



# Elderly Commission

Thomas M. Menino, Mayor of Boston

# Boston Seniority

## January

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- Out To Brunch
- Start Cutting Costs

**FREE**

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## Boston Seniority

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# Mayor's Spotlight



Every winter, there are hundreds of families in Boston who have to make the most difficult choices – whether to heat their homes or feed their children, whether to renew a prescription or pay utility bills, whether to buy a child a new toy or a warm coat. These are long term problems that need real solutions, but in the short term we can all do something.

This season, as many of you are planning family get-togethers, holiday parties with friends and co-workers, and decorating your homes with lights and trimming the tree, please remember the less fortunate in Boston and donate to a cause of your choice. The Salvation Army, Toys For Tots, The Greater Boston Food Bank, The Pine Street Inn, Boston Rescue Mission and ABCD, among many others, are local organizations that could all use extra donations this season when more families are in need.

For those who don't feel comfortable giving money or simply aren't able to, there are many ways to help. The Salvation Army has bell ringing opportunities in every neighborhood to urge those who can to donate. Toys For Tots collects new, unwrapped toys for children of any age and The Greater Boston Food

Bank collects canned goods and all types of food for residents in need.

For the past 30 years, City of Boston employees have done their part. Each year, a member of my Cabinet leads COBECC, a campaign where employees are encouraged to give to any of 900 charities. Through COBECC last year, City employees raised close to \$350,000.

Whether ringing the bell in front of your local grocery store, collecting canned goods at work, buying your Christmas tree from a local non-profit or donating the proceeds from a bake sale, there are many ways to help the many local organizations that need your support this winter.

Your business could host a collection box for an organization – where money, food, clothing or toys could be donated. Instead of giving gifts this year, donate money to a charity in honor of a loved one. Or donate a few hours each week to a homeless shelter or food bank. Every little bit helps. If you would like to help out an organization, they will find a way.

The information below is for just a few of the terrific organizations we have in Boston that serve our less fortunate residents. The United Way of Massachusetts has a list of information for hundreds of organizations throughout the state. More information can be found on their website, <http://www.uwmb.org>.

U.S. Marine Corps Reserve Toys for Tots Program collects new, non-violent, unwrapped, toys each

year and distributes them as Christmas gifts to needy children in the Greater Boston community. <http://www.greaterbostontft.org/> To find a drop off location, become a drop off site, or start a toy drive. (617) 737-0500

The Greater Boston Food Bank and its member agencies serve healthy meals and groceries to more than 321,500 people annually. <http://www.gbfb.org/index.cfm?ver=h> To donate food, volunteer your time or find out more. (617) 427-5200

Pine Street Inn serves many of the more than 6,000 homeless men, women and children in Boston with hot meals and a warm bed every day. <http://www.pinestreetinn.org/> To donate food, volunteer your time or find out more. (617) 892-9100

The Boston Rescue Mission offers resources to prevent and end homelessness, such as residential recovery, vocational training, and the food pantry program, which provided over 27,000 meals last year. <http://www.brm.org/> To donate food, volunteer your time or find out more. 617-338-9000

ABCD (Action for Boston Community Development) Boston's anti-poverty agency, serves more than 100,000 low-income Greater Boston residents with fuel assistance, career development, health services, child care and elder services. Every year they have a toy drive for children. <http://www.bostonabcd.org/> To donate, volunteer your time or find out more. 617 348 6000

# West End Senior Center Opens



West End Senior Center  
Open House

**I**n a partnership between the Mayor's Commission on Affairs of the Elderly and ABCD (Action for Boston Community Development), the new West End Senior Center offers direct assistance and information regarding services available to the area's elderly. It offers nutritional advice, exercise classes, a food pantry, help in

applying for government benefits, fuel assistance, reduced taxi coupons, as well as information, referral and help in obtaining basic city services. Later, health services, coffee hours and social clubs will be added.

West End seniors are invited to visit the Center's convenient, temporary home in the Old West Church at 131 Cambridge Street, Boston, at the corner of Staniford Street. The center welcomes visitors on Tuesdays, Wednesdays and Thursdays from 9:30 a.m. to 4:00 p.m. The Center is staffed by members of ABCD and the the Elderly Commission.

The creation of the Center was supported by Mayor Thomas Menino, Eliza Green-

berg, Commissioner, Commission on Affairs of the Elderly, and Lia Tota, Director, North End/West End Neighborhood Service Center of ABCD. City Councilor Michael P. Ross was also helpful in its organization.

Paul Schratte, who participated in the Center's establishment says, "The new facility, serving the sizeable population of today's West End, is a needed addition to similar centers available to the elderly in other areas of Boston. I hope that those who may be helped will recognize its value and visit to discuss how they can be assisted."

Please call the center at 617-637-5840 for more information.

## Kit Clark Expands Wellness Program through Tufts-NEMC Grant

Through a \$50,000 a year, three-year Dorchester Health Initiative grant from Tufts-New England Medical Center, Kit Clark Senior Services has expanded its wellness program for seniors, incorporating fitness and nutrition services into one Fit-4-Life Program.

The grant enables Kit Clark Senior Services to provide fitness classes for seniors with fitness equipment that is

specially designed for them. Fitness classes are being held Monday through Friday from noon to 5 PM at Kit Clark's 1500 Dorchester Avenue, Dorchester, facility.

Nutrition groups will be conducted by a Registered Dietitian for seniors who are interested in better nutrition and/or losing weight. These nutrition groups will cover the basics of good nutrition and tips on how

to manage a healthy diet.

Seniors can participate in both fitness and nutrition services or in one of them, depending on the need and interest of the senior.

The objective of the Fit-4-Life Program is to help improve senior's strength, mobility, diet and overall fitness. For more information, contact Michael Allen, Fit-4-Life Coordinator, at (617) 825-5000 or stop by the program.



## Gladys Boger Gets Property Tax Relief and a Unique Opportunity

I have always wanted to work in City Hall. I thought it would be great to work for the city and people where I lived. My opportunity to work for the city came after retirement in August of 2007 when I learned about the City of Boston's Property Tax Work Off Program. I applied to the program and was accepted.

Not only did I get to choose where I wanted to work within the city but I finally got the opportunity to work in City Hall.

What a dream come true! I would get to see first hand the operations at City Hall. I was curious to meet the staff, learn what they do and see how the city provides services to its residents.

What an experience! For the first portion of my assignment, I spent a great deal of time in the Assessing Department where I worked with a wonderful, sincere staff who always seem to be on the job.

The other department I spent time in was the Commission on Affairs of the Elderly. What a powerful, caring, and sincere staff with an abundance of free services and resources. Each staff member had so much to offer.

My goal coming into the program was to experience how

this program would work for senior citizens and to receive financial relief for myself. However, I have received much more. I have made friends and learned quite a bit about city services. Suffice to say, the city is in good hands. I have had an opportunity and an experience greater than any paycheck I could have earned.

My sincere appreciation to Charles Clabaugh, Ellen T. McLaughlin and the entire Assessing Department. Sheila Lehane, Fran Johnnene, and the entire department of Commission on Affairs of the Elderly. Thank you for your support and cooperation, for making my Property Tax Work Off a success. Also for making my dream of working at City Hall come true.

The Senior Citizens property tax work-off program gives qualifying applicants, who must be at least 60 years of age or older by July 1, 2007, the opportunity to offset his or her property tax through part time employment. In order to apply, you must own and occupy residential property in the City of Boston for at least 3 years. Income restrictions are \$30,000 for single applicants and \$45,000 for married applicants including gross income from all sources. There is no home value limit and there is

no asset limit for this program. Under these guidelines, the Mayor and his staff are hoping to help a rapidly growing population of senior citizens who are house rich and cash poor; and people who do not quite qualify for the already existing elderly and hardship property tax exemptions.

The first fifty applicants who qualify for round two in January will be placed in a suitable position within the City's participating departments. These positions require all types of

skills and experiences. There is no requirement for hours per week however; in order to receive the maximum benefit of \$750.00 (maximum benefit is set by state law), at \$7.50 an hour, you must volunteer one hundred hours.

All departments will work as much as possible with schedules and availability of volunteers. For more information on this program, please contact Sheila Lawn or Kaysea Cole at 617-635-4366.

# The Flu Has Not Flown

If you have not gotten your flu shot, it's not too late to protect yourself. In fact, although most hospitals and clinics offer flu shots as early as October, the flu season can begin as early as that and last as late as May. Although the timing of peak flu activity varies from year to year, it usually occurs sometime during December through March. Last year, flu activity in the U.S. peaked in mid-February. According to the Centers for Disease Control and Prevention (CDC), flu activity has peaked in February 45% of the time in the past 31 years.

Over the past twelve years, the Boston Coalition for Adult Immunization has developed an innovative model for immunizing vulnerable elders. Each year, the Coalition trains over 250 medical students from Tufts, Harvard and Boston University about the influenza virus and how to administer influenza vaccine. During the flu season, the Coalition offers 40 to 60 flu clinics throughout Boston. In November, the Coalition provides this service on the spot at the Com-

mission of Affairs of the Elderly Advisory Council Meeting at Boston City Hall.

"We have been doing this a very long time," comments Coalition Director Anna Bissonnette. "I enjoy seeing our elder leaders demonstrate their leadership in doing whatever they can to protect themselves and our seniors against this very serious illness."

If you would like to protect yourself against the flu this season, please contact the Coalition at 617-825-9839 extension 28 to find a free flu clinic near you. You can also log on to [flu.masspro.org](http://flu.masspro.org) to find a list of public clinics in your community.

The flu, short for influenza, is not the common cold. It is a serious virus that accounts for some 36,000 deaths and more than 226,000 hospitalizations every year in the United States. The CDC reports that older adults comprise 90% of the 36,000 deaths that occur on average each year from influenza complications. Combined with pneumonia, influenza is the nation's

8th leading cause of death. According to a ten-season study of seniors and influenza in the October 4th issue of the *New England Journal of Medicine*, the flu vaccination was associated with a 27% decrease in the risk of hospitalization for influenza or pneumonia and a 47% reduction in the risk of death within the senior population.

Symptoms of the influenza virus include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms such as nausea, vomiting, and diarrhea, can also occur but are more common in children than adults. The flu virus is a contagious respiratory disease that changes every year and requires special doses of vaccine to be developed to combat it. The virus can be spread through contact with an infected person a day before a person experiences any symptoms, and it remains contagious up to five days after symptoms first appear.

## Who should get a Flu Shot?

- If you have a chronic medical condition, such as asthma, chronic obstructive pulmonary disease (COPD), heart disease, weakened immune system, diabetes and others
- If you are 50 years of age or older
- If you resident of a long-term care facility or nursing home

## Who should NOT get a Flu Shot?

- If you have a severe allergy to eggs
- If you have had a severe allergic reaction to a past influenza vaccination

# 5TH ANNUAL HISPANIC CULTURE CELEBRATION



The 5th Annual Hispanic Cultural Senior Celebration was made possible by Mayor Thomas Menino, The Elderly Commission, Goya, Committe Members (Organized by: Carmen Pola and Olga Dumont), and the many sponsors listed below.

## SPECIAL THANKS TO THE DONORS:

Boston Centers for Youth and Families, Boston Red Sox, Jeffrey Sanchez, State Representative, Sam Yoon, City Councilor at Large, Michael Ross, City Councilor, Chuck Turner, City Councilor, Blue Cross and Blue Shield, El Oriental De Cuba, El Mondonguito Restaurant, Pimentel Market, Mission Bar & Grill, LasVillas Market, Figueroa's Enterprise, All Checks Cashed, Ashmont Grill, Rossy Jewelers, Los Caballeros Market 2, Citizen Bank, Goya, and the 99 Cents Store in Jamaica Plain.

## The City of Boston *Elderly Commission* Senior Companion Program



Senior Companion Volunteers at Kit Clark.

*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*

# Adult Day Health Program for Vision Impaired Seniors

Difficulty with your vision? Are you over 50? Do you want to stay active?

The Greater Boston Guild for the Blind (GBGB) provides visually impaired older adults, many of those on a fixed income, with access to comprehensive medical services, (Nursing Supervision, Medication Assistance) vision services, social services, therapeutic activities, and nutritional counseling.

Activities, the primary reason many clients attend, features different “classrooms” dedicated to Pottery/Ceramics, Woodworking, Music, Sewing & Weaving rooms, and a Training Kitchen where classes focus on Orientation, Mobility, and Home Skills-training to keep our vision impaired clients safe and independent at home. Many special events and lectures compliment our program.

A Nurse, Social Worker, and several activity professionals complete our on-site staff. We provide case management with the client’s primary care team. Door to door transportation, a

daily hot meal, and snacks are included. All interested clients are eligible for a free day and lunch.

One need not be “legally blind” or “blind” to attend our program. Any senior with vision impairment could benefit from our program. In fact, many of our clients are living with glaucoma, cataracts and macular degeneration.

Here’s what our clients are saying about our program:

“When I first started losing my vision, I was depressed and afraid. But, by attending The Guild’s ADH program, I learned to adjust to the changes in my lifestyle” Susie C

“Coming here has helped me a lot. I used to be afraid to do things. Now, I have the confidence and I surprise myself with all of the things I can do.” Fred R

“It helps me a great deal to be with other people and not sit home alone.” Michael G

Greater Boston Guild for the Blind is located at 1980 Centre Street in West Roxbury. Adult Day Health can be paid for by Medicaid, Aging Service Access Points (ASAP’s), the VA, and private pay.

If you would like to make a referral, or schedule a free tour and lunch, please call Diane Leonard, Outreach and Referral Coordinator at 617-323-5111 ext. 125. Also, we would be happy to host you or members of your organization for a tour/ In-Service here (or come to your facility) to provide you an opportunity to see and hear more about GBGB and the services we provide for our vision impaired clients.



The Elderly Commission is *LIVE* in your living room every Tuesday at 3:30 p.m. on Channel 9!  
Find out what’s going on with Boston’s senior citizens.

For more information on how to get involved, please contact:

Kathleen Giordano, Deputy Commissioner of Community Relations at 617-635-4362.





# Annual Edward L. Cooper Awards

The Cooper Awards honor the legacy of Edward L. Cooper, founder and creator of the Community Gardens and Education Center and the President of the Boston Urban Gardeners. Zealous in his efforts to inform people of the importance of Open Spaces in an urban setting, he is best remembered for his commitment to both the youth and senior populations in the city of Boston. He was a member of the Mayor's Senior Advisory Council for many years and served with distinction as the Council's President. Congratulations to this year's recipients!



Outstanding Advocate  
Audrey Downey



Outstanding Advocate  
Velda Lashley



Outstanding Senior  
Advocate Cynthia Liu



Outstanding Senior  
Volunteer  
Madeline E. Hall



Outstanding Civic Leader Posthumously  
Councilor James M. Kelly. Picture of the Kelly Family



Outstanding Advocate Posthumously Leslie Darcy.  
Picture of the Darcy Family



Outstanding Neighborhood Senior Service Agency  
MSPCC KINnection's Program



Outstanding Business Organization  
Xerox Corporation



Bonnie Winokar and friends enjoying a meal at the “Out to Brunch” planning session in September sponsored by Ethos and the LGBT Aging Project.

## OUT TO BRUNCH: A Monthly Meal & Social for Older LGBT Women and Their Friends

By: Bob Lindscott, Ethos’ Meal Site Coordinator

In an effort to reach out to older Lesbian, Bi-sexual and Trans-gender women, Ethos, Commission on Affairs of the Elderly and the LGBT Aging Project started sponsoring a monthly brunch called “Out To Brunch” in Jamaica Plain on December 1st.

The Brunch is held the first Saturday of every month at Ethos on 555 Amory Street from 11:00 a.m. to 1:30 p.m. In addition to the meal, Out To Brunch provides a warm and festive place for women to gather and socialize and feature monthly entertainment including guest speakers and music programs.

The planning for this Brunch began in September as a result of an outreach event for older LBT women, also sponsored by these agencies. In a survey given out at the event, attendees overwhelmingly cited the need for a women’s only monthly social and meal site. Over 45 women over 50 years old attended the outreach event, which was held at Christopher’s in Porter Square, Cambridge.

There are very few organizations that cater to this segment of the Gay and Lesbian community, specifically older LBT women. Consequently, Ethos and the LGBT Aging Project are already searching for other

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What are you waiting for?  
Free Introductory Computer Classes for Seniors at Suffolk University  
Call Kate at 617- 573-8251

viable locations to hold the Brunch within the JP area as they expect that Ethos’ office will not be able to accommodate the anticipated number of LBT women participating in the Brunch in the next few months.

To reserve a seat at the Brunch, please call Bob Linscott at [blinscott@ethocare.org](mailto:blinscott@ethocare.org) or 617-522-6700 x 310.

The meal is free for women 60 and over with a \$1.75 suggested donation but costs \$5.00 a person for women under 60. The Brunch location, Ethos, has plenty of free parking, is accessible by public transportation (Orange Line, Green St. Stop) and is handicap accessible.

# Did you miss the Part D Open Enrollment?

Enrollment for the Medicare Part D prescription drug plans ended December 31, 2007. Fortunately, Massachusetts residents can still join a Medicare Part D plan by enrolling in Prescription Advantage, the state's pharmacy assistance program. Medicare allows Prescription Advantage members to join a Medicare plan without having to wait until next November.

added cost, you will be happy to know that there is no charge for Prescription Advantage for members with an annual income less than \$30,630 for a single person and \$41,070 for a married couple. Also, depending on your income and the Medicare prescription drug plan you choose, Prescription Advantage may help pay all or part of your Medicare prescription drug plan's monthly premium, deductible and drug co-payments.

There is no reason not to have coverage for your prescription drugs. Call Prescription Advantage today for an application form.

You can reach Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

If you are concerned about

Interested in placing an ad in *Boston Seniority*? 

 Email us at: [BostonSeniority@cityofboston.gov](mailto: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* 

## ARE YOU A 65+ YEAR OLD WOMAN AND HEALTHY? Study tests a new medication (not FDA approved) used to treat low bone density.

- BENEFITS IF YOU QUALIFY:**
- Free Bone Density Test and Evaluation
  - Free Vitamin and Calcium Supplements
  - Compensation \$20-\$25 per visit-up to 18 visits over 4 years
  - Free Valet Parking

You may qualify if you are NOT taking prescription medications for low bone density or hormone replacement therapy.

**Call Now....Limited Enrollment:  
617-363-8594**

Hebrew SeniorLife, 1200 Centre Street, Roslindale

# Start Cutting Costs and Quit Cutting Coupons

By: Amalia Serafim

Now that the World Series is over, it's time to realize it is not always free taco day at Taco Bell. At some point, we all have to head to that dreaded behemoth, the grocery store. Whether it's Shaw's, Stop and Shop, or a local grocer, they all present the same set of challenges to seniors and to the public at large.

The grocery battle begins even before we leave for the grocery store. Do not go shopping while you are hungry. I have been known to grab a bakery item off the shelf and start gnawing on it, before I am even in sight of the cash register. My grandmother used to take my sister and me out for a big, Italian lunch before even pulling into the Stop and Shop parking lot. She hoped the massive meatballs would prevent us from barbarically pulling the Rice Krispie treats off the shelves.

Take a drink with you when you go to the store. When I'm in hour three at SuperTarget, I start feeling like Lawrence of Arabia, crossing the desert sands with no oasis in sight. Now, I bring a Vitamin Water, so I don't buy anything extra, due to a dehydration-based lapse in judgment.

Always put together a grocery list; don't stray and buy things that you don't need. Last week, I set out to buy parsley for my desperately, high-maintenance guinea pig, and I ended up with two packages of pre-sliced cheese, a giant bag of soy chips

and an unconscionable amount of Starburst.

Plan your meals before you go to the grocery store, so that you know exactly what ingredients you need to buy. Buy only what is demanded by each recipe. Sometimes I waffle and can't decide whether I am planning on souffle or a fondue. Obviously, I end up making Kraft mac 'n cheese, and have a whole lot of ingredients that I don't need.

Find out what day produce is delivered to your local supermarket. Be there on the day when the fruits and vegetables arrive. You don't want watercress that looks like it has just completed some sort of Trans-Atlantic voyage on a not-very-clean cargo vessel, older than the Titanic.

Bring gift cards with you. You can even get these online, at secondary discounters, such as Ebay. Sometimes, it is possible to eliminate 5% off each of your purchases by using these gift cards.

When we get to the supermarket, the challenge begins in earnest. Don't walk along the aisles and swipe everything into your basket, like you've just won an all-expense paid trip to Stop and Shop. Be aware of grocery store manipulation, which is like any other kind of manipulation. Buy what is on sale, not what you feel like. I always want those hot fudge toaster pastries, for \$4.39, but the Quaker oat bars might be

a better bag for both my financial and nutritional buck.

Don't buy things individually - they are always more expensive. Purchase a family pack. It doesn't have to be the industrial size of Hellman's mayonnaise from BJ's, but, stock up on items like chicken breast, which you can freeze. My grandmother, is an ardent worshiper of her freezer (she has two in fact) and has more Tupperware containers of all sizes than the founder of the Tupperware himself.

Buy the generic, not brand name. This is a lesson I learned in college, when I was making peanuts frying up mozzarella sticks at a pizza shop. Oftentimes, the makers of brand names make the generic equivalents too, so the products are basically identical!

While counterintuitive, you may want to limit your use of coupons. Coupons are targeted at the expensive, brand name foods. Plan your shopping around the sale items in grocery flyers. One study states that this practice can save 35% off your grocery expenditures. Bring a calculator if you are not quite sure of your savings - there is no shame in that. I am armed with a hot green calculator at all times, for just this purpose.

The layout of the supermarket, itself, is a labyrinth of consumer shortfall. Those end of the aisle displays - stay away from them! Usually, they are not on sale or are about ready to expire. Retailers organize them to

look like bargain bins, but this is false advertising. Watch out for what shelf level products are on. The most expensive and profitable items are at our eye level. And the priciest products are on the left, because the human eye travels from left to right. The overpriced materials are at the middle of the aisle, so we walk by other products and fall into temptation.

Have you noticed that items consumed together, are located next to each other? Soda is next to chips is next to dip, so I buy all three, because these are absolute necessities. Identical items can also be in two separate parts of the store, so we'll buy them twice. This is how I always end up with Scali bread, sourdough bread, and a couple of Pepperidge Farm loaves all at once.

Grocery managers want us to spend as long as possible in their grocery universe. They are constantly rearranging their merchandise, keeping us ever wandering the aisles looking for that elusive box of Triscuits. While we are looking, we'll find something else and throw it into the already overflowing cart. How about that café at Whole Foods with the smoothie bar and tasty muffins? It just keeps us there longer, and shopping stretches into a morning to afternoon to evening activity.

That slow supermarket music keeps us moving like zombies through the departments. Free samples wet our palates and get us to buy more and more food. One study indicates that we are "lulled into submission" by these techniques.

While it has its uses, that

Shaw's or Stop and Shop card, is not all it's cracked up to be. We just buy more groceries because they have the card discount, even if we definitely don't need them. Card holders buy 42% more groceries," according to one source.

When you get home, don't stop with putting your groceries away and folding up those bags. Act in your own best interest. Many errors occur at the cash register, so check your grocery receipt. When I was a grocery store clerk, I constantly made egregious scanning errors. What seventeen-year-old knows the difference between arugula and other leafy greens. What constitutes a leafy green anyways? According to one study, overcharging is three times as likely as undercharging. Don't be shy about taking your receipt back.

Comparison shopping is always worth your time. Browse a few supermarkets to get a sense of what is better priced at which supermarket. In the long run, it will save you the big bucks. I know that I can find dirt cheap cheese at Trader Joe's and that is of the utmost importance to me.

Cook a couple of meals for the week at once and freeze them. You will have meals on hand and will be less likely to go out and eat. You won't make that extra trip to the supermarket mid-week. Most people think they spend \$100/week on groceries, but if they go to the store four times a week, the bill is probably much higher.

One day, in the not-so-distant future, supermarkets will be user friendly and revamped for seniors. In Berlin, there is a

"Generation Market" targeted to the 50-plus set. There are magnifying glasses to assist seniors in reading product labels, small portions for those who live alone, a "help" button for service, and a step-stool to assist seniors in reaching higher shelves. This market even employs many seniors in their 50's, to facilitate communication between staff and customers. But, until this supermarket model reaches the US, we have to continue to be cautious shoppers.

You do not have to go the supermarket route alone. The Elderly Commission has a new program that might be right up your alley. The program is entitled "DINE", "Drive for Improved Nutrition and Elders". It utilizes the senior shopping shuttle to take seniors shopping, with the accompaniment of two staff members, who provide nutritional and financial suggestions and general shopping assistance. If you think your senior residential building might be interested in this program, please contact Shannon Murphy, Elderly Commission Nutrition Director, at (617)635-3745.

Nobody looks forward to grocery shopping. It is somewhere on my list of priorities somewhere after laundry and before root canal. But, if we are organized and careful, it does not have to be a drain on our energy and wallets. If methodical shopping saves me from another night of overpriced calzone or oversized gyro sandwich take-out, it is a step in the right direction.

# Get Artsy at Veronica Smith Center



On Friday mornings the creativity flows in the sunlit hall of the Veronica B. Smith Multi Service Center in Brighton. The seniors create art in a variety of mediums – acrylic, oil, watercolor and drawing materials. A wonderful artist and instructor, Dawn Evans Scaltreto,

teaches art classes to friendly and supportive seniors.

Beginning this year, Dawn has started a series of “sketchbook lessons” The sketchbook series cover everything from how to sketch with a pencil to how to paint trees and rocks.

The class is open to artists at all levels from beginner to seasoned. Each spring, the artists have an annual exhibition.

This class is a bargain at \$10 for 10 lessons and is open to seniors 55 plus. The class is held from 9:30 a.m. until noon on Fridays, and parking is available in the lot next to the building. The Ve-

ronica B. Smith Senior Center is located at 20 Chestnut Hill Avenue in Brighton.

Come learn something new. **Have fun trying a new hobby this year.**

For more information or to register please call us at (617) 635-6120.

**Want \$\$\$**

## HELP MIT CONDUCT DRIVER RESEARCH STUDIES

Licensed drivers please help the MIT AgeLab conduct driver research studies! MIT needs drivers between the ages of **20-69**. Eligible drivers with valid licenses will be compensated for their time.

Compensation for participants is **\$20 to \$100** for studies lasting two to six hours.

**Simply take a minute to register online at  
<http://web.mit.edu/agelab/volunteer.shtml>  
or call: 617-324-9054**

The MIT AgeLab is conveniently located within walking distance from the MBTA Kendall Square Station at 1 Amherst Street, Cambridge, Massachusetts.

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# The Elderly Commission

## Volunteers Wanted



### The Retired Senior Volunteer Program

8 - Different **hospitals** across the city can use your help volunteering.

6 - Different **museums** have diversity volunteer opportunities across the city.

**Opportunities working with children in schools**, after school programs or as a mentor are available.

Many **senior centers** in different neighborhoods have opportunities to do something with seniors from different cultures.

#### **Crittenton Women's Union** (Downtown)

The Women Union is looking for motivated volunteers to help in guiding low-income women towards economic self sufficiency. Many opportunities are available, your interests and skills will be matched.

Help low-income women in mastering basic computer skills, help tutor women in basics of writing, sentence structure, grammar, and spelling.

Help guide a woman on the path to economic independence.

All volunteering occurs at One Washington Mall (Government

Center)

For more information call Heather Carpenter at (617)259-2940 or call The Elderly Commission and speak to Fran Johnnene RSVP Director at (617)635-3988.

#### **New England Anti-Vivisection Society (NEAVS)**

The New England Anti-Vivisection Society (NEAVS), founded in Boston in 1895, is a national, non-profit organization dedicated to replacing animal experimentation with modern alternatives that are humane, ethical, and scientifically superior. NEAVS funds rescue efforts and permanent sanctuaries; supports the development of non-animal research and the teaching methods; and promotes science education that does not involve the harmful use of animals.

NEAVS is seeking volunteers who are available Monday - Friday, daytime hours, for office and administrative help, including help with mailing, data entry, and donor correspondence.

For more information contact NEAVS at (617)523-6020. Located at:

333 Washington Street, Suite 850 Boston, MA 02108

#### **Educational Development Group, INC.**

EDG is an English as a Second Language Program for new immigrants, before they get their first job in the United States. They attend our program full-time, making learning English their job for ten weeks. Volunteers at EDG serve as mentors for our students; they hold conversations with the students, play games, lead activities, and help the students learn new vocabulary and correct grammar. No two days are alike at EDG! We're located less than a block from the Mass Ave stop on the Orange Line at the intersection of Massachusetts and Columbus Avenues. For more information, contact Ms. Laroche at (617)357-5717.

RSVP does reimburse up to \$15 for transportation and/or food. Volunteers also receive free supplemental accident insurance while on duty.





# Healthy Wealthy and Wyse

National Do Not Call Registry

By Geraldine Wyse R.N.

Remember the days when you were flooded with calls from telemarketers? The calls often came at mealtime or as you were on your way out the door?

In June 2003, most of us signed up to be on the Do Not Call Registry. The list is good for 5 years.

You must re-register again by June 2008 to stay on the list.

There are 3 simple ways to register. I just did it.

It took me 10 seconds.

1. [www.mass.gov/donotcall](http://www.mass.gov/donotcall)  
Then enter your home telephone number.

2. Toll free call  
1.866.231.Call  
(1.866.231.2255)

3. U.S. Mail  
MA. Do Not Call Program  
P.O.Box 1348  
Boston, MA. 02117

Simple facts you need to remember.

- You must register to get on the Do Not Call Registry. The registry is free.

- The Do Not Call Registry updates telemarketers

quarterly so they will know who not to call. That is why it may take up to 90 days for the telemarketers to stop calling you!!

- As a consumer who is on the registry, you can contact the Attorney General if you have a legitimate complaint against one of these telemarketers.

You can still receive certain telephone calls.

- Surveys and noncommercial polls-political polls

- Tax exempt, non-profits and charities

- Sales calls if you already have a relationship with a company

- Sales calls if you have given prior, express written or verbal permission

- Sales calls up to 90 days after you have signed up for Do Not Call Registry

- Sales calls connected to an existing contract or debt

- Calls if you have visited that company's fixed com-

mercial location

- Sales calls when a face to face meeting is required prior to the sale

For more information about your rights as a consumer and if you have a complaint, please contact

Boston Elderly Commission  
or

Office of Consumer Affairs  
and Business Regulation

10 Park Plaza, Suite 5170

Boston, Ma. 02116

Did you get your flu vaccine yet? There is still plenty of time to call your doctor, health center to sign up for your flu shot or the Elderly Commission for locations. Remember, it takes about 2 weeks to take effect.

I wish all my Seniority readers a very Happy and Healthy 2008.

How about an easy New Year's Resolution?

Cut out half of your salt intake. Salt and high blood pressure go hand in hand!!!

Don't forget to read your labels.

W

# Lunch anyone?

The City of Boston has over 40 congregate nutrition lunch sites throughout the city for seniors to attend. All seniors over 60 and their spouse are eligible to eat at any of the sites. The suggested donation for the meal is \$1.75, to help defray the production and delivery cost of the meal.

Listed below are all of the city's congregate nutrition lunch sites.

**Find one in your neighborhood**

## Back Bay /Beacon Hill

Beacon House  
19 Myrtle Street  
Mon-Fri 9:30a.m.-1:30p.m.  
Traditional

Emmanuel Church of Boston  
15 Newbury Street  
Thursday 10:00a.m.-2:00p.m.  
Traditional

Morville House  
100 Norway Street  
Mon, Tues, Thur, Fri  
10:00a.m.-1:00p.m.  
Traditional

## Brighton

Victorian House  
677 Cambridge St  
Mon-Fri  
Chinese

Veronica B Smith Senior Center  
20 Chestnut Hill Avenue  
Mon - Thurs  
10:00a.m.-1:00p.m.  
Traditional

## Charlestown

Ferrin Street  
100 Ferrin Street  
Mon-Fri 8:30a.m.-4:30p.m.  
Traditional

## Chinatown

Hong Lok House  
25-31 Essex St  
Mon-Fri  
Chinese

Quincy Towers  
5 Oak Street  
Mon-Fri 9:00a.m.-2:30p.m.  
Chinese

## Dorchester

Bellflower Court  
24 Bellflower Court  
Mon-Fri 10:00a.m.-1:00p.m.  
Traditional

Codman Sq Senior Center  
645 Washington Street  
Mon-Fri 11:00a.m.-1:00p.m.  
Traditional and Vietnamese

Kit Clark Senior Center  
1500 Dorchester Ave  
Mon - Sat 8:30a.m.-4:00p.m.  
Traditional

Lower Mills Apartments  
2262 Dorchester Ave  
Mon -Fri 9:00a.m.-1:00p.m.  
Traditional

Vietnamese Center  
42 Charles St  
Mon-Fri 10:00a.m.-1:00p.m.  
Vietnamese and Traditional

Heritage Apartments  
209 Sumner Street  
Mon-Fri 9:30a.m.-12:30p.m.  
Traditional

Orient Heights C.C.  
86 Boardman Street  
Mon-Fri 9:00a.m.-1:00p.m.  
Traditional

## Hyde Park

Joseph Malone  
11 Gordon Avenue  
Mon - Fri 9:00a.m.-1:00p.m.  
Traditional

Back of the Hill Apts.  
100 S. Huntington Avenue  
Mon Fri 10:00a.m.-1:00p.m.  
Traditional

Farnsworth  
90 South Street  
Mon - Fri 9:00a.m.-1:00p.m.  
Traditional

Nate Smith House  
155 Lamartine Street  
Wed-Fri 9:30a.m.-1:30p.m.  
Caribbean

## Mattapan

Church of the Holy Spirit  
525 River Street  
Mon-Fri 9:00a.m.-1:00p.m.  
Caribbean

# you may meet someone worth talking to at the congregate meal sites

## North End

Christopher Columbus  
145 Commercial Street  
Mon-Fri 9:00a.m.-1:00p.m.  
Traditional

Walnut House  
125 Walnut Ave  
Mon-Fri 10:00a.m.-1:00p.m.  
Traditional

Unity Towers  
80 West Dedham Street  
Mon - Fri 9:30a.m.-1:30p.m.  
Traditional and Chinese

## South Boston

## West Roxbury

## Roslindale

Rogerson Communities  
23 Florence Street  
Mon-Fri 10:00a.m.-2:00p.m.  
Traditional

Woodbourne Apts  
9 Southbourne Road  
Mon-Fri 10:00a.m.-1:00p.m.  
Traditional

Condon Community School  
200 D Street  
Tues, Thurs, Fri  
9:00a.m.- 1:00p.m.  
Traditional

Curley Recreation Center  
663 Columbia Road  
Mon-Fri 8:30a.m.-12:30p.m.  
Traditional

Boston Aid to the Blind  
1980 Centre Street  
Mon-Fri 9:00a.m.-4:00p.m.  
Traditional

Rockingham Glen  
30 Rockingham  
Mon-Fri 10:00a.m.-1:00p.m.  
Traditional

## Roxbury

Amory Street  
125 Amory Street  
Mon-Fri 9:00a.m.-1:00p.m.  
Traditional

South Boston Neighborhood  
House 136 H Street  
Mon -Thurs  
10:00a.m.-1:00p.m.  
Traditional

Roche Center  
1716 Centre Street  
Fri Only 10:30a.m.-2:30p.m.  
Traditional

## South End

LaAlianza Hispana  
63 Parker Hill Ave  
Mon-Fri 8:00 a.m.- 4:00p.m.  
Latin

Anna Bissonette House  
1640 Washington St  
Mon-Fri 9:30a.m.-1:30p.m.  
Traditional

People's Baptist  
134 Camden Street  
Tues -Thur Ruggles  
10:00a.m.-1:00p.m.  
Traditional

Cardinal Medeiros Center  
140 Shawmut Avenue  
Mon - Fri 9:00 a.m.- 4:00p.m.  
Traditional

25 Ruggles St  
Mon-Fri 9:00a.m.-1:30p.m.  
Traditional

St. Anthony's Arch St. Church  
100 Arch Street  
Wednesday  
10:00a.m.- 1:00p.m.  
Traditional

St. Patrick's  
400 Dudley Street  
Tues Only 9:30a.m.-2:30p.m.  
Traditional

United South End Settlements  
566 Columbus Avenue  
Mon - Fri 10:00a.m.-1:00p.m.  
Traditional

For more information  
on the City of Boston's  
Nutrition Programs,  
please call the  
Elderly Commission's  
Staff Nutritionist,  
Shannon Murphy  
at  
(617)-635-3745

# Eat Healthy

## Pork & Red Pepper Hash

### Ingredients

1 tablespoon all-purpose flour  
1 boneless pork loin chop (4 ounces), trimmed of fat and cut into ½-inch pieces\*  
4 teaspoons extra-virgin olive oil, divided  
1 small onion, diced  
2 cups frozen diced hash brown potatoes  
1 small red bell pepper, diced  
½ teaspoon hot or sweet paprika  
½ teaspoon garlic powder  
½ teaspoon chopped fresh rosemary  
½ teaspoon salt  
Freshly ground pepper to taste  
2 scallions, sliced  
1 teaspoon cider vinegar

### Instructions

Sprinkle flour over pork and turn to coat both sides. Heat 2 teaspoons oil in a large non-stick skillet over medium-high heat. Spread the pork evenly in the pan and cook until lightly browned on one side, 1 to 2 minutes. Continue cooking, stirring occasionally, until evenly browned, 1 to 2 minutes more. Transfer the pork to a plate and cover with foil to keep warm.

Heat the remaining 2 teaspoons oil in the pan over medium-high heat. Add onion and cook, stirring often, until starting to brown, 1 to 3 minutes. Add potatoes, bell pepper, paprika, garlic powder, rosemary, salt and pepper. Cook, stirring frequently, until the potatoes are browned and crispy in spots, 4 to 8 minutes. Add the pork and scallions and cook, stirring often, until the pork is heated through, about 2 minutes. Stir in vinegar

Serves 2 (1 ½ cup each)

### Tips

\*Try substituting chicken, steak or turkey

# Recipes

## Mixed Berry-Almond Gratin

### Ingredients

½ cup slivered almonds (1 ¼ ounces)  
½ cup granulated sugar or Splenda Granular  
2 tablespoons all-purpose flour  
Pinch of salt  
1 large egg  
½ cup firm silken low-fat tofu  
1 tablespoon butter, softened  
¼ teaspoon pure almond extract  
3 cups mixed berries, such as raspberries, blackberries and blueberries\*  
Confectioners' sugar for dusting

### Instructions

Preheat oven to 400°F. Coat a 1-quart gratin dish or a 9-inch pie pan with cooking spray.

Spread almonds in a shallow baking pan and bake until light golden and fragrant, 4 to 6 minutes. Let cool.

Place sugar (or Splenda), flour, salt and almonds in a food processor; process until finely ground. Add egg, tofu, butter and almond extract; process until smooth.

Spread berries evenly in the prepared gratin dish. Scrape the almond mixture over the top, spreading evenly.

Bake the gratin until light golden and set, about 40 to 50 minutes. Let cool for at least 20 minutes. Dust with confectioners' sugar and serve warm.

Serves 6

### Tips

\*Try using frozen mixed berries

# Elderly Commission Services

Do you know what services the Elderly Commission offers?

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

## Senior Shuttle

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

## Taxi Discount Coupon Program

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

## Community Service Advocates/Direct Services Unit

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

## Nutrition

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

## Caregiver Support Service

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

## Notary Public

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

## Employment and Volunteer Programs

### Senior Companion Program

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

### Retired and Senior Volunteer Program (RSVP)

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

### Mayor's Property Tax work-off Program

The Senior Citizens property tax work-off program gives qualifying applicants, who must be at least 60 years of age or older by July 1, 2007, the opportunity to offset his or her property tax through part time employment. In order to apply you must own and occupy residential property in the City of Boston for at least 3 years. Income restrictions are \$30,000 for single applicants and 45,000 for married applicants including gross income from all sources.

## Community Relations

### Media

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

### Events

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

### Remembering Special Events

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

### The Memoir Project

The Memoir Project, a joint venture between The City of Boston and Grub Street Writers, Inc., aims to capture life stories from Boston's Older Adults over a ten week writing workshop. Learning these skills will give seniors a practical and meaningful way to turn memories into coherent narratives with lasting value. By capturing stories of older residents, we intend to document the living history of Boston and, by doing so, provide a greater understanding of the city's past and present for all its residents. The end result is a published book.

### Advocacy

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

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

Housing Task Force Group is a small group of non-profit and city agencies who are very active in planning and coordinating more options for senior housing in Boston.

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

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

#### Boston Area Agency on Aging

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

#### Council on Aging

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

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



# BORN BEFORE PLASTIC



## On Sale Now!

### Help Support Mayor Menino's and Grub Street's Memoir Project!



The first edition of The Memoir Writing Project's **Born Before Plastic** contains personal stories from seniors in Roxbury, South Boston, and the North End. These seniors were the first pioneers in this senior writing program and are now published authors.



The book is chuck full with many wonderful stories. The collection of personal accounts will make you laugh, cry, and definitely take you down memory lane.

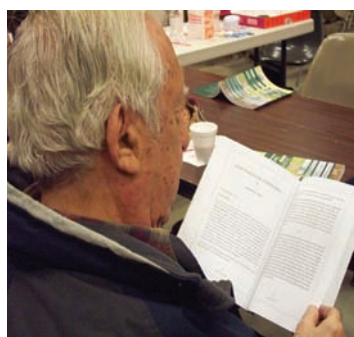


## Coming to Mattapan!

We are currently seeking seniors living in Mattapan who are interested in participating in the next writing workshop.



If you would like to sign up, want more information or to purchase **BORN BEFORE PLASTIC**, please contact Kaysea Cole at 617-635-3244.





# FIVE STRONG

Submitted by Patricia Beckles



Saturday, Nov. 3, 2007, Carole Hyatt Washington received a certificate for the 50 consecutive years she has been a member of the Massachusetts Memorial Hospital Nurses' Alumnae Association. The ceremony took place in the Atrium at Boston Medical Center on East Newton St. in Boston.


What made the event historical is that Carole is one of five first cousins, three of whom are sisters, all of whom graduated

from that same nursing school over a period of ten years. The last time these ladies were all together at the nursing school was in 1960, when the last cousin graduated.


The picture they are holding on the right is the one that had been taken back then. They are standing in the same order, Merrill Greaves Gumes, Olga Hyatt Habersham, Patricia Hyatt Beckles, Carole Hyatt Washington, and Diana Hyatt Jones.

The story is also amazing because these five strong cousins all grew up on Hammond St. in Roxbury, in a cold water flat. Also amazing is that during this time, most girls' goals were to graduate from high school and get a good job. Not these girls though. They consider their accomplishments of going to nursing school and becoming nurses a testimony to their Christian upbringing.

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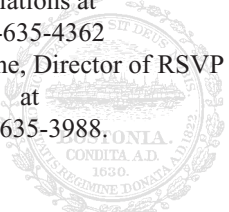


**DON'T MISS**  
*The Elderly Commission*  
**On Radio**



Tune into **ZUMIX Radio 1630 AM** on Wednesdays at 2:00 p.m.  
and  
**WJIB 740 AM** on Sundays at 7:00 a.m.

For more information please contact:  
Kathleen Giordano, Deputy  
Commissioner of Community  
Relations at  
617-635-4362  
or Fran Johnene, Director of RSVP  
at  
617-635-3988.



# Elderly Commission Works

## Towards Decreasing Homelessness

By: Kali Borrowman

## In Seniors

Each December, the City of Boston conducts its annual homeless census. “At this time of year we are particularly concerned with the health and well-being of those who are without a home in Boston. I am calling upon city agencies and our community partners to increase the available services for these individuals to address their immediate and long-term needs,” declared Mayor Menino. During the census, teams of volunteers canvass neighborhoods throughout the city, seeking out homeless people. Those on the street are offered transportation to shelter.

Unfortunately, an inaccurate count is unavoidable. The city is constrained by only counting homeless who are on the streets, excluding those living in cars, with family members, friends and in shelters. There are many people who don’t consider themselves homeless who are crashing on the couches of the friends and family or sleeping at work – people like Blackfoot Warrior and Rose Pardi.

Blackfoot Warrior, a Florida native, was left in Boston by his employer one cold winter night after he got off the bus for a break and it took off before he was able to re-board leaving him stranded with only the clothes on his back. Not knowing what to do next,

he got a job at Suffolk Downs. Blackfoot was a dedicated employee for many years. He was also homeless for that entire period of time. Blackfoot Warrior would make his home the stables for the next 25 years, sleeping and living with the very animals in his care. To him, that was home. In fact, he had not even considered that he was homeless for the first 15 years. A woman who worked with him finally approached him with a matter of fact, “You’re homeless.”

He couldn’t believe his ears. He had a steady job for 25 years. How could he be homeless? Realizing his homeless status was the least of his worries as Blackfoot Warrior was soon to find out that his health failing due to a recent diagnosis with Diabetes. Managing Diabetes is task enough but to add homelessness would make for a struggle that Blackfoot Warrior was ready to face head on.

Thankfully, Blackfoot would eventually utilize the services from Kit Clark Senior Services funded by the Elderly Commission. Through congregate lunch sites and help from the staff at Kit Clark, Blackfoot Warrior now, not only sustains housing, but has used his life for inspiration for his poetry depicting his experience of “falling through the cracks.”

The Elderly Commission sees many seniors in situations similar to Blackfoot Warrior. Rose Pardi, a lifelong East Boston resident found herself in a trying situation as well. Pardi, like many seniors, lived carefully on a fixed income. After continuously trying to make ends meet, she was left with no choice but to move in with her daughter in Billerica, MA. Pardi spent most of her days inside and alone in depression. She watched TV or slept most of her day away, gaining weight and becoming increasingly more isolated. She was only aloud to leave her house three days a week because Pardi depended on her daughter for transportation. With a four year loss of her independence, Pardi’s depression deepened.

Seeking autonomy and not wanting to be a burden on her child anymore Pardi decided that she should move out. She moved in with her boyfriend as a temporary solution while she looked for housing knowing that her living with him in fact jeopardized his housing situation as regulations forbid him to have a housemate. Rose tirelessly applied for Elderly Housing, all of the facilities responded to her with a two year waitlist.

Living on the third floor in her boyfriend’s cramped apartment, Pardi was getting desperate.

Continued from page 26

Eventually, Pardi's partner was hospitalized leaving her to carry groceries and household items to the third floor apartment alone. She began struggling with back pain sometimes not knowing if she would make it up the stairs thinking that this "solution" was no better than the situation she had left.

By chance, Pardi bumped into City Councilor Sal Lamattina at the East Boston Bank. Not being able to help herself, Pardi stopped Councilor Lamattina and begged him to help her – she was desperate. Councilor Lamattina responded by telling Pardi about the Elderly Commission, explaining to her about the advocates on staff for situations just like these.

That very day, Pardi went down to City Hall and spoke with the East Boston advocate, Vilma Valen-

tin. She told Valentin everything from living with depression to the situation at her new place and her need to find her own apartment. Rose Pardi was homeless, and Vilma Valentin was her last hope.

Working diligently and efficiently, Valentin sought different avenues available and in just two weeks she had placed Pardi in a senior complex in the North End. "Now, I love it here. I cannot thank Vilma enough. I have never met such a wonderful person like Vilma. She's very caring and tried so hard for me," Pardi explains, "I'm independent and I love living on my own. I feel safe here." Since moving into her very own apartment, Pardi has been involved with other seniors in her building learning how to use a computer, going to the daycare, and eating with other residents.

"It's the best thing that could have happened to me," says Pardi.

Three months later, Valentin placed Pardi's good friend with the same situation in that very same building. With the Elderly Commission, and the non-profits it funds, hard at work the number of homeless seniors has decrease by thirty-six percent in the last year, according to the census. This annual census brings attention to a critical issue in our city.

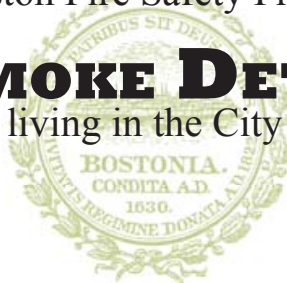
"Homelessness affects everyone, people of all ages – from children to the elderly," Mayor Menino said. "In a perfect world, there would not be any homeless people living on our streets, but as we look at this year's census numbers we do see some positives. There are fewer elderly on our streets and fewer adults in shelters now than last year and that is terrific news." Mayor Menino stated.

*In an effort to keep Boston residents safe, the Boston Fire Department with the Commission on Affairs of the Elderly introduced the Fire Safety Program in 2000.*

The City of Boston Fire Safety Program provides

**FREE SMOKE DETECTORS**

for seniors living in the City of Boston.



For information on how you can get a **FREE SMOKE DETECTOR** call (617) 635-2359.

# GIVE ME A BREAK!

(No Pun Intended)

By: Martha Rios

Lately I haven't been having the best of luck. Last Tuesday, I slipped on some ice landing on my back and left wrist (ouch!). I landed in a weird position with my feet flying in the air. If someone would have been a witness to this spectacular and rare moment they would have thought I was doing some weird Pilates or Yoga move. I got up a little embarrassed, hoping that no one saw and kept on walking. My wrist hurt and boy was it throbbing! Of course the next day you know I woke up achy all over. In fact, I stayed like that for a couple of days.

Sure enough, after a few days the pain began to subside. I began to feel fine which is a good sign because things could have been worse. That just brings me to today. Monday morning. Again while carefully walking outside and being extra cautious, I ended up slipping again. Yes, you read it right, AGAIN! This time I fell forward landing on my left knee and low and behold, my left wrist! I thought to myself,

why couldn't I land on the right wrist? Knowing full well that when something happens in an instant, you don't get much of a chance to react the way you would have liked to. In fact, I read that when you slip it barely takes two seconds to hit the ground.

Anyhow, this time around I had a senior who witnessed my mishap and asked me if I was okay. He noticed my cell phone had slid a few feet away and told me. At this point, I wasn't even going to bother retrieving it because I could tell that my wrist was more injured than last time so I could care less about trying to get my cell.

I guess he could tell by the expression on my face that I wasn't going to chance it so he went for it himself. Boy, did he make me panic. "No, don't worry about it", I said but he was determined. I conjured up enough voice to yell out, "Please be careful, you don't fall". The one thing I did not want to happen was for this senior to fall while getting my cell phone. He triumphantly

managed to get it without slipping and we both smiled. I thanked him and began walking or more like sliding down the street.

After these experiences, the best tip I could give you is the obvious, don't bother going out if you really don't have to. Unfortunately, this advice isn't always helpful especially if you have to go to school, work, or have appointments. If you are fortunate enough to be able to stay home, please do!

With the beginning of the winter season of snow and icy weather, I decided to search online to get some safety tips. Some tips I found online were to be aware and careful of where you are stepping (you should be doing this already regardless if it's icy out or not); take your time and take small steps; keep both of your hands free for balance rather than carrying something or having them in your pockets; wear proper footwear, boots or shoes with rubber or rough soles are said to be the best for traction; and finally, if you are an expert

ice skater, I don't see how a pair of ice skates could hurt. My sister teased me and said maybe I should be going out in skis (she's so supportive). Leather and plastic soles are not safe on the ice. The advice I gave was also mentioned for avoiding icy conditions whenever it is possible.

I hope everyone can be more cautious and safe during this type of weather, myself included. Hopefully my luck will start working and I won't have a third incident to write about but 'tis the season and its just starting! Happy Holidays!

Have a Happy and Very Safe New Year!

### Need a Ride?

For a convenient ride to a medical appointment, grocery shopping, or a social event call the:

**Senior Shuttle**  
**617-635-3000**

Available Monday - Friday  
8:00 a.m. - 4:00 p.m.

Make sure to give at least 3 days advanced notice. Priority is given to seniors scheduling rides for medical appointments.

## The Elderly Commission

### Food Stamp Program

**Seniors -  
are you eligible?**

The average MA Food Stamp benefit is \$75!

Less than one third of qualified seniors are enrolled in food stamps!

To receive assistance with a Food Stamp application, please contact:

Amalia Serafim at the  
Elderly Commission,  
617-635-3989

[Amalia.Serafim@cityofboston.gov](mailto:Amalia.Serafim@cityofboston.gov)

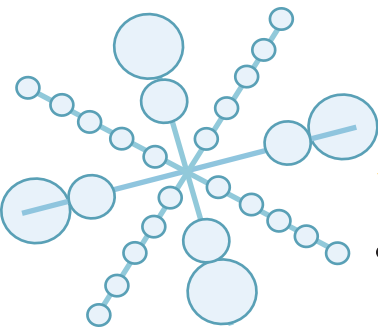


## HORIZONS FOR HOMELESS CHILDREN

ARE YOU A LEGO ARCHITECT?  
COME PLAY WITH HOMELESS CHILDREN!

**Did you know:** at least 1 out of every 24 Massachusetts children is homeless at any given time? An even higher proportion of Massachusetts children experience homelessness over the course of a year, for a total of at least 82,000 homeless children and youth in the Bay State.

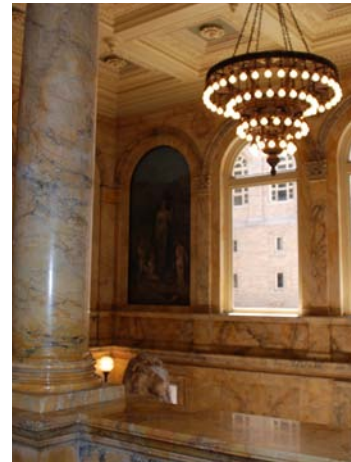
Horizons for Homeless Children is seeking **150 volunteers** to interact and play with over **500 children** living in **55 family, teen parent, and domestic violence shelters in Greater Boston**. A commitment of 2 hours a week for 6 months is required. We offer daytime and evening shifts, so there is likely to be one that fits your schedule. It is a rewarding and fun experience for everyone involved. The next training session will be on **January 26th from 9:30am-4:30pm**. Please call **617-445-1480** for more information, or visit [www.horizonsforhomelesschildren.org](http://www.horizonsforhomelesschildren.org).



# JANUARY

FREE and FUN EVENTS to keep you busy this winter

Check out the Boston Public Library at Copley you can attend one of the ongoing events below or simply walk around and explore the libraries treasures. **The Building alone is worth the trip!**



Central Library in Copley Square, 700 Boylston St., Boston

**Telephone 617-536-5400**

Central Library Hours:

Monday - Thursday 9 a.m. to 9 p.m. Friday and Saturday 9 a.m. to 5 p.m. Sunday 1-5 p.m.

**Creative Writing Group** -- Thursdays at 6:30 p.m. in the Media Studio (Ext. 2339). The Creative Writing Group offers writers an opportunity to share and discuss their work in a friendly and informal atmosphere. For more information, please contact the Library's Readers' & Information Services.

**Never Too Late Group** -- Thursdays at 2 p.m. in Rabb Lecture Hall (Ext. 2339) Programs for seniors and other interested adults. Dec. 20, Christmas in Connecticut (film, 1945, 101 min.) Dec. 27, Cantabile Renaissance Band, a concert of 16th century music; Jan. 3, Tom Jones (film, 1963, 129 min); Jan. 10, Service and Style, Jan Whitaker discusses her book; Jan. 17, Two for the Road (film, 1967, 111 min); Jan. 24, Boston & Beyond: A Bird's Eye View of New England; Jan. 31, Honors String Quartet from the Boston Conservatory; Feb. 7, Raise the Red Lantern (film, 1991, 126 min); Feb. 14, Twentieth Century (film, 1934, 91 min); Feb. 21, Marimba Concert with Fumito Nunoya; Feb. 28, Boston Conservatory Music Cabaret.

**“Points of View” Adults’ Book Discussion -- Wednesdays, at 2:30 p.m. in the Mezzanine Conference Room.**

**Boston Society of Architects Lecture Series** -- Wednesdays, at 6 p.m. in Rabb Hall. (ext. 2212) Dec. 19, Anthony Flint on Shaping the 21st Century City; Jan. 16 Majora Carter on Building Sustainable Cities; Feb. 20, Diane Georgopoulos, FAIA, on The Spirit of Architecture; March 26, Transforming the Suburbs by Paul Lukez, AIA; April 16, Magnificent Temples of Justice: Law and Architecture in Massachusetts with Dr. Martha McNamara; and May 28, Evolving Architecture Around the Globe with Ryan Yaden.

**Local History Lecture Series – Wednesdays at 6:30 p.m. in the Mezzanine Conference Room.** (ext. 2226) Jan. 9, From the Restoration to the Restoration: A History of the 1660-1661 Blake House presented by Ellen Berkland, City Archaeologist and Curator of Blake House, John Goff, architectural historian and architect, and Earl Taylor, President of the Dorchester Historical Society; Feb. 13, Researching Your House and Neighborhood at the Boston Public Library; March 12, Ann Clifford of Stonehurst, the Robert Treat Paine Estate, will speak on From Trinity Church to Tenement Reform: Robert Treat Paine’s Architectural and Social Legacy; April 9, Dennis Ahern will speak on The Other April 19th and the first casualties from hostile fire of the Civil War in 1861; May 14, Margaret Sullivan will speak about fallen Boston Police Officers, 1825-1972.



*Photo was taken of a poster of a World War II exhibit on display in the library.*

**Find Your Voice 2008: Honoring the Legacy of Dr. King** -- Saturday, Jan. 19, from 1 to 4 p.m. Local public high school debaters will cover issues of race, culture, non-violence, and human rights. Participating high schools include Brook Farm Academy, Charlestown High School, Josiah Quincy Upper School, Boston Community Leadership Academy, and the Academy of Public Service. Sponsored by Hostelling International USA and the Boston Urban Debate League.

**Family History Lecture Series** -- Wednesdays at 6:30 p.m. in Mezzanine Conference Room. (ext. 2226) Jan. 30, Leslie Huber will speak on German and Swedish ancestors; Feb. 27, African American records at the National Archives and Records Administration; March 26, David Lambert on military records; April 30, On the Homefront, speaker from the National Archives and Records Administration and May 28, Connie Reik on Soldiers and Sailors in the 18th and 19th Centuries.



Margaret Saunders and Elaine Knipus chat with Mayor Menino.



Marjorie Burns 95!  
She does the Chicken Dance!



Francine Johnson and Rosebud Holland having a blast at the Mayor's Halloween Party.



Proud Grandmother Ada Stinson of Mattapan.



Seniors in disguise at the Mayor's Halloween Party.



District Attorney Dan Conley greets John & Theresa Leoncello of Hyde Park





Lillian Boutilier with her hand made Red Sox hat.



Mr. and Mrs. Rev. Fundor Morales with Mayor and Mrs. Menino at the 50th Wedding Anniversary.



Maureen Feeny with Norma Conley of Dorchester.



Mayor Menino gives community recognition award to Reynalda “Chiqui” Rivera who stands with her daughter Jossie León.



All these beaming grandmothers get their picture taken at the Grandparent’s Luncheon.



Barbara Porter of Roxbury now published author, reviews her work in the Memoir Project *Born Before Plastic*.



Commissioner Greenberg says hi James and Bernadette Corbet at the Omni Parker House.



Lu O'Brien of South Boston as a "Baseball Fan"



Doing her stretches before the walk begins at the 14th Annual Mayor's Health and Fitness Walk.



Jennie Burn, Alberta Jones, Annie Gray and Marie right of Boston having a good time at the Mayor's Halloween Party.



Paul and Marie Diccico 50 years strong at the Mayor's 50th wedding anniversary party.



99 yr. old Anna Benlenuto and Fran Marino with City Councilor LaMattina at the Italian Heritage Luncheon in the North End.



City Councilor Sal LaMattina visits with the East Boston table at the Mayor's event at the Omni Parker House.



Mayor Menino poses with Richard and Dolores Miller of Dorchester at the 50th Wedding Anniversary.



Alice and John Nee of South Boston celebrate their 50th Wedding Anniversary at the Golden Anniversary Party.



Blissful grandmothers Esther Perry and Dotty Coulumbre.



Commissioner Greenberg with Vilma and Alejandrina Valentin at the 5th Annual Hispanic Cultural Celebration.



This happy Rosemary Yanetti makes exercising look like a piece of cake at the Mayor's Walk.

# *In Memory of Melvin B. Goldstein*



*1922 - 2007*

*Death never takes the wise man by surprise, he is always ready to go.*

*- Jean de La Fontaine*

WISHING YOU A HEALTHY  
AND HAPPY NEW YEAR!

FROM

MAYOR MENINO

AND

*The Elderly Commission*