



Boston Seniority

Elderly Commission

Thomas M. Menino, Mayor of Boston

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

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Mayor's Spotlight



Mayor Menino launched a door knocking campaign and survey of 1,500 of Boston's most vulnerable elders, targeting 70+ year old seniors living independently at or near the poverty line in the neighborhoods of Mission Hill, Mattapan, and Lower Roxbury - Boston neighborhoods with the highest percentage of low income elders. The City's Commission on Affairs for the Elderly worked with Partners HealthCare to develop a comprehensive survey that measures the health conditions and concerns of these residents, including daily care and consumer scams. Attorney General Martha Coakley joined Mayor Menino at the Tobin Community Center to launch the project and to support efforts to educate seniors about scams that prey on the elderly.

"The information gathered through this project will be a valuable tool as we work to support Boston's elderly residents, especially those who are most vulnerable," Mayor Menino said. "I would like to thank Attorney General Coakley and Partners HealthCare for their cooperation. Working together, our efforts can better address the issues that are most important to the elderly community and provide them with the support they need to be happy and healthy."

"We must work together to address issues around quality of care for some of our most vulnerable residents," AG Coakley said. "What we've learned is that we can't

effectively manage what we don't measure, and that is why this initiative is so important. I want to commend Mayor Menino, the non-profit partners, and the youth participants for their commitment to this program on behalf of Boston's seniors."

The Elderly Commission has worked with the Boston Youth Fund (BYF) to recruit 14 youths from Roxbury, Mission Hill, and Mattapan to help conduct the surveys in an effort to bridge the gap between youth and the elderly. Teams of two - a staff member and a BYF volunteer - visited seniors. Teams will complete the survey by knocking on more than 200 doors and making 1,500 phone calls.

"Connecting our seniors to the care they need, when they need it - in their neighborhoods - is at the core of the Partners HealthCare mission and our commitment to community health," said Gary Gottlieb, President and CEO of Partners HealthCare.

The survey is designed to gather comprehensive information regarding daily living habits, health care, support services, scams, and other concerns of seniors. Their responses will provide the City with data to examine how it can most effectively meet the needs of Boston's most vulnerable elders.

Dear Seniors,

My name is Lu O'Brien. I am the Chairperson of the Senior Advisory Council at Boston City Hall. I am the youngest Chairperson to serve on this Council. The members of this Council have elected me because I work hard on the issues at hand for the elderly in this city. I am a voice for an elder who is afraid to speak on their own behalf in fear of losing something they already have. I want to make sure the programs that are in place right now for elders stay that way...in place. I want to have these programs when I reach 65 years old. I guess that makes me a "senior in training."

At the Senior Advisory Council, seniors come and discuss good, bad or indifferent issues that are affecting them. They get a chance to talk with the Elderly Commissioner and staff to make sure any issues get taken care of. The group consists of anywhere between 50-60 members. The Council meets on the first Friday of every month at 10:00 am in Room 801 at Boston City Hall. Members come by the T or take the Ride to come to the meeting. We take July and August off for a summer break. We will be back in full swing on September 9, 2011.

The folks who work at the Elderly Commission are dedicated workers who care for the seniors in this city. During the year, the Commission hosts trips, parties, boat rides, health fairs and a new year's bash that everyone looks forward to. They also make sure that seniors are safe and have heat during the winter months and in the summer a cool place to go to if you don't have ac or a fan. They also assist seniors with food stamps, fuel assistance, dental work and any other programs seniors qualify for.

I invite seniors from all the neighborhoods in this city to come to a meeting. Come and say hello, have a cup of coffee and a snack, voice your opinion and make new friends. If you like what you see and hear, then you might want to come to another meeting and so on. Again, the meeting is first Friday of every month at 10:00 am. Room 801. Our next meeting will be September 9, 2011.

Hope to see some new faces at the next meeting.

Best Wishes,

Lu O'Brien
Chairperson



You're independent, but not alone.

We help seniors 65+ who have MassHealth Standard to combine Medicare and Medicaid into one health plan with more benefits.



We know that getting the care you need isn't always easy. That's why with Evercare® Senior Care Options (HMO SNP) you get all the benefits of Original Medicare and MassHealth Standard, plus more, in one simple plan. You also get access to a care manager to answer questions and help you get the care you need. You don't have to figure it out alone. We're only a phone call away.



\$0 copay for dental checkups, cleanings, extractions, fillings, dentures and crowns



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Call us toll-free at **1-877-808-1953, TTY 711**

Or visit our website at www.EvercareHealthPlans.com/MA_SCO

Evercare Senior Care Options (Evercare SCO) is available to people who are 65 and older. You must be entitled to Medicare Part A and enrolled in Medicare Part B and MassHealth Standard to enroll in our Medicare Advantage Special Needs Plan. You also need to live in the service area. If you currently pay for a Part B premium, you must keep paying it. Evercare SCO is a Coordinated Care plan with a Medicare Advantage contract and a contract with the Commonwealth of Massachusetts. To access benefits, you must have services provided or arranged by your primary care team. These services must be received from providers in the Evercare SCO network. Evercare SCO is offered by UnitedHealth Insurance Company (UHC). If you have MassHealth Standard, but you do not qualify for Medicare Part A and/or Medicare Part B, you may still be eligible to enroll in a MassHealth Senior Care Options (SCO) plan offered by UnitedHealthcare® and receive all of your MassHealth benefits through our SCO program. Call our Customer Care/Member Service/Customer Service department at 1-888-867-5511 TTY can call 711, 7 days a week, between 8:00 am and 8:00 pm local time for additional information about the MassHealth SCO program. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan.



RSVP Boston

Volunteer Opportunities

The Boston RSVP Program has an array of volunteer opportunities to choose from. Call us today and to receive an informational packet 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 Anique Langlois, RSVP Administrative Assistant at 617-635-3988

Faulkner Hospital Volunteer Program

Rounders at Patient/Family Resource Center or Dana Farber Cancer Institute (Receive special training to interview patients about their hospital stay, or experience with care and services.) Requirement: No less than four hours per week. Hours are flexible. Benefits include free parking, meals, and on-the-job training.

Educational Development Group

The Educational Development Group, Inc.'s mission is to prepare new immigrants for success by providing them with the language skills and cultural awareness needed to access educational and employment opportunities. We are in need of volunteer mentors and tutors

for our ESL students. They would benefit from being one on one with someone that speaks English fluently for 2 to 6 hours per week.

Attorney General's Office - Elder Hotline

The Elder Hotline, located within the Public Inquiry and Assistance Center, provides a central place where senior citizens and their families receive information, referral and mediation services. The Hotline is staffed primarily by volunteers who answer phone calls and assist in mediating complaints with the supervision of office staff. Volunteers carry a varied mediation caseload that may include complaints related to retail stores, debt and debt collection, home improvement contractors, telemarketing, lottery scams, and more.

Friendship Works

Friendship Works serves elders and adults with disabilities in Boston. Friendship Works' Programs are: Friendly Visiting, Strong for Life, PetPals, Medical Escorts, and Short-term Assistance - all great opportunities for retirees. We offer one-time and ongoing opportunities with a commitment of 1-2 hours a week. Training is provided.

Senior Companion Program

Become a Senior Companion and become a friend.

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

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



The Elderly Commission Seniors are you eligible?

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance no longer counts -

- * savings or retirement accounts
- * your car
- * your home
- * or other assets

For more information or to complete an application contact:

Shannon Murphy
617-635-3745

Lorna Pleas
617-635-4335

Do you want to be on TV?

The *DON'T RETIRE, INSPIRE* show invites you to share your life's story with us and inspire others.

How have you changed the course of your life?

Survived in spite of yourself or your situation?

Come Share Your Story on TV...

If you are interested contact:
Tula Mahl at 617-635-1922 or
email: tula.mahl@cityofboston.gov

The Commission on Affairs of the Elderly is Coming to YOU-LIVE!

BNN-TV Channel 9
Boston Seniors Count
Live Call-in Cable Television Show
Thursday at 3:30 p.m.
Repeated Sunday at 11:30 a.m.
and Tuesday at 8:30 p.m.

For more information call
Deputy Commissioner
Tula Mahl, Producer
at 617-635-1922



The Savers:

**Good friends clip coupons,
preserve memories &
hold each other up**

By: Cassandra Baptista

After their plans changed, they found each other.

Two years ago, Jean Brennan, 95, had just given up driving when she was introduced to Myrtle Smith, 62. Smith had recently lost her husband and her daughter went off to college. Both of them had a void; both of them leaned on each other.

“I feel she and I are soul-mates,” Brennan says. “Life was dull before, but now my life has come alive. She came at a very crucial time.”

They haven’t seen each other in a few weeks because Smith recently had knee-replacement surgery. Unable to see Smith, Brennan visited her, bringing with her home-cooked Italian food. (Brennan still cooks for up to 11 family members every Sunday.) Now, they fall easily into their old routine, each taking up residence in a comfortable chair and gabbing about “everything” - including the latest deals.

“We go through the weekly flyers and

compare prices,” Smith says. “We both like sales.”

“She’s the best coupon-saver I know,” Brennan adds.

Brennan comes from a traditional Italian family and Smith from a large family in Mississippi. Despite their age and cultural differences, they both say they have similar upbringings; most noticeably, they have admiration for their strong mothers.

“There was a lot of love,” Brennan says. “We never went hungry. There was always enough food for another person because you never know who might show up.”

Smith nods as though Brennan is recounting her own history.

“It wasn’t always what you wanted, but it was what you needed,” Smith says. “Love took care of everything else.”

“She did well by you, hun,” Brennan tells Smith.

Smith, who was a medical escort, went on vacation to Boston 42 years ago and never left. Through a series of happenstance encounters, she met and fell in love with her husband.

“When we met, my body trembled,” she

Continued from page 8

says. “My heart trembled. If anyone had told me at 54 I’d be a widow...I thought me, my husband and my daughter were going to be side by side forever.”

Smith admits she still thinks about how her husband would handle situations. “What would he do? What would he say?” she asks herself. “He had so many plans. There are many things you don’t do waiting for retirement and then it might be too late.”

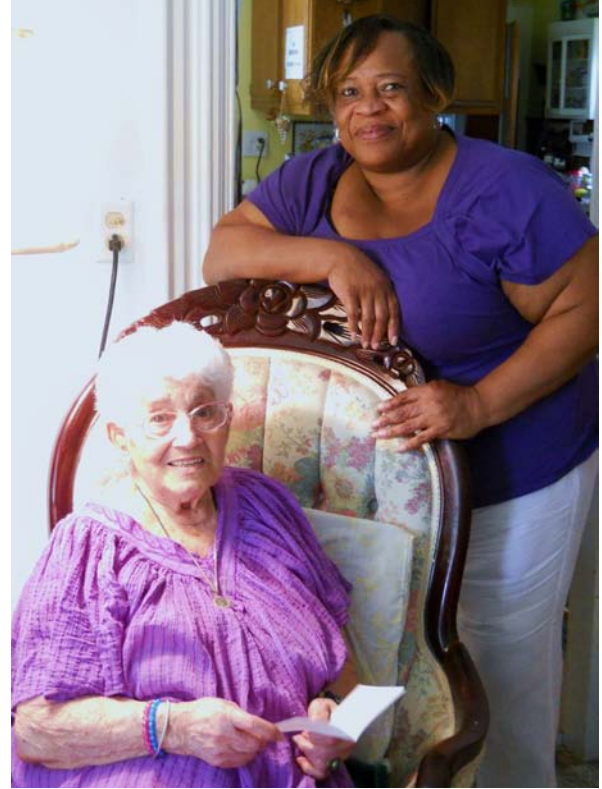
The room is filled with collected trinkets and heirlooms. The main attraction is unquestionably Brennan’s 1938 Hope Chest. Hand-carved, the chest has embroidered sheets, photographs and her wedding dress.

Brennan, too, was widowed young and had to look for a part-time job only 12 days after her husband’s death. In her life she was a school lunch-lady, a wedding-cake caterer and a widow’s councilor for 16 years.

Their personal struggles have given them unique insight and advice.

“You are going to get old and no one prepares you for this,” Brennan says, matter-of-factly. “I’m so grateful for my years.”

Smith says, “Each year that comes, cherish the memories. I’ve been living



off sweet memories for nine years. Sometimes I laugh, and sometimes I cry because those memories stopped.”

They have plans to put Brennan’s photographs into albums. For now, they hardly break from their conversation. “We’ll do it next time,” Brennan says, as they choose to make new memories instead.

FREE



FREE

Introductory computer classes at Suffolk University.

For more information call Kate at 617-573-8251

Stroke Is a
Brain Attack

STROKE

STROKE SYMPTOMS



SUDDEN
numbness or
weakness of
face, arm or leg,
especially on one
side of the body



SUDDEN
confusion,
trouble
speaking or
understanding



SUDDEN
trouble
seeing in one
or both eyes



SUDDEN
trouble walking,
dizziness, loss
of balance or
coordination



SUDDEN
severe
headache
with no
known cause

Act FAST and CALL 9-1-1 IMMEDIATELY

www.stroke.org

Use **FAST**
to remember
stroke warning
signs



FACE: Ask the
person to smile.
Does one side of
the face droop?



ARMS: Ask the
person to raise
both arms. Does
one arm drift
downward?



SPEECH: Ask the
person to repeat
a simple phrase.
Is their speech
slurred or strange?



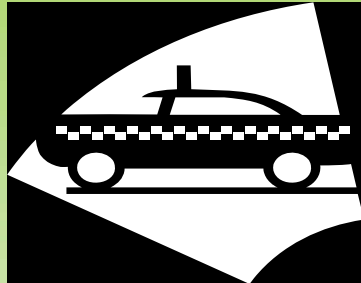
TIME: If you
observe any of
these signs,
**call 9-1-1
immediately.**



The JP/Egleston Elder Care Network presents:
Aging Well in Jamaica Plain

Are you a Senior in Jamaica Plain looking for Transportation?

Join us to learn about local Transportation Options for Older Adults



Representatives from the following services will be presenting and will be available to answer questions and provide assistance with applications:

MBTA Ride
MBTA Senior T- Passes
Commission on Affairs of the Elderly Taxi Coupons
Senior Shuttle
Mart Metro
and more!

Wednesday, June 22nd, 2011
10:00AM - 12:00PM

Farnsworth House: 90 South Street, Jamaica Plain

Accessible by T: Buses 38 or 39 - South Street at Child Street

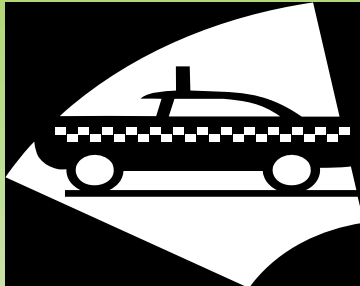
Spanish Interpretation and Lunch will be provided.

For more information, or to RSVP, contact:
Esther Hill, 617-358-5510

La Red de Cuidado para Personas Mayores de JP/Elgeston
presenta: *Envejeciendo Bien en Jamaica Plain*

¿Es usted una persona mayor en Jamaica Plain buscando transportación?

Únase a nosotros para aprender como tener acceso a transportación
en Jamaica Plain.



Representantes de los servicios siguientes van a estar presente y disponibles
para contestar a sus preguntas y para proveer ayuda con las aplicaciones:

MBTA Ride
MBTA Senior T- Passes
Commission on Affairs of the Elderly Taxi Coupons
Senior Shuttle
Mart Metro
y más!

el miércoles, el 22 de junio del 2011
10:00AM - 12:00PM

Farnsworth House: 90 South Street, Jamaica Plain

Accesible al autobús: Autobuses 38 o 39 - South Street en Child Street

Se incluye interpretación en español y el almuerzo.

Para hacer reservación o para más información, contacte a:
Esther Hill, 617-358-5510 - se habla español

Medical Technology

By: John H. O'Neill III



Technology has made it possible for patients to receive help in different ways. The traditional blood test can now be upgraded to a CT (CAT) Scan, and also a PSA exam. A PSA exam helps a doctor determine if a patient's recent injury is related to a previous injury. The use of technology helps doctors in different cities work together to care for a patient. X-Rays are often sent via E-Mail to radiologists who might work at a distance. They can review the x-rays and communicate with the primary care doctors.

Pharmaceutical companies constantly produce new medications to help patients. It is amazing. There are numerous types of help for patients today. Hospitals constantly upgrade their technology to assist doctors in caring for patients. The new technology helps doctors work together as a winning team.

Basketball

Seniors over age 60 who are interested in playing Basketball are welcome to join us every Thursday from 10:30 a.m. to 12:30 p.m. at the Roslindale Community Ctr, 6 Cummings Hwy
You can just shoot around or you can participate in 3 on 3 Half Court games.

**For more information call
Ed Conway at (617)327-6831
or e-mail him at
edconway14@yahoo.com**



Volunteer for Renew Boston and Boston RSVP

You've gained a lifetime of experience - Now is the time to put your skills and talents to good use by volunteering through Boston RSVP.

When you volunteer, you are not just helping others - you are helping yourself and helping the environment by informing and educating Boston residents on this great program that can not only save them money, but also reduces greenhouse gas emissions for our environment.

If this opportunity is for you simply call Lourdes Lopez at 617-635-2713 or email at Lourdes.Lopez@cityofboston.gov

Save Energy, Save Money
Thomas M. Menino, Mayor

Beyond Nostalgia: Lessons from Girls' Latin School

By: Paula Jacobs

“Girls’ heads are made of mahogany.” The favorite saying of my Girls’ Latin School music teacher has been ringing in my head since attending my class reunion last fall.

It’s time to move on I had told my classmates months ago when they began planning for the first class reunion we’ve had since 1985. Besides, because GLS was a public exam school, we commuted from all neighborhoods throughout the City of Boston to GLS in Codman Square and had little time to form lasting friendships or even the typical high school cliques or rivalries.

For decades, my high school alma mater wasn’t even a blip on my radar screen. After all, why would I want to remember the demanding teachers, tedious Latin recitations, hours of homework, and daily surprise quizzes? OK, as my husband repeatedly asks, “If they were daily, why was it a surprise?”

No, there was no nostalgia here. Whether it was simple curiosity or resigned surrender to the endless arm-twisting of an especially persistent reunion committee member, this aging baby boomer only reluctantly decided to attend the Girls’ Latin School Class of 1965 reunion. Naturally, I couldn’t help but think about the

GLS teacher who used to say, “Time’s passing, will you?” after learning that 13 women in our 176-member class were now deceased

Memories from the Past

Girls’ Latin School in Boston was the first college preparatory school for women in the United States (the fourth public high school in the United States for women) and was founded after much controversy about the role of women’s education. GLS opened its doors on February 12, 1878, graduating its first class in June 1880. As a public exam school, GLS was highly selective, devoted to high standards of excellence, and was singularly focused on preparing young women for college.

In the 1960’s, GLS was a quirky place with strict rules, standards, and dress codes. Miss Barry cautioned us “silent passing,” directing traffic with a red “Stop” sign at the bottom of a one-way staircase. Miss Tahmizian reminded us in homeroom, “Young ladies whisper.” Makeup was taboo, although that didn’t stop two Irish-American classmates from wearing green eye shadow on St. Patrick’s Day. And the only time we deviated from our conservative dress (no pants allowed!) was on “Baby Day,” the highlight of our senior year when seniors proudly dressed up as babies, willingly enduring the snickering of our fellow subway commuters.

Despite the upheaval of the '60's, GLS remained an anachronism. While my friends in the suburbs were questioning their teachers and debating the status quo, we were dutifully memorizing Latin verbs. As one classmate put it, "We received a 19th century education in the 20th century and here we are still arguing about it in the 21st century."

Girls' Latin School no longer exists in its present form. It went coed in 1972, and, after graduating its last class in June, 1976, GLS became Boston Latin Academy. The Codman Square building is now the Latin Academy Apartments, which provide affordable and mixed-income housing for approximately 100 Dorchester residents.

A Precious Legacy

My Girls' Latin School reunion taught me many valuable and unexpected lessons about the lasting impact of education, values, friendship, and what ultimately counts. I also gained a deep appreciation for the unique character and history of GLS, something my teenage brain could never have grasped.

Only now do I understand what a remarkable gift it was to learn alongside women of different racial and ethnic backgrounds, many of whom were new immigrants or first-generation Americans who spoke other languages at home. And after hearing my classmates' reunion stories, I am more convinced than ever



about the critical importance of a public school education and how a strong educational foundation can provide the ticket to future success.

It's the time of year for reunions of all kinds. Here's my advice: Make every effort to attend. Don't bring preconceived ideas about what's in store. Most of all, plan to have fun. While you can't go back in time, you never know where your reunion will take you. Maybe, if you are as fortunate as I, you'll make some new friends.

As for me, who would have thought high school would be back on the radar screen? Or that after 45 years, my old GLS classmates are now becoming my best pals?

Finally I understand our school motto, "Vita tua sit sincera, may your life be sincere." I am looking forward to singing our school song, "Hail Girls' Latin School," at our next reunion. Five years now seems a long time.

Paula Jacobs is a writer and proud Girls' Latin School alumna. She lives in the Boston suburbs.

Anti Aging Creams- Turn Back Time?

We all know that we mellow with time. Unfortunately, our skin doesn't. As we get older, our skin loses elasticity, moisture, thins out and our skin regenerates new tissue at a slower rate. We develop wrinkles.

Over time, we develop wrinkles, skin looks uneven, brown age spots and our faces lose the "radiance" we had as teenagers and young adults. Things that affect our skin are sun exposure and heredity. Did your mother have great skin as she got older? You may have inherited her good genes.

Can we stop the aging process? No. Topical creams and treatments can improve the appearance of older skin. Your skin can look younger with good care.

What ingredients are in Anti-Aging creams?

We often think anti-aging creams just contain moisturizer but in fact they have many different components. When you read the label you will see that the cream has many different components.

Some key ingredients are retinol, coenzyme Q10, Copper peptides, tretinoin (by prescription), hydroxyl acids, tea extracts, caffeine, kinetin. Each ingredient

does different things to your skin. Some treatments stimulate collagen production, some exfoliate the skin, some have antioxidants and moisturizing qualities.

Over the counter anti-aging creams usually show temporary improvements. You must use these creams daily to keep up your "youthful" skin. You can pick them up at the local drug store or department store beauty counter. Prescription treatments are ordered by a physician, usually a dermatologist. Prescription treatments use stronger formulas, more expensive and may not be covered by your health insurance company.

Price:

Anti-aging creams and products can be very expensive. You may spend hundreds of dollars. Remember, you aren't just paying for the product. You are paying for the research, marketing, advertising in magazines, television and flyers. If you are economical, you may be happy with the local drug store brand. Anti-aging creams are not considered medicines so they are not regulated by the Food and Drug Administration.

How to best fight premature skin aging? Eat a healthy diet, drink plenty of fluids, don't smoke, apply moisturizer morning and night and avoid the sun.

Continued from page 16

Remember, sun, cold and wind can damage your skin in the winter so be sure to use SPF15 sunscreen all year long. Moisturizer and sunscreen should be applied to your face, neck and décolletage to avoid sun damage.

If you are concerned about your skin, a funny looking spot, a growth that has bothered you or you think you need to do something to make yourself look younger, get a referral to see a licensed dermatologist. The dermatologist will examine your face and make recommendations to improve your appearance. You may need a peel, a microabrasion or injection.

Discounted TAXI COUPONS

at **1/2** Price

- Buy **2** books each month -

Call **617-635-4366** to find a location near you.



Need a Ride?

Senior Shuttle 617-635-3000

Scheduling Available

Monday - Friday

8:00 a.m. - 4:00 p.m.

Please give at least 3 days advanced notice. Priority is given to seniors scheduling rides for medical appointments. (Some restrictions may apply)

Boston Fire Department
Elderly Fire Safety Program

FREE

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

Restrictions Apply



For more information please call
Ernie Deeb at 617-635-2359.
You can also view our website online
at www.cityofboston.gov/fire or visit
the Boston Fire Department on
Facebook.

The Therapeutic benefits of Sewing and Embroidery!!!

As demonstrated by the women of Uphams Elder Service Plan

Sewing and embroidery have been a part of human cultures almost ever since there have been human beings. What makes sewing so magical is that its functionality can be transformed into artistic achievement. At PACE, our elders have reclaimed this heritage and woven together the artistry and expertise of a group of women spanning four languages, three continents, four countries and several different cultures. Despite their differences, these artists share in common a love of sewing and embroidery. This interest fosters camaraderie across the barriers of language, ability and age.

The therapeutic effect of sewing and embroidery is intrinsically understood by crafters themselves. This is not just a way for participants to occupy their time. Embroidery and sewing foster a passionate dedication in participants regardless of challenges such as arthritis and poor eyesight. Recent studies promote the idea that crafting activities may have neurological and behavioral benefits. Certainly participants experience social benefits as they work together toward a common goal. Even more, perhaps, the craftwork itself unleashes a zest for the creative act itself. Age does not diminish the passion these participants display as they design their projects, choose their threads and needles, and evaluate material. Every new project brings with it



fresh anticipation and every finished project brings joy in a job well done.

Some may contend that sewing and embroidery are old fashioned; that they represent a dying and soon to be lost art. At PACE, however, it is a living medium. Beauty and simplicity here belie the hard work, commitment and love each participant has put into these pieces; they foster the awe in all of us in the human ability to create.

UESP is a Program of All-inclusive Care for the Elderly (PACE) for individuals 55 years of age or older, featuring comprehensive health and social services. The mission of UESP is to provide services that will support the independence and nurture the spirit of frail, older individuals.

Uphams Elder Service Plan has been serving the greater Boston Area since 1966. Our two PACE centers are located in Dorchester, Savin Hill Area and Roxbury, Dudley Square Area. To learn more about the therapeutic activities available at the Uphams Elder Service Plan please contact Paulette Sewell-Reid at: 617-440-1615 extension 224.

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Because Spirit and Passion Have No Age Limit.

The MCCA is proud to support the
17th Annual Greater Boston Senior Games.



James E. Rooney
Executive Director

Learn about our Community Partnership
& Hospitality Scholarship Fund at
massconvention.com/about_par.html.



I am sitting at my computer trying to write a column however my focus drifts to last night’s enchanting crystal-clear dream. I can see the lovely flowers even smell them and I can hear the delightful laughter of the children playing in the park near the carousel. This is a repeat dream, I know, repeat dreams are the subconscious mind telling me I still have unfinished business to clear up. What is this mystery, what am I to learn from the laughter of the playing children? Could it be as simple as I need to have more fun in my life? The lingering fragrance of the flowers’ wafting past me must be a reminder to stop and smell the roses more often. What if the sparkling carousel going round-n-round is telling me my life is good, but going nowhere? Often I brood over these vivid images. I am in total awe of the workings of the subconscious mind, what a mystery we all are, even to ourselves.

We all dream, some of those dreams repeat but not all are remembered. As a child I lived in a dysfunctional home. My escape from the turmoil of each day was sleep. I enjoyed my frequent dreams of flying, being lighter than air; I could do anything and go anywhere. During my waking hours I would try to bring back those feelings of fun and freedom. As a grownup I now know and understood those childhood dreams were of great comfort and help to me. To this day I

pleasantly remember those flying dreams, I wish I could fly again, it was fun.

My only childhood companion was the housekeeper, she loved me and I trusted her. One day I told her my big secret, “**I could fly**”. Telling her was a big mistake! She was shocked! Her eyes grew wide and she screamed at me, “Don’t be ridiculous child! Do you want people to think you are crazy like the rest of this household?” I never flew again!

Recurring dreams were common in my life, during my childhood I had any number of them. To me it was a simple form of communication. My subconscious mind was telling me I needed to work on some unfinished business. My dreams offered me an escape from the unhappiness in my childhood home. It’s funny now that I look back but I don’t ever remember having bad dreams at night - my nightmares were my life in the daytime.

The most mysterious grown up dream I ever had started when I was about 35, it lasted for seven years and to this day, although “I lived it,” I am still bewildered by it.

It appeared infrequently at first; but from the beginning it had a mind of its

own. It came so often I gave it the name “The Wheelchair Man”. The dream lead me into a world of opposites, I was an onlooker in the dream and at the same time a major player. My personal awareness of each performer was intense, maybe I was acting out all the parts, could it be possible everyone in the dream was me? Was I the sick old man in the wheelchair being pushed by a Jamaican nurse? Who was he anyway, was he someone I knew or was going to know in the future? Was this a warning of some kind? Was something going to happen in the future to me? It wasn’t the dream so much as the feeling I got from it that stayed with me. I felt sure there was a real man in a wheelchair, but maybe this was me in another life. It was so real, yet imaginary. As the years passed the dream often integrated into my daytime thoughts. Some detail of real life would waft past my memory I would stop each time and say think, think, think did that happen to you or the dream you?

The dream had become part of my real daytime life. On a nonverbal level at night I began asking questions in the dream. In the morning I would remember my questions: Where is this place? Who is the man? Why am I with this man in a room with paintings and drawings of huge fish, the kind of fish found in deep warm waters? In a day or so I would be given the answers which

came to me, apologies to Yogi Berra, like déjà vu all over again.

As a writer I enjoy leaving ones everyday thoughts behind so as to embrace new tantalizing ones. The exercise of going into a dream, asking questions and getting answers fascinated me, could this be a new way for me to tell a story? Was I creating this story in my dreams and could I make my dreams appear at will? I was (some what) troubled thinking I was programming what I would be dreaming at night. The “at will part” for some reason frightened me. The words of the old housekeeper came back, “Do you want people to think you are crazy?” The dreams **STOPPED!!!** After a long delay my curiosity got the better of me and once again I started thinking about the old man in the wheelchair.

Was it possible, could I bring the “old man dream” back? I started asking for my dream to come to me. After all, what could I lose? This might make a good story, **nothing happened!** The dream seemed to have a mind of its own appearing and disappearing like a magician’s act. Well I concluded the dream had run its course. It had been well over six years I’d had this recurring dream.

I live in New England - Boston to be exact I love the four seasons, but the winters very often overstay their

welcome. It was a dark very cold snowy Friday night I was standing on a windy downtown corner trying to get a taxi home. I had just finished a huge graphic design job much to my surprise on time and on budget. I could not have been more pleased with myself, I deserved a treat! Maybe this was really good timing, my Floridian friend had called two weeks before asking me to come for a visit. She lived in a little town called Delray Beach. Sounding like a travel agent she went on: it would soon be polo season and the fields were just down the road from her. A lot to do - Delray is a beautiful little town with a great art gallery in the center, many gifted local artists just my style she said. At the time it sounded delicious but I had declined because the job was not going well. Timing is everything maybe this was all supposed to be - snow or no snow, taxi or no taxi I had to get home to book the cheapest airline ticket I could get.

I packed a small bag and I fell into bed that night, wouldn't you know it, the "old man" dream came back. I awoke with a start I was running late - I had overslept. I hurried as quickly as I could I grabbed a taxi and raced to the airport. I was having great trouble processing all the events that had just happened to me the night before, the job, this trip and the dream. What did this all mean? Once on the plane, I would write it just as it happened, maybe than I could make sense of it.

The man took my ticket, welcome aboard!

I was going on an adventure, last nights dream had told me so! I thought of the quote:

“IS THE DREAM REALITY OR REALITY THE DREAM?”

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**Happy
Ernie
Deeb
Day!**

June 6th

Stories as retold by Gail Busiek:

I knew DM (to protect identity we are using her initials) at Pine Street Inn, at Betty Snead House and at St. Patrick's Shelter in Somerville. She was an older woman, my guess is 64, not well, from Jamaica.

One morning after time to exit Pine Street Inn had come, I was sitting in my car in the side alley when she came around the corner. She said she was tired and sick and that G-d had told her to go around the corner where she would find help.

Of course with that introduction, I invited her to spend the day with me in the car.

This began a friendship that lasted several months. She loved the Lord. When she and I were sitting exhausted on a bench in Central Square Cambridge, she got up and danced and sang praises to the Lord, right there alongside the crowds of passersby. That greatly impressed me. I myself could not have braved the looks of alarm she got from middle class white men going by.

She told me her story. Widowed or abandoned with children (at this time I'm not sure which one) she raised four children herself in Jamaica. She could have taken a lover who would have helped with expenses, but she steadfastly refused to do so. She told me these live-in lovers become more interested in the daughters who are beginning to mature than in their adult partner. She would not have this danger to her children in her home. She

had emphasized school work to her children. She trusted them to stay home after school doing chores and studying until she came back late in the evening from work. Her grown children were now prospering.

After they had come of age she immigrated to the USA where she worked until becoming sick. She refused to apply for disability payments instead choosing to live in the shelter system, because she felt her acceptance of SSI would jeopardize her children's chances of getting immigration visas to America.

One daughter already lived here but had no room in her heart or home for her mother. Hearing that I felt that DM self-discipline and her self-sacrifice toward her children had been misplaced, but I never heard her voice any regrets for her decisions. She said she'd done the right thing.

A bittersweet memory which she recounted to me made her lift her head with a smile: The men sitting in the doorsteps in her Jamaica neighborhood used to call out suggestively to her as she returned one night. But DM was not afraid. She had a friend; a policeman had noticed her time of arrival at night and circled the block in his cruiser till she got to her door. Then as she went into the house, he would softly call out to her. "Good night, Mother." That was beautiful to her.

Healthy Recipes

Skillet Cauliflower Gratin



Ingredients:

- 4 cups 1-inch cauliflower florets (about 1/2 large head)
- 1 1/2 cups nonfat milk, divided
- 1/4 teaspoon salt
- 1/2 cup dry breadcrumbs, preferably whole-wheat
- 3/4 cup shredded sharp Cheddar cheese, divided
- 1/2 teaspoon extra-virgin olive oil
- 2 tablespoons all-purpose flour
- 1 tablespoon chopped fresh chives
- 1 teaspoon Dijon mustard
- 1/4 teaspoon white pepper

Preparation:

1. Position rack in upper third of oven; preheat broiler.
2. Bring cauliflower, 1 1/4 cups milk and salt to a boil in a large ovenproof skillet over medium-high heat. Reduce heat, cover and simmer until the cauliflower is tender, about 5 minutes.
3. Meanwhile, combine breadcrumbs, 1/4 cup cheese and oil in a small bowl. Whisk flour and the remaining 1/4 cup milk in another small bowl until smooth; stir the mixture into the pan and cook, stirring, until thickened, about 1 minute. Stir in the remaining 1/2 cup cheese, chives, mustard and pepper. Sprinkle with the breadcrumb mixture. Broil until the top is crispy and beginning to brown, 1 to 2 minutes.

Serves: 4, 1 cup each



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Quick Pickles

Ingredients:

- 1 1/4 pounds pickling cucumbers, trimmed and cut into 1/4-inch slices
- 1 1/2 teaspoons salt
- 1 cup cider vinegar
- 1 cup white vinegar
- 1 cup light brown sugar
- 1 cup slivered onion
- 2 cloves garlic, slivered
- 1 teaspoon dill seed
- 1 teaspoon mustard seed

Preparation:

1. Place cucumber slices in a colander set in the sink. Sprinkle with salt; stir to combine. Let stand for 20 minutes.

Rinse, drain and transfer to a large heatproof bowl.

2. Meanwhile, combine cider vinegar, white vinegar, brown sugar, onion, garlic, dill and mustard seed in a medium saucepan. Bring to a boil. Reduce heat and simmer for 10 minutes. Pour the hot liquid over the cucumbers; stir to combine. Refrigerate for at least 10 minutes to bring to room temperature.



Serves: 16, 1/4 cup each

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TED'S OTHER JOB

By: Mike Flynn

Much is said of our professional athletes' privileged status in society. They are paid an absurd amount of money because they were blessed with incredible talent. Some are self indulgent and selfish, but the majority realize their lot in life and give back generously. That means, mostly, time and money. And then there are those that go above and beyond. Pat Tillman was an Arizona Cardinal starting safety who turned down a 3.6 million dollar contract in May of 2002, eight months after 9-11 to enlist in the U.S. Army Rangers. He was deployed to Afghanistan where on April 27, 2004 he paid the ultimate sacrifice: his life. Thankfully these stories are not commonplace.



Even if you know little of baseball, you have heard of Ted Williams, the greatest baseball hitter of all time,

whose 1941 batting average record of .406 has yet to be equaled. His vision, reflexes and hand eye coordination were so superior it was said he could count the stitches on the ball as it traveled at him at close to 100 miles an hour.

During World War 2 many athletes along with other celebrities were called to duty although few actually served in combat. (With the exception of U.S. Olympic runner Louis Zamperini whose incredible story of being shot down in the Pacific, surviving shark attacks, enemy strafing, starvation and tortuous confinement in a Japanese POW camp is detailed in the awe inspiring book "Unbroken" by Laura Hillenbrand. Read this one!) In the outbreak of WW2 Ted Williams applied for and was granted a deferment as he was sole support of his divorced mother. The press was all over him coming close to calling him a coward. A particular nemesis, Dave Egan of the Boston Record, called him "the prime heel to ever wear a Boston uniform." There were no less than nine daily Boston papers at the time and all were merciless. He also lost a lucrative endorsement deal with Quaker Oats of which he said he ate every day but never touched again after the snub.

By May of 1942 he could take no more antagonizing from the press or the fans and enlisted in the Navy. He could have just travelled the country playing exhibitions for the Navy but he opted for flight school intent on becoming a naval aviator. For the next three years he studied hard in the classroom and earned a 3.85 grade point average (out of a possible 4.0). His reflexes were so sharp he set records in flight maneuvers and his

eyesight so keen he set gunnery school marks that still stand. He had attained the rank of Captain but Japan surrendered just before he saw any combat.

By the time of the Korean conflict started in 1952, Ted was now a Marine reservist and again he was called for service. After 8 years of not flying he was sent back to school. The old SNVs he was so adept at piloting were now antiques and he would have to learn the ins and outs of the much faster Phantom F-9. On February 4, 1953, after only ten months of training, Ted found himself in Korea as a member of the Third Marine Airwing, 223 Squadron.

In all Williams flew 39 combat missions over Korea, many as future astronaut and Senator John Glenn's wingman and almost lost his life many times. Glenn chose Williams as his wingman not because he could hit a baseball but because he could save his life in a dogfight. His talents of being a superior baseball hitter were invaluable as a pilot. Tremendous reflexes, incredible vision, timing, patience and courage. He was known among his peers not for his prowess on the diamond but for his fearlessness as a Panther F-9 warrior.

In February of 1953 Williams was on a run into the north of Korea many miles inside the 38th Parallel when he was hit by shrapnel. His hydraulic lines had been severed and piloting the plane

was near to impossible. If you have ever been driving an automobile when the hydraulic system fails you know how terrifying it can be. Imagine you are in the air over enemy lines going close to 300 miles per hour. Through sheer strength he was able to bank the plane and head south for home. With no control panel, no radio and the plane shaking like it was going to fall apart, he was led by one of his comrades while another followed. What they could see and Ted could not was the undercarriage was in flames.

They did not think he would make it. Fighting the stick the whole way and the vibrations rattling his brain, he managed to see the field in the distance just as the fire underneath caused an explosion and blew off one of his wheels. Approaching a landing at over 200 miles an hour with one wheel, no instruments and the flames now reaching the cabin must have been daunting to say the least. Through brute strength and probably a fair amount of adrenalin, Williams fought to keep the plane erect as it skidded over 2000 feet down the runway. As it stopped, he popped the canopy ran down the wing and jumped just as the plane became fully engulfed.



Upon hearing of the incident sportswriter Robert Lisyte wrote, “Ted Williams is what John Wayne would like us to think he was...unafraid in that uniquely American Cowboy way. To me he epitomized the athlete as a gunslinger.”

Glenn said of Williams, “We flew quite a lot together and got to know each

other very well. Ted was an excellent pilot and was not afraid of getting in there and mixing it up.”

Ted has said, “It was the second best thing I ever did. If I hadn’t had baseball to go back to, I might have gone on as a Marine pilot.” And he probably would have been elected to that Hall of Fame as well.

RX RESOURCES AVAILABLE TO HELP MASSACHUSETTS RESIDENTS

Majority of Bay State residents 50+ report problems paying for medications

STATEWIDE— Bay State residents age 50 and older continue to be affected by prescription drug sticker shock, with the majority reporting major problems paying for their medication, according to a new AARP survey. While AARP continues to fight at both the state and federal level to lower prescription drug costs, resources are available to help Massachusetts residents get the medicine they need at a price they can afford.

“As the prices of brand name prescriptions widely used by people in Medicare continue to soar, it’s more important than ever for older residents and their families to tap into the resources that are available – both online and in the community – to help them get the medicine they need to

stay healthy, and out of more expensive care,” says Deborah Banda, state director of AARP Massachusetts, which represents more than 800,000 members age 50 and older in the Bay State.

As reported in this month’s AARP Bulletin, many in Massachusetts count on Prescription Advantage to help pay for their medicine; currently the program helps about 60,000 Medicare beneficiaries in the state. While Prescription Advantage continues to face state budget cuts, the federal health care law is kicking in to keep the program stable by closing the Medicare prescription drug coverage gap, known as the “doughnut hole,” in phases over the next nine years.

Rx Resources available to Massachusetts residents include:

Prescription Advantage

Prescription Advantage is the state’s pharmacy assistance program that works in tandem with Medicare. The program is available to all Massachusetts residents

age 65 and older, as well as younger individuals with disabilities who meet income and employment guidelines. Visit www.mass.gov or call 1-800-243-4636.

AARP Drug Savings Tool

Visit <http://drugsavings.aarp.org/> to review your drug's price range and efficacy and compare it to Consumer Reports Best Buy Drugs. Print out your options for discussion with your doctor.

AARP Doughnut Hole Calculator

If you have Medicare Part D, you may be at risk of falling into the coverage gap, or "doughnut hole." Follow this four-step tool at <http://doughnuthole.aarp.org/> and save money.

Mass Medline

Mass Medline is a free, confidential service available to all Massachusetts residents who are seeking information regarding their medications. Whether you are having difficulties affording your medications or want to know what the side effects are to your prescriptions, you can speak to pharmacists and case managers one-on-one to receive personal assistance with answering your pharmacy related questions or finding programs to help with the cost of your medications. Visit <http://www.massmedline.com/> or call 1-866-633-1617.

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SHINE counselors help older residents and Medicare beneficiaries understand

their rights and benefits under Medicare and other health insurance coverage.

Counselors can identify and compare current options and protect clients from paying too much for their medical care. SHINE counselors are available at most councils on aging, senior centers and Aging Services Access Points, hospitals and libraries. Counselors are also available for homebound clients. Visit www.medicare-outreach.org or call 1-800-243-4636.

AARP

AARP is a nonprofit, nonpartisan social welfare organization with a membership that helps people 50+ have independence, choice and control in ways that are beneficial to them and society as a whole. AARP does not endorse candidates for public office or make contributions to either political campaigns or candidates. We produce AARP The Magazine, the definitive voice for 50+ Americans and the world's largest-circulation magazine with over 35.1 million readers; AARP Bulletin, the go-to news source for AARP's millions of members and Americans 50+; AARP VIVA, the only bilingual U.S. publication dedicated exclusively to the 50+ Hispanic community; and our website, AARP.org. AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. We have staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U. S. Virgin Islands.

Luncheon at Devlin's in Brighton



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