way housing strategy.

The Main Streets program has reinvigorated Boston's neighborhood commercial business districts. Each year, Boston Main Streets helps to create 100 jobs, starts 30 new businesses, and leverages nearly \$900,000 in private investment.

In the first phase of my Leading the Way housing strategy, we approved more than 7,900 new units in three years - over 2,000 of them affordable. For the second

phase, we have increased our goal. By the end of 2007, we will permit another 10,000 new units, with more than 20 percent affordable.

The following are some more critical programs that are dependent on CDBG grants:

HomeWorks and Senior Homeowner Services (\$4.9 million): These programs provide grants and loans to more than 500 low-income homeowners to make needed improvements to their properties.

Human Services (\$4.7 million): Through the BRA/EDIC's Office of Jobs and Community Services, the city provides grants to more than 100 social service organizations to provide services to more than 18,000 low-income persons each year.

Housing Development (\$3.7 million): CDBG funds are earmarked/slotted to assist the production and/or preservation of more than 500 units of affordable housing next year.

Boston Main Streets Program (\$1.4 million): The City of Boston provides operating support for its Main Street districts. The Main Street program has sparked the revitalization of these neighborhood

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Boston Red Sox by Numbers

CBC Sports Online

Collapses, errors, heart-break the numbers behind Boston's 86-year World Series title drought

1,289,422

number of fans that saw the New York Yankees play at home during the 1920 season (Babe Ruth's first as a Yankee), marking the first time in baseball history that a team's home attendance exceeded one million.

425,000

price in US dollars (\$125,000 in cash, and \$300,000 in the form of a loan) that Red Sox owner Harry Frazee sold Ruth for on Jan. 3, 1920. Frazee made the deal with the rival New York Yankees so he could finance a play called "No, No, Nanette."



2004 World Series Champions, the Red Sox celebrate the lifting of the curse.

1918

prior to 2004, year the Red Sox last won the World Series.

104

number of games the Red Sox won during the 1946 regular season. Considered 2-to-1 favorites to win the Fall Classic that year, the Red Sox succumbed to the St. Louis Cardinals in seven games.

86

number of years between World Series titles for the Red Sox.

49

number of home runs hit by Ruth with the Red Sox. He went on to hit only 665 more after that.

26

number of strikeouts by Cardinals' pitcher Bob Gibson in the 1967 World Series. Gibson threw three complete games (all wins, including one shutout) and posted a 1.00 ERA in leading the Cards to victory in seven games.

14

number of consecutive losing seasons suffered by the Red Sox after selling Ruth to the Yankees.

13

number of consecutive post-season losses by the Red Sox (1986-1995), a Major League record.

(continued on next page)

Mayor Meninos 7th Annual Neighborhood Coffee Hours

9:30 - 10:30 am daily unless otherwise noted

DATE LOCATION:

Mon., May 2 Hobart Park, Brighton, Hobart & Raneleigh Roads

Tues., May 3 Thetford/Evans Playground, Mattapan, Thetford Avenue & Evans Street

Wed., May 4 M Street/Independence Park, South Boston, M Street & Broadway

Thur., May 5 Cuneo Park, East Boston, Byron & Saratoga Streets

Fri., May 6 Christopher Columbus Park, North End 9:00- 10:00 am Atlantic Avenue

Mon., May 9 Children's Playground, Roxbury, Intervale & Chandler Streets

Tue., May 10 Martin Playground, Dorchester, Hill Top Street & Myrtlebank Avenue

Wed., May 11 John Harvard Mall, Charlestown, Harvard Street

Thur., May 12 Billings Field, West Roxbury, La Grange & Bellevue Streets

Fri., May 13 Brewer-Burroughs Tot Lot, Jamaica Plain, Brewer & Burroughs Streets

For updated information, please call 617-635-3445 or visit www.cityofboston.gov/parks (times and dates are subject to change)

Boston Parks and Recreation Department
1010 Massachusetts Avenue
Boston, MA 02118

Mayor Thomas M. Menino
Commissioner Antonia M. Pollak

Red Sox

(continued from page 4)

11

inning in which Aaron Boone hit his walk-off homer off Red Sox knuckleballer Tim Wakefield in Game 7 of the 2003 ALCS to send the Yankees to the World Series.

6

number of World Series won by the Boston Red Sox. The Yankees have won 26.

4

number of home runs hit by New York's Bucky Dent in the 1978 season before he smashed a three-run shot in the famous playoff game that cost the Red Sox (who led the Yankees by 14 games on July

20) the American League pennant.

3

number of runs the Red Sox led the Cincinnati Reds by (3-0) in Game 7 of the 1975 World Series. The Reds scored four runs in the final four innings to win the game and the series.

2

number of games then-pitcher Babe Ruth won for the Red Sox in their last victorious World Series. The Bambino was 2-0 with a 1.06 ERA in the series, which saw the Sox down the Chicago Cubs in six games.

2

number of current MLB teams

with longer World Series droughts than the Red Sox. The Chicago Cubs haven't won a Series since 1908. The Chicago White Sox's last title came in 1917.

1

number of strikes the Red Sox were away from winning the 1986 World Series against the New York Mets. Bill Buckner's infamous error in the tenth inning of Game 6 capped an amazing Mets comeback, who then went on to win Game 7 and the series.

0

number of World Series titles won by the Red Sox since 1918, before defeating St. Louis.

Just Browsing

by Mel Goldstein

Last June I was asked by an activities director at a Jamaica Plain Elderly Housing complex if I would give the residents a dissertation on Elderly services that are available in the City of Boston. Unfortunately, I had to inform her that I would have to hold off until late summer because, of course, I was currently working on our annual Intergenerational Show held on City Hall Plaza. We settled for a date of Tuesday, September 28, 2004 at 1:00 p.m.

What a revelation this was to me. I had no idea, except for the subject of elderly services provided by the city, what an audience would expect of me. When I was asked by a few members of a good size group what my subject would be I answered "Sex! You folks might remember what that is." This elicited outright laughter and opened up the interview for a stimulating and informative discussion.

After giving them an overview of senior services that are available in the City of Boston, the questioning came thick and fast. The audience included many physically challenged, some confined to wheel chairs and walkers. This complex is in a heavy traffic area. Crossing these streets can be a hair raising experience. Taxi vouchers, lim-

ited to 3 books per customer (a sore spot), medicaid, healthcare and prescription drugs were all part of the important issues discussed. One question, however, gave me a jolt. "As an example, why do seniors in the North End receive more services than we do?" My answer to this audience was swift. We have a Mayor that would never allow this to happen. Mayor Menino's overriding major concern is to see that all, and I mean all seniors are treated equally.

I stressed this particular point!!! If you don't let us know that something is not right when you are asked, do not complain if nothing is done. Mayor Menino has given us a mission. Seniors must be given their due. If you have a problem, especially one relating to your specific need, **You must let us know!!**

Songs of yesteryear:

Mairzy Doats, Rag Mop, Three Little Fishes, Do the Huckle Buck & Wham Rebot Bull Bam.

We complain about rock n' roll and how we can't understand the lyrics. A lot of our music wasn't so great either, but had more meaning than today's music!

Last year I was given some CD's of Glenn Miller, Tommy Dorsey, Count Basie, Jimmie Lunceford

and The inimitable Billie Eckstine. I drive on the expressway and I'm lost in memories of a Kimball's Star Light Ballroom and as I have done before so many other times, I lose myself dancing in my mind to *Stardust*, *Don't Be That Way* or Jo Stafford singing *You Belong To Me*, Glenn Miller and *In The Mood*, *String of Pearls*, *Little Brown Jug*, *Moonlight Serenade*, Benny Goodman and the *One O'Clock Jump*, Les Brown and his band of reknown. *Jumping At The Savoy* with Count Basie, Jimmy Dorsey's *Tangerine*, sung by Helen O'Connell. Best of all the name of Jazz and the swing in Boston.... George Weins. Storyville and Pall Mall, the Fife and Drum room at the Hotel Vendome. What a spot to court your love!

These are what life is all about. The sweet memories of a different life and the world around us. Wasn't it much easier then?

Mel Goldstein
Mayor's Office of
Neighborhood Services
Boston City Hall, Room 708
Boston, MA 02201
Phone: 617 - 635 - 4834

Mel Goldstein is the Elderly and Russian liaison for the Mayor's Office of Neighborhood Services. He serves as the Mayor's representative to the Area Agency on Aging (AAA) Advisory Council, BPOA Core Leadership Team Member, Mayor's representative to the Multicultural Council on Aging and Member of the Advocacy Committee.

Come Play in the 2005 Greater Boston Senior Games



Golf Tournament - Wednesday, May 11, 2005 @ 8:00 a.m. - Shotgun Start
William Devine Golf Course (\$34.00 includes Green and Cart Fees)

Bocce Tournament - Thursday, May 12, 2005 @ 9:00 a.m. Langone Park,
North End (FREE)

Billiards & Bowling - Friday, May 13, 2005 Bowling (choice of two
starting times: 8:00 a.m. or 10:30 a.m.) Billiards @ 9:00 a.m. Boston Bowl,
Dorchester (\$4.00 Billiards Fee - \$7.00 Bowling Fee)

University of Massachusetts - Saturday, May 14, 2005 @ 9:00 a.m.
Basketball Free Throw, Horseshoes, Softball Throw, Swimming, Track Events
and *Keep Moving!* Walk (FREE)

Eligibility: Men & Women age 50 & over.
Pre-registration deadline for all events is Friday, April 29th, 2005.

Awards: Bronze, Silver and Gold Medals

Call: Michael McColgan at 617-635-4168 for more information

E-mail: michael.mccolgan@ci.boston.ma.us

Sponsored By Mayor Thomas M. Menino and the

**City of Boston
Commission on Affairs of the Elderly**

Registration form can be found on the back page.



RSVP

VOLUNTEER OPPORTUNITIES

The Retired and Senior Volunteer Program is federally funded by the Corporation for National and Community Services and is sponsored by the Commission on Affairs of the Elderly. Volunteering through the RSVP program offers seniors reimbursement for transportation costs incurred while doing volunteer work. Volunteer assignments coincide with the special interests of volunteers. Volunteers are assigned at non-profit agencies of their choice throughout the neighborhoods of Boston. If you are interested, contact Fran Johnnene, RSVP Director, at 617-635-3988.

Avon Walk for Breast Cancer

The Avon Walk for Breast Cancer would like some volunteers on May 13th, 14th, and 15th. Opportunities include checking in walkers (basic computer skills a plus), handing out T-shirts, helping at the breakfast station and the information desk, directing traffic, and cheering people on while lending a helping hand when possible.

May 13th: 9:00 a.m. - 8:30 p.m. (shift lengths vary)

Boston Park Plaza Hotel

64 Arlington St. (T: Green Line to Arlington)

May 14th and 15th: Various shifts available.

UMass Boston

100 Morrissey Blvd. (T: Red Line to JFK/UMass, free shuttle bus to campus)

Please call Christine Mastal,

Volunteer Outreach Coordinator at 617-576-3113 ext. 21.

Hebrew SeniorLife

(name changed from HRCA)

This hospital is located in Roslindale, a short ride on the #38 bus from the Forest Hills T station on the Orange Line. Volunteers are needed to:

Deliver library books to residents.

Take residents to doctor's appointments and activities within Hebrew SeniorLife, help with meals and office tasks.

Bring residents to and from the Beauty Shop within Hebrew SeniorLife, help keep the Beauty Shop clean.

Take residents in wheelchairs to and from their

appointments.

Lead poker and bridge games with the residents.

Be friendly visitors and play Scrabble, day and early evening hours.

Please call Jodie Portman, Volunteer Manager at 617-363-8459.

Boston Center for Rehabilitation and Subacute Nursing Care

The Boston Center is looking for volunteers to call bingo numbers, help transport residents to and from activities, do arts and crafts and sing-alongs, play cards and/or games, help pass out meals, and do room visits and social groups. Weekday and weekend hours are available, during the day and in the evenings. Volunteers get a free meal in the staff cafeteria! There is free parking; by public transportation, the Center is accessible by the #38 bus from the Forest Hills T station on the Orange Line. The address is 1245 Centre Street, Roslindale!

Please call Jessica Sorgi,

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RSVP

(continued from page 8)

Recreation Director at 617-363-2209.

Saturday's/Sunday's Bread

This organization has been serving meals to the homeless for over 21 years! It is open only on the weekends so people can have the chance to eat everyday. They need people who can help serve, then clean pots and pans from 12:30-4:00 p.m. To volunteer, you would try it for a day by joining an existing group, e.g., college students, a business, a church or a temple. If you like volunteering there, you keep helping out! It operates from 35 Bowdoin St., downtown (T: Government Center, Green or Blue lines).

Please call Mike Lee, Kitchen Executive at 617-461-7377.

Women's Lunch Place

This day shelter for poor and homeless women and children would like some volunteers to help in the kitchen. They provide an orientation to help in this social, home-like place that enables the women to break out of poverty through support, healthy food, and finding self-esteem. Please volunteer for at least 2 hours at a time, 8 hours per month, for at least 6 months. The Women's Lunch Place is located at 67 Newbury St. (T: Arlington or Copley, Green

Line)

Please call Regina Suprin, Volunteer Coordinator, at 617-267-1722 ext. 29.

Boston Medical Center

Boston Medical Center is taking volunteers:

In the pediatric ward, to play with or read to children in waiting areas, conduct hearing and vision screenings

To help adult patients by visiting them, giving moral support to their families, and bringing them books and magazines.

And more opportunities!

You would get a meal for each day you volunteer there, free classes and workshops there (as long as there is enough space), and Boston Medical Center's newsletter. It's just a short walk from the Massachusetts Avenue T stop (Orange Line)

Please call Dave Hinchey, Volunteer Services at 617-414-5122.

Brigham and Women's Hospital

This hospital needs people to answer telephones, do mailings, help in the library or on book carts, greet people, and more opportunities! They provide volunteers with things like lectures, discounts on entertainment, and office parties. It is located at 75 Francis St. (T: Longwood, Green Line).

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Mayor's Column

(continued from page 3)

commercial business districts, resulting in more than 30 new businesses starting or locating in the districts and more than 100 jobs created each year leveraging nearly \$900,000 in private investment.

Homebuyer Assistance (\$450,000): The City of Boston provides down payment and closing cost assistance to more than 130 families each year to enable them to become homeowners.

CDBG grants have allowed us to keep Boston moving forward. But our ability to serve Boston residents and keep our city strong will be severely hindered if Congress passes the President's budget as it stands today. I encourage you to speak out against these cuts so that we can keep our city moving forward.



15th Annual First Night



(L to R) Commissioner Eliza Greenberg, Mayor Thomas M. Menino and Kirk Sweeney, World Trade Center Event Coordinator.



Andre Tippett, former New England Patriots player, joins Mayor Thomas M. Menino to wish the seniors of Boston a Happy New Year.



Gerri Guardino, Executive Director of First Night Boston (left) and Kirk Sweeney, WTC, enjoy melody sung by Kathy Porter (center).



Seniors enjoying the 15th Annual First Night Senior Celebration by dancing to the entertainment provided by Alexander.



Mayor Menino joins members of the Chinese Golden Age Center, and Cynthia Lui (far left), translator from the Elderly Commission.



Alexander got the seniors dancing.

Senior Celebration



Volunteers from Shaw's Supermarket in Brighton lend a helping hand to this spectacular event.



Mayor Menino serving dinner to some lucky seniors.



Hyde Park Dance Academy delights the crowd.



Merrill Lynch Sponsors 21st Annual Holiday Phone -A- Thon

The Merrill Lynch 21st Annual Phone-A-Thon allowed 300 elderly residents, chosen from a lottery, the opportunity to place free long distance phone calls to relatives and friends throughout the world, as well as within the United States.

The program initially began at the Merrill Lynch offices in New York and was replicated by their office in Boston in 1983. Since that time, over 6,300 seniors have been allowed to place phone calls that have reached nearly every continent in the world.

Again this year, the seniors placed their calls from the offices of Merrill Lynch, located in Boston's financial district. They were permitted to place as many calls as they wished.

Mayor Thomas M. Menino, Elderly Commissioner Eliza Greenberg and Merrill Pyes, Managing Director of Merrill

Lynch, were on hand to greet the seniors and speak to their relatives on the phone.

The staffs of Merrill Lynch and the Elderly Commission assisted seniors in making calls and served them refreshments throughout the day. Many Merrill Lynch employees make this an annual holiday family event by bringing their children to help and delight the seniors. The staff of the Elderly Commission expressed their joy in watching the children "grow-up" over the years and feel a special bond between themselves and the staff at Merrill Lynch.

Seniors from every neighbor-



Mayor Thomas M. Menino and Merrill Pyes, Managing Director of Merrill Lynch (right), greet one of the hundreds of seniors who attended the annual

hood in the city came to take advantage of this special holiday "gift" from Merrill Lynch. As in the past, the Elderly Commission's Senior Shuttle provided the transportation for the seniors, allowing them the opportunity to attend.

The Merrill Lynch Phone-A-Thon is the official opening of the holiday season for the Elderly Commission each year and looked upon with fondness by staff and seniors alike."

AT & T Holiday Phone -A- Thon

AT&T sponsored the 18th Annual Phone-A-Thon at City Hall. Over 400 seniors from across the city were given the opportunity to call anywhere in the world, free of charge, for one-half hour. The seniors were ringing the phones in Poland, Italy, Japan, Russia, Africa, England, Ireland, Vietnam, China,

Trinidad, Haiti, Cuba, to mention a few, plus every state in the union, including Alaska and Hawaii.

Special thanks go out to George Ivanoski, Director of Operations for AT&T, and his staff for making this special event happen again this year.



AT&T staff responsible for making this event possible.



George Ivanoski, Director of Operations for AT&T, Commissioner Greenberg and Estra Chikh (seated) who called family in Israel.

DIABETES: CONTROL THE ABCS

A is for A1C

The A1C (A-one-C) test - short for hemoglobin A1C - measures your average blood glucose (sugar) over the last 3 months.

Suggested target: below 7

How often should you test: at least twice a year

B is for blood pressure

High blood pressure makes your

heart work too hard.

Suggested target: below 130/80

How often should you test: at every doctor's visit

C is for cholesterol

Bad cholesterol, of LDL, builds up and clogs your arteries.

Suggested LDL target: below 100

How often should you test: at

least once a year

Ask your health care provider these questions:

1. What are my ABC numbers?
2. What should my ABC target numbers be?
3. What actions should I take to reach my ABC target numbers?

Source: National Diabetes Education Program.



Appreciation Shown to Volunteers



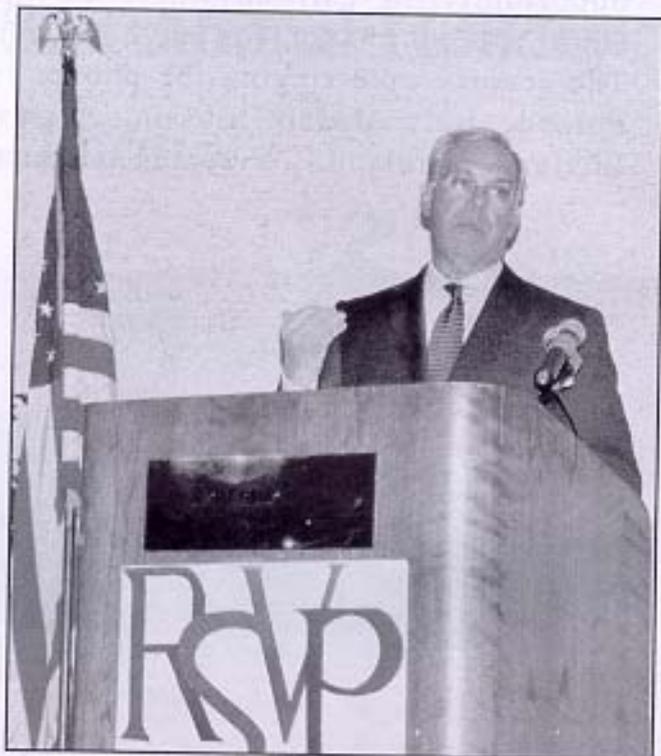
By Sarah S. Vollmann
AmeriCorps*VISTA

For 32 years, RSVP volunteers have been working with dedication and commitment to make a positive difference in the City of Boston. About 60 nonprofit agencies all over the city operate more effectively this year because seniors knit beautiful items for new babies, tutor children, give senior citizen assistance at lunch sites, and work in hospitals and museums. It was the day when the Boston RSVP and City officials took time to tell the volunteers just how special and appreciated they are.

The Retired Senior Volunteer Program (RSVP), enables senior citizens to use their skills and experience to fill needs in their communities. RSVPs can be found throughout the United States. Currently, about 500 people, ages 55 and over, volunteer here in Boston. RSVP is part of

Senior Corps, which is administered by the Corporation for National and Community Service.

More than 300 RSVP volunteers attended this year's luncheon, which was held at Florian Hall in Dorchester. Fran Johnene, Director of the Boston RSVP, welcomed the volunteers to the event. Joseph Terrell, RSVP and Advisory Council Chairperson, gave a brief speech. The new Commissioner, Eliza F. Greenberg, said "how much she appreciates the volunteer ser-



Mayor Thomas M. Menino thanks RSVP Volunteers for their service to the City of Boston and its residents.

VICES the RSVP's provide, and that she aspires to be like them as she gets older."

Mayor Thomas M. Menino came to the luncheon and was interviewed outside Florian Hall about the Red Sox. He thanked the volunteers for all that they do. After lunch was served, d.j. Stephen D played favorite music from the seniors' generation.

Gilda Groves, who volunteers at Caritas Carney Hospital, said her favorite part of the luncheon



at RSVP 32nd Anniversary Luncheon



was "Just coming together... from different parts of the city. It was just interesting to meet other people with different jobs, she said."

Georgette Maloof, who volunteers at the JFK Family Service Center in Charlestown, said it was nice to hear from people in their nineties who have been volunteering for years—they are "good role models for us younger seniors," she said. "The reason I'm so active in community service is to avoid the empty-nest syndrome since my children are all grown up and in different parts of the country. My daughter even lives as far away as New Zealand!"

Lois Epps, who volunteers in Seniors Count and is a Senior on Call, estimates she has been to about four Annual RSVP Recognition Luncheons. "I

have always enjoyed all of it," she said. This year, she joked, "I enjoyed the music. They told me I can't dance—I said I can dance in my chair!"

RSVP volunteer Carmela D'Amore, who volunteers at Orient Heights East Boston, complimented Florian Hall on its excellent food and clean bathrooms. She also liked that no speaker stood up for too long. The luncheon was an all-around success!

After lunch, certificates were awarded, door prize drawings were done, and closing remarks were made. Special thanks to the Florian Hall Association, the Corporation for National and Community Service, Foxwoods Resort Casino, Friends of the RSVP, Merck, Lucille Salvucci, and the staff of the Elderly Commission!



CONGRATULATION

BY SARAH VOLLMAN

MOST VALUABLE PLAYER

Arlene Toney, Hooks and Needles
Rosalie Murphy, Faulkner Hospital
Janet Kessin, Brigham and Women's Hospital
Florence Hadley, People's Baptist Church
Antonetta Johnson, Orient Heights East Boston
Martha G. Sahl, Covenant House
Mary Gray, Happy Hands
Geraldine Kaye, N. E. Historical and Genealogical Society
Ralph Stein, H.R.C.A.
Albert Staples, Spaulding Rehabilitation Hosp.
Mary Pearl Fielding, J.F.K. Family Service Center, Charlestown
Irmgard Sheehan, Caritas Carney Hospital
Beverly Singer, Beth Israel/ Deaconess Hospital

LEADERSHIP

Gwen Keith, Happy Hands
Barbara Roper, Caritas Carney Hospital
Trudy Agress, Beth Israel Hospital
Doris Dwyer, Spaulding Rehabilitation Hospital
Mary Guisano, Condon School
Lee Emerson, Hooks and Needles
Laura Mansfield, Harborside Community Center
Isobel Johnson, Faulkner Hospital
Pauline Correia, J.F.K. Family Service Center, Charlestown



The RSVP's leadership awards are accepted with smiles of appreciation.



New Ideas awardees

NEW IDEAS

Corinne Blakeslee, Faulkner Hospital
Georgette B. Maloof, J.F.K. Family Service Center, Charlestown
Lillie Tabb, Happy Hands
Mary MacEachern, Covenant House



Spirit Awards

TO 2004 AWARDEES

AMERICORPS® VISTA

COMMITMENT

Albert Staples, Spaulding Rehabilitation Hospital

Rose Levy, Covenant House

Emma Simpson, Happy Hands

Mary Keely, Caritas Carney Hospital

Doris Goldstein, Beth Israel Hospital

Fannie Needell, H.R.C.A.

Wilfred T. Crozier, N. E. Historical and Genealogical Society

Isabelle Hunter, Harriet Tubman House

Philomena O'Donnell, Faulkner Hospital

Carmela D'Amore, Orient Heights East Boston

Domenic D'Amore, Orient Heights East Boston



SPIRIT

Kathy Dash, Happy Hands

Gilda Groves, Caritas Carney Hospital

Rose C. Finkelstein, Beth Israel Hospital

Terri Mazzulli, N. E. Historical and Genealogical Society

Carole Williams, Hooks and Needles

Ruth Corbett, Faulkner Hospital

Francis Harrigan, J.F.K. Family Service Center, Charlestown

Georgina Ramos, Covenant House



Commitment awardees, these volunteers have demonstrated their commitment to the fullest.



Senior A.I.D.E.S. in Action

By Annette Richardson

The Seniors Training for Employment Program, formerly called the Senior A.I.D.E.S. Program, is nationally funded by the Department of Labor and administered by Senior Service America, Inc.

STEP assists low-income seniors, 55 years and older, who live within the City of Boston and are interested in returning to the mainstream work force. After each applicant has gone through the intake process, they are assigned, for a period of time, to a non-profit or government (host) agency for training; this enables them to receive training that will upgrade skills they already possess and, in

some cases, help them learn new skills. This training also helps them to update their resumes, especially in cases where they have not had any current work experience. Participants train at their "Host Agency" for a maximum of 20 hours a week. During their assignment, they are not allowed to "volunteer" at their site for any reason while on the STEP program.

All S.T.E.P. participants are required to attend quarterly meetings. These mandatory meetings provide updated information about the program and informs them of what is expected of each participant. They also learn about

job search strategies and health issues, i.e. hypothermia.

As obtaining a job in the mainstream workforce is the primary goal of each STEP participant, they are also required to sign-up with a "One-Stop" Career Center. This gives the enrollee access to current job listings as well as career-oriented workshops that are free of charge. All participants are required to apply to at least seven (7) "advertised" job openings, and provide contact information every week.

For more information about the STEP program, contact Annette Richardson at 617-635-4858.



Senior AIDES volunteer
Aubrey Mitchell.

Mr. Aubrey Mitchell came onto the program in May, 2000. He originally heard about the Senior AIDES Program from a friend.

Aubrey used to work for General Electric. Once they went out of business, he became self employed as a carpenter/painter. He remained self-employed for twenty-three years until he became disabled.

Aubrey is a veteran; he was in the United States Army where he achieved a rank of Private First Class. He was stationed in Okinawa. Aubrey received commendation for being a marksman (carbine & rifle). Aubrey was honorably discharged in 1960.

As a Senior AIDE, Aubrey has excelled as a receptionist/information desk clerk. His first assignment was at the Edward L. Brooke Courthouse where he directed the general public to the correct courtrooms or clerk's office. His supervisor, Mrs. Marilyn J. Wellington, stated that "Aubrey is very courteous to the needs of everyone who is in the building".

Mr. Mitchell's current assignment is at the Suffolk Superior Courthouse where he is the information desk clerk. Here he is required to greet and answer questions from the general public and direct them to the correct court or clerk's office. Aubrey is also required to speak to court personnel and ask for updated information about their particular court.

Because of his disability, Aubrey's goal is to obtain a sedentary position as an information desk clerk, parking garage cashier, or concierge.

Healthy Wealthy & Wyse

by Gerry Wyse

Pamper Yourself - Go to a Spa

You probably have never been to a spa.

The usual reasons:

I don't pamper myself.

It is too expensive.

I am too busy.

They are only "fat farms".

Spas are only for movie stars and athletes.

The truth is you may be the perfect candidate for a day or week end at a spa.

Many of the spa treatments can help relieve your aches and pains, especially those pains associated with chronic diseases like arthritis.

These treatments may not take all your pains away but you will feel better and more refreshed.

A few procedures you may have heard of:

1. Massage. The massage eases your muscle tension. Your blood circulates with an increase of oxygen to all parts of your body. A therapist uses his/her hands to stretch and loosen your



tight muscles. You feel better because the massage encourages your body to release endorphins.

2. Mud Wrap. Warm mud wraps are like a massage. The warm mud increases circulation, relaxes you and decreases muscle spasms. You may then be covered in a foil wrap for 1-2 hours. Your skin is exfoliated when the mud is rinsed off.

3. Paraffin Dips. Many arthritis sufferers are familiar with paraffin treatments. Hands and feet are dipped in warm, melted wax then wrapped in plastic wrap. After the paraffin wax cools down it is peeled off. The wax is like the mud wrap. It nourishes your skin.

4. Watsu (underwater shiatsu massage) relaxes your muscles by stimulating acupuncture points. Stretching is done in a pool of warm water.

5. Stone massage. The deep tissue massage is done with hot and cold stones. Your muscles relax without using a lot of pressure to your body.

Spa treatments are not inexpensive. A day/weekend at a spa could cost you several hundred dollars. You can buy some of this equipment for home use.

You should ask your doctor if you are a candidate for spa treatments. A few treatments a year can help supplement your medications and exercise routine.

Does your skin have a glow because of the mud wrap or do you actually feel better because you are doing something new and different for yourself?

Ask your friends if they have ever been to a spa. Invite a friend to go with you. You owe it to yourself.





24th Annual Valentine's Day



Over 350 East Boston seniors gathered at Suffolk Downs for the 24th Annual Valentine's Day Senior Celebration. Hosted by Mayor Thomas M. Menino and sponsored by Suffolk Downs, this annual party is coordinated each year by the Elderly

Commission. On hand to join Mayor Menino and greet the seniors this year were Robert O'Malley, Chief Operating Officer and Dominic Terlizzi, Director of Group Sales of Suffolk Downs.

After a blessing given by Fr. Robert Hennessy, pastor of Most Holy Redeemer Parish, the seniors were treated to a delicious meal, complete with dessert. To help them burn off all those calories, entertainment was provided for their dancing (and singing) pleasure. The Mayor also presented each senior with Valentine's candy, hand made by a member of the Elderly Commission staff. As part of

the festivities, the Mayor and Commissioner Eliza Greenberg made a special presentation to Mrs. Julia Vesce who was celebrating her 100th Birthday at the event.

The gala party was also supported through dona-



tions from Massport, the East Boston Foundation, East Boston Savings Bank, Peaches & Cream, Casino Club, Embassy Suites Hotel, Don Orione Home, Carmen Tanning Spa, Dunkin Donuts, Kelly's Pub, Beauty Nails, Carlos Catering, Caffe Italian, Donna's Cafe, Milano's, Royals Seafood and Kailua Hawaiian Restaurant.



Mayor Menino presents a bouquet of flowers to Julia Vesce who celebrated her 100th birthday.



Pier 4 Honors Couples Married 50 Years or More.



of Boston were chosen to attend from a lottery.

Mayor Thomas M. Menino and his wife Angela hosted a glass of champagne in tribute to the couples. They were joined by Elderly Affairs Commissioner Eliza Greenberg and Anthony and Michael Athanas of Pier 4.



Valentine's Day is celebrated in many different ways. But no matter how you celebrate the day, it is for some a time to reflect upon all the years they have been together.

For the 5th year in a row, Anthony's Pier 4 hosted a Valentine's Day Luncheon honoring couples who have been married for 50 years or more.



Eleven couples from different parts of the City



Mayor Menino, his wife Angela and Commissioner Greenberg present a certificate of appreciation to Anthony and Michael Athanas of Pier 4.

VETERANS AND WIDOWS

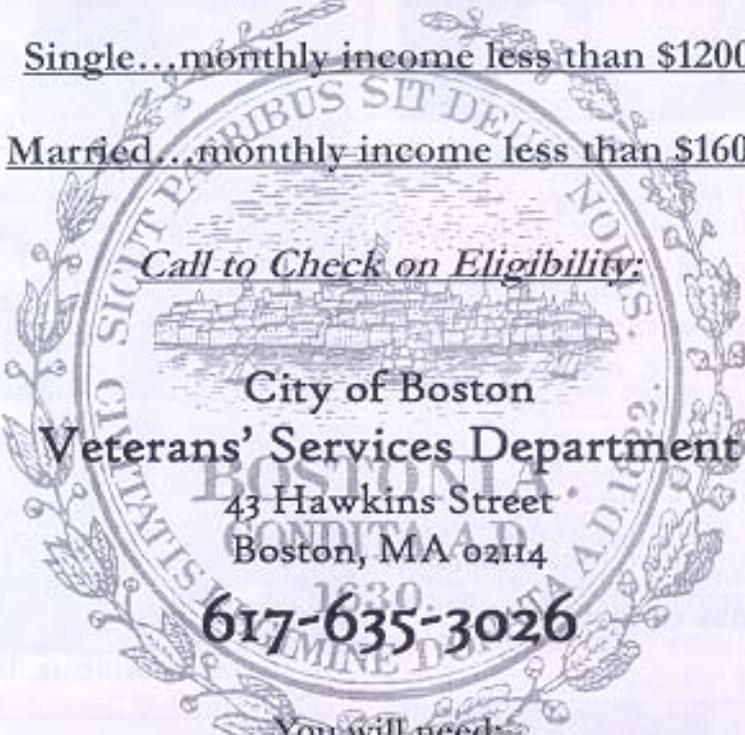
You may be eligible for financial and/or medical help

IF...

Single...monthly income less than \$1200

Married...monthly income less than \$1600

Call to Check on Eligibility:



City of Boston
Veterans' Services Department
43 Hawkins Street
Boston, MA 02114
617-635-3026

You will need:

Honorable Discharge, Proof of Income
(e.g. SS or VA Award Letter, etc.) and Expenses
(e.g. Lease or other proof of rent or household expenses),
Marriage/Death Certificates

If eligible, City of Boston Veterans' Services will pay you the difference from your monthly income to the amount above and/or pay all of your medical expenses including insurance payments and prescriptions.

ATTENTION



Boston Seniority is **NOW** accepting advertisements! Let us help you get your message out to over 50,000 senior citizens in the Boston area each month!

For more advertisement information please call
Edward Laurenti,
Public Information Coordinator
at 617-635-2712.



Commission on Affairs of the Elderly
Boston Seniority
One City Hall Plaza
Room 271, Boston, MA 02201

Volunteer Opportunity

Become a Big Brother or
Big Sister

Be a Big Brother Big Sister volunteer and rediscover the kid in you again! It's easy. All it takes to be a Big is sharing a little time with one great kid - just like someone once did for you. Bigs and Littles can visit a park or museum; ride bikes; play video or board games; go places or just hang out; swap CD's; make dinner; catch a movie or tell jokes. Matches also attend agency sponsored activities. It's simple, flexible and fun. Become a Big today. Call 1-800-412-BIGS or log onto:

www.bigbrothersbigsisters.org

Commission business hours are:

Monday through Friday
8:30 a.m. - 5:00 p.m.
Boston City Hall, Room 271
Boston, Massachusetts
02201
617-635-4366

Senior Shuttle
617-635-3000

Mayor's Office
Constituent/24 Hour
Service:
617-635-4500

WARNING

ELDER ALERT UPDATE

American Senior Alliance Mailer Should Be Viewed With Caution

By Tucker Sutherland, editor of SeniorJournal.com

SeniorJournal.com has received many emails concerning a mailing to senior citizens by the American Senior Alliance, but no one has been able to locate this company, which makes excessively enticing promises in the mailing. We suggest seniors not respond to the mailing.

Shown at right is a copy of the card this organization is mailing. Return address is at the end of this article. The return card asks for personal information, including age, spouse's age, a phone number and your county.

We are highly suspicious of this mailing, which obviously wants the targeted recipient's phone number to make a sales call of some sort.

If anyone has responded and heard back from the company, we will appreciate

being contacted by email. Any other information will also be appreciated.

Below is an e-mail we received from one senior:

"We received a request for information form. They have our address and want our ages, phone number and county. They offer to send the 2004 Elder Law Update. Some of their claims appear to be contradictory to our understanding of federal law."

The information on this page is provided through the website of www.Seniorjournal.com

2004 ELDER LAW UPDATE

CONGRESS HAS PASSED LEGISLATION THAT STANDARDIZES ENTITLEMENT PROVISIONS FOR PERSONS 65 AND OVER. THESE LAWS PROVIDE THE FOLLOWING BENEFITS:

- SENIORS MAY APPLY TO COMPLETELY AVOID ALL PROBATE AND ESTATE TAXES
- EXEMPT ASSETS FROM COLLECTION BY GOVERNMENT OR NURSING HOME IF ILL. (WITHOUT NEED FOR NURSING HOME INSURANCE!)
- EARN DOUBLE OR TRIPLE INTEREST OF CD'S WITHOUT RISK TO PRINCIPAL.

AS A U.S. CITIZEN, YOU MAY NOW LEARN HOW TO QUALIFY WITHOUT ANY COST TO YOU.

YOUR IMMEDIATE RESPONSE IS REQUESTED

BUSINESS REPLY MAIL

FIRST-CLASS MAIL PERMIT# 234 FORT WORTH, TX

POSTAGE WILL BE PAID BY ADDRESSEE

AMERICAN SENIOR ALLIANCE
P O BOX 100125
MARIETTA, GA 30061-9900

This is the mailing, which many seniors have been receiving.



Thomas M. Menino
Mayor



Eliza F. Greenberg
Commissioner

SENIOR COMPANION PROGRAM

Serve Your Community. Be a Senior Companion.

Senior companions are very special people who devote their time, energy and love to helping other less fortunate senior citizens.

Become a senior companion.

Volunteer 20 hours a week to enrich the lives of homebound elders in your neighborhood.

Benefits:

Tax free Stipend of \$212 a month
(Does not affect any government benefit you may be receiving)
Transportation Reimbursement
Daily Meal-Reimbursement
Accident and Liability Insurance
Vacation and Sick Leave

Requirements:

65 years of age and older
Boston resident
Meet income guidelines
Desire to help older people

FOR MORE INFORMATION CONTACT:

Gloria Rice-Stuart
Senior Companion Program
Commission on Affairs of the Elderly
One City Hall Plaza, Room 271
Boston, MA 02201
617-635-3987

The Senior Companion Program is a special project funded by the Corporation for National Service, and sponsored by the City of Boston Commission on Affairs of the Elderly.

Mayor Menino Announces Elder Friendly Business Initiative in Mission Hill



Mayor Menino launches Elder Friendly Business District in Mission Hill shown with the Mayor are (L to R) Commissioner Eliza Greenberg, Rep. Jeffery Sanchez.

Mayor Thomas M. Menino has announced that the Boston Partnership for Older Adults (BPOA), Boston Main Streets (BMS) and the Elderly Commission have launched an Elder Friendly Business District initiative piloted in the Mission Hill Main Streets (MHMS) district. The initiative is designed to make business districts more accommodating to the needs of seniors. This initiative will identify infrastructure improvements, new business resources for older adults that will help neighborhood commercial districts remain vibrant centers of neighborhood civic life.

A community-based steering committee has been formed to prioritize issues and direct a working group. Representatives of the BPOA, MHMS and BMS have agreed to staff the steering committee.

"I am proud to announce that Boston's Elder Friendly Business District is a great example of a public private partnership right here in Mission Hill," said Mayor Menino. "Our vision is to create business districts where older adults can shop, socialize and access information that will enable them to live with dignity."

Work under the initiative has already begun. MHMS, BPOA and BMS convened meetings to begin the process of identifying components of an elder friendly district. Members have been identified for a steering committee to drive the initiative forward. MHMS received a \$5,000 matching grant from the Mission Hill Betterment Trust for this initiative.

Partners and sponsors include the City of Boston, Beth Israel Deaconess Hospital, New England Baptist Hospital Hewbrew Rehabilitation

Center for the Aged, Mission Hill Fenway Neighborhood Trust and Stop & Shop.

Mission Hill Main Streets was chosen as the pilot district for several reasons:

- *Proximity to and partnerships with the Longwood Medical area institutions;*
- *Easily identified elder residential buildings;*
- *A relatively small business district where improvements could be easily identified, implemented, and tracked;*
- *A very strong Main Streets program to spearhead the initiative.*

Mayor Menino was joined by Commissioner Eliza Greenberg, Elderly Commission; Maggie Cohn, Executive Director, MHMS; Brian Souza, Executive Director, BPOA; Maureen Flynn, Manager of Public Relations, BPOA; Joel Samuels, Board Member, MHMS and member of the Elder Friendly Steering Committee; Miguel Fuentes, owner, Fuentes Market; Mission Hill Elder Friendly Initiative Partners and Steering Committee; local business owners and residents.



COUPLES CELEBRATE 50 YEARS

by Sarah Vollman



When elders of the future look back on the year 2004 in Boston, they will surely remember it as the first time the Red Sox won the World Series in 86 years. They might also remember it as the year that the Democratic National Convention emptied the city of its residents and the year John F. Kerry lost the presidential election to George



Clare & Francis McLaughlin of West Roxbury, celebrate 50 years of marriage.

W. Bush. But another important event happened in Boston: the Twenty-Fifth Annual Golden Anniversary Wedding Celebration.



Commissioner Greenberg and Angela Menino give a toast to the seniors of Boston married 50 years or more.

This year, a total of 77 couples attended the celebration, from 12 neighborhoods of Boston. Of these, 29 were married in 1954, celebrating their golden anniversaries. Thirty-eight couples celebrated 51-59 years of marriage. Five couples have been married for 61 years, one for each of 62, 63, and 64 years, and one for 65 years: Mila and Arkadiy Litvak, of Brighton. In total, this year's couples have 4,155 years of marriage among them!



Dick Mason, General Manager of the Omni Parker House..

1954, the year the golden anniversary couples were married, was a big year in history! That year, the Supreme Court case *Brown v. Board of Education* was decided, racially desegregating the schools. The French army was defeated by the Vietnamese at Dien Bien Phu. Vietnam won its independence from France, and was divided at the 17th Parallel into the Communist North and non-Communist South. West Germany won the World Cup in soccer. Ernest Hemingway won the Nobel Prize in Literature.

Through the years, this celebration has moved among five different sites. The first twelve were held at the Omni Parker House, starting in 1979. In 1991, the Omni Parker House regrettably declined sponsorship due to

OF MARRIAGE, AND MORE

AmeriCorps*VISTA

budget constraints. The celebration was in danger of being cancelled, but Northeastern University stepped in, offering Henderson House in Weston. The celebration was held there later than usual-February of 1992-then every year through 1997. In 1998, it moved to Curley House, on Jamaicaaway. The Ritz Carlton Boston hosted it in 1999 and 2000, then closed for renovations. The Boston Marriott took over for 2001, and the celebration went back to the Ritz for 2002 and 2003. This year, it returned to the Omni Parker House.

The 77 couples in attendance entered the Rooftop Ballroom and had corsages and boutonnieres pinned on them. After putting their coats away, each couple was photographed for this special



Nora and Thomas Breen, Jr. with Angela Menino, have been married 64 years, earning them the privilege of cutting the cake.

occasion. They were seated at tables by neighborhood.

Elizabeth F. Greenberg, Commissioner on Affairs of the Elderly, and Angela Menino, wife of Thomas M. Menino, the Mayor of Boston, gave speeches about their admiration of the couples for having been married such a long time. Nora and Thomas Breen,



Carmella & Joseph Saia of South Boston celebrate 63 years of togetherness.

Jr., who have been married 64 years, cut the cake. They had the first dance, then the couples had their lunch. Four Guys in a Tux provided the entertainment.

Special thanks to the Omni Parker House and the staff of the Elderly Commission for making this event such a success!

(continued on page 36)



Mary and Jim Devlin of Charlestown, 55th Wedding Anniversary celebrants.

Golden

Boston

Sara & Elliot Baker	50 years
Dorothy & William Callahan	51 years
Rosita & Angelo Cattaneo	50 years
Ying & Yet Wah Chan	50 years
Donna & Albert Jonas	50 years
Guo Wei Mei & Yu Mei Liang	54 years
Yevgeniya & Yefim Lifshits	53 years
Emiliya Storchak & Ahntoly Shektman	50 years
Lena & Joseph Sullivan	58 years
Gladys & Robert Yancey	53 years

Brighton

Lyubov & Abram Belokopyt	58 years
Bella Charnaya & Izya Charny	50 years
Vera & Moisey Fridman	59 years
Mengyu & Jin Zitong Kang	51 years
Ida & Peter Keselman	56 years

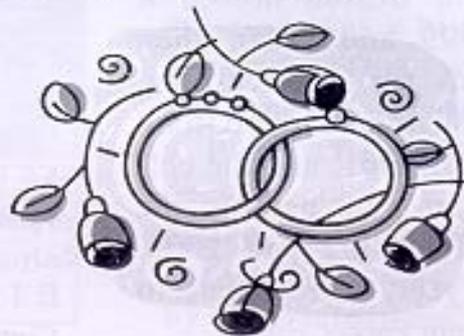


Mila & Arkadiy Litvak	65 years
Khaya Peker & Alexander Luban	59 years
Irina & Llya Magid	50 years
Zinaida & Mikhail Misonzhnik	58 years
Ofelya & Aramais Pashayan	59 years
Malka & David Pokotilov	58 years

Khinka & Shmil Polur	53 years
Yelena & Leonard Shapiro	55 years
Polya & Semyon Shuster	50 years
Mary & Donald Tice	58 years
Klara & Naakh Vysoky	52 years
Rebecca & Hy Zamansky	61 years

Charlestown

Mary & James Devlin	55 years
Anne & Thomas Regan	50 years
Kathleen & Donald Sheehan	51 years



Dorchester

Ruth & Colin Allen	50 years
Fanny & Donald Banks	51 years
Helen & Peter Crawford	55 years
Mary & William O'Connell	55 years
Beverly & Milton Roye	50 years
Dorothy M. & Irvin Smith	53 years

East Boston

Mary & Frank Paul Bruno	61 years
Edna & Stanley Buonagurio	59 years
Lillian & Frank Buscanera	61 years
Gloria & Aldo Cirone	50 years
Anne & Jim Donovan	58 years
Josephine & Joseph Forgione	58 years
Lena & Michael Lanney	59 years

Anniversary Couples



Maria & Vito Orlando	50 years
Evelyn & Anthony Palladino	57 years
Frances & Louis Ristaino	52 years
Grace & John Zuccaro	51 years

Hyde Park

Callie & Larry Byrd	52 years
Maria & Mario Falcione	50 years
Ethel & George Giddlings	59 years
Phyllis & John Gray	50 years
Virginia & Jack Luisi	50 years
Lois & Howard Newsome	50 years
Connie & Frank Noguiera	50 years
Genevieve & Francis Raymond	61 years
Jeanne & Albert Santilli	50 years
Rose & Paul Sheehan	61 years

Jamaica Plain

Nilka & Andres Pena	50 years
---------------------	----------

Mattapan

Marie & Norman Finley	53 years
Irma & Charles Sorrel	50 years

Roslindale

Rose & Louis Hodges	58 years
Anna May & Ernest Pecoraro	62 years

Roxbury

Lorna & Kyin-Wain Chin	55 years
Laura & Henrique Gibau	55 years

South Boston

Rita & Charles DiBlasi	51 years
Patricia & Robert Kane	50 years
Ellen & Ralph Oakley	53 years
Rita & Cisco Orsini	51 years
Carmella & Joseph Saia	63 years

West Roxbury

Alice M. & Lawrence Borbee	50 years
Nora & Thomas Breen, Jr.	64 years
Claire & Joseph Domenicucci	50 years
Frances & Frank Galvin	50 years
Noreen & John Hannon	50 years
Elena & Mario Lepore	50 years
Clare & Francis McLaughlin	50 years
Bridget & Daniel Sheehan	50 years



432 Boston RSVP Volunteers Get Awards from the President 89 of Them Get Prestigious President's Call to Service Award

by Sarah Vollmann AmeriCorps*VISTA

For over three decades, Boston RSVP volunteers have provided valuable services to this city. Now, 432 of the 500 seniors have received major recognition for donating their time. George W. Bush, the President of the United States, sent them President's Volunteer Service Awards.



RSVP Presidential Awards, Held at the Faulkner Hospital in West Roxbury.

The website for The President's Volunteer Service Award, www.presidentialserviceawards.gov, states that "The Award is given to individuals, families and groups that have demonstrated outstanding volunteer service and civic participation over the course of a 12-month period." The Awards are part of Bush's challenge to every American, in his 2002 State of the Union address, to devote 4,000 hours of his or her lifetime to volunteer service.

The President's Volunteer Service Award has three levels: Bronze, for 100-249 hours of service; Silver, for 250-499 hours of service; and Gold, for 500 or more hours of service. The President's Call to Service Award is for people of all ages who have contributed 4,000 hours or more of volunteer service during their lives.

The Boston RSVP features 343 recipients of the President's Volunteer Service Award and 89 recipients of the President's Call to Service Award. Two hundred thirteen volunteers are at the Bronze Level, 56 are at the Silver Level, and 74 are at the Bronze Level.

Almost 200,000 people are getting presidential awards across the country. Sarah Allen, a Senior on Call who won a President's Volunteer Service Award at the Bronze Level, explained why she volunteers.

"Having worked in healthcare until retirement, I just felt like I should continue making humanitarian efforts. It's hard to just stop working and do nothing-it takes you down. It makes you weak."

Joe Terrell received one at the Gold Level; he volunteers at Massachusetts General Hospital

and has also served at WGBH. "You see people whine and complain, 'I got a hangnail.' But then, if you go down to Mass. General, you really see people having a hard time.... It really makes you think, 'I'm not so bad off,'" he said.

He has met President Bush, Bill Clinton, and Tipper Gore. "None of these things would have happened if I hadn't volunteered," he said.

These awards could only be given to volunteers who started before February of 2003 and turned in their time sheets to the Boston RSVP. Our congratulations to everyone who won an award.

Thank you, volunteers throughout the city! All service, no matter how small, makes a difference.

(continued on page 31)

PRESIDENTIAL AWARD WINNERS

Presidential Awards

(continued from page 29)

Alfred Agress

Trudy Agress

Ellen Attanasio

Doris Babbitt

Felice Barletta

Paul Bartlett

Maltsya Bartlett

Edith Beck

Charles Beveridge

Ann Bland

Benjamin Brecker

Irene Camillo

Teresa Chiuchiolo

Lena Cianca

Frank Clements

Jennie Cohen

Maurice Cohen

Cynthia Cooper

Victor Coronella

Charles Costa

Bridget Costello

Theresa D'Alelio

Abraham Darwish

Walter Davis

Alice DeRosa

Elvira DeRosa

Anna DiBenedetto

Carmella DiSilvio

John Downey

Mary Pearl Fielding

C. Rose Finkelstein

Eva Finn

John Finn

Ralph Frasca, Jr.

Dante Gallo

Estelle Garr

Catherine Glennon

Thelma Goldkrand

Doris Goldstein

Leo Gray

Luisa Grieco

Mary Guisano

Esther Hardy

Robert Jeffress

Isobel Johnson

Laura Kennedy

Janet Kessin

Charles Leavitt

Bianca Leib

Rose Levy

Helen Lopriore

Robert Lydon

Theresa Marchione

Irving Mazer

Thomas Mingey

Mary Molinari

Marjorie Murphy

Bessie Nash

Fannie Needel

Williams Nevins

Ellen O'Neill

Teresa Palermo

Joseph Panzica

Harold Paul

Rosetta Peele

Teresa Pennacchio

Marie Pierce

Shmil Polur

Joseph Prague

Albert Prosser

William Reggio

Harold Ritter

Dorothy Rosenberg

Martha Sahl

Jessie Salvucci

Richard Sassone

Eleanor Scheiffem

Ann Schneider

Willie Lee Scott

Adolfine Seelig

Ethel Simansky

Gertrude Thomas

Si Chun Tsai

Anne Weinberg

Margaret Whalen

Ordis Whitmore

Esther Wilson

David Zide

Josephine Zizza

Gold Award

Catherine Abruzzese

Albert Anctil

Louise Alessi

Irving Altman

Lillian Altman

Lillian Aronson

Shirley Bailin

Bernice Baer

Carmine Barbato

Marilyn Barron

Ralph Belfiore

Pearline Bennett

Marcia Berman

Elaine Bernstein

Mary Rose Bisconte

Corinne Blakeslee

Gerald Blonder

Robert Borden

Ernardo Borgard

Edna Bosman

Esther Brecker

Louise Briggs

Marilyn Bryant

Charles Butler

Marie Theresa

Cadelien

Teresa Calla

Herman Caul

Fiorinda Cedrone

Lidia Chizhik

Maria Chudnovskaya

James Cochran

John J. Coffey

Robert Cohen

Mathew Cohn

Anna Coleman

Bernice Colt

Charlotte Connors

Corrine Cooney

Ruth Corbett

Pauline Correia

Alice Coyte

Susan Crisp

Theresa Crouse

Wilfred Crozier

Sr. Regina Cushing

Henry Cutler

Carmela D'Amore

Domenic D'Amore

Helen Danberg

Josefa Dav-Chelala

Ruth Deutsch

Maria R. DeVincenzo

Ida DiPasquale

Lena Doherty

Dorothy Donato

Marguerite Fagan

Milton Feinberg

Phyllis Ferola

Mollie Finkelstein

Louise Finno

Rose Ford

Rita Framer

Belle Freedman

Bernard Gaffney

Stuart Garr

Marcia Gatta

Constance Giangregorio

Harold Gleason

Irene Goldfarb

Ruth Goldstein

William Goldstein

Celia Gordon

Concetta Gottlieb

Alexander Gricus

Gilda Groves

Mary Hadge

Florence Hadley

Dorothy Halchuk

Francis Harrigan

Barbara Harris

Angela Hatch

Francis Hemmers

Chi Ming (Emily) Ho

Yvonne Holbrook

Elinor Horne

Richard Humber

Isabella Hunter

Earthalee Jackson

Evelyn Jacobson

Antonetta Johnson

Anita Jones

Ace Mary Joseph

Andre Joseph

Henrietta Kalnoska

Ida Kantor

Arthur Katz

Larry Katz

Rakkil Kauskansky

Avis Keating

Mary Keeley

Lucy Keohan

Peter Keselman

Anna Khachiyan

Boris Khutoretsky

Robert Kiessling

Albert Kniupis

Elaine Kniupis

Alfred Korn

Anne Korn

Yvonne Laine

Sr. Louise Lawler

Mary Lenihan

Eleanor Leonard

David Levenson

Elizabeth Levenson

Philip Levin

Bo Kang Lin

Marguerite Loflin

Carson Loh

Mary MacEarchern

Muriel MacKenzie

Timothy Mahoney

Pearl Mak

Georgette Maloof

Anna Maltseva

Laura Mansfield

Harumi Masamoto

Lena (Lee) Matera

Vincent Mazzio

Teresa (Terry) Mazzulli

Rita McKenna

Marilyn Mead

Lucille Melchionda

Patrick Melchionda

Helen Melito

Marilyn Miles

Herbert Miller

Sylvia Miller

Rose Modica

James Murphy

Rosalie Murphy

Bridie Neary

Philomena O'Donnelle

Susan Oei

(continued on page 32)

CONGRATULATIONS, PRESIDENTIAL AWARDEES!

Ruthe Paige	Maria Voykhansry	Mary Kring	Vicenta Gileruz
Alice R. Palumbo	Klara Vysoky	Beatrice Lookner	Frederick Gillis
Anna Paris	Ruth Wahler	Carol McKenna	Mary Gray
K.O. Pattern	Betty Walker	Arlene Morris	Barbara Gumes
Polina Pevzner	Nancy A. Walker	Helen Mulligan	June Hager
Anita Pimsler	Leonard Weiberg	Anthony Napolitano	Catherine Hall
Claire Pinciario	Sylvia Weiss	Giovannina Napolitano	Madelene Hall
Feyga Pogoriles	Rose Weitzman	Frank Okurswski	Cynthia Hillson
Mary Pyne	Arlene White	Helen Pearl	Marguerite Hinds
Jeanette Rakov	Paul White	Pauline Pierce	Hazel B. James
Georgina Ramos	Lucille Wilson	Mary Prewitt	Melba James
Arlene Carson Reed	Louise Winer	Gladys Rabinovitz	Marian Jones
Mary Reilly	Tyrone Yen	Lillian Roberts	Gwendolyn Keith
Lawrence Rice	Emily Yorish	Mary E. Robinson	Leola Kennedy
Elena Richardi	Helen Yorra	Catherine Rosata	Florence King
Dorothy Richmond	Hyman H. Zamansky	Priscilla Rozantes	Katherine Klimek
Barbara C. Roper	Rebeca Zamansky	Mary Salvucci	Lyolya Kliot
Joseph Rosata	Silvia Zitser	Arthur Spinney	Eddington Lee
Catherine Rose	Silver Award	Annie Victor	J. Thomas Loflin
Florence Rose	Diana Ambrose	Naakk Vysoky	Dorothy Mathis
Ella Rosen	Shulin (Mark) Bao	Shelley Weisman	Lydia Mazzarella
Guy L. Rossi	Annie Bond	Alvin Yorra	Elizabeth McCants
Mora Rozenblatt	Mary Cadogen	Helen Young	Ramsay McDonald
Irene Rugina	Mee Bow Chin	Leah Zhitetskaya	Laurie Moffett
Jack Sandler	Idanette Christophe	Bronze Award	Genevieve Okum
Celia Segal	Daniel Cohen	Jean Abrams	Viola Padmore
Dorothy Selby	Walter Coyle	Rose Adams	Nellie Powell
Irmgard Sheehan	Raymond Crean	Sarah Allen	Mary Ranucci
Feiga Shklovina	Patricia Crowley	Dina Alperin	Josephine Rosmarinofski
Rubylee Shuman	Barbara Culbreath	Vera Anikina	Beverly Roye
Lou Siegel	Lillian Daltry	Louise Aucoin	Gertrude Sandler
Krystyna Skibinski	June David	Vadim Barskiy	Adele Sheinfeld
Sylvia Slafsky	Patricia Dever	Julia Berteneva	Arthur Sherman
Frances Slotnick	Marilyn Dunn	Carmine Cafasso	Emma Simpson
Ruth Smith	Frances Dziejma	Helen M. Callahan	Teresa (Terri) Sirignano
Melvin Sogoloff	Movsha Fabrikant	Bernadette Canny	Florence Smith
Modiles Soivilien	George Forman	Mary Carrigan	Evelyn Spinks
Dorothy Solomon	Zelda Fridlyand	Joseph Champagne	Sophia Standke
Rachael Sonkina	William Gaffney	Izya Charny	Mabel Steed
Albert Staples	Sylvia Gaynor	Florence Coaston	Dorothy Sullivan
Ralph Stein	Margaret Gorman	Kathleen Dash	Lillie Tabb
Hasya Sverdlon	Jonathan Gude	Morris Dashute	Robert Usen
Daniel Tarullo	Maria Guzman	Raisa Drakhlin	Panya Vinitzkaya
Joseph Terrell	Constance Hogan	Doris Dwyer	Frida Vulfson
Louise Tocci	Cynthia Hope	Barbara Ellin	Dorothy White
Edith Toutloff	Helen B. Howard	Lee Emerson	Carole Williams
Bernard Travers	Yolanda Janessa	Morris Englander	Queenie Williams
Eleanor Venezia	Vladimir Kaluzmsky	Lois Epps	Sofiya Yastrebner
Andrea Verdier	Eleanor Kaszubski	Marcia Fallon	
Martha Viera	Geraldine Kaye	Gloria Gaskill	
Yolanda Visocchi	Moisey Kozlenko	Ydef (Julia) Gershovich	

2005 WHITE HOUSE CONFERENCE ON AGING LAUNCHES NEW WEBSITE

The White House Conference on Aging (WHCOA) today unveiled its Web site <http://www.whcoa.gov>, which houses an array of information about the planning and progress of 2005 White House Conference on Aging. The site not only features architecture for easy navigation and access to information, but also contains a calendar of events and links to other resources. The site is designed to reach a growing number of individuals who increasingly use the Internet to gain information, conduct daily business and lead healthier, better quality lives.

"Today's launch marks the first time a White House Conference on Aging has established a presence on the Web, specifically designed to provide the public with updates and information about the Conference," said Dr. Ann Y. McGee, Executive Director of the 2005 White House Conference on Aging. "We know that the Internet has increasingly become part of every day life for many Americans, thus launching this Web site is an integral component of our ongoing efforts to be responsive to the needs of consumers through the use of modern technology," said

McGee.

The WHCOA's new Web site will provide information about the Conference, which is scheduled to take place on October 23-26, 2005 in Washington, D.C. Included on the site will be results of Policy Committee meetings including the development of the Conference agenda, topic areas and the delegate selection, as well as important regional, state and local information related to the Conference. The WHCOA Web site will continue to be updated as information becomes available.

"With computers in more than half of U.S. households, and more than one in five seniors online, we hope our new site can serve as a vehicle to effectively communicate our mission and progress on a broader scale. We are looking to the future as we prepare for this historic event," said Policy Chair Dorcas R. Hardy. Twenty-two percent of seniors (about 8 million) were Internet users in 2004, up from 15 percent in 2000, according to a recent study conducted by the Pew Internet & American

Life Project. This group, together with the country's 78 million baby boomers, makes up the fastest growing Internet population.

"I applaud the White House Conference on Aging for moving quickly to develop a Website so that more people can learn about the 2005 White House Conference on Aging and the critical issues it advocates on behalf of older Americans," said Josefina G. Carbonell, Assistant Secretary for Aging of the U.S. Administration on Aging.

The mission of the WHCOA is to make policy recommendations to the President and Congress, and to assist the public and private sectors in promoting dignity, health, independence, and economic security of current and future generations of older persons. In addition to addressing issues of the current older population, the 2005 White House Conference has a mandate to focus on needs and impact of those individuals born between 1946 and 1964 (baby boomers).

Mayor's Garden Contest Entry Forms Available

Boston's green thumbs have until July 15th to register for Mayor Thomas M. Menino's Garden Contest presented by the Boston Parks and Recreation Department, sponsors of this event are Comcast and the Boston Herald.

"This contest honors those green thumbs whose gardens add beauty to our city," said Mayor Thomas M. Menino. "These gardeners' dedication, attention to detail, and creativity should serve as a model for all residents to follow."

Launched nine years ago as part of Mayor Menino's citywide beautification initiative, the contest recognizes gardeners who have landscaped, planted flowers, trees and shrubs and in the process, beautified their own small piece of Boston.

Residents and businesses are encouraged to nominate their own or a neighbor's garden, window box, or front, back or side yard. Only gardens planted by amateur gardeners are eligible to take part in the contest. No professionally contracted work will be allowed to enter. Entrants must submit photographs of their garden with an official entry form. Judges will use the photos to narrow the entrants to five finalists per category. Site visits by contest judges will determine the winners.

To enter Mayor Menino's Garden Contest, gardeners may pick up entry forms at local Comcast Customer Payment Centers, Boston City Hall, Boston Public Library branches or the Boston Parks and Recreation Department at 1010 Massachusetts Avenue, Roxbury.

Interested contestants can also request entry forms by calling (617) 635-4505, ext.#3039. The deadline for entries is July 15th, at 5:00 p.m.

RSVP Volunteer Opportunities (continued from page 9)

Please call Kris DeGrawa Danna, Volunteer Department, at 617-732-5998.

New England Historic Genealogical Society

This organization has one opening for a volunteer. You would help a conservator by gluing and photocopying (requires standing), for two hours at a time, one morning per week (Tuesday, Wednesday, Thursday, or Friday). They are seeking someone who likes libraries and is interested in local histo-

ry. The New England Historic Genealogical Society is located at 101 Newbury Street in the Back Bay (T: Copley, Green Line).

Please call Susan Rosefsky, Volunteer Coordinator at 617-226-1276.

Dress for Success, Boston

Dress for Success gives free interview outfits to low-income women who have landed job interviews the outfits can be crucial bridges to getting out of poverty. They need people to fill the following volunteer positions:

Personal shopper: work directly with clients, helping them choose clothes and accessories.

Office help: clerical tasks such as scheduling appointments, answering phones, sending faxes.

Clothing management: count, organize, tag clothing donations.

Volunteer coordination: interview and train new volunteers, keep records and update files on volunteers, etc. And more!

This organization is located in Roslindale Village.

Please call Nancy Schneider, Co-Founder, at 617-323-7544.

MEET THE COMMISSIONER



Commissioner Eliza Greenberg has been taking time out of her schedule to travel throughout the City's different and intriguing neighborhoods visiting Senior and Community Centers.

It is important to Mayor Thomas M. Menino, and the Commissioner, to know the seniors who attend these centers, and inform them of who they should call when situations arise. Mayor Menino stated "The Elderly Commission is here to serve your needs. But if we cannot directly assist you, your needs will be addressed by linking you with the right department."

The Mayor has made it a priority to ensure that the seniors of Boston are well informed and know who to call no matter what the problem may be. The Elderly Commission can assist seniors with all aspects of city, state and federal government services.

Elderly Commission staff have been accompanying the Commissioner to each site so that seniors get an opportunity to meet the Senior Advocates and Senior Shuttle scheduler for their area, as well as the editor of Seniority and a Deputy Commissioner they can talk to.



Tribute to Fenway Seniors

The Peterborough Senior Center, located in the Fenway hosted an exhibit that showcased the diversity and richness of East and West Fenway Seniors and their contribution to the community.

On display were photographs and written biographies prepared by Matti Kniva Spencer, with the assistance of Kerry Mooney.

The Peterborough Senior Center is a program funded and supported through the Fenway community Development Corporation.



Everyone who helped make this tribute happen pose for a picture with Commissioner Greenberg and Councilor Mike Ross.



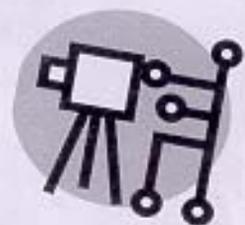
Seniors talk about the importance of governmental assistance their community receives.



Bodoslskaya Velena & Milay Geller of the Fenway enjoy this spectacular tribute of the diverse culture among seniors in the Fenway.



Matti Kniva Spencer thanked everyone who helped with this tribute and all who attended.





Mayor Thomas M. Menino
City of Boston
Commission on Affairs of the Elderly

**Seniors Training for Employment Program
(S.T.E.P.)**

STEP into action this spring!

If you are:

- **Age 55 years and older.**
- **City of Boston resident.**
- **Low income. Unemployed.**
- **Ready, willing, and able to train 20 hours each week while looking for a permanent job.**

You might be eligible to earn minimum wage while training and doing weekly job search!

We offer training & referral services for unemployed individuals who want to find a permanent job (full-time or part-time).

For more information and to determine eligibility, contact Annette Richardson, Program Manager at 617-635-4858.



S.T.E.P. (Senior A.I.D.E.S.) is a Title V program federally funded by the U.S. Department of Labor and administered by Senior Service America, Incorporated (SSAI).

News From the Veronica B. Smith Multi - Service Senior Center

A Parting Present, An Aria for All

by Millie Hollum - McLaughlin

He paused briefly at the entrance to the room, composed his strength to walk tall, and wondered how he appeared to his neighborhood friends. They would all be surprised to know how self-conscious he felt today, after all his years of crooning to so many different audiences, both alone and with the Treasury Notes. He worried if they would notice his cane and whether the loss of strength that he felt was as apparent to them as it was to him. His face was drawn and the movement was slow but he proudly navigated the long trip to his chair with his loving wife Cora by his side. She had talked him into coming earlier, and although he wasn't sure it was such a good idea, he didn't want to disappoint her. He smiled and waved, for as soon as they spotted him, the murmurs began to pass throughout the room. "Look who's here!" "My, isn't that Freddie over there?" "I thought he was so sick!" "He's really failed you know." "Do you think he's here to sing?"

What he might not have known until later that afternoon, was how thrilled

they all were just to be with him, sharing the moment and the comfort of this familiar room. True, friendship knows no limits when we are sick, or aging or not our usual selves.

Today Freddie was not singing the National Anthem at a Celtics game, nor was he serenading the Mayor at our Annual St. Patrick's Day party. He wasn't at Jimmy's in Boston or the Stockyard down the street. Today he came to our Senior Center to see his friends, many of them lifelong friends, to share some memories and to have a few laughs.

Mel Simons was the entertainer for the day, and if you have ever been to one of Mel's shows, you know that he keeps a tight reign on his audience, controlling not only the stage but the entire room. If you come in late you can be sure he will single you out, if only to announce your tardiness for all to hear. Yet the Fall Birthday party progressed as usual, for these events follow a certain format no matter if you are seven or seventy years old, and always include the

required ice cream, cake, candles and the Happy Birthday sing-a-long song.

As the afternoon progressed, Freddie was full of smiles, enjoying his food and friends and I slipped over for a quick visit. He seemed in good spirits so I asked him if he was up to singing today, elaborating that I would not want to be an imposition but wanting him to know that we would love to hear his melodious voice. I had decided that Mel was going to have to share the stage whether he liked it or not.

Well, both Mel and Freddie were just superb! Mel took over and gracefully invited Freddie up to the microphone. He welcomed Freddie with open arms as only another entertainer can do, and without any explanation from me, sensed exactly what everyone needed. We helped Freddie get up and he accepted the help gracefully but the smile that lit up his face told us all that everything would be fine. He then took that microphone, which Mel passed to him so gently and as

(continued on page 39)

Veronica B. Smith
(continued from page 38)

his hand closed around it, he was filled with a strength that made him forget about all of those trips to the hospital and doctor's office. As Mel played the notes to the song, Freddie started to sing with the ease we all recognized so well, slowly climbing to the mountainous crescendo that always dazzled the crowds and amazed audiences everywhere. But the true beauty of the moment was that Freddie was not singing to a crowd or audience out of town, he was home in Brighton and was singing to all of us: Cora, Mel, his friends and most of all, Freddie was singing a song inside himself and we were the lucky ones to share it.

The following weekend Freddie went into the hospital and next to intensive care. It wasn't long thereafter that Freddie died, but those of us who were so lucky to share that afternoon together will always remember that parting Birthday gift he bestowed on us all, not from his voice but from his heart. I can still see him leaving the Senior Center with the B.C. Football book under his arm and a big smile across his face.

Thank you, Godspeed and you Freddie.

HOME VISIT

No added cost
No referral needed



Dr. Usana Wu

O.D., M.Ed., T.P.A. Board Certified

Hons. Graduate Geriatric Vision Specialized Training

Experience since 1987 Former Director (Health Center Eye Clinic, Boston)

617.834.4810 Medicare MassHealth cover Eye Health Exam / 2nd Opinion

Valentines for Veterans from the Seniors at Veronica B. Smith

The seniors at the Veronica B. Smith Senior Center every year make Valentines cards for veterans with the help of local students.

These cards are sent to local veteran hospitals and the remainder are sent to the armed forces.

Mayor Thomas M. Menino, along with Eugene Vallencourt, Commissioner of Boston's Veterans' Services and Commissioner Eliza Greenberg extended their gratefulness to the seniors and students for their thoughtfulness.

Some of the seniors in attendance were Veterans of World War II, the Korean War and Vietnam and knew first hand the experience of serving in the armed services.



Mayor Menino addresses the seniors and students at Veronica Smith Senior Center in Brighton, where students from the Winship Elementary School in Brighton worked with the seniors to make Valentines cards for Veterans.



2005 Greater Boston Senior Games

Official Registration Form – May 11th, 12th, 13th & 14th

Golf and Early Registration Deadline 04/29/05

(Please Print)

First Name:		Last Name:	
Address:		Apt #	City:
Date Of Birth: Month ___ Day ___ Year ___		Male <input type="checkbox"/> Female <input type="checkbox"/>	Telephone: ()
Zip:			

Please Check The Events That You Would Like To Participate In:

Golf: WEDNESDAY, MAY 11, 2005 Registration at 7:00 a.m. at William Devine Golf Course, Dorchester. Shotgun Start at 8:00 a.m. **PRE-REGISTRATION DEADLINE 04/29/05** – 128 player Maximum –\$34.00 includes Green and Cart Fees. Checks payable to Franklin Park Golf Course at the Course on day of the tournament. Foursomes should request Foursome Golf Registration Form by calling 617-635-4366.

Bocce: THURSDAY, MAY 12, 2005 -Starting At 9:00 a.m., Langone Field, North End. Teams should request Bocce Team Registration Form by calling 617-635-4366

Bowling:

Select one start time. Start time confirmed on first come, first served basis.

(8:00 a.m. start time) FRIDAY, MAY 13, 2005 - Boston Bowl, Morrissey Blvd, Dorchester - \$7.00. Checks payable to Boston Bowl on the day of tournament. **Please do not send payment with registration.**

(10:30 a.m. start time) FRIDAY, MAY 13, 2005 - Boston Bowl, Morrissey Blvd, Dorchester - \$7.00. Checks payable to Boston Bowl on the day of tournament. **Please do not send payment with registration.**

Billiards: FRIDAY, MAY 13, 2005 - Starting At 9:00 a.m. Boston Bowl, Morrissey Blvd, Dorchester - \$4.00- Checks payable to Boston Bowl on day of the tournament: **Please do not send payment with registration.**

Saturday, May 14 - Starting @ 9:00 a.m. - The Following Events Will Be Held @

University of Massachusetts Boston 100 Morrissey Boulevard, Boston, MA 02125

<input type="checkbox"/> Basketball Free Throw	<input type="checkbox"/> Swimming Freestyle 100 M
<input type="checkbox"/> Horseshoes	<input type="checkbox"/> Swimming Freestyle 50 M
<input type="checkbox"/> Keep Moving Walk (Non-Competitive)	<input type="checkbox"/> Track 100 Meters
<input type="checkbox"/> Softball Throw	<input type="checkbox"/> Track 800 Meters
<input type="checkbox"/> Swimming Breast Stroke 100 M	<input type="checkbox"/> Track 1500 Meters
<input type="checkbox"/> Swimming Breast Stroke 50 M	<input type="checkbox"/> Track 400 Meters

Please Return This Registration Form To: Commission on Affairs of The Elderly – One City Hall Plaza, Room 271 – Boston, MA 02201 - Attention: Michael McColgan Or fax to 617-635-3213

For more information call 617-635-4366 (No Transportation Provided)

All Greater Boston Senior Games Participants Must Sign This Waiver Of Liability

I hereby agree to hold harmless the organizers and sponsors of the 2005 Greater Boston Senior Games from any and all claims of whatsoever kind and nature which I may have, or at any time in the future have, of any injury arising out of my participation in the 2005 Greater Boston Senior Games. I am in good physical condition and have no medical restrictions which would prohibit my participation in the 2005 Greater Boston Senior Games.

Signature:	Today's Date:	Your age as of 05/11/05
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City Of Boston – Commission on Affairs of the Elderly

Thomas M. Menino, Mayor
Eliza F. Greenberg, Commissioner

