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Bentley
University
president
stepping
down

Gloria Cordes
Larson

says 'stay tuned'
for plans

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Massachusetts is now an Age-Friendly State

By MIKE FESTA, STATE DIRECTOR
AARP MASSACHUSETTS

Governor Charlie Baker has announced that Massachusetts has joined the network of AARP Age-Friendly States and the World Health



Mike Festa

Organization Global Network of Age-Friendly Cities and Communities. We thank Governor Baker for his leadership on this issue of importance to Bay State residents of all ages.

Massachusetts is only the second state in the nation to take such action after New York enrolled with AARP to become an age friendly state in 2017.

AARP's Age-Friendly Network asks for commitment from state-elected leadership to work actively toward making the state a great place to live for people of all ages.

Last year, Governor Baker established the Governor's Council to Address Aging in Massachusetts, which focuses on promoting healthy aging in Massachusetts and achieving the goal of making the commonwealth the most age-friendly state for people of all ages. The Governor's Council brings together leaders from the aging, business, government, nonprofit, technology, education, transportation, housing and healthcare sectors to advise the Baker Administration on innovative policies and best practices to support and engage older residents.

Adults aged 60 and over are the fastest-growing segment of the U.S. population and will make up 23 percent of the commonwealth's population by 2035. AARP enthusiastically supports Governor Baker's initiative to make Massachusetts an Age-Friendly state. We thank Secretary of Health and Human Services Marylou Sudders, Secretary of Elder Affairs Alice Bonner and the Governor's Council to

Address Aging for their efforts in embracing the age-friendly movement in Massachusetts. We also thank James Fuccione, senior director of the Massachusetts Healthy Aging Collaborative, Nora Moreno Cargie of the Tufts Health Plan Foundation, Dave Stevens of the Massachusetts Councils on Aging, and Len Fishman and Jan Mutchler of the UMass Boston Gerontology Institute.

The AARP Network of Age-Friendly States and Communities helps participating states become great places by adopting such features as walkable streets, better housing and transportation options, access to key services and opportunities for residents to participate in community activities. Well-designed, livable communities help sustain economic growth and make for happier, healthier residents - of all ages. The AARP Age-Friendly Network is an affiliate of the World Health Organization's Global Network of Age-Friendly Cities and Communities, an international effort launched in 2006 to help cities prepare for their own and the world's growing population of older adults and the parallel trend of urbanization.

The eight Age-Friendly/Livable Community domains outlined by WHO and AARP are:

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Work and civic engagement
- Communication and information, and
- Community and health services.

AARP's participation in the age-friendly network advances the association's efforts to help people live easily and comfortably in their homes and communities as they age. AARP surveys show that nearly 90 percent of the 50+ population want to stay in their homes and communities as they age, where they have strong social networks and

Governor's speech and budget reveals strong aging agenda for state

By ALICE BONNER, Ph.D., RN, FAAN
SECRETARY, MASSACHUSETTS
EXECUTIVE OFFICE OF ELDER AFFAIRS

BOSTON – Governor Charlie Baker delivered his State of the Commonwealth speech in January, and the next day filed his annual budget with the Legislature. Both actions contained good news for older people in Massachusetts.

For decades, Massachusetts has been a leader in the development and delivery of aging services; but our commonwealth is at a crossroads. Today, we have more Massachusetts residents over the age of 60 than under the age of 20. This growing population of older people offers Massachusetts an opportunity to once again lead the nation by developing innovative policies and solutions to help our residents age and thrive in the communities where they live, work and volunteer.

Recognizing their contributions, Governor Baker issued a challenge in last year's State of the Commonwealth address to think

differently about how to support and engage older residents in Massachusetts. Then, in April of 2017, the governor issued an executive order establishing the Council to Address Aging in Massachusetts. The council was tasked with advising the administration on policies, community resources, best practices, and informal supports to promote healthy aging in Massachusetts.

Age-Friendly Massachusetts

Building on that momentum, the governor announced in this year's speech that Massachusetts had been designated by the AARP as only the second state in the country to join that organization's Age-Friendly Network. This designation commits our state to a continued path of progress in making Massachusetts more livable and welcoming for older adults and people of all ages.

It is a great boost to work already underway throughout the commonwealth. As of 2017, 88 communities across the state have

achieved, were working toward or beginning efforts to make their cities and towns age-friendly. This includes important work to make communities and our healthcare system more welcoming and supportive of people with Alzheimer's Disease and other forms of dementia. We will build on this work with our community partners during the AARP planning effort.

A strong budget for older residents

The Baker-Polito budget for FY19 includes a \$17 million increase for Elders Affairs. Included in that amount is a \$2.9 million increase in formula grants that support the work of local Councils on Aging. This would provide more than \$16 million to Councils on Aging next year – the highest level of state support ever. The administration's budget also includes a \$7.4 million increase for the State Home Care Program and a \$4.7 million increase for the Community Choices program to help keep older residents with

serious healthcare needs in their homes for as long as possible. The budget also includes a \$2.7 million increase for the Protective Services Program, which receives and investigates reports of elder abuse, neglect and exploitation.

Taken together, all of this is good news for all of us who want to live, work and age well in Massachusetts. It is also good news for our partners working to support older residents in cities and towns, coalitions and nonprofits. Our commonwealth is moving toward a more age-friendly future, and that is good news for Massachusetts residents of all ages.

To learn more about the age-friendly movement, visit aarp.org/livable. If you're an older person, someone with a disability, or a caregiver looking for help or services, call MassOptions toll free at 844-422-6277 or visit massoptions.org. MassOptions is a free public service connecting older residents and those with disabilities to the services they need to live independently.



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Gloria Cordes Larson

Bentley University president is stepping down, 'stay tuned' for plans

By JANE KELLER GORDON
ASSISTANT EDITOR

Ten years after becoming Bentley University's first female president, Gloria Cordes Larson, 67, is scheduled to step down at the end of this academic year. Her future is unclear, but no doubt it will be as rewarding as her past.

"I still want to be connected in some way to higher education. I don't have any desire to be a serial president," Larson said. "I consider myself kind of an accidental tourist in the college presidency."

During her tenure at Bentley, Larson has overseen an expansion of programs in business, and at the undergraduate level, instituted double majors that "fused" business and liberal arts.



Gloria Cordes Larson

"As Bentley's first female president, I established the Center for Woman and Business, extending Bentley's influence into the business community, supporting young women en-

tering the workforce, and helping companies remove barriers to gender equality," she said.

"I championed life as a signature part of the Bentley experience, including committing the university to adoption of the Gallup-Purdue Index measures to encourage the long-term success, workplace engagement, and overall well-being of our graduates," she added.

According to the Purdue University website, "The Gallup-Purdue Index ... provides higher education leaders with productive insights for meaningful performance improvements."

As a member of the Executive Committee of the American College and University President's Climate Commitment, she was part of a joint effort to create an environmentally sustainable future.

Larson's path to college president was unusual. She was an award-winning lawyer, and an expert in public policy and business. She was not an academic.

As a child, she moved frequently with her father, a brigadier general in the U.S. Air Force, her mother who was a homemaker and an active volunteer, and her sister.

Her path was influenced greatly by the classic novel by Harper Lee, "To Kill a Mockingbird," which she read when she was 12.

"I was inspired by Atticus Finch's dedication to the law, belief in justice, and unwavering moral compass. Midway through, I decided that I would become lawyer, just like Atticus," Larson said.

She went on to graduate from Vassar College, and then earned a law degree from the University of Virginia.

Larson achieved great success in the legal community. She was a partner at the Boston-based law firm Foley Hoag,

where she was co-chair of the Government Strategies Group.

She held high-level positions in business and consumer issues in the administrations of Governor William Weld, Governor Mitt Romney, and Governor Deval Patrick.

Larson was involved in education as well, as a member of the think tank MassINC, the Great Schools Campaign, Global Massachusetts, and the Readiness Project.

She said that her transition from the practice of law to the presidency of Bentley was influenced by "The World Is Flat: A Brief History of the Twenty-first Century," a book by Thomas L. Friedman that analyzes globalization, primarily in the early 21st century.

"When I was a (law) partner... I recruited prospective summer associates. It was eye-opening because I met students with a much different view of the world and their place in it than my generation had," she said.

As for Friedman, she added, "... the forces he identified to shape the world — connectivity, vast information and collaboration — seemed immediately relevant to the students that I was recruiting. The world Friedman described was so different from the stable, predictable world that Baby Boomer and Generation Xers had grown up in. Millennials were growing up in a world of constant change but the education system itself wasn't keeping up."

When she steps down from the presidency at Bentley at the end of this academic year, Larson no doubt will carve a meaningful path.

"I'm really taking a step back and thinking, you know, what can I do that would have an impact and at the same time be as rewarding as this... So it could be something that's radically different — stay tuned."

Massachusetts is now an Age-Friendly State

Age-Friendly
Continued from page 2

a sense of familiarity.

AARP encourages older adults to take an active role in their communities' plans and ensures that their voices are heard. Related initiatives focus on areas such as housing, caregiving, community engagement,

volunteering, social inclusion and combating isolation among older people.

For more information, visit aarp.org/livable

Archives of articles from previous issues can be read at www.fiftyplusadvocate.com.

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Publisher: David Bagdon
Managing Editor: Bonnie Adams ext. 14
Creative Director: Tina Berthiaume

Fifty Plus Advocate is published monthly, 12 times annually by Bagdon Advertising, 32 South Street, Westborough, MA 01581.

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Arlington musician shares her talents on the Scottish fiddle

By JANICE ELIZABETH BERTE
CONTRIBUTING WRITER

How many people do you know that play the Scottish fiddle? Well, Arlington resident Barbara McOwen plays just that and lots more. With her husband Robert, McOwen moved from California to Massachusetts in 1979 with a B.A. in Music from the University of California, Berkeley.

Having a strong passion for the Scottish fiddle, McOwen founded her current band Tullochgorum (meaning “blue-green hills” in Gaelic) that has performed across the U.S., Canada and Scotland. She also co-founded three community Scottish music organizations in Boston, New Hampshire and New York City, the annual Boston Branch Royal Scottish Country Dance Society concerts, the New Hampshire Highland Games,



Barbara McOwen with Aonghas Grant in May 2013

Stockton Folk Dance Camp, and the Boston Harbor Scottish Fiddle Camp.

In addition, McOwen has recorded eight albums from the 1970s to 2012. These records cover her Scottish fiddle

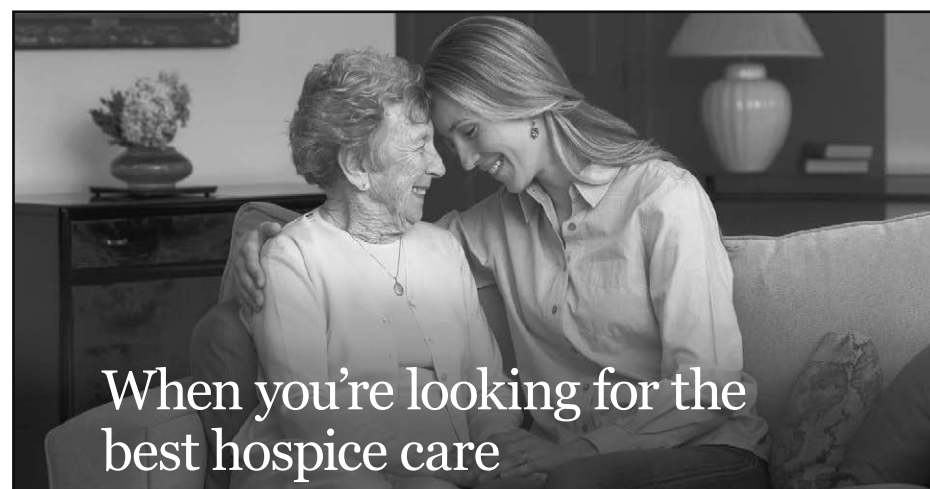
career; she is releasing the earlier records onto CDs. Some of McOwen's favorite Scottish tunes are “Paps of Glen Coe” (“mountains around the village”) and “Port a Bhodaich” (“song of the old man”).

McOwen has also worked for 13 years with highland fiddler Aonghas Grant in Scotland. They published two volumes of his musical repertoire, biography and stories, coupled with old family photos. It also includes a DVD of Aonghas playing a number of his fiddler tunes in the book.

McOwen is experienced in teaching all ages, all levels, and many instruments, and has developed a course for teaching Scottish fiddle from the beginner through advanced levels. She has taught Scottish music courses throughout North America, Japan, Australia and New Zealand, including at the Ceilidh Trail School of Celtic Music in Cape Breton. She has also composed a number of tunes which have gained some worldwide fame.

Her musical arrangements have gained her notoriety for Scottish country dancing as well.

McOwen page 7



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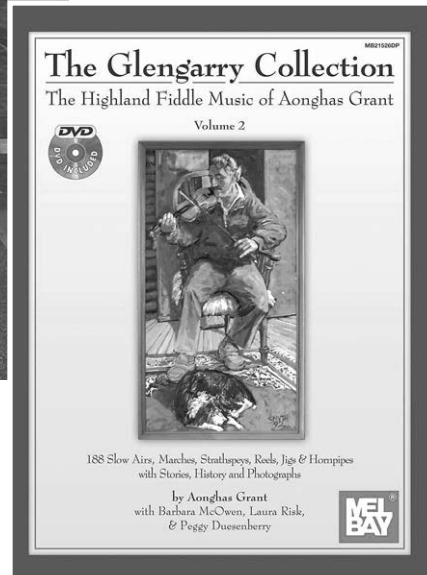
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Arlington musician shares her talents on the Scottish fiddle



Barbara McOwen played the fiddle with her husband Robert at a family wedding in October 2014.



McOwen
Continued from page 6

She currently teaches private Scottish fiddle lessons full-time at her home and at the New Hampshire School of Scottish Arts. She is a member and performer at the Gaelic Club, which brings her into regular contact with the traditional Cape Breton music scene.

Her love for the Scottish fiddle led her to start the Boston Scottish Fiddle Club in 1982 which is co-founded by her friend, Ed Pearlman. As this club grew, the pair employ rotating teachers on the first Sunday of every month to teach beginner, intermediate and advanced fiddle classes in Belmont at the Plymouth Congregational Church. All enthusiasts are welcome since the classes offer all levels to anyone interested.

Aonghas Grant's Glengarry collection features Barbara McOwen.

Along with the Fiddle Club, McOwen has started hosting fiddle jam sessions on the third Wednesday of every month at the Canadian American Club in Watertown.

McOwen and Pearlman also rent out an old school on Thompson Island in Boston on the second week of August. This is a gathering of teenagers and adults that come from all over the world to play the fiddle, as well as two teachers from Scotland.

For more information, visit bostonscottishfiddle@bsfc.org.

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pursue your passion

Fly fishing hobbyist to share passion at free event

By ED KARVOSKI JR.
CULTURE EDITOR

MARLBOROUGH/SUDBURY – Armand Courchaine of Marlborough discovered a love for fishing and the art of fly tying as a child. Now a retired electrician, he's committed to continue sharing his longtime passion with others.

Courchaine is once again serving as event chair for the 11th annual Fly Tying and Bamboo Rod Building Demonstration to take place Sunday, March 18, from 10 a.m. to 4 p.m., in the second-floor ballroom at Longfellow's Wayside Inn, 72 Wayside Inn Rd. in Sudbury.

Originally from Fall River, Courchaine cherishes memories of fishing with his father.



PHOTO/SHEILA COURCHAINE

"My father got into fishing later in his life," he explained. "I vividly remember fishing with him the first time I caught a freshwater bass when I was 8 years old."

Soon after getting hooked

Armand Courchaine demonstrates fly tying during an event last year sponsored by International Federation of Fly Fishers North Eastern Council at the Massachusetts Division of Fisheries and Wildlife in Westborough.

on fishing he learned about fly tying, a process of creating an artificial fly to catch fish. A 9-year-old Courchaine got hired as a fly tyer at a sporting goods store and worked there until age 13.

"My friends had newspaper

routes and here I am, working as a fly tyer," he said with a laugh.

At age 15, Courchaine asked a neighbor to drive him to Boston for meetings of the United Fly Tyers (UFT). After serving in the Navy from 1962 to '67, beginning with a deployment during the Cuban Missile Crisis, Courchaine returned to meetings and was elected club president in 1973. During his absence, he stayed informed on club happenings via monthly newsletters sent to him overseas.

Also a member of the salt-water fly fishing club Rhody Fly Rodders based in Riverside, R.I., he served multiple terms as its president and now as advisor. In 1994, he founded the Crossroads Anglers, a fly fishing club that meets

Courchaine page 9

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Fly fishing hobbyist to share passion at free event

Courchaine

Continued from page 8

monthly in South Foxborough.

In 2006, another UFT member told Courchaine about big fish stocked in Josephine's Pond at Wayside Inn. Courchaine noted that the inn's beverage manager, Doug Bugley of Southborough, bought \$500 worth of 16- to 18-inch brown and rain-

bow trout for the pond to give children a place to learn how to fish. Bugley passed away in 2008 of brain cancer.

"Doug told me that I was his best friend and asked me to do him a favor," Courchaine relayed. "He said, 'Keep this pond going.' He wanted children and adults to continue enjoying fishing there."

A group known as Friends of Josephine's Pond was established by Courchaine and Bugley to educate the public about fly fishing. Courchaine annually volunteers to stock the pond with trout.

"The fly tying event means so much to me," he said. "You only need four things in your life: God, your family, your business and a hobby. If one is missing it's

like driving down the road with a flat tire – you won't go very far."

The free event will feature demonstrations by 15 fly tyers. Fred Kretchman will return for his third year to demonstrate how to make bamboo fly rods. For more information, contact Courchaine at 508-982-1931 or ajflyfish@yahoo.com, or Wayside Inn at 978-443-1776.

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Northborough couple shares love of skiing with others

By LIZ NOLAN
CONTRIBUTING WRITER

NORTHBOROUGH — Fred and Barbara Kohout are no strangers to a ski slope. They have enjoyed the winter sport for most of their lives, and have shared their love of the sport as certified ski instructors at various ski resorts for 20 years. They also have volunteered their time at a number of adaptive ski programs, and have been instrumental in the Waterville Valley Adaptive Sports (WVAS) Learn-to-Ski weekend in New Hampshire, which started three years ago.

Over the years, the Kohouts have worked with children with disabilities, as well as with wounded warriors through different organizations that partner with WVAS.

WVAS provides adaptive lessons with private instruction in alpine skiing, snowboarding, snowshoeing and cross-country



Fred and Barbara Kohout

skiing to individuals with a wide range of disabilities.

The WVAS Learn-to-Ski weekend program received starter grants in 2016 and 2017 from the Doug Flutie Jr. Foundation. There is an application

process and participants for this year have already been selected. Families with children with disabilities are encouraged to apply next year.

Fred is retired and said he and Barbara are in New Hamp-

shire almost every weekend during the winter.

"It is good to give something back," he said.

Barbara is the executive director and founder of Applied Behavioral Associates, LLC in Marlborough, which provides outpatient behavioral health and autism services. She understands many of the challenges the child and family may experience, including the opportunity to enjoy recreational and social events together.

"Every kid wants to be a part of something," said Fred. "It's amazing to see someone make such rapid progress who didn't think they could do it."

Fred and Barbara both feel the Learn-to-Ski weekends are a great thing not only for the kids, but also for their families.

In addition to providing two nights of lodging, lift tickets, les-

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Northborough couple shares love of skiing with others

Kohouts

Continued from page 10

sons and a few meals, the weekend includes a family social.

Barbara said the social aspect is a big piece of the weekend as it connects families and builds relationships in an environment where there is an increased level of empathy and understanding of challenges.

The feedback from families who have participated in the program has been extremely positive and complimentary of the level of commitment of the staff working with the kids. The lessons are private, typically with a 2-to-1 instructor-to-child ratio.

“Everybody does have success in two days,” said Barbara. “The program is fun and works well. The teaching is a visual and kinesthetic approach.”

The words, “I learned to ski in one weekend,” have been repeated by participants. Many de-



PHOTO/SUBMITTED

The Kohouts with skiers on the first Learn to Ski weekend sponsored by the Flutie Grant at Waterville Valley.

scribe the weekend as amazing and write notes to share how the program made a difference for their family.

The program is set up for success and the Kohouts are proud

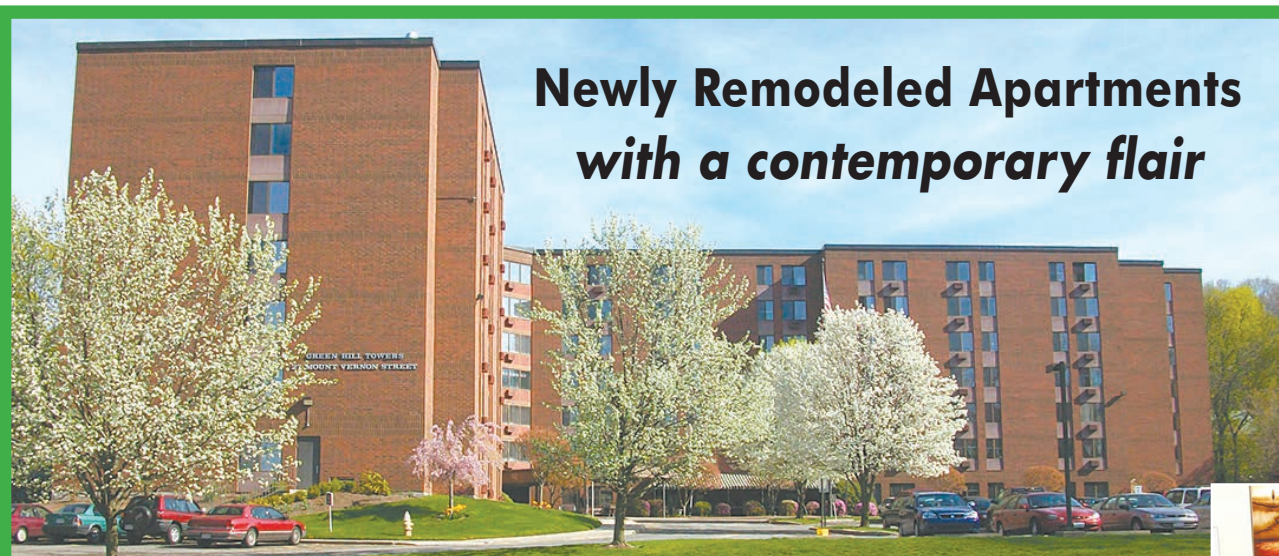
of those successes.

“We have seen some students become volunteers,” said Fred.

There are various ways the program raises funds in order to continue its mission, including

business sponsors. One of the biggest ways is the Ski-a-Thon weekend, which was held Feb. 3.

Additional information can be found at www.watervilleadaptive.com.



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travel and entertainment

Driving trips around the world offer amazing views

By VICTOR BLOCK
TRAVEL WRITER

Some drivers follow a route along one of the highest roads in the world. Others steer their car through a much lower setting which hugs an ocean coastline at sea level. Then there are journeys that take people through some of Mother Nature's most magnificent handiwork.

Vacationers seeking to explore a region, or entire country, by driving enjoy a staggering choice of options. Descriptions of just a few road trips offer an idea of the variety.

Begin with the hair-raising drive in northern India that goes literally to the top of the world. The road through the Khardung Pass reaches an altitude of 18,379 feet, where the air is thin and the views are breathtaking.

This twisting, turning route once was traversed by people riding on horses or camels. Today it's so popular that at times only vehicles heading in one direction are allowed to proceed, while those going the other way wait their turn.

Equally as beautiful in a very different way is the Great Ocean Road in Australia. It lives up, or rather down, to its name as it skirts that country's southeastern coastline. Travelers pass lush rainforests, steep cliffs and



Route 1 in Iceland

inviting beaches. Driving on the two-lane road has been named a "Top Tourism Experience" in that country.

Any discussion of outstanding driving trips must include some known for the scenery through which they lead. Highways with that claim to fame are in New Zealand, Hawaii and Iceland.

As it runs from Queenstown to Dunedin, the Southern Scenic

Route in New Zealand's South Island passes through a myriad of landscapes. They range from glacier-carved lakes and rushing waterfalls to dramatic limestone outcrops and a fossilized forest. The road also passes sea level settings that are home to penguins, seals, sea lions and other wildlife.

It's no surprise that Hawaii is known for scenery-rich roads. One of the most popular is the "Hawaii Belt," comprised

of three connected state routes around the perimeter of Hawaii Island. Along the way, travelers have opportunities to view both active and hardened lava flows, lush jungles, soaring mountains and deep valleys.

A shorter ring road, which makes up in rugged beauty what it lacks in length, is Route 1 which encircles Iceland. It passes

Travel page 13

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Driving trips around the world offer amazing views

Travel

Continued from page 12

through mountainous terrain and skirts tiny fishing villages, stunning fjords and a glacial lagoon. One highlight is a magnificent 197-foot waterfall with the tongue-twisting name of Seijalandsfoss.

People who prefer extended

trips might consider Argentina's Ruta 40 (Route 40), which is one of the longest stretches of highway anywhere. It spans more than 3,000 miles and rises from sea level to a height of 16,000 feet. The route leads past pristine lakes and through 27 passes below the snow-capped peaks of the Andes mountain range.



PHOTOS/SUBMITTED

The Khardung Pass road in India



PHOTOS/SUBMITTED

Hawaii belt

A very different setting greets those who follow the Alaska Highway, which is almost 1,400 miles from end to end. Beginning in Canada, the route passes through the Rocky Mountains, descends to follow a river and offers glimpses of "ghost towns," which are reminders of prospectors who came to the area seeking gold in the late 19th century. Another attraction is the opportunity to spot black bear, moose, bison and Dall sheep from the road.

Those in search of shorter scenic drives also are in luck. The route that hugs the steep hills of the Amalfi Coast in Italy is only 30 miles long but is world famous for passing through, and above, some of the most magnificent scenery anywhere.

Whatever your interest — history, magnificent scenery or many other passions — it's likely there's a driving trip, and maybe many, to satisfy your curiosity and spirit of adventure.



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Boston area octogenarian does his part for science

By JANE KELLER GORDON
ASSISTANT EDITOR

JAMAICA PLAIN – Back in 1996 – in this newspaper – Christopher Gussis, 89, first read that there were clinical trials in need of volunteers in the Boston area. He had retired and recently moved from New Jersey to Jamaica Plain with his wife Jane.

“I’m not into Bingo and clinical trials seemed like a good way to spend my time. Plus, I thought that I could help,” said Gussis. “I’m careful about what studies I join. I say if it’s not broke, don’t fix it.”

Since 1998, Gussis has been a part of 313 clinical trials, often as a control since he is in excellent health. He swims slow laps for 45 to 50 minutes, six days a week, and eats a healthy

diet that includes lots of oatmeal and salmon. He takes a cholesterol-lowering drug, but that’s it.

“I’ve has never been a smoker, and not much of a drinker,” said Gussis. “My doctor thinks it’s great that I’m in these trials. He thinks that I’m making a contribution toward helping mankind.”

Gussis grew up in New Brunswick, N.J., down the street from Rutgers University, where he earned a bachelor’s degree and master’s degree in education. In 1970, he graduated from Boston University with a doctorate in education.

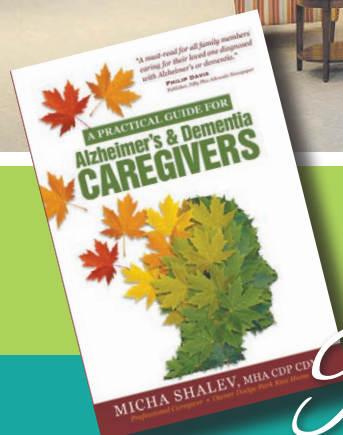
He credits his good health to his diet and family. Gussis’ parents emigrated from northwestern Greece to the U.S. in the early 1900s. The family ate

Gussis page 15



PHOTO SUBMITTED

Christopher Gussis



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Boston area octogenarian does his part for science

Gussis

Continued from page 14

a Mediterranean diet when Gussis was growing up, which he has continued for the most part throughout his life.

Longevity seems to run in Gussis's family. His mother, brother, and sister lived past 90; another brother made it to 89. His father and two other brothers died in their early 80s.

Toward the end of World War II, Gussis served in the Naval Air Force as a flight recorder for B24s flying along the east coast.

Following his service, Gussis taught health education for 43 years in the public schools in Edison, N.J. During that time he was an adjunct professor at Montclair State University and Keen University, both in New Jersey.

As for moving to Boston, he said, "I made a deal with my wife who was from the

"My doctor thinks it's great that I'm in these trials. He thinks that I'm making a contribution toward helping mankind."

Christopher Gussis

area that we would move back when I retired. She was happy to see me involved with the trials."

Unfortunately, his wife died 11 years ago.

He keeps a single-spaced list – covering seven pages – of the clinical trials in which he has participated. They have taken place at all the hospitals and universities in the Boston area.

The first was called, "The Effects of Aging on Muscles and Nerves." The most recent is "Emotional Processing Across

the Adult Lifespan: Behavioral."

Gussis said that he's been prodded from his head to his toes. He has had his balance checked, his sleep monitored, and he's been in a tank of water.

"I have left some trials when the drugs made me feel nauseous," he said.

He is currently involved in a study at the Aging Laboratory at the Massachusetts Institute of Technology.

"You need to be over 85

to participate," he explained. "There are 30 or 35 of us and they're looking for more people. It's about trying to find out some of the things you should do or should not do."

Besides clinical trials, Gussis enjoys attending classical music events. He has organized a biannual event – on Memorial Day and Veterans Day – at the Annunciation Greek Orthodox Cathedral of New England.

"I've identified 841 veterans from World War I on, who were members of this church," he said. "About 300 are still alive."

The last event included the U.S.S. Constitution Color Guard, representatives from the five military branches, and the George Menichios Post 324 American Legion, a speaker, and luncheon.

When asked whether he feels like a human guinea pig, Gussis said, "It doesn't sound nice, but it's true."



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Vocalist pays tribute to Sinatra his way

BY ED KARVOSKI JR.
CULTURE EDITOR

PEABODY – When singer George Lyons of Peabody began performing in the mid-1970s, his vocal style was frequently compared to the crooning of Frank Sinatra. Since the entertainment legend passed away in 1998, Lyons has kept Sinatra's memories and music alive on New England stages.

He immediately became a fan in the 1950s when hearing Sinatra tunes on a car radio.

"I loved the richness of his voice, singing upbeat songs with great orchestrations," Lyons recalled. "I thought he sounded hip – although I didn't even know what 'hip' meant then."

His admiration grew when he attended Sinatra concerts nationwide including New York City's Carnegie Hall and the Providence Civic Center in Rhode Island. As the most



PHOTOS SUBMITTED



Left: George Lyons with a Marilyn Monroe impersonator. Right: George Lyons and Don McLean

memorable, he cites the first time seeing his idol's in-person performance Oct. 2, 1974, at the original Boston Garden.

"Frank's version of 'My Way' that night is included in 'The Main Event' LP of his nationally-televised concert at Madison Square Garden on Oct

13, 1974," Lyons noted. "Sinatra exuded an electricity that was felt all over the venue. He was unique; there will never be a successor."

During that time in the 1970s, Lyons sang with the Al Vega Trio. They performed on the 1976 WCVB-TV Channel 5 special "Christmas in New Eng-

land," set at the Endicott Estate in Dedham with the late Dusty Springfield and Rod McKuen. In the 1980s, he partnered with singer-pianist Cyndia Shook. Among the duo's gigs was a yearlong engagement three nights a week at the former

Vocalist page 17

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Vocalist pays tribute to Sinatra his way

Vocalist

Continued from page 16

Duttons Restaurant in Quincy.

When Sinatra passed away in 1998, Lyons felt it was time for him to pay tribute to his idol onstage. Self-described as “a sound-alike, not a lookalike,” he began working with a talent agency that MARpersonators.

A tuxedo-clad Lyons performs the impersonation his way. He focuses on Sinatra’s tone – sans a fedora. He theorizes why many Sinatra impersonators accessorize their formal wear.

“They don’t realize that Sinatra never wore a fedora while wearing a tux,” he said. “They don’t have sufficient vocal chops and need props to explain who they’re imitating.”

Among the first jobs the agent booked for Lyons was at Maison Robert, the upscale Boston restaurant housed in the Old City Hall until its closing in 2004. Since 2015, he has performed his Sinatra tribute annually at “The Best Years Expo” at Gillette Stadium in Foxboro. There in 2016, Lyons shared a stage with Florence Henderson the month before she passed away.

“Florence was 82 and looked amazing,” he noted.

In complete contrast, Lyons performed at a Brockton Burger King employee’s retirement



Florence Henderson and George Lyons

party after she worked there 40 years.

“She started working part-time, mother’s hours and then stayed after her kids grew up,” Lyons explained. “She’s supposedly the longest-running burger slinger in BK history. There was a clown, an acrobat, a pony, and me singing ‘My Way.’”

One of his most intimate performance settings was a hotel room on Cape Cod with an audience of two. A granddaughter from Wisconsin hired him to surprise her grandparents with a private Sinatra concert as they celebrated their 60th wedding anniversary.

A potential job prompted Lyons to add other celebrity impersonations to his resume.

“An agent told me somebody wanted a Neil Diamond impersonator,” Lyons relayed. “I had never heard of Neil Diamond.”

Now, he impersonates Diamond along with Tony Bennett, Sammy Davis Jr., Engelbert Humperdinck, Dean Martin, Elvis Presley and others upon request.

“I’ve sung in front of thou-

sands of people at Gillette Stadium and in a hotel room for two,” Lyons said. “My motto is, ‘Have songs, will travel.’”

For more information about Lyons, visit soundlikefrank.com.

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caregiving tips

Family caregiving: Why respite?

By MICHA SHALEV
MHA CDP CDCM

Being a family caregiver, while a fulfilling role, can consume a great deal of physical, mental and emotional energy. Consequently, respite



Caregiving Tips

care is very important because it gives family caregivers of persons with Alzheimer's and related dementia an opportunity to create a plan of care for themselves; something a caregiver often overlooks.

Respite care simply means an interval of rest or relief. Respite

care gives you, the family caregiver, an opportunity to take a much-needed break from the daily care that you provide for your loved one. A period of respite may be a few hours or a few days at a time, depending on what is decided between you and the care recipient. There are a number of ways you can spend your "time off" during your respite. Here are just a few examples:

- Go to the movies
- Read a book at a nearby park
- Go on a short vacation
- Have someone else care for your loved one while you retreat to another part of the house and watch TV, read a book, or take a nap
- Attend a caregiving support group
- Sit in the sun
- Take a walk
- Treat yourself to lunch at a

restaurant with a friend

- Get a massage / facial / manicure...do something for YOU

It is important to have a plan for your own self-care because doing so can enhance the quality of life for you and the quality of life of your loved one. The more relaxed and fulfilled you feel, the more easily you will be able to provide the necessary care to your loved one. It is also possible that your loved one will appreciate a respite from the normal routine of care as well!

The lack of a conscious plan of self-care can result in caregiver burnout. How do you know if you are burning out? Some symptoms of caregiver burnout are social withdrawal, exhaustion, inability to concentrate or relax, depression, inability to sleep, anxiety, irritability, forgetfulness, and lack of appetite.

Caregiver burnout makes the task of caregiving very difficult, if not impossible. It can lead to resentment on the part of the caregiver, and even illness. It is your responsibility as a caregiver to care for yourself as well as the person you are caring for.

Respite care is one tool you can use to help yourself avoid caregiver burnout. To begin taking advantage of the benefits of receiving a reprieve from the routine care you provide to your loved one, follow the three steps below:

Step 1- Are you a family caregiver?

The first step to receiving help is to identify whether or not you are a family caregiver. Not everyone considers the care they provide to their loved one as "caregiving." However, you are indeed a family caregiver if you provide care to an ill family member such as assisting with areas of personal care, emotional

support and companionship, finances, and maintaining the household.

Step 2-Have you discussed your needs with your loved one?

It is important to communicate your needs and desires with your loved one, the person you are providing care for. If you believe that you might like to pursue respite care services, it is essential to discuss this with your loved one. In doing so, you may discover that your loved one is very supportive of the idea. You may also find that having such a conversation opens up doors for even more communication and intimacy.

Step 3-How do you find out about respite services available to you?

Respite care can take different forms. In-home respite care usually involves a trained professional (often from a home health agency) who comes into the home to provide necessary care during a period of time when the caregiver is away.

Another way to partake in respite care services is through a facility or residence that employs trained healthcare staff on site. This type of respite would allow your loved one to stay at such a residence on a short-term basis (as determined by you and your loved one) and entitle him or her to receive whatever cares he or she needs.

A less formal way of way of receiving respite care assistance is by utilizing family and friends who are eager to be helpful. The next time a friend or family member asks you how they can help, consider responding by telling them that giving you a break for the day or an evening, or even for a few hours might be the nicest gift they can give you.



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Micha Shalev MHA CDP CDCM CADDCT, is the co-owner of The Oasis at Dodge Park, Dodge Park Rest Home and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He holds a master's degree in healthcare management and is a graduate of the National Council of Certified Dementia Practitioners program, and well-known speaker covering Alzheimer's and dementia training topics. He can be reached at 508-853-8180 or m.shalev@dodgepark.com. Archives of articles from previous issues can be read at www.fiftyplusadvocate.com.

money matters

A new local resource for senior homeowners

By ALAIN VALLES, CRMP,
MBA, CSA
MANAGING DIRECTOR
HELPING HANDS COMMUNITY
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Reverse Mortgage

At all times I have served as an advocate, and sometimes a cheer-

leader, for the people I have helped. But there was always a nagging suspicion that my industry could do more. That it needs to do a better job educating all potential borrowers about the purchase, refinance, and reverse mortgage process. And, most importantly, to make sure our intent is to help people afford a home and not just buy a house.

I decided that it is time to give back.

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Reverse mortgage expertise

Of most importance for readers of this publication, we continue to be reverse mortgage experts. We have more loan officers with the Certified Reverse Mortgage Professional (CRMP) designation than any other nonprofit in the country. Our mission is to take the mystery and misinformation out of reverse mortgages. We want to make sure that older homeowners are fully educated about reverse mortgages so that they can make a more informed decision about when a reverse mortgage is right for them. We pride ourselves in meeting one-on-one with seniors in the comfort of their home to review their unique situation and, when appropriate, ar-

Reverse mortgage page 20

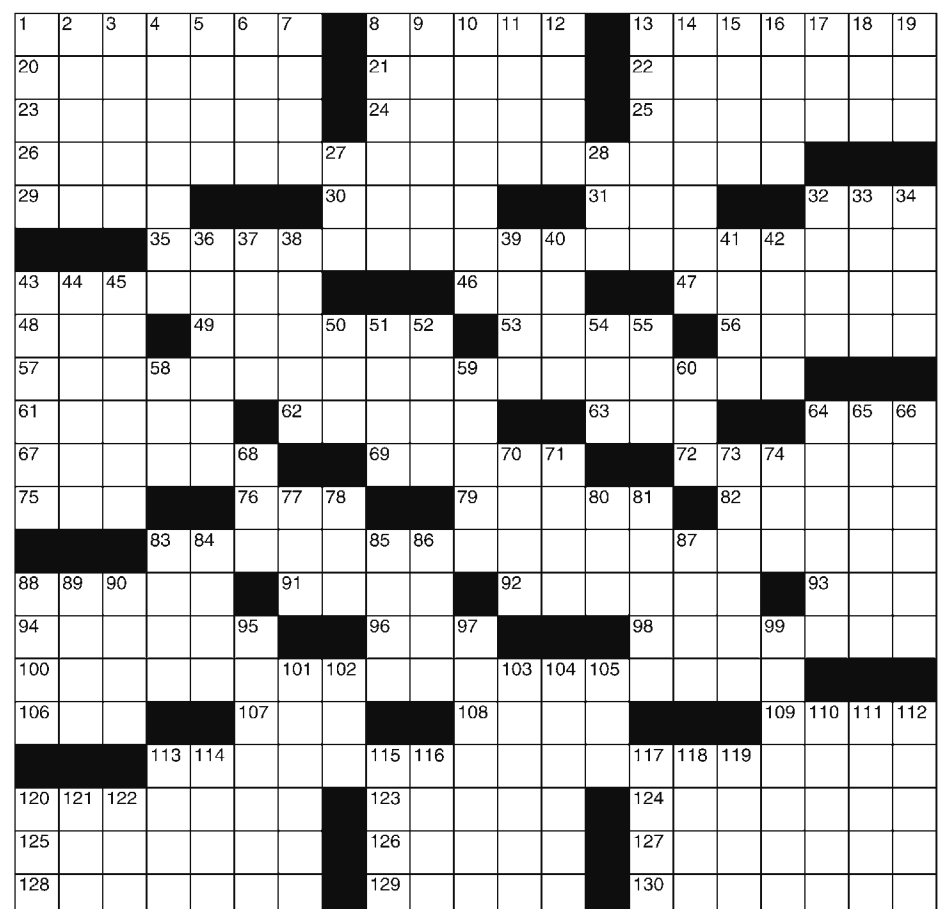
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"Heartfelt Wish"

(answers on page 20)

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- 1 Birmingham locale
8 Holy See leaders
13 Largest living bird
20 One vilifying in print
21 Spitz relative
22 City WSW of Albany
23 Aroma source
24 Former NBA'er Odom
25 Most humble
26 Own delicately pretty baby enclosures?
29 With 32-Across, tourist's reference
30 Baseballer Hershisier
31 Rhine feeder
32 See 29-Across
35 People put aside their pride for a while?
43 Posed for a painting, e.g.
46 Mineo of film
47 Tidbits
48 Log splitter
49 Bring on
53 Turbine part
56 "Weird Al" Yankovic hit
57 Pinched a chubby shrink?
61 Pet's jingler
62 Gluck's "—ed Euridice"
63 My, in Milan
64 "Ammo" pair
67 "New Math" singer Tom
69 "The Donald"
72 Shiite, e.g.
75 Stubborn beast
76 Not at home
79 Wage hike
82 Open spot in a forest
83 "Airplane!" co-star created an online fund-transfer service?
88 Large parrot
91 Exotic juice berry
92 India or Iran
93 Park it
94 Astounds
96 "Yay, team!"
98 Geezers
100 Turn down a mawkish sea monster?
106 USN rank
107 Chip or nick
108 Large feline
109 See 85-Down
113 What this puzzle's long answers are anagrams of
120 Enchant
123 PC character format
124 Some suede
125 In pieces
126 Diadem's kin
127 Prayer rug user, say
128 Hot springs
129 Lucifer
130 50- (some long field goals)
DOWN
1 Maui "hello"
2 Detection system that uses a laser
3 Higher than
4 Deprive (of), as through absence
5 "When I was —"
6 Actress Suvani
7 Intro class for painters
8 Trifling
9 Signed off on
10 Zits
11 List-curtailling abbr.
12 Poet Teasdale
13 Tuba sound
14 Disdain openly
15 Many a rave attendee
16 Soldiers on "M*A*S*H"
17 Salt additive?
18 Dol. parts
19 Fez or kepi
27 "Just joking!"
28 "Yahoo!"
32 Beef or ham
33 Opposing
34 "Hey, I've got a secret ..."
36 Maintain
37 Essential
38 Boise setting
39 Volcanic flow
40 Actor Ladd
41 JFK was one
42 Bog material
43 Philippines' capital
44 Lime, silica and rust
45 — of despair
50 The, to Franz
51 Roosevelt's successor
52 Higher than
54 "Rambo" site, for short
55 Yale student
58 Duffer's goal
59 "— joking!"
60 Thanksgiving staple
64 Slip by
65 In-flight
66 Puts in a blast furnace
68 Singer Clark
70 Singer Aimee
71 Bread for a gyro
73 Kampala site
74 Cunning
77 Signer of SALT I and II
78 Quirky habit
80 Unit for Graf
81 Mandate
83 Ill-defined
84 Astonishes
85 With 109-Across, zilch
86 Apothecary's bottle
87 Roo's friend
88 Produced
89 Revival reply
90 Gives the boot
95 Selection of chocolates
97 Spiteful, violent sort
99 Ground, as the teeth
101 Daily news sources
102 Inquire nosily
103 TV host Meredith
104 Old Greek
105 Cookout pest
110 "Swan Lake" villainess
111 Watchdog Ralph
112 People ogling
113 Attila's bunch
114 Secretary, say
115 Giant tubs
116 Yemen locale
117 Really gross
118 Octa- + one
119 Fancy water jug
120 Luggage item
121 Dialect suffix
122 Man



Special Olympian celebrates 50-year milestone

BY JANE KELLER GORDON
ASSISTANT EDITOR

SCITUATE - Thousands of miles from the 2018 Winter Olympics in Pyeongchang, South Korea, Scituate-native Ricky Pyne (59) is getting ready for his next gold medal quest. Ricky, who has Down syndrome, has competed in the Special Olympics for the past 50 years.

Taffy Nothnagle has been Ricky's coach since 1993.

"Soon after Eunice Kennedy Shriver founded the Special Olympics, Ricky, who was 9 then, was introduced to the competition by his wonderful special education teacher Fran Jacobs, who recently passed away," she said. "He is one of the first Special Olympic athletes."

Ricky has earned medals in track and field, swimming, candlepin bowling, basketball, and other sports. His next event is a bowling tournament on Sunday, March 4 in Kingston, Mass.

He is blessed with a loving family and close-knit community, in part from his participation in the Special Olympics.

The Pyne family moved from Belmont to Scituate when Ricky was two.

Ricky, the youngest of five children, grew up living at home with



(l to r) Jack, Ricky, and Polly Pyne

his father Wally and mother Eleanor, who was his devoted caretaker.

Jack (76), Ricky's oldest brother, has been his guardian for the past 26 years. Jack and his wife Polly, who have four children and 16 grandchildren, are devoted to Ricky.

"We are more than grateful to take care of Ricky. It's our moral obligation," said Polly.

Ricky lived alone with Eleanor

after his father's death in 1990.

"Nine years later, when Eleanor died at the age of 86, Ricky was 41. I don't know who was keeping whom alive at that point. Eleanor lived for Ricky," Polly said. "She said that she was going to die the day after him. She called him her king."

One downside of being Eleanor's king was Ricky's diet. She fed him constantly, and he was extremely overweight. Together, Polly and Jack changed Ricky's diet and increased his level of exercise. He lost 125 pounds over the course of a few years.

When Eleanor died, it was a challenge to find a group home for Ricky. Eighteen months later, Ricky moved into one in Scituate through a nonprofit called Road to Responsibility.

His placement resulted from his participation in a 1999 class action suit, Boulet, et al v. Cellucci, filed on behalf of him and four other disabled adults.

"As a result that landmark decision, Massachusetts provided guaranteed residential placements for 2,500 disabled adults," said Nothnagle.

These days, Ricky keeps busy working part time in a used bookstore operated by Road to Responsibility.

"I love it and I get paid," he said.

He stays in shape bowling, playing softball in the summer, riding a stationary bicycle, and lifting weights now and then. And, he continues to be an active participant in the Special Olympics.

Unfortunately, Ricky is in the early stages of Alzheimer's disease, which occurs at a high incidence in the Down syndrome population.

"He's starting to forget things. We know that he's well cared for in his group home. That's where he'll stay. He is very happy there," Polly said.

In addition to exercise and work, for the past 17 years, Ricky has been seen at McLean Hospital by Dr. Florence Lai, who has treated Down syndrome patients for over 30 years.

About a year ago, Jack and Polly agreed to enroll Ricky in a worldwide observational study of biomarkers of Alzheimer's disease in adults with Down syndrome. The study is led by Dr. Lai, and Dr. H. Diana Rosas at Massachusetts General Hospital. Polly and Jack would like to get the results of PET scans and blood test, but understand that is not the way it works.

"Ricky is older and still verbal, so we know that he can contribute to research. In our own way, we're doing our bit to help the Down syndrome community. And, we're so proud that Ricky has reached his 50-year milestone with Special Olympics," said Polly.

A new local resource for senior homeowners

Reverse mortgage
Continued from page 19

range the reverse mortgage loan.

**Obtain your free
"How to Use Your Home to
Stay at Home" 36-page book**

In future articles, I'll write in greater detail about the pros and cons of reverse mortgages. For today, a good start for those interested is to give me a call at 781-724-6221 or email at av@hhcp.org and request a free copy

of the official reverse mortgage consumer booklet approved by the U.S. Department of Housing & Urban Development (HUD) called "Use Your Home to Stay at Home" published by the National Council on Aging (NCOA). This is a great place to start to receive basic information. Or I would be happy to review your specific situation to help you achieve your goals, reduce financial stress, and maintain your independence.

Alain Valles is Managing Director of Helping Hands Community Partners, Inc. and was the first designated Certified Reverse Mortgage Professional in New England. He obtained a Master of Science from the M.I.T. Center for Real Estate, an MBA from the Wharton School, and graduated summa cum laude from UMass Amherst. Alain can be reached directly at 781-724-6221 or by email at av@hhcp.org. Archives of articles from previous issues can be read at www.fiftyplusadvocate.com.

Answers to Super Crossword

(puzzle on page 19)

A	L	A	B	A	M	A		P	O	P	E	S		O	S	T	R	I	C	H
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Productive aging

By MARIANNE DELOREY, Ph.D.

Our staff likes to tease. The easiest group to pick on is the activities staff. We accuse them of having a cushy job, saying they get paid to play games all day,



Housing Options

to listen to music, have snacks, knit, play puzzles on the computer, or go on trips. We roll our eyes when they complain about a hard day. But the truth is these jobs are hard. They are also important, undervalued, and have a real impact on our residents.

Everyone prioritizes. Organizations like Housing and Urban Development (HUD) spend their money on bricks and mortar so they can house as many people as possible. HUD (and most people) view activities as “an extra” that can go unfunded. After all, why should taxpayers fund an ice cream social or spend money on puzzles or games?

More and more research, however, is providing a solid reason to do so. Some research finds that any activity that draws people together has a solid benefit. The AARP is doing research to help combat

loneliness and isolation among seniors for a very simple reason – loneliness kills.

According to their research, lonely adults are at greater risk of memory loss, strokes, heart disease and high blood pressure. The effect of loneliness on the health of a senior is equivalent to smoking 15 cigarettes a day. In a nutshell, lonely seniors decline and die faster, and once they are lonely, they may push others away, creating a downward spiral that affects them very quickly.

But that is not all. Additional research by Festini, McDonough and Park found that people who were busier had better cognitive skills including memory regardless of age. And perhaps more importantly, research by Csikszentmihalyi also indicates that crafting – knitting or coloring or any activity that allows you to learn and be creative – can have the same health benefits as meditation, including reducing stress and fighting inflammation.

And, if you listen to the residents who participate, they will tell you that the silly game of cards or dice they

Painting’s not important.

The important thing is keeping busy.

– Grandma Moses

play once a week helps to keep them sharp. Some look forward to computer class, some like the trips. One resident colors, one painted rocks. Another resident asked for something to do so she could focus on something other than her depression. Residents feel useful when they make craft items and this sense of purpose makes them happier and healthier.

Best yet, the activities staff keeps an eye out for changes in cognition or memory that

might need to get reported to doctors or family members. If a regular attendee misses a class, we often know to go check in to make sure they are OK.

We like to tease our activities staff, but the truth is, we’d be lost without them. They have an almost impossible job some days – be happy and upbeat, even when you don’t feel like it, and engage people who might just want to be alone.

Having activities on site means we can offer not just housing, but housing with dignity. Providing bricks and mortar may make it possible to maximize community housing for elders, but having activities helps maximize the quality and quantity of their final years.

Marianne Delorey, Ph.D., is the executive director of Colony Retirement Homes. She can be reached at 508-755-0444 or mdelorey@colonyretirement.com and www.colonyretirementhomes.com. Archives of articles from previous issues can be read at www.fiftyplusadvocate.com.

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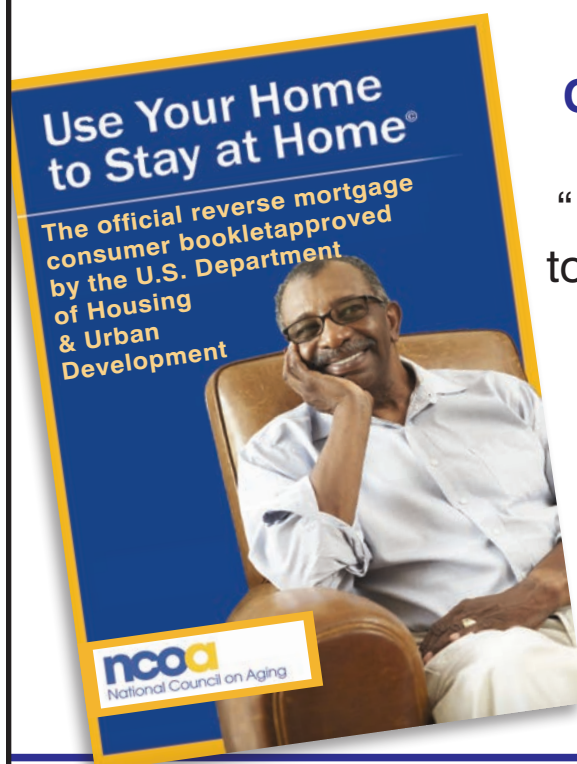
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Funny pharmacist dispenses doses of laughter

By ED KARVOSKI JR.
CULTURE EDITOR

BILLERICA/REVERE – Artie Januario of Billerica understood that he was destined to ultimately follow his family's tradition of becoming a pharmacist back when he played football as team captain at Immaculate Conception High School in Revere and graduated in 1973. However, he was unaware at the time that he'd concurrently headline as a stand-up comedian at clubs nationwide.

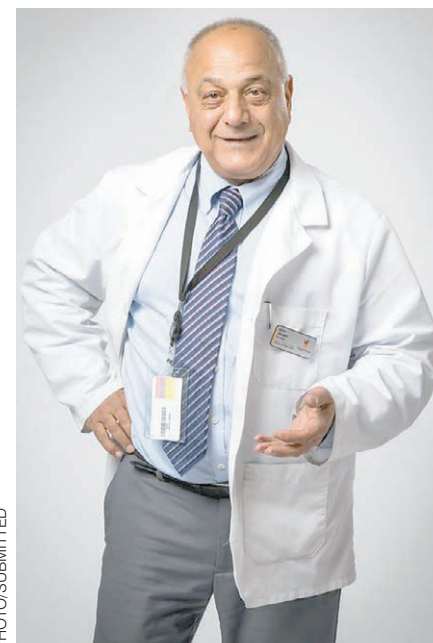
"My dad was a pharmacist and I'm the oldest son in an Italian family, so I had to do what he did," Januario explained.

A young Januario began learning on the job in 1966 at his father's Somerville pharmacy. He attended Massachusetts College of Pharmacy and Health Sciences, and earned his pharmaceutical license in 1978.

While working at Harvard University's pharmacy, Januario studied creative writing at its extension school in 2000. A professor's compliments of his humorous writings prompted him to perform an open mic night at Dick Doherty's Beantown Comedy Vault, located at the time on Boylston Street in Boston.

"When I got onstage, I finally felt like I belonged somewhere," he recalled. "Then I continued going to the open mic every night. I had never felt so fulfilled until I started doing comedy."

As his comedy gigs increased, Januario began working as a floater in 2004 at Super Stop & Shop pharmacies statewide. The position's flexible schedule lets him perform nights and out-of-state book-



Artie Januario

ings such as Atlantic City and Las Vegas.

"Working at Super Stop & Shop is a little different than other pharmacy locations I was accustomed to, so it changed the way I counsel," he noted. "Now I'm saying things like, 'Take this Lipitor every night at 8 o'clock – with the Doritos that are on sale in aisle five.'"

While much of his material features pharmaceutical humor, Januario learned the importance of varied topics as he quickly climbed comedy clubs' ladder to headliner status.

"Some crowds won't go for me talking about the pharmacy, so I'll switch gears to stuff about sports or my children," he said. "To headline, you need to put together at least an hour of material to present 40 minutes."

In 2012, Januario was among the laugh-provoking lineup of the 18th annual Comics Come Home with its co-founder Denis Leary and other comedians including Lenny Clarke and Darrell Hammond. The fundraiser for the Cam Neely Foundation for Cancer Care

Funny pharmacist dispenses doses of laughter

Januario
Continued from page 22

was held that year at the 7,200-seat Agganis Arena in Boston.

"At the end of the show, they put the lights up when we're all onstage together with the band playing and I was doing high kicks with Denis," Januario relayed. "I looked out and saw the awesomeness of thousands of people in the audience."

With two jobs involving significant travel, Januario enjoys settling into frequent appearances at Giggles Comedy Club in Saugus. He appreciates a longtime working relationship with the club owner, Mike Clarke.

"It's good for any comedian to have a home club," Januario said. "I can call Mike and tell

him that I'm going to do a special show for a bunch of doctors, and he lets me go there to tweak new material."

Januario is also grateful that he discovered and followed his true passion.

"I started doing comedy when I was 44 and probably didn't get good at it until I was 50," he noted. "I tell my children that it's never too late to do what you were meant to do and start something new. Everybody has a gift – and it can take a while to find out what it is. If you can share your gift, then it's awesome for everybody."

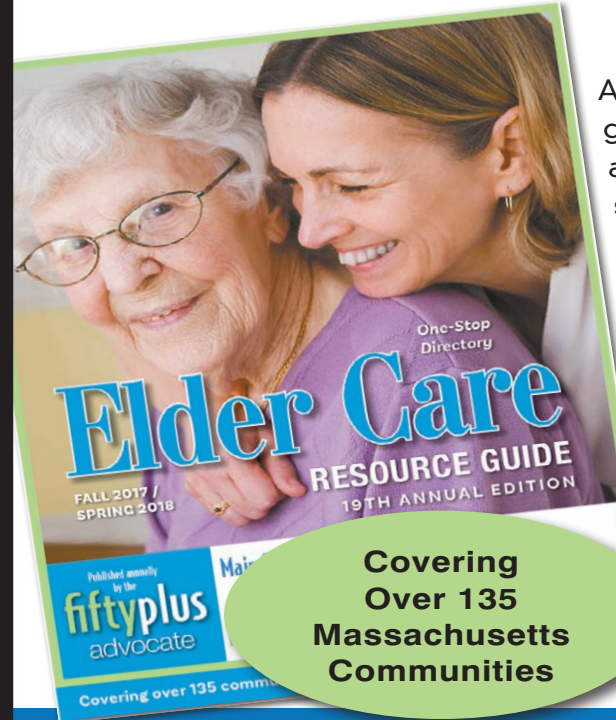
For more information about Artie Januario, visit artiejcom-ic.com.

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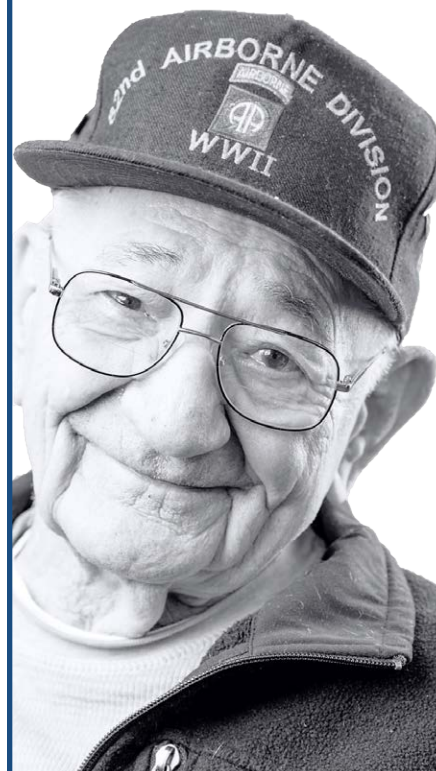
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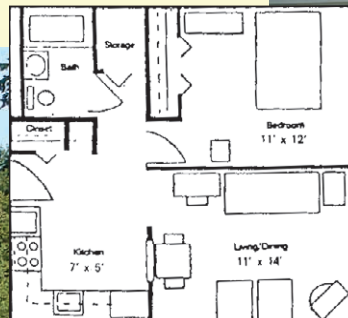
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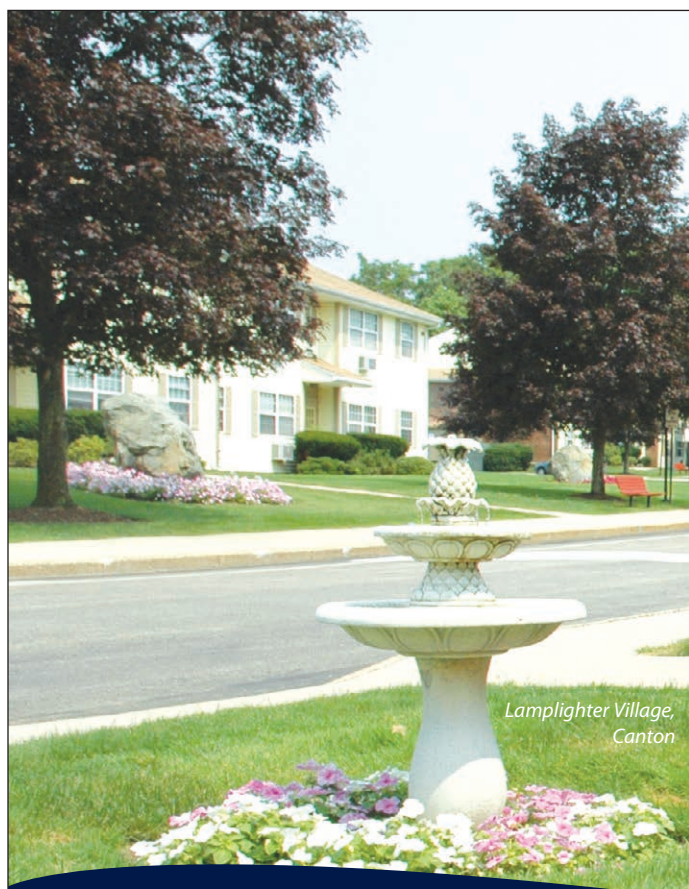


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