

Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston



November

FREE

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Table of Contents:

Page Number

3	Mayor's Spotlight
4	Holiday Phone-A-Thon Registration
6	RSVP Boston
8	A 28 Year Success Story
9	Feed Your Brain
10	Changes to Small Claims Court Rules
12	Tips for a Safe Internet Experience
13	The Pursuit of Joy
14	Patriots "Place" in History
22	Don't Retire, Inspire
30	Healthy, Wealthy & Wyse



Check out our NEW and improved website
www.cityofboston.gov/elderly

Commission on Affairs of the Elderly
Main number (617) 635-4366

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Mayor's Spotlight

Mayor Menino Announces Citywide Single-Stream Recycling

In June, Mayor Thomas M. Menino announced that city officials expect to exceed over \$1 million in annual savings due to a new and innovative, single-stream recycling program that started citywide July 1. As part of the recycling program, over the next 12 months the city will roll out over 55,000 carts across the city making it easier for residents in individual households or 6-unit apartment buildings to collect their recyclables.

“This single-stream recycling program is key to Boston’s sustainability and is a great example of how we are thinking creatively to make sure Boston’s future is bright despite the difficult economic times we’re facing,” said Mayor Menino. “This program makes recycling easier for residents to help the environment.”

Single-stream recycling allows users to combine all recyclables from pizza boxes to plastic soda bottles and glass containers into one bin. The program will also accept what are known as “rigid plastics” – childrens toys and other hard plastics typically not accepted in regular recycling. To help educate Boston residents how easy the new program is 300,000 Recycling and Trash Guides were mailed to every household in Boston.



“Recycling is one of the easiest steps individuals can take to both improve our environment and reduce costs of waste disposal,” said Jim Hunt, Chief of Environmental Services for the City. “The pilot programs we advanced in several Boston neighborhoods increased recycling by more than 50% and clearly demonstrated that Boston residents want to do their part to recycle more.”

Economically, the more residents recycle the bigger the cost savings to the City. The cost to recycle a ton of waste is \$40 cheaper than it is to send to landfills or incinerators and the City expects to see a surge in recycling participation resulting in approximately \$1 million in savings every year.





**Friday, December 11, 2009
8:00 a.m. to 3:00 p.m.**



Holiday Phone-A-Thon

Mayor Thomas M. Menino, the Boston Commission on Affairs of the Elderly and AT&T are happy to announce the annual Holiday Phone-A-Thon.

If you are a Boston resident, age 60 or older, you may be able to call a relative or friend anywhere in the world: FREE OF CHARGE.

Each person will be given one-half (1/2) hour to place as many telephone calls as they wish.

To register, please complete the application form below and return by Tuesday, December 1, 2009 to the Attention of:

Mary Beth Kelly
Commission on Affairs of the Elderly
One City Hall Plaza, Room 271
Boston, MA 02201
or fax to 617-635-3213

Breakfast or Lunch Provided

FREE

PLEASE PRINT CLEARLY

First Name:

Last Name:

Address:

Apt.#

Neighborhood:

Zip Code:

Countries I wish to call:

Telephone #:

Transportation Needed Transportation Not Needed
CHECK BOX BELOW

CENTRALIZED PICK UP LOCATIONS - PLEASE CHECK ONE CLOSEST TO YOUR HOME

- | | |
|---|--|
| <input type="checkbox"/> Allston-Brighton Chinese Golden Age, 677 Cambridge St. | <input type="checkbox"/> Jamaica Plain Julia Martin House, 90 Bickford St. |
| <input type="checkbox"/> Allston-Brighton Covenant House, 30 Washington St. | <input type="checkbox"/> Mattapan Church of the Holy Spirit, 535 River St. |
| <input type="checkbox"/> Allston-Brighton JCHE, 30 Wallingford Road | <input type="checkbox"/> Mission Hill Flynn House, 835 Huntington Ave. |
| <input type="checkbox"/> Boston 333 Massachusetts Avenue | <input type="checkbox"/> Roxbury Freedom House, 14 Crawford St. |
| <input type="checkbox"/> Dorchester Carcinal Medeiros, 11 Woodcliff St. | <input type="checkbox"/> South End Castle Square Apts., 484 Tremont St. |
| <input type="checkbox"/> Fenway-Kenmore Kenmore Abbey, Kenmore Square | <input type="checkbox"/> South End Franklin Square, 11 East Newton St. |
| <input type="checkbox"/> Jamaica Plain, 155 Lamartine St. | <input type="checkbox"/> South End-Chinatown, 5 Oak St. |

The City of Boston

Elderly Commission

Senior Companion Program



Senior Companions
**Thanks for making
a difference!**

For more information on how
you can get involved, please call
(617) 635-3987.

**“I volunteer because I have the time now and I like
knowing that I am making a difference”.**

- Senior Companion

Senior Scene ... Who's on the Front Cover?

WHO: Jack Chartoff **AGE:** 96 years old

WHAT IS YOUR FAVORITE MEMORY OF BOSTON?

The place I would like to remember is the Faneuil Market Place. It has Boston history all wrapped up in one.

WHAT IS THE FIRST CAR YOU PURCHASED?

A Chevrolet Sedan

IF YOU COULD GO BACK IN TIME, WHAT TIME PERIOD & PLACE WOULD YOU VISIT?

I am torn between two loves. I would like to visit the immigration center in Ellis Island, New York, where my parents each had to go before entering this great country in the late

1880's. I would also like to visit the home on Woodcliff Street in Roxbury of Boston where I was born many years ago. It would make a great double-header.

WHAT SINGER/SONGWRITER HAS MANAGED TO STAY A FAVORITE OVER THE YEARS?

If you are looking for a singer, Frank Sinatra has my vote. Old Blue Eyes has it. His voice is a charmer. Tony Bennett would run a close second. On the other side, Neil Sedaka deserves consideration.



Seen at the Memoir Project Workshop in Hyde Park.

RSVP Boston



Highlighted Volunteer Opportunities of the Year

The Boston RSVP Program always has an entire array of volunteer opportunities to choose from. Please call us today and we will send you a program packet full of information on the RSVP Program, a volunteer opportunities booklet, and directions on how to sign up for the program. Take the time, make the call, help out in your community.

For more information on the RSVP Program or to sign up, please call Kelley Wedge, Program Director at 617-635-1794.

Recording For The Blind & Dyslexic

RFB&D is seeking strong readers to record literature and textbooks at our modern digital audio recording studio in Cambridge. RFB&D stocks and maintains the world's largest educational audio lending library for students and professionals who cannot read standard print. Our volunteers record books in a wide array of subject areas at every grade level --- even highly technical books in the physical and life sciences. The demand is acute, and you can help! It's easy and fun, the scheduling is flexible, and our studio is convenient to parking and the "T." Why not come and add your voice to ours? Find out what a huge difference your skills can make to a print-disabled student!

YWCA Boston

Community Health Ambassadors –

Assist YWCA Boston staff with community health education events and activities focused on breast cancer, diabetes, nutrition, diabetes, self-esteem and STD awareness and education. With more than 100 events, workshops and activities conducted annually, YWCA Boston is looking for volunteers interested in engaging the public about health issues, disseminating pamphlets and/or supporting breast cancer survivors. Interest in women's health issues, willingness to travel within city limits and a desire to meet and greet the public are required. Flexible daytime, evening weekday and weekend opportunities, at 5 or more hours per week. Training provided.

Organizational Services Coordinators –

Help the YWCA Boston manage its back-office operations through reception support, filing, database management, phone support, and other administrative tasks. The YWCA Boston is seeking volunteers who have exceptional organizational skills! The YWCA Boston offices are ideally located next to Back Bay Station. Flexible, daytime opportunities for 5 or more hours per week. Training provided.

The Nazzaro Center – North End

The Nazzaro Center currently needs a volunteer to call bingo on Wednesdays and Fridays from 1 - 2 pm.

COME ONE COME ALL

to the

**34th Annual Holiday
Craft Bazaar and
Senior Health Fair**

All ages welcome to shop!

Great Holiday Gifts Available

Many Handmade Items Depicting the
Rich Ethnic Cultures of Boston

Boston City Hall Mezzanine & 2nd Floor Lobby

Friday, December 4, 2009

10:00 a.m. - 3:00 p.m.

For more information contact **Janice Locke** at **617-635-4371**
or **Mary Beth Kelly** at **617-635-3959**



Sponsored by:

Mayor Thomas M. Menino
and the City of Boston
Commission on Affairs of the Elderly
Eliza F. Greenberg, Commissioner

— A 28 YEAR SUCCESS STORY —



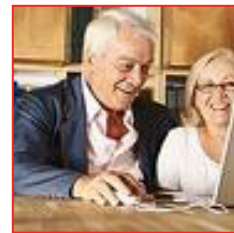
When Shirley came to the program 28 years ago there was doubt that her health could be maintained to keep her living independently. Shirley's dedicated Nurse Joan has been monitoring and treating her health care needs for 22 of the 28 years that she has attended. Their bond has been forged through the years of being together 5 days a week at Mattapan Adult Day Health Program. The program is designed to maintain the client's health and status within the community and keep them outside of a nursing home situation.

"Shirley needed attention to a medical issue that was dire and could have included amputation. Every day we address the issue and have staved off radical surgery." I am proud to have worked with Shirley for so long. She is a wonderful and caring individual. It has been a pleasure to assist her in living independently." says Joan. Deborah Agati, Program Director concurs "Our program is proud to have the longest attending member of an adult day health program in Massachusetts come here. It is a testament to the care and education she has

received in maintaining her level of health by attending the program. Other clients like Mindel and Jose are a close second having 27 years of attendance and all three have remained within the community during this time."

We offer healthcare and socialization for all, an alternative to nursing home placement for some and family respite for others. The program serves elders and adults with disabilities that prevent them from being completely independent. The client is transported to and from the program which runs from 8:00 to 4:00 p.m. weekdays. Services provided include: skilled nursing care, social service, therapies, exercise, arts and crafts, a nutritious lunch and snack in the morning and afternoon. The program also teaches families and clients how to navigate the systems in place for them and also how to manage health care issues. If you would like more information or to refer a client please call 617-298-7970, most insurance companies offer 100% coverage.

FREE



FREE

Introductory computer classes at Suffolk University.

**For more information call
Kate at 617-573-8251**

Feed Your Brain: Lifelong Learning Opportunities Available in Your Neighborhood

By John Fabiano

“It’s never too late to learn something new,” and no place is this adage truer than in Boston. Educational opportunities for senior citizens are abundant in each neighborhood around the city. The pursuit of knowledge through lifelong learning offers an opportunity not only for people who find themselves lying around the house with too much time on their hands, but also for people who are currently active or employed. Lifelong learning is beneficial to seniors because it helps improve socialization and the brain. It allows you to make new friends and meet people who share your same interests while helping to keep your mind sharp and improving your memory.

There are libraries, churches, community centers, non-profit agencies, specialty schools, and colleges with learning opportunities and classes for seniors, many offered for free or at discounted rates.

- Traveling to a foreign country? Take a language class to help get you accustomed to the language and culture.
- Not technology savvy? Take a computer class to help you learn the basics.
- Want to sharpen up your English? Many community agencies offer free ESOL courses.
- Want to expand knowledge about a certain topic or keep up with current events?

Many local colleges and universities offer seminars, workshops, and other opportunities for you to enhance your knowledge.



- Looking to get back in the work force? Take a class to help you develop skills in a given field.

Local schools like UMASS Boston and Boston University have programs specifically designed for seniors. There, seniors can sit in on classes, attend workshops, and participate in ongoing seminars covering an array of topics. The Boston Language Institute and Boston Center for Adult Education offer language classes with flexible schedules. Classes run during the day, at night, and on the weekend. Local neighborhood branch libraries offer computer class and monthly book clubs. Bunker Hill and Roxbury Community College offer seniors the ability to take classes in several different fields at discounted prices. Local non-profits and senior service agencies offer ESOL and Citizenship classes, many of which are free to seniors. Boston Community Centers and Public Schools offer Basic Adult Education classes. Each year, seniors across Boston receive their GED, proving that it’s never too late to finish high school.

In addition to those listed above, there are several other programs offered around the city. If you are interested in learning more about lifelong learning opportunities available in your neighborhood, please contact the Elderly Commission at 617-635-4366.

Relief for Consumers in Small Claims Court: Significant Changes to Small Claims Court Rules as of October 1st

Submitted by GBLS Elder Law Unit

After years of efforts by consumer advocates and after a Boston Globe spotlight article highlighted the difficulties defendants face when representing themselves in small claims actions, changes to the Small Claims Rules have been adopted and became effective October 1st. These changes can be good news for elders who find themselves defendants in a small-claims suit.

Small claims are certain claims that are valued at \$2000 or less. Many of these claims are brought by a debt-collector plaintiff against an individual defendant who may be an elder. Although the total amount of the claim may be relatively small, these claims can have very large and potentially negative impacts on an elder's life. The new rules address issues that may arise at each stage of a small-claims proceeding and help to ensure that defendants have a fair opportunity to respond to claims against them.

To start, the new rules provide more protections for debtors at the time a claim is filed. First, if the plaintiff is in trade or commerce or has been assigned a debt for collection, the plaintiff must file, along with the claim, a Verification of Defendant's Address Form. This form requires the plaintiff to con-

firm that the defendant's address is correct for example by checking the Municipal Record or Registry of Motor Vehicles. This requirement is an important protection because it helps to assure that elders receive notice to appear in court and defend themselves. Also, the new rules require that any damages the plaintiff seeks are stated individually as well as totaled. This requirement may help an elder to understand exactly how much money may be owed, why and also may help the elder to formulate responses and defenses to the alleged debt.

Second, the new rules protect elders because they require some plaintiffs to provide better proof of the debt. In these cases, the plaintiff must state the name of the original creditor, the last four digits of the account number in question, and the amount and date of the defendant's last payment. This change also will help elders to understand why money may be owed and to formulate defenses.

Third, the new rules protect elders' rights in the courtroom. The rules say that if an elder appears for trial but the plaintiff is either not present or not prepared, then judgment shall be entered for the elder. Further, the rule requires that if the plaintiff has a substitute attorney, then that attorney must enter an appearance. This change forces the plaintiff to have greater accountability to the elder and to the court. Also, the new rule makes clear that if the plaintiff wants to postpone the case to another day, the plaintiff must have good cause to do so and that good cause has to be more than just the fact that

the elder has appeared in court. This change will protect elders from being summoned to court repeatedly because the plaintiff is not ready.

Finally, the new rules provide for court review of Agreements for Judgment when both parties are present in court. This review can be an important protection for an elder. An Agreement for Judgment is a document that two parties sign in which they agree to a resolution of their dispute. This agreement is legally binding on a defendant so an elder must be sure that he or she can meet the requirements in the agreement.

The new rule states that the court must ask the defendant if he or she is able to pay the amount on the order and with what funds. Also, the court must not enter the order if the funds the defendant has are exempt in-

come such as social security or unemployment benefits. This review will protect elders from agreeing to turn over income that should be exempt and that they need to live on. On a related note, once a judgment has been paid off, a creditor must file a notice of satisfaction with the court within ten days. This change protects elders who have paid their debts.

Elders who find themselves defendants in a small claims action should be aware of their rights under the new rules and should take some comfort in knowing that the changes to the rules are designed to help make the system more fair for them.

¹ See, e.g., Globe Spotlight Team, *Dignity faces a steamroller: Small-claims proceedings ignore rights, tilt to collectors*, BOSTON GLOBE, July 30, 2006.

² See Mass. Ct. Sys., Dist. Ct. Dep't., *Small Claims Information*, <http://www.mass.gov/courts/courtsandjudges/courts/districtcourt/smallclaims.html#1>.

³ MASS TRIAL CT. R. III at Rule 2(b).

⁴ Rule 2(a).

⁵ Rule 2(b).

⁶ Rule 7(c).

⁷ Rule 7(e).

⁸ Rule 3(b).

⁹ Rule 9(e).



City Spotlights Join a City Spotlights Neighborhood Ensemble and perform at The Shubert Theatre

BACK BAY/BEACON HILL • FENWAY • ROXBURY/MISSION HILL • NORTH END

City Spotlights Performance
Saturday, May 15, 2010 | 7 pm

Sign up Today!

Registration is open for ages 11 and up. Rehearsals will be held in each neighborhood from March 22-May 15, 2010 on Wednesdays and Thursdays from 4:30-7:30 pm. No previous performance experience necessary!

Interested? Email Anthony Victoria at avictoria@citicenter.org or call 617-532-1221

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Tips for a Safe Internet Experience



Be careful when giving out financial information. Only enter credit card information when on a secure site: secure websites will have the letter “s” either in front of or after the “http” of a web address. Never provide financial information in response to an unsolicited request.

The Internet opens a wide world of information right at your fingertips allowing you to stay connected, learn new information and even monitor your health. In order to take advantage of these benefits and keep yourself safe on the Internet, it is important to remember some useful tips for online privacy and take steps to ensure your online experience is both safe and secure.

Have a healthy skepticism. While the Internet allows you to communicate with friends, both new and old, you should always question those you meet online. Establish a personal process for determining when it is appropriate to give out personal information online. Consult an Internet expert at the local library, community center if you are unsure.

Look at incoming e-mails closely before opening. Learn how to identify e-mail scams and fraudulent websites. Check the e-mail address of the sender carefully. Some scammers use addresses that purposely misspell the name of a recognizable company. If you’re not sure, don’t open the e-mail and consult with a neighbor, friend or family member or an Internet expert.

Use privacy settings. Be sure to read a website’s privacy policy to learn how they are using any information you provide. Take advantage of privacy control options provided on websites you frequently visit to control your privacy settings, commonly found under “settings.”

For more tips, be sure to visit my *Consumer Guide to Online Privacy*, which can be found on my website at www.consumerprivacyawareness.org. This valuable guide will define some confusing terms and lead you through the process of changing privacy settings on many popular websites. Your Internet Service Provider may also offer some helpful online safety tools.

Staying connected and informed can help enhance your quality of life, bringing a new world of opportunities for you to explore. By following some simple steps for online privacy, you can have a safer experience online and take advantage of the many benefits the Internet has to offer. Enjoy your time surfing the web but be sure to keep in mind these simple tools to keep you and your information safe on the Internet.

Clarence Washington: The Pursuit of Joy

By Cassandra Baptista, Emerson Student

On one of the last warm Saturdays of the year, Clarence Washington, 74, rode his bike to his favorite spot in Boston, the Kelleher Rose Garden in the Back Bay Fens. Leaves and fallen rose petals rustled on the ground, as this Renaissance man shared a glimpse into his vibrant life.

He took a seat on a bench with a view of the Museum of Fine Arts—the launching pad for his paid scholarship to study art in Europe.

“Always, I am experimenting and discovering,” Washington said, as he took off his shoes and let the sun warm his feet. In his life, he has acted, written poetry, painted, and he currently teaches art at Tufts, but he considers himself mostly a singer and drummer. His shockingly blue eyes squinted as he stared at the sky. It is clear he is not easily defined by himself or by anyone else.

Washington laughs easily, but is guarded and protective over his history. Even the details of his birth are ambiguous—his birth certificate from West Roxbury bears no name. He explained a series of happenstances in his life: living next door to the inventors of the first stereo, traveling Europe with British royalty, seeing communist leader “the red flame”, and walking

into a meeting held by Malcolm X. But despite his broad range of experiences, Washington explains his life is at “ground zero”: he feels he is now more connected to himself and the world around him than ever before.

His music, art and philosophy on life are strongly rooted in his spirituality. Washington pointed to a wilting rose and said, “What will happen to that rose after it falls down? It will regenerate.”

“In terms of life and death, I don’t believe in either. If there’s no life or death, no before or after, what there is is what you do with your now.”

He gestured with his hands, his fingers individually tied with rubber-bands, like little reminders, to strengthen his fingers for percussion. He tapped the back of the bench, demonstrating how he plays the conga.

Even though he feels secure with who he is now, Washington said he doesn’t claim to have it all figured out.

“I don’t know what my life was about,” Washington said, “but I know this much: joy is the one thing we are all searching for. Joy is a groove. Joy moves and expands like heat. You have to replenish it. Joy is it. Whatever you’re doing, ask yourself, ‘Are you having a good time?’ If you have joy, nothing will ever be against you.”

PATRIOT'S "PLACE" IN HISTORY

By Mike Flynn

There was a time in these parts when everyone was a New York Giants Football fan. I know it is hard to believe, but many of those people remain so today. Never left the "Dark Side"! That was way back then when the NFL was just that, the National Football League, no AFC, no conferences. Everyone would tune their black and white TV's to watch Sam Huff, Frank Gifford, Y.A. Tittle and rest of the Giants from the Polo Grounds.

The NFL had grown to be a very popular sport in the 40's and 50's. All teams were turning a profit except the Chicago Cardinals who were the step children to the powerful Chicago Bears. They were put up for sale. Several suitors lined up including Lamar Hunt, billionaire son of a Texas oil tycoon. When he was unable to secure a deal or convince the NFL owners to award new franchises he contacted the other bidders and convinced them to set up a rival for the NFL; An American Football League. The first team was in Hunt's hometown of Houston soon followed by Denver, Minneapolis-St. Paul, Dallas, New York and Los Angeles. In Chicago in 1959 a charter was drawn up and the League was official. The NFL owners, realizing the mistake they had made, quickly moved to offer them new NFL franchises but only the

Minneapolis owners jumped at the deal and the Minnesota Vikings became part of the NFL. Later that year two more franchises were added in Buffalo to Ralph Wilson and Boston to a group headed by Public Relations whiz Billy Sullivan. Minneapolis was eventually replaced by Oakland and the 8 team league was complete.

The first big coup for the new league was immediate as the Houston Oilers were able to sign Heisman Trophy winner Billy Cannon and just before the season started a lucrative contract was inked with ABC to broadcast the games. It brought instant relevancy and the knowledge they would survive that first year. Another surprise were attendance totals as 10,000 to 20,000 was the average (although far less than the NFL 50,000). However, without the help of a loan from Buffalo's Ralph Wilson the Los Angeles Chargers would have folded and they were forced to move to San Diego. The Oilers won the initial Championship Trophy and the League seemed solvent but two years later the NFL awarded Dallas a franchise which became the Cowboys and the Texans were relocated to Kansas City. That third year the Boston Patriots made it to the Championship game only to be trounced by the San Diego Chargers 51-10.

The ability to compete with the Senior League took a giant step in 1964 when the AFL signed a 36 million dollar contract with NBC. This would allow the new league

to bid against the NFC for the best players and with some of that money the New York Jets would sign the University of Alabama Quarterback Joe Namath for \$247,000 and a new car (more on Namath later). It was the most lucrative contract ever given a college player would prove fortuitous and change the league forever.

In 1965, the final AFL franchise would be awarded to Joe Robbie and partner T.V. star Danny Thomas. (Thomas was the first celebrity owner where there are many today. Miami alone counts among its minority owners Gloria Estefan, Marc Anthony and his wife Jennifer Lopez, Venus and Serena Williams, Fergie of the Black Eyed Peas and that barefoot beach boy Jimmy Buffett.)

The NFL owners now began to see the writing on the wall. Because of the competition to draft players, the escalating salaries and the AFL stealing NFL players (especially QBs) the owners of both leagues met to discuss a merge. Now a common draft would be held and an AFL-NFL Championship game would take place. It was clear after the first two Championship Games that the NFL held the decisive upper hand as the Green Bay Packers trounced the Kansas City Chiefs 35-10 in the initial contest and the second year saw the Packers again dominate, this time by a score of 33-14 over the Oakland Raiders. It prompted legendary Packers coach Vince Lombardi to say that he did not think any of the AFL teams could even compete against the best

of the NFL. Yet 1967 saw the AFL add a team in Cincinnati and the Bengals rounded out a ten team league.

Lombardi probably should not have poked that beehive with that stick, because the next year everything would be turned upside down. 1968 saw the powerful Baltimore Colts finish the season with a 13-1 record and in those 14 games they only surrendered 144 points or a little over 10 per game. They were considered one of the best in NFL history. In the Championship Game they would be matched against the New York Jets who had just squeaked by the Oakland Raiders for the AFC Championship and had surrendered 20 points per game, double that of the Colts. Baltimore was favored by an astounding 18 points. Jets quarterback Joe Namath (remember the guy with the new Cadillac) in the days leading up to the game grew increasingly frustrated with all the news reports about his Jets not having a chance. Namath was never one to bite his tongue and on the week before the game he just lost it and speaking to a New York reporter guaranteed a win. In what is considered one of the greatest upsets in American sports history, Namath backed up his words as the Colts went down 16-7. Is there any more famous football photo than Namath running of the field in victory with his index finger raised in the air signifying “number one”? It is almost as iconic as Bobby Orr flying through the air after his Stanley Cup clinching goal against the St. Louis Blues. To prove it had not been a fluke,

in the next year's Championship Game the AFL's Kansas City Chiefs demolished the Minnesota Vikings 23-7.

By 1970, a full merge had been affected and the National Football League became one with NFC - AFC Conferences and the Championship Game, as the whole world knows now, is the Super Bowl.

From Boston professional football's very beginning when Lou Saben was named as the first coach, the Patriot nickname chosen (by a public vote) and red, white and blue were adopted as the uniform colors, the Patriots played a huge role in NFL history. With BU as their first home field, Pat Patriot as their first logo (drawn by Worcester cartoonist Phil Bissel) and being the team that scored the first ever AFL touchdown (on a fumble recovery in the end zone by defensive end and Hall of Famer Bob Dee in an exhibition game in Buffalo) the Patriots history itself is stunning. In the future we will explore this history in detail

But for the present, if you haven't visited the home of the New England Patriots lately, time to make your way down Route One to Foxboro where the old Schaefer Stadium has been replaced by a one of a kind in America football wonderland built by the Kraft family called Patriot Place. Anchored by the 68,756 seat capacity Gillette Stadium and its twelve story welcoming lighthouse, even when there is not an event, this is a destination venue for the whole family.

With over one million square feet of shopping, dining and entertainment, there is something for everyone. With a mixture of upscale and casual eateries a meal can be had to satisfy any palette before or after you catch a movie in the Cinema De Lux or a show at Showcase Live, the live entertainment venue. Or if shopping is your thing (it's not mine) the "Place" has major fashion retailers and one of a kind shops as well as the enormous Bass Pro Shop.

However if you are a true Patriot fan, the Patriot's Hall of Fame is a must. Filled with historic memorabilia, interactive exhibits and a film history of the team, you can spend your whole day here and wonder where the time went.

The Boston-New England Patriots have secured their place in American sports history. Go check out Patriot Place and on the way home don't forget to stop in the Patriot Pro Shop for a John Hannah or Babe Parilli jersey and secure yourself a piece of that history.

Interested in placing an ad in *Boston Seniority*?

Email us at:

BostonSeniority@cityofboston.gov
or call Martha Rios at (617) 635-2360.

If your core audience are seniors you're in the right place. We have a devoted following of seniors with a distribution of 25,000 in print and 15,000 hits online per month! We accept editorial articles.

The Boston Home Center's **HeatWorks**



Winter is coming! Let **HeatWorks** help your family stay warm.

HeatWorks is a program offered by the Department of Neighborhood Development in partnership with National Grid and Action for Boston Community Development (ABCD).

We offer grants up to \$5,000 and/or 0% deferred loans for:

- Replacement of older or inefficient heating systems
- Weatherization / Insulation
- Home Energy Audits

Who can apply:

- Boston homeowners who are 60 years or older.
- Owner-occupant of a residential 1-4 family property.
- Household income does not exceed 80% of median income as determined by HUD.

(Other restrictions apply)

Apply Now!

**To learn more about HeatWorks
or to get an application, contact:**

**The Boston Home Center: 617-635-HOME (4663)
or visit our website at www.bostonhomecenter.com.**



**Thomas M. Menino, Mayor
City of Boston**

Evelyn Friedman, Chief and Director
Department of Neighborhood Development

nationalgrid





What you can do to prevent infection.

GermS are everywhere. Most of the time, they don't make us sick. That's because our bodies have defenses like our skin and immune system that protect us. But sometimes, we can get infections from germs.

Infections occur most frequently in hospitals and other health care settings like clinics and doctors' offices where people have weakened immune systems. Healthy people, however, can also get infections even when they are not in the hospital.

Fortunately, there are simple things you can do at home, at the gym, and in the hospital, that can help prevent infection.

Here are a few easy measures you can take in your daily life to stay healthy.

.....

At Home

- **Keep your hands clean.** Washing your hands regularly is the most powerful thing you can do to prevent infection. Make sure you always remember to wash after going to the bathroom, before you eat, or after taking out the trash. Since it's hard to always get to a sink, keep an alcohol-based hand sanitizer in your car or bag.
- **Cover your mouth and nose if you cough or sneeze.** Use a tissue or even the bend in your elbow to prevent spreading germs to others. Make sure to wash your hands afterwards.
- **Take care of cuts, scratches and wounds.** Your skin is your armor against harmful bacteria. Keep all cuts, scratches and wounds clean and protected with a clean, dry bandage. Don't "let it breathe" unless your doctor directs you differently. If cuts are not healing, see a doctor.
- **Keep your skin healthy.** If it starts getting dry or cracking, apply moisturizing cream to keep skin soft.
- **Use prescription antibiotics responsibly.** Be careful not to use prescription antibiotics too often. Doing this can actually make them less effective because it allows germs to build up resistance to medications. If you start taking antibiotics, be sure to take the full prescription. Stopping in the middle may allow the infection to return even stronger.

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In the Hospital

- **Handwashing.** The most powerful thing you and your health care team can do to prevent infections is also the most simple: everyone needs to wash their hands. Make sure you use soap and water or an alcohol-based hand sanitizer. Also, know that all health care workers should wash their hands before and after touching you. In many hospitals, doctors, nurses and other health care workers are encouraging patients to ask them directly if they've washed their hands. That reminder helps them do their most important job—keeping you healthy.
- **Remind your visitors to wash their hands.** When someone comes to visit you in the hospital, be sure that they wash their hands before and after their visit. Explain to them that it's good for their health, and for yours.
- **Talk to your doctor before having surgery.** When you have surgery, your risk of getting an infection is higher. Before you have surgery, ask your doctor what you can do to protect yourself from infection. Be sure to ask if you should take antibiotics before or after your surgery.
- **Ask about catheters.** A catheter is a small tube that can be used to deliver fluids, medication or nutrition to your body. It can also be used to drain fluids like urine from your bladder. If your doctor or nurse says you need one, ask them what you can do to keep it from getting infected. Find out how often it should be changed and how long they expect to have it in. Check it often, and if it becomes uncomfortable, or if the bandage becomes wet or dirty, tell a health care worker immediately.

.....

In the Community

- **If you are sick, avoid close contact with others.** When you are sick, stay home from work or school, avoid public transportation and other places where there are crowds. Don't shake hands or touch others. That way other people won't get sick, and you'll get better faster.
- **Practice good hygiene at the gym.** Make sure to always clean weights, exercise mats and aerobic equipment with antibacterial wipes before and after you use them. Wear flip flops in the shower and steam room to prevent athlete's foot or other infections. Shower after you work out and make sure you always use a clean towel to dry yourself.
- **Keep exercise equipment clean.** If you or someone in your family plays ice hockey, football or some other sport that requires personal protective equipment, be sure they wipe down this equipment with antibacterial wipes after every use. It's important not to share personal equipment.

.....

Where to Learn More about Infection Prevention

The Joint Commission

http://www.jointcommission.org/PatientSafety/SpeakUp/speak_up_ic.htm

Prevent Infection

<http://www.preventinfection.org>

Centers for Disease Control and Prevention

http://www.cdc.gov/ncidod/dhqp/ar_mrsa.html

Massachusetts Department of Public Health

<http://www.mass.gov/dph/betsylehman>

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www.partnershipforhealthcare.org



Qué puede hacer para prevenir las infecciones.

Los gérmenes están en todas partes, pero la mayoría de las veces no hacen que nos enfermemos. Y eso se debe a que nuestros cuerpos tienen defensas como la piel y el sistema inmunitario que nos protegen. Pero, en ocasiones, contraemos infecciones debido a los gérmenes.

Las infecciones se producen mayormente en hospitales y otros centros de atención médica como clínicas y consultorios de médicos, donde la gente tiene sistemas inmunitarios debilitados. Sin embargo, la gente sana también contrae infecciones cuando no está en el hospital.

Afortunadamente, existen ciertas medidas sencillas que puede tomar en su hogar, el gimnasio y también en el hospital, que pueden contribuir a prevenir las infecciones.

Éstas son algunas medidas sencillas que puede tomar en su vida diaria para mantenerse saludable.

.....

En su hogar

- **Tenga las manos limpias.** Lavarse las manos con regularidad es lo más importante que puede hacer para prevenir las infecciones. Nunca olvide lavárselas después de ir al baño, antes de comer o después de sacar la basura. Como no siempre es fácil tener un lavabo cerca, tenga un desinfectante para manos a base de alcohol en el coche o en el bolso.
- **Tápese la boca y la nariz cuando tosa o estornude.** Use un pañuelo de papel o aunque solo sea el brazo para evitar pasarles los gérmenes a otras personas. No se olvide de lavarse las manos después.
- **Cúidese los cortes, arañazos y heridas.** La piel es su armadura contra las bacterias dañinas. Mantenga todos los cortes, arañazos y heridas limpios y protegidos con una venda seca y limpia. No los “deje al aire”, a menos que el médico le indique lo contrario. Si los cortes no cicatrizan, vea a un médico.
- **Mantenga la piel saludable.** Si comienza a secarse o agrietarse, aplique crema hidratante para mantenerla suave.
- **Use los antibióticos con receta de forma responsable.** Tenga la precaución de no usar antibióticos con receta con demasiada frecuencia. Si lo hace, éstos podrían dejar de ser tan eficaces, ya que los gérmenes se pueden hacer más resistentes a los medicamentos. Si comienza a tomar antibióticos, no se olvide de tomar todos los que le hayan recetado. Interrumpir el tratamiento por la mitad puede hacer que la infección regrese con más intensidad.

En el hospital

- **Lavarse las manos.** Lo más importante que usted y su equipo de atención médica pueden hacer para prevenir las infecciones es también lo más sencillo: todos deben lavarse las manos. Asegúrese de utilizar agua y jabón, o un desinfectante para las manos a base de alcohol. Además, debe saber que todo el personal de atención médica debería lavarse las manos antes de tocarle. En muchos hospitales, los médicos, las enfermeras y otros miembros del personal de atención médica animan a los pacientes a que les pregunten directamente si se han lavado las manos. Este recordatorio contribuye a que hagan su trabajo más importante: mantenerle saludable.
- **Recuérdale a sus visitas que se laven las manos.** Cerciórese de que las personas que le visitan en el hospital se laven las manos antes y después de la visita. Explíqueles que es bueno para su salud y la de ellos.
- **Hable con su médico antes de someterse a una operación.** Cuando se somete a una operación, el riesgo de contraer una infección es mayor. Antes de someterse a la operación, pregúntele al médico qué puede hacer para protegerse de las infecciones. No se olvide de preguntarle si debería tomar antibióticos antes o después de la operación.
- **Pregúntele sobre los catéteres.** Un catéter es un tubo pequeño que se puede usar para administrarle líquidos, medicamentos o nutrición a su cuerpo. También se puede usar para eliminar líquidos como orina de la vejiga. Si el médico o la enfermera le dicen que necesita uno, pregúntele qué puede hacer para evitar que le provoque infecciones. Averigüe con qué frecuencia debería cambiarse y cuánto tiempo se espera que lo lleve puesto. Revíselo a menudo, y si empieza a resultarle incómodo, o si la venda se moja o ensucia, avísele inmediatamente al personal de atención médica.

En la comunidad

- **Si está enfermo, evite el contacto con otras personas.** Cuando esté enfermo, no acuda al trabajo o a la escuela, evite el transporte público y otros lugares donde haya mucha gente. No le dé la mano a nadie ni toque a otras personas. De ese modo no hará que otras personas se enfermen y se mejorará más rápido.
- **Mantenga buenas costumbres higiénicas en el gimnasio.** No se olvide nunca de limpiar las pesas, las colchonetas de ejercicios y el equipo aeróbico con toallitas antibacterianas antes y después de usarlos. Use calzado en la ducha y en el sauna para evitar contraer pie de atleta u otras infecciones. Dúchese después de hacer ejercicio y use siempre una toalla limpia para secarse.
- **Mantenga el equipo de ejercicio limpio.** Si usted o alguien de su familia practican hockey sobre hielo, fútbol americano o cualquier otro deporte que requiera equipo protector, no se olvide de limpiarlo siempre con toallitas antibacterianas después de usarlo. Es importante no compartir los equipos de uso personal.

Dónde obtener más información sobre la prevención de las infecciones

The Joint Commission

http://www.jointcommission.org/PatientSafety/SpeakUp/speak_up_ic.htm

Prevent Infection

<http://www.preventinfection.org>

Centers for Disease Control and Prevention

http://www.cdc.gov/ncidod/dhqp/ar_mrsa.html

Massachusetts Department of Public Health

<http://www.mass.gov/dph/betsylehman>

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Don't Retire, Inspire!

Failure, Chaos, Opportunity?

By Augusta Alban

Now, so they say, newspapers are on the way out; but are they? The same thing was said about radio, when every Tuesday night Uncle Milty and Texaco grabbed Americans' curiosity and held us transfixed for an hour to a small silver gray tube in our living rooms.

Uncle Milty did not kill radio; it is still with us! However, the big brown wooden box has been downsized to a featherweight state-of-the-art colored plastic gadget we easily slip into our pockets, the only evidence of it being attached to us is a thin, flesh colored cable ending in a pill-sized drop of plastic we snuggle in a ear. Just imagine, from this almost invisible gizmo we can hear from the world at any time and in any place. Is this failure?

We live in a world of uncertainty. We are inundated with negativity every breath we breathe; it has never been more clear, we often feel the bitterness that accompanies adversity. Lots of Americans are experiencing what they call failure for the first time now and immediately trying to spit it out. Whether it's a home foreclosure, unemployment, or the evaporation of hard-earned savings, the have-it-all generation suddenly doesn't. TV upstaged radio: the same is happening

now with on-line news and our favorite rag, the Globe. What does that tell us, newspapers have failed? What is failure anyway? Edison did 10,000 experiments to invent the light bulb, and when asked if he had failed, he replied, "Certainly not, I just know 10,000 ways not to create a light bulb."

It's unavoidable; we must take a realistic look at ourselves, at how far we have come, at what we have or don't have, at what we have to offer and at how we choose to offer it. As we have done many times in the past, it's time once again to repackage or reinvent who we really are.

When author J. K. Rowling addressed the graduating class at Harvard last June, she didn't focus on success. Instead, she spoke about failure. She related a story about a young woman who gave up her dream of writing novels to study something more practical. Nonetheless, she ended up as an unemployed single mom "as poor as it is possible to be in modern Britain without being homeless." But during this rock-bottom time, she realized she still had a wonderful daughter, an old typewriter, and an idea that would become the foundation for rebuilding her life. Perhaps you've heard of Harry Potter? "You might never fail on the scale I did," Rowling told that privileged audience, "but it is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all-- in which case, you fail by default."



Bradford Glass is a Leadership Coach who lives on Cape Cod, and helps people live more meaningful lives. He specializes in “Thriving on Uncertainty and Chaos.” Having an informed conversation with Brad on my TV show, “Don’t Retire, Inspire,” he made it very clear. “Call it what it is: Thriving on Uncertainty and Chaos. Using different words reduces its impact, and we need to deal with the full impact uncertainty in our lives.” His perspective: It seems part of our nature to fear the unknown, so we live in desperate pursuit of certainty - in a world that is fundamentally, by design, uncertain. If everything were known, however, nothing new would ever happen. Uncertainty is what creates new possibility. One of the reasons for our struggle is our continued belief that people, organizations and life can be controlled. We now believe it so strongly that we can’t imagine it not being so.

All we really need to “do” here is to redefine how we relate to uncertainty and chaos, so we come to see them as openings to our creative genius, and not as threats to our existence. As we do this, we’ll find a level of certainty in our inner world that will never exist in our outer world.

Life is more like tending a garden than building a house. When you plant a garden, you don’t “make roses grow.” You create conditions that allow roses to grow; roses seem to do rather well on their own. If we could put our energy into creating conditions conducive to a life we’d love, our own creativity would produce it all.

Newspapers will still be with us, they need to change and grow just like we do. The only question is how much do we need to change in what ways do we need to grow? According to Mr. Glass, we have some gardening to do. Planting seeds for new growth is exciting; selecting seed packets begins a new adventure, I am looking for HAPPINESS, LOVE and just maybe SWEET OPPORTUNITY.



Basketball



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HEALTHY

Boneless Buffalo Wings

Ingredients:

Spicy Blue Cheese Dip

- 2/3 cup reduced-fat sour cream
- 2/3 cup crumbled blue cheese
- 1 tablespoon distilled white vinegar
- 1/4 teaspoon cayenne pepper

Wings & Vegetables

- 3 tablespoons nonfat buttermilk (see Tip)
- 3 tablespoons hot sauce, such as Frank's RedHot, divided
- 3 tablespoons distilled white vinegar, divided
- 2 pounds chicken tenders
- 6 tablespoons whole-wheat flour
- 6 tablespoons cornmeal
- 1/2 teaspoon cayenne pepper
- 2 tablespoons canola oil, divided
- 2 cups carrot sticks
- 2 cups celery sticks

Instructions:

1. To prepare dip: Whisk sour cream, blue cheese, 1 tablespoon vinegar and 1/4 teaspoon cayenne in a small bowl. Cover and refrigerate until ready to serve.
2. To prepare wings: Whisk buttermilk, 2 tablespoons hot sauce and 2 tablespoons vinegar in a large bowl until combined. Add chicken; toss to coat. Transfer to the refrigerator and let marinate for at least 10 minutes or up to 1 hour, stirring

occasionally.

3. Meanwhile, whisk flour and cornmeal in a shallow dish. Whisk the remaining 1 tablespoon hot sauce and 1 tablespoon vinegar in a small bowl; set aside.

4. Remove the chicken from the marinade and roll in the flour mixture until evenly coated. (Discard remaining marinade and flour mixture.) Sprinkle both sides of the chicken with 1/2 teaspoon cayenne.

5. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half the chicken, placing each piece in a little oil. Cook until golden brown and cooked through, 3 to 4 minutes per side. Transfer to a serving platter. Repeat with the remaining 1 tablespoon oil and chicken, reducing the heat if necessary to prevent burning. Transfer to the platter. Drizzle the chicken with the reserved hot sauce mixture. Serve with carrots, celery and Spicy Blue Cheese Dip.

Tips:

No buttermilk? You can use buttermilk powder prepared according to package directions. Or make sour milk: mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

Serves: 8 (2 - wings, 1/2 cup vegetables & 2 tablespoons dip each)

RECIPES

Apple Confit

Ingredients:

3 pounds firm cooking/baking apples, such as Granny Smith, Northern Spy, Rome or Golden Delicious

1/4 cup sugar

1/4 - 1/2 teaspoon ground cinnamon

1 teaspoon vanilla extract

Instructions:

Peel the apples and slice 1/4 inch thick. (You should have about 9 cups.) Place the apples in a 4-quart or larger slow cooker. Add sugar and cinnamon to taste, and toss to coat well. Cover and cook until the apples are very tender and almost translucent, but not pureed, 2 to 2 1/2 hours on high or 4 to 4 1/2 hours on low. Stir in vanilla. Transfer to a bowl and let cool slightly. Cover and refrigerate until chilled.

Serves: 8 (1/2 cup)

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The Changing Season

By John H. O'Neill III

The weather has been unusual this year, especially regarding the seasons. It has been cold and rainy at times. On the other hand, the summer had days when it was very hot outside. The Boston Red Sox played since early Spring of this year. They had many “rain-delays” resuming games once the skies cleared. Each year baseball players, upon reaching first base, will try to steal second base by running from first to second base while the pitcher was not looking or when the pitcher was in the process of making a regular pitch to homeplate.

Former Red Sox Tommy Harper held the Red Sox stolen base record for many years. Other players came close to tying the record, but nobody broke it. Years passed, but nobody was able to match Harper’s record. Jacoby Ellsbury joined the Boston Red Sox during the 2007 season playing center field. He joined the team after spending time with the Pawtucket Red Sox, the AAA affiliate of the Boston Red Sox. Ellsbury graduated from Oregon State. He was very fast on his feet. The number of stolen bases increased. During the past season, Ellsbury stole base after base after base. He even stole home plate during a game. Sure enough, Ellsbury tied and then broke Tommy Harpers record. It was quite an achievement.

Fall has arrived. Because of that, the Red Sox season has wound down and the New England Patriots made preparations for the 2009 NFL season. Their longtime team captain Tedy Bruschi retired, but he has

become an analyst for ESPN. Other players have been traded for future draft picks. Each year, representatives of the different professional football teams meet and select (draft) college football players to join their teams. In addition, the Bruins and Celtics are just starting their hockey and basketball seasons. It is an exciting time of year.

Professional athletes are key members of society. They play their respective sports and provide enjoyment for fans. Ken Driscoll, a sports enthusiast said: “Baseball? Football? It doesn’t matter! I live for my weekends! It is NEVER just a game!” The weather, unless severe, does not deter the athletes and everyone benefits.

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Deputy Commissioner
Kathleen Giordano, Producer
at 617-635-4362



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WJIB 740 AM on Sundays at 7:30 a.m.

For more information please contact:
Deputy Commissioner Kathleen Giordano
at 617-635-4362

Jokes

Submitted by Mr. Malcolm J. Newbury Jr

Why did the golfer wear two pairs of pants?

He got a hole in one

If you have spots before your eyes, shouldn't you see a doctor?

No, only spots!

What did the grape say when he was sat on?

Nothing, he just let out a little whine

What should a clergyman preach about?

About ½ hour.

Doctor: How is the boy who swallowed the half-dollar?

Nurse: No change yet

Patient: This hospital treats us like dogs

Doctor: Mr. Jones, you know that's not true. Now roll over.

What goes up and never comes down?

Your age

Wife: There's water in the carburetor.

Husband: Water?!

Wife: Yes

Husband: You know a carburetor??!!

I'll check it out. Where's the car?

Wife: In the pool

The most wasted of all days is the one without laughter.

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Upham's Elder Service Plan



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H2220.2009.05.R1 08/15/2009

Medical Tourism -- Surgical Procedures in Foreign Countries

Medical tourism (or health tourism or medical travel) is a term that describes the rapid growth of international healthcare treatments where people are traveling to other countries to obtain general medical surgery, cosmetic/plastic surgery and dental surgery at a fraction of the cost of healthcare in the United States, Europe and Canada. Overseas medical treatment and surgery is quickly becoming affordable, safe, high quality and an option to healthcare in the United States, Canada, Europe, Middle East and Africa.

Americans first heard of medical tourism when we first went to foreign, exotic countries to have cosmetic surgery. Then Americans went to India, Mexico, South Africa, Costa Rica, Thailand and other countries to have other types of surgery. Many have hip replacements, dental surgery, pediatric cardiac bypass surgery, spinal fusion, tummy tucks, laparoscopic gastric banding and the list is very long, at a fraction of the cost. These countries have board certified doctors and state of the art equipment and training.

Why would you go overseas to have surgery when we have excellent surgeons here in the United States, Canada and Europe?

- Uninsured, underinsured, pre-existing/non-covered treatments in the current health

insurance in the United States

- Uninsured and you don't want to go to the Emergency Room each time you get sick, then get forced to pay large ER bills
- Self-insured patients, self-funded employers, corporate employers
- Long waiting lines for surgery in countries offering socialized healthcare
- Basic health care procedures/treatment is not available
- Want specialized healthcare services (some procedures have been done in these countries years before the US provides them)
- Many of these doctors have been trained in the United States

How much money can you save?

Procedures are typically about 60-80% less expensive than the United States. A hip replacement in the US is \$43000, India \$5800-\$7100, Thailand and Costa Rica \$12000, Mexico \$6000.

The American Medical Association has issued nine guidelines for patients, insurers, employers and companies responsible for coordinating travel. Examples: patients should be referred only to reputable institutions accredited by recognized international bodies such as the Joint Commission International or the International Society for Quality in Health Care. Follow up care should be coordinated so the patient can be cared for correctly when the person returns to their primary care/surgeon.

Nurses: US the ratio can be 1:10. There it is 1:3. Personal care. All are English speaking staff.

Doctors give patients their cell phone numbers.

Fees: plane, surgery, anesthesia, etc, 4 star hotel post-op, visiting nurse at the hotel, are included in their fees plus limo service to the hospital from the airport. You pay for tours and souvenirs!! You can recuperate for a week or more at your hotel pool!!!

Because of patient confidentiality and lack of a central tracking agency, it is difficult to track the number of surgeries done, their success rate, and follow ups. We know that the numbers are large, especially because of the high cost of American health care.

The concept is intriguing.

For more information, you can research Medical Tourism on the internet. There are several American based organizations who provide this service.

Have you had your flu vaccines yet?? Check for sites in your neighborhood.

Looking for Pen Pals for the Promising Pals Program

The Pen Pal Program through the Elderly Commission connects Boston seniors with the Promising Pals program at the James Timilty School in Roxbury. The Promising Pals program is a unique writing program where community and business partners are committed to the educational advancement of its youth. Through letter writing the Promising Pals program bridges generations by matching Timilty middle school children with an adult pen pal. The student and senior promise to correspond through letter writing at least four times from January through May.

Since 1986, the Promising Pals program has enhanced literacy and writing skills, and it provided an opportunity for young people to meet positive role models.

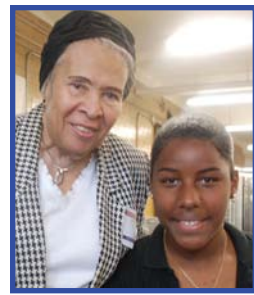


Mayor Menino with Topayki, Rose & Natalie.

**For more information please contact:
Tula Mahl at 617-635-1922 or email
tula.mahl@cityofboston.gov**



Ann & Jerry Fields with Jesus.



Norma Lawrence
& her pen pal
Cheyenne.

Mayor Menino & Commissioner Greenberg at Foley Apartments



Grandparents Raising Grandchildren Trip to the Museum of Science



Hispanic Heritage Celebration



Mayor Menino enjoying the luncheon with friends.



Mayor Menino presents Juana Miranda with an award for helping the hispanic senior community.



Mayor Menino congratulates Domingo Ortiz.



Mayor Menino honors founder of the Hispanic Heritage Celebration for seniors Vilma Valentin.



Major Mayra Rodriguez, Reverend Lisa Depaz, Mayor Menino, Reverend Betsavel Ayuso-De Monge with her parents Mrs. & Mr. Ayuso.



Commissioner Greenberg with Carmen Pola.

Having Fun at the Grandparent's Luncheon



The Cape Verdean Community Unite for Peace



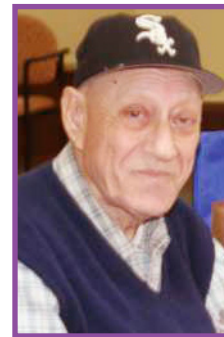
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At the Barnes School Luncheon



Greeting Friends

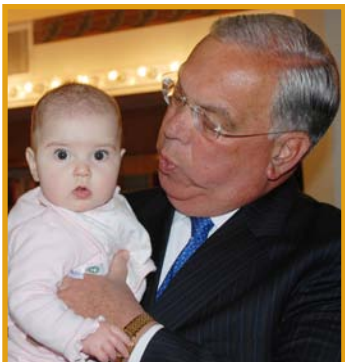
Malone Apartments



Ausonia Apartments



Keystone Apartments



MAYOR THOMAS M. MENINO PRESENTS

20th Annual First Night Celebration

Sponsored by the Commission on Affairs of the Elderly

at the SEAPORT WORLD TRADE CENTER, Seaport Blvd
Tuesday, December 29, 2009-- 11:00 a.m. – 2:00 p.m.

TRANSPORTATION SIGN UP SHEET

INDIVIDUAL APPLICATION ONLY - NO GROUP REGISTRATION ALLOWED
REGISTRATION BY FAX OR MAIL ONLY - NO PHONE REGISTRATIONS ACCEPTED

TRANSPORTATION PICK-UPS BEGIN AT 10:30 a.m. - DOORS DO NOT OPEN UNTIL 11:00 a.m.

ADMISSION BY TICKET ONLY - TICKETS ARE LIMITED

Please complete and return registration form by Friday, November 27, 2009 to: Fax 617-635-3213 or mail to 1st Night, Elderly Commission, One City Hall Plaza, Room 271, Boston, MA 02201

Registration form with fields: Last Name, First Name, Tel, Address, Apt. #, Neighborhood, Zip Code, Language Spoken.

CENTRALIZED PICK UP LOCATIONS

Table with 2 columns listing pickup locations such as Allston/Brighton, Boston, Charlestown, East Boston, Dorchester, Fenway/Kenmore, Hyde Park, Jamaica Plain, Mattapan, Mission Hill, North End, Readville, Roslindale, Roxbury, South Boston, and West End.

Once this registration form is received an admission ticket will be issued in the name of the registrant and mailed to the above noted address.

