A Prayer For My Friend

Dear God, I thank you for a friend
Who promised to stand by me to the end,
Her words of encouragement spoken willingly
and freely,
Have always been a source of comfort to me,
Just her cheerful presence in sickness and health
Means more to me than worldly wealth.
Needless to try in a monetary way
Her many kindnesses to repay.

Sincere deeds of good-will God inspired
With which her soul is fired,
Father, please shower blessings upon her for
all she has done,
Caring not for self alone, but for everyone.

Heavenly Father, hear my prayer;
And it be that this friendship will go on
until eternity.

Amen

Original Poem by Ida D. Sealy Tasco

We are most fortunate to be able to meet at Freedom House, where we are most welcome and enjoy the surroundings each and every week. The Age Center of the Worcester Area, Inc. has to move again from the building it occupies after searching for five years. This is not the first time that they have had to move.

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Did you ever stop to think that wrong numbers are never busy?

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That bills have been introduced in the U.S. Senate to provide coverage under Medicare for eyeglasses, hearing aids and dentures?

That elderly can take advantage of the Federal Small Business Administration program to start viable little businesses of their own. This statement was made by Charles Knowles, economic coordinator of ABCD. He advises that 25 persons who can put up $100 apiece can band together and start such projects as a catering service. If you want to know more, write Mr. Knowles at 150 Tremont Street, Boston.


Submitted by Georgianna Sykes

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God made EARTH and rested
God made MAN and rested
Then God made WOMAN
Since then NO ONE has rested.

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Among some of those frequently mentioned for the position as secretary for the Department of Elder Affairs are Frank Manning, president of the Massachusetts Legislative Council For Older Americans, who many of the Goldeneires have met and others have seen on TV; Jack Leff, Executive Director of The Roxbury Council of Elders, Inc.; Senator Samuel Harmon of Dorchester, the state's number one legislative expert on aging, who has filed a number of bills in the interest of Senior Citizens.

If you must be unkind to someone, put it off until tomorrow.

Don't look back to things you've passed or you will miss new joys that last.

Submitted by Beatrice Holt
Quincy residents over 60 who want to attend college classes at Quincy Junior or Eastern Nazarene College have the opportunity to register. Over 25 Senior Citizens attended college classes last fall.

Did you know that Chinatown has a Golden Age Center—the director is Robert May—Two psychiatrists of Chinese parentage are available—the chefs and lounge attendants are also Chinatown volunteers.

The Senior Citizens 60 or over on a fixed income or retired can have the Quincy paper delivered free to their homes. Daniel McCole, publisher of the Quincy newspaper, has received many "thank yous" for his kind offer.

Wayland soon will have housing for the elderly; the project will consist of about seven buildings and contain 48 apartments.

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Some folks are so Heavenly minded, they're no earthly good.

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Swallow your pride occasionally, you'll find it is not fattening.

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To new members, Mrs. Lucille Small, Mr. and Mrs. Thomas Price, Mrs. Imogene Powell, Mrs. Edmonia Cromwell, Mr. and Mrs. Joseph Robinson, and Mrs. Tina Davis, Glad to have you with us! Also Miss Lorraine Ruggles, Mrs. Florence Francis, Mrs. Birdell Toomer, Mrs. Hattie Glenn, Mrs. Blanche Payton, Mr. Hillard Dempsey, and Mrs. Ida Battle.

Out Of This Life

Out of this life, I shall never take Things of Silver and Gold that I make. All that I cherish and hoard away After I leave, on earth must stay. Though I call it mine and boast its worth I must give it up when I quit the earth. All that I gather and all that I keep I must leave behind when I fall asleep.

(Continued On Next Page)
Out Of This Life (Continued)

I wonder often just what shall I own
In that other life when I pass alone.
What shall He find and what shall He see
In the soul that answers the call for me?

Shall the great Judge learn when my task is through
That my life has gathered some riches too?
Or shall at the last it be mine to find
That all I had worked for I had left behind!

Submitted by Bertha Roberts

Out Of This Life (Continued)

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Submitted by Bertha Roberts

Elderly lady with hearing aid, wants to meet elderly gentleman with batteries.

Federal Housing for the Elderly Programs have been in operation for 10 years or more, yet to date, if all the new units that were in some stage of development in 1969 are now completed, the total number would be far less than needed.

In general, Boston's housing program for the elderly is lagging. High rise complexes in West Roxbury, Dorchester Lower Mills and Allston-Brighton have been delayed by community opposition. On these occasions, one may be sure to hear how everyone loves the elderly but insists that they can't live in the locality unless the neighborhood can dictate the kind of housing that shall be built. So that is one reason that Senior Citizens are still living in dilapidated dwellings of the center cities and economically deprived rural areas.

It seems that a proposal to charge elderly bus riders full fare as a part of a plan to keep the Springfield Street Railway in business is being discussed. The present reduced fare policy for those over 65 has been in effect barely a year.

A quote by William R. Hutton, Executive Director of The National Council of Senior Citizens at the rally at Suffolk Downs heard by over 12,000 present was: "At election time in November, remember at the age of 45 and under, 45 per cent of the people vote. At 65 or over, 65 per cent of the people vote. That is Senior Power!"
The Old Time Religion

Someone has said, "If we could get religion like a Baptist, experience it like a Methodist, be positive about it like a Disciple, be proud of it like an Episcopalian, pay for it like an Adventist and enjoy it like a Negro -- that would be some religion!"

Submitted by Ruth Chambers

1 Cup Corn Syrup 1 Cup Peanut Butter
½ Box Kellog's Corn Flakes

Use a 2 qt. sauce pan. Pour in 1 cup corn syrup and 1 cup peanut butter. Place on a medium flame and stir until mixture comes to a boil. Remove from flame and stir in ½ box of cornflakes until completely mixed in with the peanut butter and syrup. As quickly as possible shape into small firm balls using warm water to dampen the hands as you shape the balls. Place balls on a platter to cool.

Submitted by Isabel Beane

That carpenter is as fast as lightning; he never strikes twice in the same place!

Hope

Hope is our strongest tool of Life,
Stronger than Faith itself
Or any other Instrument
That may adorn our shelf.

So dead-end and so blind
Would be the alley where we grope
Unless along the path of Life
We always had some Hope.

It is a gift from God to us
While we are on this earth
Our inspiration constantly
To be of better worth.

Without it we would walk
With Death, Despair, Defeat and Fear
And pass the sign "Abandon Hope"
All you who enter here.

So let us pray to God
That we may keep our Hope alive
And give His Grace to reach the goal
To which our souls would strive.

Submitted by Isabel Sampson
"Project Bright Eyes" is a first-in-the-nation program sponsored by the Mass. Society for the Prevention of Blindness and Boston's Commission on Affairs of the Elderly. Funded by a grant from the Committee of the Permanent Charities, under the direction of Dr. Ephraim Friedman, the program includes ophthalmological examination and follow-up services such as eye-glasses, additional visits and even surgery. Since the inauguration of the program, over 1,000 Senior Citizens have availed themselves of the project. Examinations are held at Boston City Hospital and University Hospital. A grant of $5,000 supports the busing fees and the doctors at both hospitals are donating their services.

Miss Geneva Stewart, one of our Goldenaires, who received an award for volunteering over 100 hours of service at the U.S. Veterans Administration Hospital in Jamaica Plain. Miss Stewart you have put some younger Goldenaires to shame.

(Miss Geneva Stewart is our oldest Goldenaire -- she is 91 years old)

Congratulations to Mrs. Flora Brown who was honored by the Board of the Columbia Point Christian Center, Inc., for her outstanding work in the community. Mrs. Brown accompanied by Mrs. Johanna Caesar, another of our Goldenaires, attended the annual conference of the American Association of Retired Persons, held at the Lutheran Church in Worcester.

Some of the highlights of the meeting was the reading of a proclamation by Joseph Tinsley, Mayor and a solo "How Great Thou Art" sung beautifully by a gentleman 100 years old. One quotation from a speech by the president, Fred Fassan was "Retire the Body, but not the Mind".

The Hobby Show at City Hall is June 24, 1971, for information about displays call Mrs. Susie Lewis, Chairman or Mrs. E. Wright at Freedom House.

June 3, 1971 Miss Susan Cowan, Social Worker, University Hospital Eye Clinic.