

Boston Seniority

Commission on Affairs of the Elderly, Boston Mayor Martin J. Walsh



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HEALTH**
p. 6 & 7

**City
Love**
p. 16 & 17

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See if we saw you! A photo series from social outings around the city.



On the Cover:

Our cover stars are Roxbury residents Mildred "Milly", 81, and Ronald Shelburne, 82. They first met at Revere Beach and have been married for 56 years. They have two daughters, one son, and five grandkids. See **p.18** for more about their love story.



Boston Seniority

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Stay Connected with the Commission on Affairs of the Elderly:



Main number: (617) 635-4366



Website: www.boston.gov/elderly



Facebook: @BostonElderlyCommission



Twitter: @AgingInBos

Question for our readers:

How do you stay active?

Email us at bostonseniority@boston.gov with: your name, age, neighborhood, phone number, and short answer to this month's question for a chance for your quote to be featured in a future issue!

From the Mayor's Desk

An excerpt from Mayor Walsh's 2018 Inauguration Speech



Since 1630, Boston has been a refuge: from religious persecution, from hunger and war and discrimination, and now, also, from climate change. People from around the world and across our nation look to Boston for hope, for opportunity, and for a chance to build a better life. Together we live the idea that is Boston, as the beating heart of a great city that is always moving forward.

In the last four years we have dedicated ourselves to Boston's progress. In the city where free public education began, we expanded its reach from pre-kindergarten to community college. We tackled a housing shortage by building record numbers of new homes and new affordable homes. We showed a way forward in police-community relations—major crime has fallen by 19%, and arrests are down 23%. We proved that Boston's values create value: adding 80,000 new jobs, lifting small businesses in every neighborhood, and becoming a headquarters city in the global economy.

Boston built America's first public school, public park, and public library. We dug the first subway and invented the first telephone. We ran the first annual marathon and won the first World Series. Now let's be the first major city to come together as a community and end chronic homelessness for good.

We are a city built by all the peoples of the world, as they turn hunger into hope, crisis into recovery, and conflict into community. We have built a city of neighborhoods that care, a city of second chances, a city of learning and healing, a city of courage and creativity, a city of heart and hope. We are one of the great cities of the world and, after nearly four centuries, our greatest days are yet to come.

Sincerely,



-Mayor Martin J. Walsh

► Book Recommendations

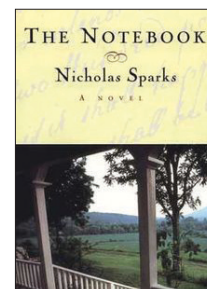
BPL's Black History Month Book List

Boston Public Library honors Black History Month with its annual "Black Is" booklist, a list of recent books concerning the African American experience compiled by staff librarians for all to enjoy. Copies of the booklist will be available at all library locations in February and available on bpl.org.

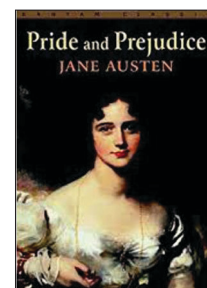
- *The Meaning of Michelle: 16 Writers on the Iconic First Lady and How Her Journey Inspires Our Own.* Edited by Veronica Chambers
- *My Soul Looks Back: A memoir* by Jessica B. Harris
- *A Surprised Queenhood in the New Black Sun: The Life and Legacy of Gwendolyn Brooks* by Angela Jackson
- *The Woman Next Door* by Yewande Omotoso
- *Behold the Dreamers: A novel* by Imbolo Mbue
- *And Then There Was Me: A novel* by Sadeqa Johnson

Love & Literature

By Kathleen O'Connor

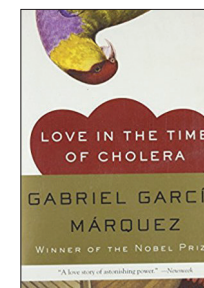


For readers: Nicholas Sparks' *The Notebook* profiles two people who love each other deeply, but always seem to be kept apart by life itself. Their road to happiness is long and tough, but everything is painstakingly recorded in a diary along the way, reminding them in their later years what they once had.



For a two centuries-old rom-com, *Pride and Prejudice* still hits the spot. Twentieth-century writer Eudora Welty praised it as "irresistible and as nearly flawless as

any fiction could be." Austen's piercing social commentary finds its voice in refined sparring between (the proud) Mr. Darcy and (the prejudiced) Elizabeth Bennett as their courtship unfolds in a series of drawing room vignettes. See why Austen's work set the template for so many romance novels that followed.



Love in the Time of Cholera may be Gabriel García Márquez's response to the question, "What is love?" But don't look for clear-cut definitions. Since the author's M.O. is complexity, brace for a love triangle garnished with illustrations of love: young and old, faithful and unfaithful, respectable and shameful. So which is the love affair between Florentino and Fermina? Your call...

Taking to Heart

By Geraldine Wyse, RN

Not only is heart disease the leading cause of death in the United States, it is a major source of disability.

Heart attacks can have many symptoms. Here are some things to watch for:

- A squeezing, pressure, discomfort, or pain in the chest
- Shortness of breath (even without exertion)
- Pain in the arm, shoulder, neck, jaw, and back (from moderate to serious discomfort)
- Nausea, vomiting, dizziness, lightheadedness, and sweating

Men and women can also exhibit different symptoms:

- Men are more likely to experience: shortness of breath and chest tightness
- Women are more likely to experience shortness of breath, dizziness, back or jaw pain, and upper abdominal pain

If you are experiencing any of these symptoms, call 911. Heart disease is a manageable diagnosis, when given proper, proactive care. Consult your primary care physician for more information.

ABOUT
90%

of women have one or more risk factors for developing heart disease or stroke.

*The Heart Foundation

Facts:



Did you know that February is Heart Disease Awareness Month?



Certain lifestyle choices increase the risk of heart disease and coronary events. Avoid smoking, secondhand smoke, and excessive alcohol use.



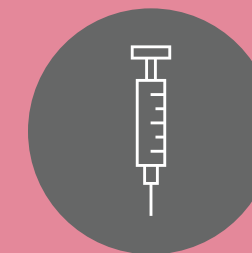
Keep your stress level in check. Chronic stress increases the release of hormones adrenaline and cortisol, which affect blood clotting.



Is it time for your annual checkup? Make sure your blood pressure and cholesterol are at healthy levels.



A balanced diet is essential for heart health. Incorporate fresh fruits, vegetables, low fat and unprocessed foods, and read all labels.



If you take medicine for heart related illness, check with your doctor to ensure proper dosage and type.



LDL is the type of cholesterol responsible for cardiac arrest. Higher levels of LDL cholesterol means a higher chance of developing heart disease, or experiencing a heart attack.



Being physically active, and maintaining a healthy weight, help lower the risk of developing heart disease.



Know your history. If heart disease runs in your family, you should be more aggressive in taking preventative measures.

For more information and resources on heart disease go to:

American Heart Association
www.heart.org

Boston Public Health Commission
www.bphc.org



Directions:

- 1 Preheat oven to 425 degrees. Line two baking sheets or roasting pans with parchment or foil.
- 2 Place squash on one and remaining vegetables on the other, and toss each batch with 1 tablespoon olive oil and salt and pepper to taste. Spread vegetables in one layer.
- 3 Roast for 10 minutes. Stir and switch racks (if both pans don't fit on one oven rack). Roast another 10 minutes.
- 4 Turn heat down to 400 degrees and roast 10-20 minutes more, stirring halfway through.
- 5 Remove from oven once tender. Combine and stir together.

Options:

- Add them over couscous or wild rice
- Throw them in a soup (either chopped or blend up the soup for a smoother texture)
- Add them to eggs and bake a frittata
- Season with parmesan cheese, honey, garlic, or your favorite herbs

Serves: 6 Per serving: 155 calories, 7g fat, 1g saturated fat, 23g carbohydrates, 5g fiber, 544mg sodium, 2g protein

► Healthy Recipe

Winter Veggies

By Tara Hammes, *Registered Dietician and Director of Nutrition at the Elderly Commission*

Roasted Vegetable Medley

Roasted winter vegetables are as convenient to have on hand as they are delicious. There are more ways to serve them than as a side dish paired with your favorite meat! Feel free to use frozen if you don't have fresh on hand or find it easier than chopping.

Ingredients:

- 1 medium butternut squash (about 1.5 pounds), peeled, and diced
- 2 large carrots, sliced thick
- 1 large parsnip, cored, and cut
- 1 medium fennel bulb, cored and cut
- 1 medium or large red onion, chopped
- 3 tablespoons extra virgin olive oil
- salt and pepper to taste

Winter Farmer's Markets

Want to buy the ingredients for this recipe? Check out your local Winter Farmer's Market.

- **Dorchester Winter Farmers' Market**
Codman Square Great Hall
6 Norfolk Street
Boston, MA 02108
January 27, 2018 - March, 2018
Saturday, 10AM - 1PM
- **Boston Public Market (Year-round)**
100 Hanover Street, Boston, MA 02108
Monday-Saturday, 8 a.m.- 8 p.m.
Sunday, 10 a.m.- 6 p.m.

The Missing Piece

By Cassandra Baptista,
*Communications Director at the
Elderly Commission*

*This excerpt is from a story
originally published in Boston
Seniority's Fall 2010 issue.
Pictured from left to right, Helen
Harris and Fannie Williams.*



“I like that picture,” says Helen Harris, 59, pointing to a puzzle hanging on the wall. “It looks good there.” Fannie Williams, 70, has just displayed the picture of a cottage in her living-room, and Harris is quick to notice. They’ve been working on the 500-piece puzzle for over a month, and now they take a moment to appreciate their work.

For over four years, Harris has been Williams’ senior companion through Ethos and the Senior Companion Program at Boston City Hall. “I enjoy the company,” Williams says. “Seniors really get lonely sitting by themselves all the time. When you get older, you need people in your life, and we’ve become good friends.”

Harris lives down the street from Williams in their Roslindale neighborhood and visits everyday just to say, “Hi.” They like to be creative together and plan new activities, like making a quilt. “You remember that?” Harris asks Williams. “It’s still in the trunk of the car,” Williams says with a laugh as they reminisce about their half-started project.

They both say they’ve learned a lot about each other and themselves through this companion program. “I learned a good friendship is the most important thing you can have in your life,” Williams says. “I can confide in her. We can communicate together despite the age difference.” Harris adds, “She gives me good advice.”

Theirs is a relationship based on commonalities and a certain kind of fateful magic: they’ve become each others’ companions.

“It seems like we’re family,” Harris says, smiling at Williams. “I’m glad you came into my life,” Williams says. “I couldn’t ask for a better person.”

Update to This Story:
Helen continues to be a Senior Companion. Fannie now lives with her family. Helen has been a Senior Companion for over 12 years now. “I love it very much. I get along very well with the people I help. Thank you for letting me be a volunteer!”



Arnetta and Carl Baty
*2017 AARP Andrus Award Recipients
for Community Service*



Beatrice Bubsy, 101 Years Old
*2017 ABCD Community Hero
Women's Service Club of Boston*

Retirements at the Commission



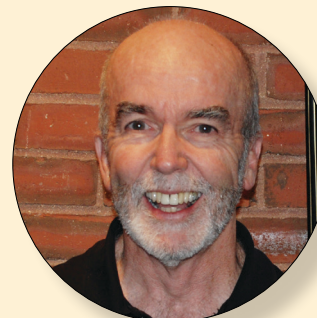
Jane Boyer: 15+ years

Jane's work initiating Crime Watches, attending coffee hours, and establishing support groups has always centered around encouraging and empowering seniors. “These generations worked hard, and they don’t ask for much. They have so much tenacity, and they don’t give up. I like to see the people I work with have a good time and live good lives. I’ve had a lot of joy and laughs along the way.” For Jane’s next chapter, she plans to continue to volunteer and travel with her husband.



Richard Morrison: 20 years

“Since working at the Elderly Commission and trying to enhance lives of the seniors of Boston, I feel like I accomplished what I set out to do. I will rest a little while I decide what will be my next chapter in life. There's still a lot of things I want to accomplish and achieve. My favorite memories of the Commission are all of the events, and making sure seniors came out to socialize and have a good time. As a team, we can accomplish anything.”



Michael McColgan: 18+ years

“When I first started at the Commission, it was a bit overwhelming. I didn’t know a lot about fundraising or sports. I ended up coordinating Senior Games, and I learned a lot especially about golf, basketball, walking clubs, permits, bids and TV hosting. My advice is to enjoy the moment. It was a great job, and I will miss it.”

Save Money On Your Taxes!

Save up to \$1,500 on your Property Tax Bill

The **Senior Citizen Property Tax Work-Off Program** offers qualified senior homeowners the opportunity to earn up to \$1,500 per fiscal year off their property tax bill for volunteer work performed. Available positions are located at government offices for the City of Boston such as Boston City Hall, Boston Public Schools, Boston Centers for Youth and Families, and other municipal offices in Boston.

For more information, contact:

The City of Boston's Commission on Affairs of the Elderly
617-635-4366 or www.boston.gov/elderly

Did You Know?

There are a number of tax exemptions that seniors in Boston are entitled to? An exemption is a release from the City of Boston from having to pay taxes on all or part of a parcel of real property. As well as others! Want to learn more?

As a Boston Homeowner, You May Be Entitled To:

- A residential exemption
- An Elderly exemption
- A Veteran's exemption

To find out what exemptions you may be entitled to contact:

City of Boston's Taxpayer Referral & Assistance Center
617-635-4287 or
www.cityofboston.gov/assessing

Senior Circuit Breaker Tax Credit

For Homeowners and Renters over 65 in Massachusetts

The Massachusetts "Circuit Breaker" tax credit provides tax relief to low to moderate income adult homeowners or renters age 65 +. Residents can apply for this income tax credit even if they owe no income taxes. The value of the refundable credit can be as high as \$1,080 for 2017 tax filers. To obtain the credit, you must file a MA Income Tax "Form 1" and the "Schedule CB Form" for the 2017 tax year. **You may file to get a refundable credit for the last 3 years* tax returns, in addition to this year's credit.**

Basic Requirements for Eligibility:

- Must be a Massachusetts resident, age 65 or older
- Must own or rent residential property in MA as your primary residence
- Must have an annual income of \$57,000 or less for a single filer, \$72,000 or less for a head of household, \$86,000 or less for joint filers
- **Homeowners** can qualify if their property taxes and half of the water & sewer bills are more than 10% of their annual gross income
- **Renters** can qualify if 25% of their rent is over 10% of their total income for the year.

You are Ineligible for this Tax Credit if:

- You are married and do not file jointly
- You are a dependent of another tax filer
- You receive a federal or state rent subsidy directly, or live in a property tax exempt facility
- Your property is assessed at a value greater than \$747,000

For more information, contact:

The Department of Revenue at 617-887-6367 or visit www.mass.gov

See page 14 and 15 to view a list of Tax Help Sites. ►

Make Sure To Bring:

- Government Issued Form of ID
- Social Security Card or Individual Taxpayer ID Letter (ITIN) for you, your dependents and/or your spouse
- A copy of last year's tax return
- W2 forms from all jobs in 2017
- If you receive the premium tax credit, you must bring in a 1095-A
- Proof of health insurance for taxpayer, spouse and all dependents
- All 1099 forms: (1099-G, 1099-R, 1099-SSA, 1099 or self employment)
- Bank-issued printed account and routing numbers to direct deposit your tax refund into your account
- Total child care expenses in 2017, and child care provider's name, address, and Employer Identification Number (EIN) or Social Security Number (SSN)
- All 1098-T forms (tuition payments)
- Total student loan interest paid (1098-E) or lender statement
- Proof of all paid rent in 2017
- Proof of ANY deductible out of pocket expenses (annual BWSC, charitable receipts, property taxes)
- Any mail from the MA Department of Revenue and/or the IRS

Tax Help Sites

▶ ALLSTON-BRIGHTON

ABCD Allston Brighton NOC

640 Washington St.

617-903-3640

Brighton Public Library

40 Academy Hill Road

855-687-7345

Deaf, Inc (ASL Clients only)

215 Brighton Avenue

617-505-4820

Brighton Senior Center (AARP)

20 Chestnut Hill Avenue

877-434-7598

▶ CHARLESTOWN

BHA Charlestown Works

76 Monument St.

617-635-5221

▶ CHINATOWN

Chinatown Center

28 Ash St.

617-635-5129 ext. 0

▶ DORCHESTER

ABCD Dorchester

110 Claybourne St.

617-288-2700

Codman Square Health Center

450 Washington St.

617-825-9660

DotHouse Health

1353 Dorchester Avenue

617-288-3230

Catholic Charities Yawkey (AARP)

182 Columbia Road

877-434-7598

▶ DOWNTOWN

ABCD Robert M. Coard Building

178 Tremont St.

617-348-6583

JVS Center for Economic Security

75 Federal St. (3rd Floor)

617-399-3235

West End Library (AARP)

151 Cambridge St.

877-434-7598

▶ EAST BOSTON

ABCD East Boston APAC

21 Meridian St.

617-567-8857

NOAH

143 Border St.

617-567-5882

▶ FENWAY

ABCD Parker Hill

714 Parker St.

617-445-6000

▶ HYDE PARK

Hyde Park Library (AARP)

35 Harvard Avenue

877-434-7598

▶ JAMAICA PLAIN

ABCD Jamaica Plain APAC

30 Bickford St.

617-522-4250

Boston Children's Martha Eliot

75 Bickford St.

617-414-5170

▶ MATTAPAN

ABCD Mattapan

535 River St.

617-298-2045

▶ ROXBURY

ABCD Roxbury/North Dorchester

565 Warren St.

617-442-5900

Roxbury Center for Financial Empowerment

7 Palmer St. (2nd Floor)

617-541-2671

Urban Edge

1542 Columbus Avenue

617-989-9323

▶ SOUTH BOSTON

ABCD South Boston

424 West Broadway

617-269-5160 ext. 0

▶ SOUTH END

ABCD South End

554 Columbus Avenue

617-267-7400

South End Community Health Center

1601 Washington St.

617-414-5170

Boston Medical Center

850 Harrison Avenue

617-414-5170

South End Library

685 Tremont St.

877-434-7598

***All sites by appointment only**



Love is...

Love is both a feeling and an action. It can be simple and complex. It is ageless and youthful. **Love** is deeply personal and profoundly universal. It is rich, and it is priceless.

In honor of Valentine's Day this month, Boston Seniority celebrates all of the beautiful forms of **love** and **loving** expression in our diverse city. We hope your hearts are warmed by the following sweet snapshots of a few examples of **love** in the city of Boston.

With **love**,

Your Editors

Love 50+ Years in the Making



Joe Carcerano, 75, and Dennis DeMello, 79, are celebrating 55 years as partners this year and are now married. "This picture was taken at our first new year's eve together," said Dennis. "He's a great guy, and I'm very happy."

Valentine's Day Fun Facts

By The Numbers

1st American-made valentines were first made in Worcester, MA by the "mother of the American Valentine" Esther Howland.

20yrs The age of Esther Howland when she first began making and selling her Valentine's Day cards.

5,000 Orders were placed for Howland's first batch of Valentines.

58m+ Orders were placed for Howland's first batch of Valentines.

198m Roses were sold for the Valentine's holiday in 2010.

Michael and Claudia Mickelson, both 73 from Charlestown, have been married for 51 years. "She was and still is the wisest person," Michael said. "I have a great deal of respect for him and his talents," said Claudia, "and he has for mine."



Rose, 87, and Frank Murphy, 89, have been married for 66 years! Their secret? "We like each other," Rose said. "That's really the main thing. You work things out."



Dorchester residents Andrea, 68, and Eric Grey, 69, have been married for 50 years. Their mantra? "Stop expecting and start accepting." Eric said, "Andrea is very nurturing and a good cook. I like how she relates." Andrea said, "He's very personable and giving. He's health-conscious. He loves his family."

"My favorite thing about my wife is she's smarter than me!" said Roxbury resident Ron, 82 years old. Milly, 81, said, "He always says that, but he's very smart too. My favorite thing is he's a very caring dad. He always puts his kids first. I grew up without a father, so him being a loving dad is very special to me."



Love in many forms



"We became friends from the beginning as soon as we met, 15 years ago. I love my friends. They are family to me."
- Angela

LOVE ADVICE FROM THE MARRIAGE WINDOW



The Registry Division at Boston City Hall registers, amends, maintains, and issues certified copies of birth, death and marriage records. Over the years, they have seen many couples come to their Marriage Window. Here are some of their words of wisdom.

"It's an entirely new adventure, having a grandchild. It brings a different kind of love that adds new meaning and depth to my life"
- Julie



"I've been married for 36 years. My advice is don't fight. When somebody is mad, walk away to calm the situation. Never go to bed mad."
- Maritza

"Trust each other, talk things out, and be honest with each other."
- Maira



"I love my dog. I've had him since he was a newborn. He's a part of my family and brings us lots of joy."
- Blanca

"Keep a positive environment, always interact with each other. Give emotional support. Always do something fun, I recommend traveling."
- Tyesha

"Happiness is important. You can see it in a couple's actions, when they look at each other and smile without saying a word."
- Michael



Conquering the Phone Interview

By Shirley Fickett, Program Manager at Operation A.B.L.E.

Since 1982, Operation A.B.L.E has provided training and employment services for workers aged 45+ who need job support to re-enter the workforce

For many companies, phone interviews have become an essential stage in the vetting process. And while this medium of communication may prove intimidating for some, phone interviews can be a hugely advantageous way of demonstrating your understanding of the company, position, and professional expectations. **Here are some ways to enhance your next phone interview:**

Before the interview:

- Always do your research! Take some time re-read the job opportunity that you have applied for.
- If possible, print out a copy of the posting, as well as your resume and cover letter, so that you can reference specific qualifications, or respond to questions more easily during the interview.
- When looking over the job posting, make sure that you are familiar with all aspects - prerequisites, expectations, etc.
- Take this time to highlight the specific language that is used in the posting. By incorporating this language during your interview, you are demonstrating forethought and attention to detail.

- After reviewing the posting, take some time to research employee feedback. Sites such as GlassDoor provide a company's overall employee rating, benefits, salary range, commonly asked interview questions, and more. LinkedIn is another great source of information. By browsing the company's LinkedIn profile you can get a better sense of their expectations, and the types of positions they are looking to fill.
- Take this time to formulate informed questions that you may be asked to share at the end of the interview.
- If possible, practice answering mock interview questions with a friend or family member. This practice will give you time to consider and refine your responses, making the actual interview a much smoother process.

During the interview:

- Select a distraction free, comfortable setting for your phone interview!
- If possible, set up in a quiet place with reliably good phone reception. Of course distractions may arise, but try to minimize the risk by planning ahead.
- If something does come up during the



Edited by Marin Sklan

course of the interview, be transparent with your interviewer and explain the situation. Sometimes, reschedules are necessary, and most interviewers will accommodate a change in circumstances.

- Have your printed materials, or computer, nearby for easy referencing.
- Some interviewees feel that dressing professionally, and sitting with good posture, gives them more confidence during the interview.
- Take notes during the interview. Sometimes interviewers will want follow-up documents or answers to questions. Writing these things out minimizes the chance of forgetting. Notes are also a helpful tool when the interview is over, and you want to review your performance.
- Actively try to sound upbeat and engaged when speaking on the phone. Express interest in both the employer and job position. What does this job

opportunity mean to your personal and professional growth? How do you want to continue the work that is already being done by this employer? What can you offer? Keep these things in mind as you respond to questions.

- Try to speak in a calm, measured way. Phone interviews generally take about 20 minutes, and many candidates find themselves rushing to express as much information as possible.
- If you have a web portfolio, or LinkedIn account, direct the interviewer to it. Information about your work history can provide a clearer picture of your career accomplishments and trajectory.

After the interview:

- Express gratitude! Say thank you. Whether in the form of a written letter, or email correspondence, a thank-you note demonstrates courtesy and sincerity.

Get Your Medication Check-Up!

By Colleen Massey, MCPHS University
Pharmacy Outreach Program



Has a pharmacist ever asked if you would like them to review your medications? Maybe you have been interested but are not exactly sure what it means. A medication check-up, also known as medication therapy management (MTM), is a one-to-one medication review offered by pharmacists. Pharmacists are trained medication experts and can review your prescriptions, over-the-counter medications, herbal products, and vitamins.

Getting a medication check-up is also a great way to get medication management tips such as how to better organize and take your medications and even information about how to reduce prescription costs.

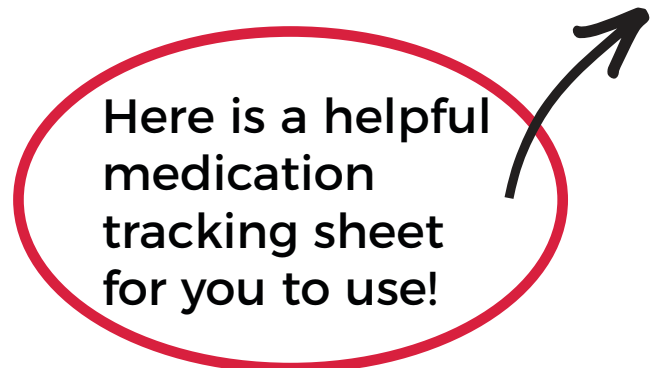
Who should get a medication check up? Anyone who is taking medications, has health issues, has recently been in the hospital, or has started any new medications should have a pharmacist review their medications. People with medication questions or who experience high medication costs would benefit from a medication review, too.

Management Tips:

- **Get Organized**
Use Pill boxes and calendars.
- **Know your Medications**
Know the name of each of your medications and why you take them.
- **Take Medications on Time**
Take your medications the same way and time each day.
- **Read Medication Labels**
Know what the directions mean.
- **Reduce Prescription Costs**
Talk with your health care provider or pharmacist to see if all your medications are current and needed, and if there are generic options.

Just like going to the doctor for a yearly check-up, you should have an annual medication check-up! Call today for your FREE medication check-up.

1-866-633-1617
Monday-Friday / 8:30-5:00



My Medication List

Name: _____

Name of Primary Care Provider: _____

Primary Care Provider Phone Number: _____

Enter ALL prescription (Rx) medicine (include samples), over-the-counter (OTC) medicine, and dietary supplements

What is it?	How to use it?	Why I take it?	Who told me to?	Notes
Example: xxxx	Example: 7:00 AM	Example: My Diabetes	Example: Dr. Smith	Example: Need to renew



The Elderly Commission

Talk to your health care provider right away if you have any problems with your medicine.

Here's How We Can Help

We are focused on setting the City's direction for successful aging. We recently launched Boston's Age-Friendly Action Plan, which will serve as a guide in ensuring policies, programs, services and structures are in place to enable older adults to age well. The Commission is also dedicated to improving older Bostonians' lives by providing direct services and connecting you to important benefits and programs.

Did you know?

Our Senior Shuttles provide free rides to medical appointments. Call 617-635-3000 for more information.



Housing:

The Elderly Commission works to ensure that older adults are able to find and maintain housing. We can:

- Assist with housing search, application, and court advocacy.
- Connect older adults with other City and community agencies that can provide resources for home repair and other challenging situations like hoarding.
- Provide mediation and court advocacy



Access to Information and Benefits:

Community Advocates connect seniors to a comprehensive array of resources, benefits, and information. We can:

- Assist with applications for public benefits like SNAP and LIHEAP.
- Ease the process of applying for, and receiving, Medicare benefits.
- Assist older adults access several tax relief exemptions and programs like the Elderly Exemption 41C, Senior Circuit Breaker Tax Credit and more
- Assist older adults with navigating systems including the aging network and city services.



Transportation:

We are committed to helping people continue to lead independent lives by connecting them to transportation resources. We offer:

- Free wheelchair-accessible shuttles that provide door-to-door service for non-emergency doctor's appointments. Call (617)-635-3000 for more information.
- Taxi Coupons at discounted rates.
- Senior Charlie Card application assistance.

Volunteer Opportunities:

We operate 4 volunteer programs in impact driven work across the city:

- *RSVP* matches seniors with valuable volunteer opportunities in Boston.
- The *Senior Companion Program* matches seniors with homebound persons who need assistance.
- *Senior Greeters* volunteer their time to greet guests of City Hall.
- *Senior Property Tax Work-Off Program*: Qualified senior homeowners get the opportunity to work-off up to \$1,000 on their property tax bill by volunteering for a City agency.



Alzheimer's and Caregiver Support:

Know that you are not alone; We are here to support you. We:

- Host Memory Cafes, which are places where individuals experiencing memory loss and their caretakers can meet in a safe, social environment.
- Provide referrals and offer workshops, training, and support groups for those who are supporting an elderly loved one.



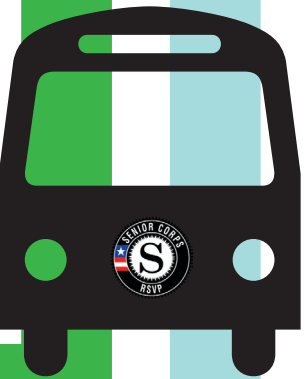
Outreach and Engagement:

The Commission organizes dozens of events and programs throughout the year. From large city-wide celebratory events to smaller neighborhood focused gatherings, we engage with older residents on many levels.



Call us for more information at 617-635-4366!

▶ Commission Advertisements



NEED A BUS BUDDY?

Get **one-on-one** guidance using Boston's public transportation.

BECOME A BUS BUDDY

Experienced MBTA riders can **show others** the way!

Interested? Call 617-635-3988



The Elderly Commission

Senior Charlie Card Applications

Interested in renewing or applying for a Senior Charlie Card:



Call 617-635-4366 for more information!



Massachusetts Bay Transportation Authority



The Elderly Commission

▶ Research Study



Aging Together: Senior Children and Their Parents

UMass Boston Research Study, funded by the National Institute on Aging

Senior children (aged 65+) and their parent (aged 90+): We would love to talk to you!



You are part of a growing group, but we don't know much about you. Learning about your experience will help us better understand how parents and children age together.

We want to learn what your relationship is like, what challenges you may face, and what support you may need.

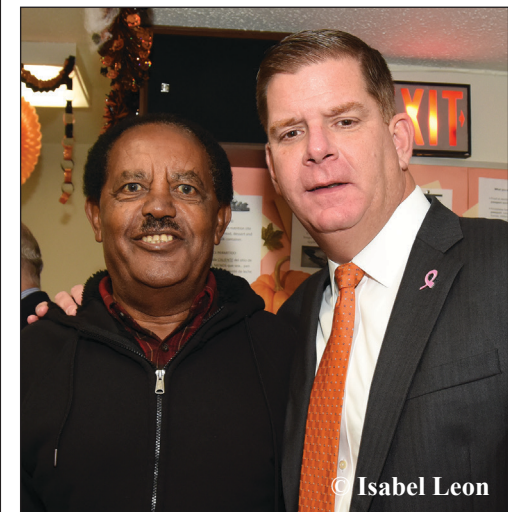
- **In-person interview with each of you at a place of your convenience**
- You'll each receive \$40 as a thank you

Your contribution will be greatly appreciated. Plus you may enjoy talking to us.

Call or email for more information
Email: agingtogether@umb.edu
Phone: 617-901-1082

Kathrin Boerner, PhD
Associate Professor
Department of Gerontology
John W. McCormack Graduate School of Policy and Global Studies
University of Massachusetts Boston

► Seen Around Town



*Happy
Valentine's
Day*

*from Mayor Martin J. Walsh and
the Elderly Commission*

