

Boston Seniority

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



It's Earth Month!

p. 14-21

April 2018
Issue 4
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Free Publication



Mayor's Letter
p. 4



Foot Health
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p. 26

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On the Cover:

Our cover stars this month are Jean Hunt, 69, and Nancy White, 76. Both serve as volunteer tour guides for the Osher Lifelong Learning Institute (OLLI) and are seen below at the UMass Boston Greenhouses, pruning plants. Interested in learning new opportunities with OLLI? Call 617-287-7312.

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

Do you have a story to share?
We want to hear from you!

Email us at
Bostonseniority@boston.gov

From the Mayor's Desk

Climate change affects every aspect of life in Boston.

The challenge of climate change is here in Boston today. It has major implications for the health and safety of our residents, the strength of our businesses, and the vitality of our neighborhoods. That's why we are preparing for climate change by building a climate ready, carbon free city.

We know that climate action is a social as well as environmental issue. Our residents are already impacted by extreme heat, heavy precipitation, big storms and coastal flooding. It's about the health, safety, and wellbeing of every Bostonian, and not all residents will be impacted equally. Older adults, people with health issues and disabilities, people with language barriers, and people who lack adequate housing and transportation will be more impacted by these climate hazards. That's why preparing for climate change is the right thing to do, as well as the smart economic move.

We are preparing all city sectors for climate change. We're doing it in a way that creates new economic opportunities and improves quality of life in neighborhoods across the city. On the waterfront and other exposed areas, we will promote development that is built to withstand climate impacts. We are also full steam ahead on our commitment to reduce the greenhouse gases that cause climate change in the first place. I'm proud that Boston and several surrounding cities have committed to be carbon free by 2050. We are one of the largest metro areas in the U.S. to set such a bold goal.

From our Climate Ready Boston reports, to our Carbon Free Boston and Greenovate Boston initiatives, we're working hard to stay ahead of these issues. Together, we are meeting the climate challenge, safeguarding Boston's future, and continuing to make our city into a healthy, thriving, and innovative place for every Bostonian.

Sincerely,

-Mayor Martin J Walsh



► Book Picks

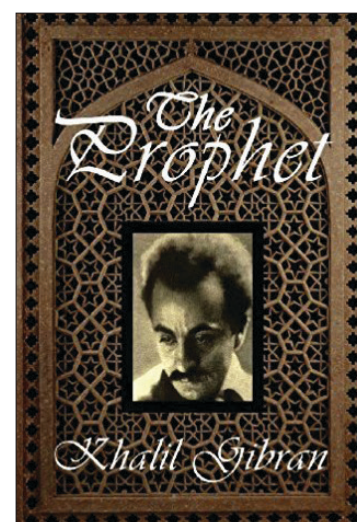
Spring light. Birds rejoicing. Buds bursting...It's Poetry Month!

By Kathleen O'Connor

For Poetry Month, we celebrate the styles of four different poets.

Kahlil Gibran's *The Prophet* has moved audiences across cultures for nearly a century. For an intimate read, try *I Wrote This For You and Only You*, blog-turned-book between a writer (Iain S. Thomas) and photographer (Jon Ellis) who never met.

And Bay State poets Henry David Thoreau and Emily Dickinson revered nature, as you'll see in Emily Dickinson's *Gardens* and Thoreau's *Meditations*.

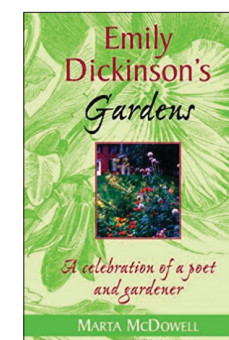


the pillars of the temple stand apart...."

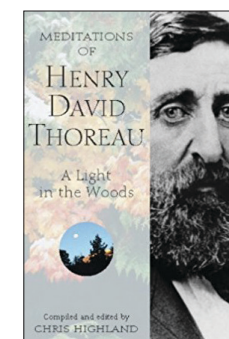
The Prophet is like life's missing instruction manual in poetry - elegant and sophisticated, but even 19 year-olds love its wisdom: "... stand together, yet not too near together: For the

I Wrote This For You and Only You...

Almost every day, Ellis sent Thomas a photograph from wherever he happened to be. With photo as muse, Thomas replied, writing from his thoughts of what "you", the reader, would be like. Caution: Beautiful, sometimes intense.



In *Emily Dickinson's Garden*, Marta McDowell peeks over the poet's shoulder as Dickinson tends trees, flowers and land, and verse pours forth. This is truly a gardener's guide spiked with the poetry it inspired.



Strictly speaking, it's not poetry... But *Meditations of Henry David Thoreau*, like the best verse, is an infusion into spirit. "For my panacea...let me have a draught of undiluted morning air." Salud!

April Happenings: Ways to Fill Your Calendar

* Please note not all events are free and are subject to change



Red Sox Opening Day
Time: 2:05 pm
Location: Fenway Park
Contact Info: Red Sox
877-733-7699



Boston National Poetry Month Festival
Time: 1:30 pm - 4:30 pm
Location: Central Library in Copley Square
700 Boylston St., Back Bay
Contact Info: 617-536-5400



John Hancock Sports and Fitness Expo
Time: 11:00 am - 6:00 pm
Location: Seaport World Trade Center, 200 Seaport Blvd., Boston
Contact Info: 617-439-7700



Swan Boats Open
Time: 10:00 am - 4:00 pm
Location: Boston Public Garden, 4 Charles St. S,
Contact Info: 617-522-1966



Boston Marathon
Time: 8:40 am
Contact Info: Boston Athletic Association,
617-236-1652



Free Art and Architecture tour at the Boston Athenaeum
Time: 5:30 pm
Location: 10 ½ Beacon St., Boston
Contact Info: 617-227-0270



Free Tour at Symphony Hall
Time: 5:00 pm
Location: 301 Mass Ave, Boston
Contact Info: 617-638-9391



CraftBoston Spring Show
Time: 10:00 am - 6:00 pm
Location: Cyclorama at the BCA
539 Tremont St., South End
Contact Info: 617-266-1810

April 15-21

is Civic Engagement Week!



Boston Jazz Week
Time: 3:00pm
Location: Loring-Greenough House, 12 South St., Jamaica Plain
Contact Info: Loring-Greenough House, 617-524-3158



Free Thursday Night ICA
Time: 5:00-9:00 pm
Location: 25 Harbor Shore Dr
Contact Info: The Institute of Contemporary Art/Boston
617-478-3100



Earth Day Charles River Clean-Up
Time: 9:00 am - 12:00 pm
Contact Info: Charles River Watershed Association,
781-788-0007



Japan Festival Boston
Time: 11:00 am - 5:00 pm
Location: Boston Common
139 Tremont St., Boston 02111
Contact Info: Japan Festival Boston, 781-492-4307

4.15 boston day

"One Boston Day" on April 15, encourages civic participation in acts of goodwill

Mayor Martin J. Walsh announced the City of Boston will once again honor Boston's resilience, generosity and strength on April 15, now known as "One Boston Day." The day serves as an opportunity to recognize the good in our community, celebrate one another, and reflect on the spirit and resilience of the people of Boston that was exemplified in response to the loss and tragedies of April 15, 2013.

"One Boston Day" encourages random acts of kindness and spreading goodwill, and activities across the City will encourage individuals to give back to their community. The tradition came together in 2015 based on the desire expressed by many survivors to pass on the kindness, generosity and support they received following the 2013 Boston Marathon.

► Volunteer Unit

Meet the Team!

In honor of National Volunteer Month, meet the Elderly Commission's Volunteer Programs Unit! This unit offers a number of programs for seniors looking to give back to their community and utilize their skills in new ways.

Volunteers find meaningful experience as City Hall greeters, companions for other seniors, bus buddies, and more. Through volunteering, older adults are able to share resources with their peers, provide respite for caregivers, and support veterans and their families.

For more information about volunteer opportunities, please call us at: (617) 635-4366



Tyisha Jones-Horner
Administrative Director of Volunteer Programs

“I love my job at the Elderly Commission. The staff is great, and consists of a group of hard working folks who are passionate about their community. I gain satisfaction from seeing older adults, our most precious resource, stay actively engaged and live longer within their own communities. It's a pleasure to see them tap into their skill sets and use them to help others. They have also enhanced my life not only because I learn from them, but also because a lot of the older adults that I've met have shown me a lot of love and become like family to me. I truly feel blessed to have this opportunity to connect with and serve our older adult community in Boston. Seniors Rock!”



Annette Richardson
Volunteer Program Coordinator

“I enjoy talking with seniors, learning about their unique histories and backgrounds, and how much they get out of helping other people.”



Joseph Goncalves
Administrative Assistant of Volunteer Programs

“Recent victory: I am extremely proud to work with a team that thinks outside of the box. We pulled off an amazing Flash Mob with a group of 30 people at our Black History Month Luncheon.”



Lisa Martins
Volunteer Program Coordinator

“What I find most rewarding about my job is that it gives me the opportunity to make a positive impact in someone's life, as well as an impact in the community. I love getting to know older adults and hear their stories and wisdom. Also, it's a great way for them to make new friends, connect with others, strengthens ties with the community and participate in all the fun and fulfilling activities available to them.”



Monique Carvalho
Volunteer Program Coordinator

“Volunteering can be considered part of a healthy lifestyle. Since becoming a Volunteer Coordinator, I feel as though I've been blessed with the opportunity of being a part of something big. Helping older adults find a way to stay connected and active through companionship has also helped other seniors at the same time by decreasing the chance of isolation because they are being actively engaged by an RSVP volunteer.”

Volunteer opportunities we offer:



Boston RSVP Program

RSVP matches people 55 and over with volunteer options throughout the City of Boston.



Senior Companion Program (SCP)

SCP provides older adults with the chance to apply their life experiences to community needs.



Senior Citizen Property Tax Work-Off Program

Qualified senior homeowners can volunteer up to 137 hours with a City agency in exchange for a property tax reduction of up to \$1,500 per fiscal year.



Senior Greeters

Greeters welcome guests in City Hall with a smile and are ready to direct them to their appropriate location.



Bus Buddy Program

Get one-on-one guidance using Boston's public transit system, or if you are an experienced MBTA rider, help show others the way.

► Foot Health

Putting Your Best Foot Forward

By Marin Sklan

April is National Foot Health Month, so here is some information about common foot problems, what to look for in your footwear, and ways to care for your feet.

Common afflictions of the foot:

- **Cramping** - often caused by dehydration or a nutritional deficiency
- **Coldness** - can be a side effect of hypothyroidism
- **Numbness** - can be caused by neuroma, neuropathy, or a pinched nerve
- **Joint pain** - swelling and redness can be caused by inflammatory issues such as gout, arthritis, infection, or trauma
- **Nail infections** - can be the result of fungus, which can occur as a result of circulation problems, diabetes, or a lowered immune system
- **Flaky or peeling skin** - potential fungal infection, eczema, or psoriasis
- **Heel pain** - can be caused by plantar fasciitis, or a strain of the ligament that supports the arch
- **Discoloration of the nails** - brownish, yellowish, flaky, brittle, ragged, chipped
- **Diabetes** - high glucose levels can result in nerve damage, which manifests in the farthest extremities; this can cause sores, cuts, and scrapes to heal very slowly and increase the risk for infection

3/4 of Americans will endure foot pain in their lives

*U.S. News & World Report

Investing in the right shoes:

Poorly fitting shoes can cause corns, calluses, and blisters, so it is important to invest in the right footwear. Avoid shoes that are too thin, flat, high, hard, or stiff, and instead look for shoes that are:

- Comfortably loose when worn with soft, natural fiber socks
- Broad and spacious in the toe area
- Shock-absorbing sole; low wedge type is best; avoid high heels
- Breathable material; avoid plastic if possible. Aim for more natural materials, like canvas or leather
- Cushioned heel and sole
- Keep feet dry to avoid fungal or bacterial infections
- Ditch the nylon socks, and instead opt for natural fibers.

Everyday foot exercises:

As always, consult your primary care doctor about concerns about your feet and before attempting any exercises. Here are

Key Vocabulary:

Neuroma - numbness in one foot

Peripheral neuropathy - numbness in both feet

Bunions - a genetic condition in which the joint dislocates in the big toe; can cause swelling, redness, pain, arthritis



techniques that have worked for some people's foot problems:

- Point your toes - lift one foot and roll it downward until the toes are pointed toward the ground, then flex the foot.
- While sitting, roll a golf or tennis ball under your foot. Applying pressure for 2 minutes can alleviate cramps and heel pain from plantar fasciitis
- Stretch sitting down - hold your toes and bend them toward your shin, then forward
- Give yourself a foot massage. Use your thumb to massage your foot in circular motions, then move to the arch and heel.
- Soak your feet in a warm bath of Epsom salts, which have been found to relax muscles and reduce pain.

Ways to Care For Your Feet

- **For general achiness** = soak feet in a warm bath and stretch the toes
- **For plantar fasciitis pain** = alternate 15 min. periods of icing and rest
- **For cramps** = use a towel or yoga strap to stretch the feet
- **For calluses** = regularly apply lotion to strengthen the skin; scrub calluses twice a week with an exfoliant, preferably one that contains pumice

For more information about foot health, visit: www.apma.org



► Seasonal Tidbits

Play Ball! Fenway Fun Facts

Baseball season is here, and as Bostonians know, there’s nothing quite like a warm night at Fenway Park, rooting for the home team. As we gear up for another season of America’s favorite past-time, here are some facts about Fenway Park you may not have known!

- Fenway Park is the oldest ballpark still standing in MLB.
- Construction on the stadium began on September 25, 1911.
- Once opened, Fenway Park could accommodate 24,400 fans (11,400 grandstand seats, 8,000 in pavilion seating, and 5,000 in the bleachers).
- The first official game was on April

9, 1912. The Red Sox beat Harvard University 2-0.

- Sunday baseball games were banned until 1932. The first Sunday game at Fenway was on July 3, 1932.
- President Franklin Delano delivered his final campaign speech at Fenway Park, before being elected for his fourth term.
- The “Green Monster” wasn’t always green. It was painted green in 1947.
- The Patriots played at Fenway Park from 1963-1968.
- As per 2014 reports, there are 211,044 dents in the “Green Monster”.
- Fenway has the smallest foul territory in the majors.

► Research Study

Aging Together: Senior Children and Their Parents

By Steven Syre,
*Director of Communications,
Gerontology Institute, UMASS Boston*

Thankfully, people are living longer these days. Now a situation among families, once considered rare, is much more common. Parents and children are getting older together.

But researchers know very little about the relationships of very old adults and their aging children. Kathrin Boerner, an associate professor at the University of Massachusetts Boston, wants to learn about them.

Boerner recently began a project to study the relationship of parents who are older than age 90 and a child who is older than 65. She will study 120 pairs of parents and children to learn more about their lives together. Boerner believes the relationship

between senior children and their parents comes with both rewards and challenges. Sometimes, health problems complicate that relationship.

An important goal of the study is to better understand what kinds of situations put older children and their parents under stress and when they might benefit from help.

Boerner wants to meet parents and children in Boston who fit that description and talk about their relationships. People who become part of the study will be interviewed in person at a location that is convenient for them. They will receive \$40 for their help.

We are looking for senior children (aged 65+) and their parents (aged 90+)

Please call our study team at 617-901-1082 or at agingtogether@umb.edu.

Going Green



We all have a role to play in preserving our beautiful city for future generations. The following pages feature some ways you can make environmentally-friendly choices and adopt ecologically-responsible lifestyles to make Boston a greener, healthier, and more resilient city.

Sincerely,

Your Editors

What is Boston Doing to Become a Greener City?



Greenovate Boston Fast Facts

Boston is taking bold action on climate to become a carbon neutral, climate ready city as outlined in its updated Climate Action Plan. The 2014 Climate Action Plan update serves as Boston's roadmap for reaching its goals of reducing carbon emissions and preparing for the impacts of climate change. The goals are supported by Imagine Boston 2030, the first citywide plan in 50 years, which helps to ensure that climate plays a role in all aspects of city planning.

The city's current climate initiatives are laying the groundwork to advance its climate goals and to accelerate progress. Carbon Free Boston is analyzing the options and pathways to achieve deep decarbonization. The initiative is weighing the costs and

benefits of technologies and policies across key action areas including electric power, buildings, transportation, and waste. As part of this effort, Zero Waste Boston is exploring pathways to turn Boston into a zero waste city through planning, policy, and community engagement.

Additionally, Climate Ready Boston is bolstering Boston's climate change resilience with near- and long-term planning. It is actively advancing Boston's vision of a resilient city through a comprehensive citywide vulnerability

study, a community outreach program, and neighborhood-level implementation projects. All of these initiatives will inform the upcoming update of Boston's Climate Action Plan in 2018.

Looking for more information?

Visit:
Greenovateboston.org



+126% increase

Boston's recycling rate has more than doubled in the past decade

10.2 million

Kilowatt-hours of electricity that over 44,000 Bostonians have already saved by getting a home energy audit

9" Amount of sea level rise possible in coastal areas of city by 2030

75%

Amount of the city's carbon footprint that comes from energy use in buildings

7.4 million

Metric tons of greenhouse gas Boston emitted in 2015

Plastic Bag Ban To Go In Effect December 15, 2018

The measure is meant to encourage shoppers to use environmentally-friendly alternatives to plastic, like reusable bags, or pay a 5-cent fee for a compostable plastic bag. **Want to win a reusable bag from Greenovate?** Tell us what you're doing to help the environment for a chance to win this fun giveaway! Email us by May 1st with your name, age, neighborhood, and phone number at bostonseniority@boston.gov.



TIMELINE OF CITY INITIATIVES

- ▶ **2015-2021**
Open Space and Recreation Plan to improve and protect open space in Boston
- ▶ **2016**
Climate Ready Boston citywide report
- ▶ **2017 Oct**
Mayor Walsh announces coastal flooding resiliency measure in East Boston and Charlestown
- ▶ **2017 Nov**
Mayor Walsh debuts Carbon Free Boston initiative
- ▶ **2018 Jan**
Zero Waste Boston initiative launches
- ▶ **2020**
Boston 2020 Initiative - 25% reduction in GHG's
- ▶ **2030**
Imagine Boston 2030; global leader in reducing GHG's
- ▶ **2050**
Boston becomes a carbon neutral city



How to Compost:

This how-to article was taken from a conversation with Roslindale resident and backyard composter Dan Bensonoff.

What is compost?

Compost is a type of natural fertilizer made of organic material like leaves or food scraps broken down by bacteria and fungi. People have been composting for a very long time.

Compost looks like soil, but is much richer than soil. Once the gradual process of decomposition is done, the finished compost is a fantastic addition to your

soil. It's really light and acts as a sponge to retain water in the soil.

Why compost? What are the benefits?

Well, it's a very easy process. If you have a few spare square feet in your yard, you have all you need. I use our finished compost for potted plants and seed starting.

If you have extra compost there's plenty of options: give it away to neighbors, grow some plants (potted or garden), or share it with a local community garden.

Compost cheers me up too. It's fascinating to watch the process from death to rebirth, and I interact with so many bugs and little living things as a result.

What does it composting involve?

It's pretty simple. I throw all my food scraps except meat, fish, and oily ones into a kitchen pale and drop it into my backyard bin when it gets full. I monitor the moisture and mixture of chemicals and periodically turn the mix. You can add nitrogen using fresh grass clippings and carbon with hay, straw, or

sawdust as needed. The decomposition process in the bin can take as little as a month or so and as long as year, depending on when you need it.

If you don't have the backyard space or would rather donate your compostable food scraps, you can drop them off at one of the city's Project Oscar bins. Curbside pickup service also accepts yard waste for most of the year.

Find our more here:

www.boston.gov/departments/public-works/composting-boston

Renew Boston's Home Energy Audit

Renew Boston is a program to help Boston residents save money, energy, & improve home comfort. Residents can sign up for a no-cost home energy audit to learn ways to save energy and money in their home. Sign up for yours at boston.gov/renew-boston

Appliances:



-Unplug electronics when not in use, or use a smart power strip to eliminate any "standby" power that devices consume.

-Look for an ENERGY STAR label when shopping for electronics and appliances.

Heating and cooling:



-Keep insulated drapes or shades closed in the summer and open on sunny winter days.

-Set your thermostat to 68°F when you're home, and 56°F when you leave. Each degree above 68°F can use 3% more energy!

Insulating:



-Install storm windows or window insulator kits to reduce drafts.

Lighting:



-Take advantage of natural light whenever possible, and don't forget to turn off the lights when you leave home.

-Replace your incandescent bulbs with LED ones (free with your home energy assessment).

Washer and dryer:



-Washers and dryers use a significant amount of energy. Fill your washer and dryer to capacity whenever possible and wash smaller loads using lower water levels.

Water:



-Set your water heater thermostat to 120 degrees or 140 degrees if you have a dishwasher.

To any Boston resident out there considering having a home energy assessment, I'd say it's definitely worth your time.

-Ben, a renter in Jamaica Plain, shares his experience of receiving a Mass Save home energy assessment.

Zero Waste Boston's Waste Reduction Tips

The City of Boston is making the transition to zero waste with Zero Waste Boston. Find out about how you can do your part to reduce waste at www.boston.gov/zero-waste and visit www.boston.gov/departments/public-works for tips and resources on what to do with waste.

▶ Recyclable items can be mixed together and placed on the curb for pickup on recycling day. Make sure your receptacle is free of trash.

▶ Stay up to date on trash collection alerts, set reminders, and browse items to find out how to properly dispose of them with the Trash Day App.

▶ You can compost leaf and yard wastes like leaves, branches, and debris during scheduled curbside collection days from April through December

▶ Household hazardous wastes like car antifreeze, household cleaners, lawn materials, and oil-based paints can be disposed of at special drop off days. Electronics can also be recycled at these events.

▶ Donate unwanted, slightly used clothing, furniture, and other household items to neighbors or local non-profit organizations instead of throwing them out.



"I'm so proud of my city; I love Boston. It's wonderful to educate people about the need for green spaces. I garden a little bit; I enjoy making the property look better for us to enjoy."

-Jean Hunt, 69, is a lifelong Boston resident, on the Board of Directors for the Osher Lifelong Learning Institute at UMass Boston, and a volunteer tour guide



"Green spaces make people feel welcomed. I like bringing people to see the Rose Kennedy Greenway, and people are always amazed by how beautiful it is."

-Nancy White, 76, is a student in the Osher Lifelong Learning program and is also a volunteer tour guide

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?

It is Stress Awareness Month. If you are struggling with stress, talk to your doctor about coping strategies.



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 \$1,500 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

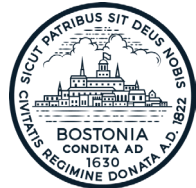
NEED A BUS BUDDY?

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

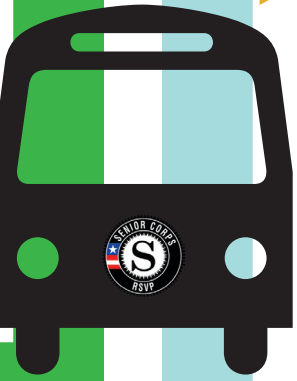
BECOME A BUS BUDDY

Experienced MBTA riders can show others the way!

Interested? Call 617-635-3988

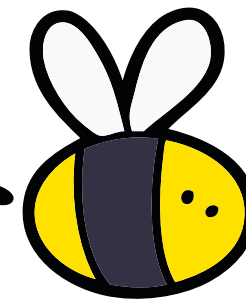


The Elderly Commission



The Buzz

Around The World!



Boston Seniority was spotted in the famous Blue City. Emily Carrara, our former Seniority intern, made sure she brought along one of her favorite reads while visiting *Chefchaouen, Morocco*.

What are you loving right now?

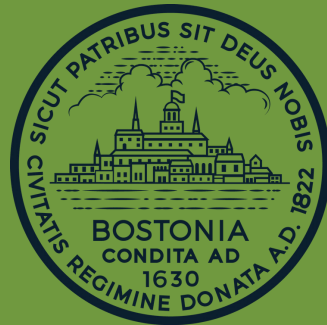
Tell us, and we might feature your quote in an upcoming issue. Email us with your name, age, neighborhood, and phone number at bostonseniority@boston.gov.



WHAT I'M LOVING RIGHT NOW

"Using the computer, I can access many radio broadcasts, like **iHeart.com**. **iHeartRadio** combines different broadcasts and genres."

-John H. O'Neill III, 61
from the Elderly Commission



Uplift, Inspire, and Lend a Hand



Volunteer to Deliver Food to Older Adults

Flexible Schedule

Contact: Monique Carvalho, RSVP Program Coordinator
Phone: 617-635-4374 Email: Monique.Carvalho@Boston.gov



Can you guess?

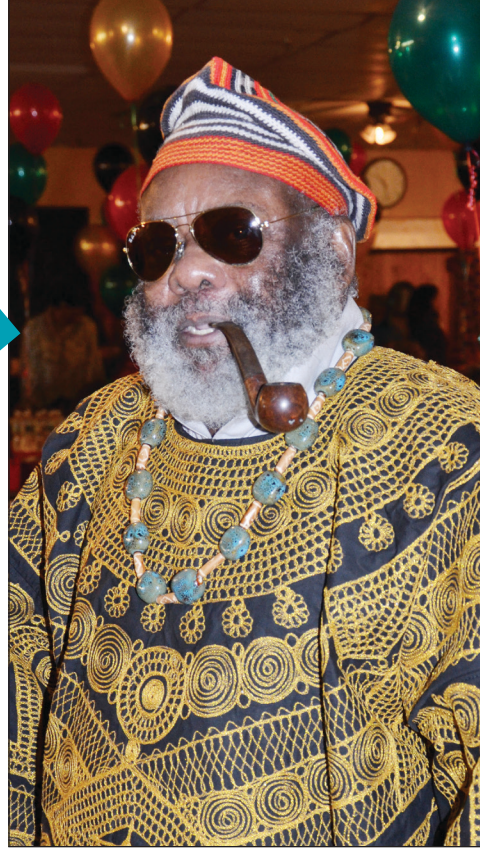
From the Boston City Archives: Can you guess what neighborhood this is?

Hint: The photo was taken on August 16, 1912.

► Seen Around Town



"I am from Cameroon, but I am a Bostonian. I have lived in Boston for more than 30 years"
-Dorchester resident Efon Elad



"I really enjoy community celebrations: the fellowship, the good time, and the chance to honor those who came before us."
-Pearlita Gilpin, 74, from Dorchester





The Secret Garden

Did you know this hidden jewel is right here in Boston?

For more than 40 years, UMass Boston's greenhouses have provided the ideal environment to learn about plants and seek respite from city life. The greenhouses feature collections of plants native to tropical, desert, and temperate climates.