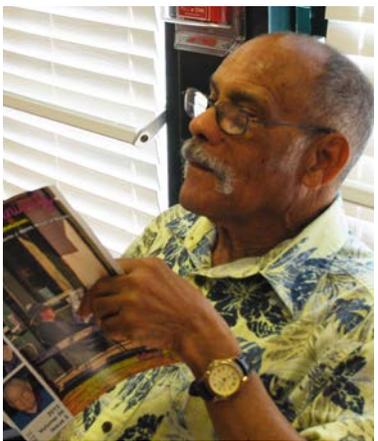


# Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



FREE

2015  
Volume 39  
Issue 6

June

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**Commission on Affairs of the Elderly  
Main number (617) 635-4366**

**Email articles and comments to [Bostonseniority@boston.gov](mailto:Bostonseniority@boston.gov)**

***Although all material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the City of Boston, Commission on Affairs of the Elderly.***

# *Boston Seniority*

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# Mayor's Spotlight

## Boston Public Library's Bibliocycle Rolls through City's Neighborhoods

The BPL Bibliocycle, a bike and book trailer partnership with Boston Bikes, returns to the streets of Boston in its second season, visiting street fairs, markets, and community events to meet people where they are and deliver library services on-the-go.

“This program provides an abundance of educational opportunities for community members at a variety of local cultural events. I encourage Bostonians to utilize this great resource and learn more about the free services our library system offers,” said Mayor Martin J. Walsh.

Features of the Bibliocycle program include library card sign up, book checkout, demonstrations of BPL's digital resources, help with reference questions, and pop-up story times. The mobile collection of up to 50 books includes new releases, bestsellers, cooking, gardening, picture books, and bike repair titles.



“The Bibliocycle gives Boston Public Library the opportunity to serve community

members beyond library walls and grow our programs in an engaging and dynamic way,” said Katrina Morse, program organizer and Branch Librarian at the Parker Hill Branch.



The Bibliocycle travels to Roslindale, Roxbury, Dorchester, South Boston and more in June. The complete schedule of Bibliocycle destinations, including a form where interested organizations may request a visit from the Bibliocycle, can be found at [bpl.org/community](http://bpl.org/community). The Bibliocycle checkout limit is 10 items per person. The Bibliocycle team is not equipped to handle fines and book returns. Patrons will need to visit one of the BPL's many brick-and-mortar locations to complete that type of transaction.

### About BOSTON PUBLIC LIBRARY

Boston Public Library has a Central Library, twenty-four branches, map center, business library, and a website filled with digital content and services. Established in 1848, the Boston Public Library has pioneered public library service in America. It was the first large free municipal library in the United States, the first public library to lend books, the first to have a branch library, and the first to have a children's room. Each year, the Boston Public Library hosts thousands of programs and serves millions of people. All of its programs and exhibitions are free and open to the public. At the Boston Public Library, books are just the beginning. To learn more, visit [bpl.org](http://bpl.org).

# Celebrating SeniorCorps Week



This issue is dedicated to volunteering. A big thank you to all the people that volunteer for the Commission on Affairs of the Elderly and all over the city everyday.

If you are interested in learning how and where you can volunteer, please call our office at 617-635-4366 to find out more.





# Senior Citizen Property Tax Work-Off Program

**Martin J. Walsh, Mayor**

*Ronald W. Rakow, Commissioner, Assessing Department*

*Emily Shea, Commissioner, Elderly Commission*

The Senior Citizen Property Tax Work-Off Program offers qualified senior homeowners the opportunity to provide volunteer services to the City of Boston in exchange for a property tax bill reduction of up to \$1,000 per fiscal year (the equivalent of 112 service hours). Available positions consist primarily of office support at Boston City Hall, Boston Public Schools, Boston Centers for Youth & Families, and other municipal offices in Boston. The program is generally limited to the first 50 eligible participants that apply per fiscal year.

## ***Program Qualification Criteria***

<b>Age</b>	You must be age 60 or over by July 1, 2015
<b>Gross Income Limit</b>	\$30,000 if you are single, \$45,000 if you are married <i>Includes Social Security benefits, pensions, other retirement benefits, annuities, wages, salaries, tips, other compensation, net profit from business or profession, interest and dividends, rent and royalty income, gains from sale or exchange of real estate or other property. If married, financial information for both individuals must be provided.</i>
<b>Residency</b>	You must own and occupy residential property in Boston for at least three (3) years
<b>Property</b>	You must own and occupy your property as a principal residence. If the property is subject to a trust, you must have legal title ( <i>be one of the trustees and a beneficiary</i> ).

### ***What to Submit***

Applicants **MUST** provide the following information to meet the program qualification criteria outlined above:

- Proof of Age (e.g. Birth Certificate, Passport or Driver's License)
- 2014 Federal and State Tax Returns  
*Note: if you are not required to file tax returns, you must submit a signed and dated letter of explanation with your application.*
- Social Security and/or Pension Benefits Letters
- If property is held in Trust, copy of Trust and Schedule of Beneficiaries

### ***How to Apply***

Contact the Elderly Commission for an application if you believe that you meet the program requirements.

**CALL:** (617) 635-4250

**EMAIL:** gregory.josselyn@boston.gov

**VISIT:** Elderly Commission, Room 271, Boston City Hall. Office hours are weekdays, 9AM – 5PM.

**Application Filing Deadline:** July 1, 2015

**Work Completion Date\*:** November 23, 2015

**NOTE:** The maximum abatement amount for this program is \$1,000, the equivalent of 112 volunteer hours given the hourly minimum wage rate of \$9.00 as of January 1, 2015 that is used in calculating the work-off credit. The amount of the tax work-off credit cannot exceed the total tax due for the fiscal year after any other exemptions have been allowed.

\*Upon approval into the program, participants will only receive credit for work performed up to November 23, 2015 toward the Fiscal Year 2016 Third Quarter tax bill.

**\* See back cover for the Senior Citizen Property Tax Work-Off Application**

# An Afternoon of Memoirs

Free event!



True Stories Read-Aloud  
BY THE RESIDENTS OF:  
*Beacon Hill & West End*

Tuesday, June 23  
1pm - 3pm

THE PARKMAN HOUSE  
33 Beacon Street  
Boston, MA 02108

*To RSVP, CALL:*  
**617-635-4250**

Deadline:  
June 22

**STATEPOINT CROSSWORD**  
**THEME: PROM NIGHT**

**ACROSS**

1. Esau's father
6. Dashboard acronym
9. Union foe
13. Molten rock
14. \*I love \_\_\_\_
15. \*She looked "Pretty in Pink"
16. Uproar
17. Island of Misfit Toys visitor
18. Got up
19. Ingalls and Dern
21. \*Special Prom togs
23. Site of 2016 Olympics
24. Not yet final
25. Down Under bird
28. Therefore
30. Entertained
35. Orange peel
37. Mummy's home
39. Curaçao neighbor
40. Ancient Peruvian
41. Like a feeble old woman
43. Religious painting
44. Raccoon's South American cousin
46. Children's writer Blyton
47. Gator's cousin
48. Mountain trees of Colorado
50. Colossal
52. Obtain, but just barely
53. Bud holder
55. Pool shark's weapon
57. \*Prom date gift
61. \*Spaghetti on a prom dress?
64. Egg-shaped object
65. Definite article
67. Judge Judy's event
69. Root about
70. \*Love is in it?
71. Agenda entries
72. Square footage
73. The night before
74. A tiny amount

**DOWN**

1. International Monetary Fund
2. "Better Call \_\_\_\_" TV show
3. Taj Mahal city
4. "Love" in France

5. \*Scary movie classic
6. Whiskey grain, pl.
7. Campaign pro
8. Civilian clothes
9. Sight for these eyes
10. \*He'll step on your toes during slow dances?
11. "The Sun \_\_\_\_ Rises"
12. After hellos
15. Maximum, pl.
20. Blood line
22. Winner of "Miracle on Ice" game
24. \*Prom king or queen hopeful
25. "Fear of Flying" author Jong
26. King of ancient Crete
27. To open, as in beer bottle
29. 2014 movie "\_\_\_\_ Girl"
31. Kind of acid
32. "Sugar" in Paris
33. Nook offering

34. \*Main Prom event
36. \*Escort
38. Found on radar
42. Court order
45. Overrun
49. Actors' group
51. \*"Prom Night" scream queen
54. Caterpillar hairs
56. Home to mankind
57. Closing section of musical composition
58. "\_\_\_\_ and out"
59. Hamlet to a thespian, e.g.
60. The Destroyer in Hinduism
61. Dried-up
62. Embarkation location
63. Ditto
66. Cause of AIDS
68. Psychedelic drug

CROSSWORD														
1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
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72						73				74				

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## Addictions: Something You Can't Live Without

Most people hear “Addiction” and they think of heroin, cocaine or alcohol. What triggers an addiction? In fact, anything that alters your mood can become an addiction!! Something you cannot live without??

Remember, not all addictions are the same!

- Self medicating, scratch tickets, new shoes every week or so, texting at 4am, etc.

Some activities you may not think are addictions:

- Cell phones/texting
- Chocolates
- Shopping (impulse control problems or anxiety problems)
- Gambling
- Plastic surgery “body dysmorphic disorder”
- Tanning (machines or the sun)
- Exercise
- Social media (10% of users are addicted)
- Sex and looking at pornography (not

official addictions but called hypersexual disorder)

A word commonly used in addiction treatment - comorbidity. The term comorbidity describes two or more disorders or illnesses occurring in the same person. They can occur at the same time or one after the other. Comorbidity also implies interactions between the illnesses that can worsen the course of both. This means, there may be a strong connection with mental illness. Simply put, compared to the general population, people addicted to drugs are roughly twice as likely to suffer from mood and anxiety disorders and the reverse is also true.

Addiction is treatable and each case is different. I am not an expert in treatment. If you or someone you love needs treatment/counseling/support, I do suggest that you start with your doctor, neighborhood health center, local hospital treatment center, or even Alcoholics Anonymous, Narcotics Anonymous, Alanon, Alateen and yellow pages under addiction treatment.

For more information about drug addiction, please call the Boston Public Health Commission Substance Abuse Hotline 617-534-5554. They will gladly help you. There are a lot of people who care about you and they are willing to help you.

One of Boston's most picturesque spaces will be filled with music in a free concert series on Wednesdays and Fridays in June, July, and August. Starting on June 3, the courtyard at the Central Library in Copley Square, located at 700 Boylston Street, will feature music selections from a variety of influences, from jazz and folk to classical and contemporary music. Concerts are held on Wednesdays at 6 p.m. and on Fridays at 12:30 p.m. through August 28. All concerts are free and last approximately one hour.

“Partaking in this free summertime series is an ideal way to spend part of an afternoon or evening enjoying music in one of Boston’s finest cultural institutions,” said Mayor Martin J. Walsh. “I thank Boston Public Library staff, the Boston Public Library Foundation, and Deloitte for providing such wonderful programming for library users and visitors.”

- Aliya Cycon Project, Wednesday, June 3, 6 p.m. Cycon uses her reverence for the Arabic tradition to highlight her unique voice in compositions and performances.
- Neha, Friday, June 5, 12:30 p.m. A singer, composer, and pianist, Neha’s style is a mix of musical personalities, including jazz, folk, blues, pop, and her mother’s classical Indian musical background.
- Nicolás Castañeda Group, Wednesday, June 10, 6 p.m. Nicolás Castañeda Group is a project based on contemporary Colombian music.
- Patrick Coman, Friday, June 12, at 12:30 p.m. Patrick Coman merges barroom shuffles

with the sounds of his native Oklahoma.

- ChoroBop, Wednesday, June 17, 6 p.m. ChoroBop’s repertoire is based



on the roots of Brazilian choro, jazz, and contemporary music influences.

- Akiko Kobayashi, Friday, June 19, 12:30 p.m. Akiko Kobayashi performs as both a soloist and a chamber musician at renowned national and international festivals.
- Wambura Mitaru, Wednesday, June 24, 6 p.m. Wambura Mitaru is a passionate singer and songwriter from Nairobi who blends funk, soul, R&B, jazz, hip hop, and sounds from her African background.
- Properly Unprepared, Friday, June 26, 12:30 p.m. Properly Unprepared is a five-piece jazz combo that plays classics by artist such as Miles Davis along with more contemporary jazz.

The complete Concerts in the Courtyard schedule, which is generously co-sponsored by Deloitte and the Boston Public Library Foundation, can be viewed at [www.bpl.org/concerts](http://www.bpl.org/concerts). During the Wednesday evening concerts, light refreshments will be available for purchase. In the event of inclement weather, concerts will be moved inside to the Commonwealth Salon.

## Health Benefits

# One of the Healthiest Things You Can Do

Like most people, you've probably heard that physical activity and exercise are good for you. In fact, being physically active on a regular basis is one of the healthiest things you can do for yourself. Studies have shown that exercise provides many health benefits and that older adults can gain a lot by staying physically active. Even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging.

Being physically active can also help you stay strong and fit enough to keep doing the things you like to do as you get older. Making exercise and physical activity a regular part of your life can improve your health and help you maintain your independence as you age.

### **Be as Active as Possible**

Regular physical activity and exercise are important to the physical and mental health of almost everyone, including older adults. Staying physically active and exercising regularly can produce long-term health benefits and even improve health for some older people who already have diseases and disabilities. That's why health experts say that older adults should aim to be as active as possible.

### **Being Inactive Can Be Risky**

Although exercise and physical activity are among the healthiest things you can do for yourself, some older adults are reluctant to exercise. Some are afraid that exercise will be too hard or that physical activity will harm them. Others might think they have to join a gym or have special equipment. Yet, studies show that "taking it easy" is risky. For the most part, when older people lose their ability to do things on their own, it doesn't happen just because they've aged. It's usually because they're not active. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

### **Prevent or Delay Disease**

Scientists have found that staying physically active and exercising regularly can help prevent or delay many diseases and disabilities. In some cases, exercise is an effective treatment for many chronic conditions. For example, studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise. Exercise also helps people with high blood pressure, balance problems, or difficulty walking.

To learn about exercise and diabetes, go to [//go4life.nia.nih.gov/tip-sheets/exercise-and-type-2-diabetes](http://go4life.nia.nih.gov/tip-sheets/exercise-and-type-2-diabetes) from Go4Life®, the exercise and physical activity campaign from the National Institute on Aging.

## Manage Stress, Improve Mood

Regular, moderate physical activity can help manage stress and improve your mood. And, being active on a regular basis may help reduce feelings of depression. Studies also suggest that exercise can improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

*For more on cognitive function and exercise, go to [//go4life.nia.nih.gov/tip-sheets/do-exercise-and-physical-activity-protect-brain](http://go4life.nia.nih.gov/tip-sheets/do-exercise-and-physical-activity-protect-brain) from Go4Life®.*

*the exercise and physical activity campaign from the National Institute on Aging.*

Some people may wonder what the difference is between physical activity and exercise. Physical activities are activities that get your body moving such as gardening, walking the dog and taking the stairs instead of the elevator. Exercise is a form of physical activity that is specifically planned, structured, and repetitive such as weight training, tai chi, or an aerobics class. Including both in your life will provide you with health benefits that can help you feel better and enjoy life more as you age.

### *The Elderly Commission* Seniors are you eligible?

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance  
no longer counts -

- \* savings or retirement accounts
- \* your car
- \* your home \* or other assets

For more information or to complete an application contact:

Lorna Heron at 617-635-4335  
or email [lorna.heron@boston.gov](mailto:lorna.heron@boston.gov)

## **Boston Fire Department**

### **Free Elderly Fire Safety Program**

Photo Electric Smoke Alarm and Carbon Monoxide Detector available for owner occupied single family homes/condos

### **Restrictions Apply**

Please call the Fire Safety Program at 617-343-3472 or contact Ernie Deeb at 617-635-2359.

You can also view our website online at [www.cityofboston.gov/fire](http://www.cityofboston.gov/fire) or visit the Boston Fire Department on Facebook.

# The Most Important Conversation America Isn't Having

*Sherrill House Presents Ellen Goodman for a Free Forum on End-of-Life Care Conversations*

*Sunday, June 14*



BOSTON | On Sunday, June 14, join Sherrill House for the third installment of its educational lecture series on aging and elder care, featuring Pulitzer Prize-Winning Journalist Ellen Goodman.

Sherrill House, a non-denominational, not-for-profit skilled nursing and rehabilitation center located in Jamaica Plain, will bring together more than 500 attendees at Trinity Church, Copley Square, Boston from 1:30 to 2:30 p.m. for a talk on the importance of end-of-life care conversations.

The afternoon will be led by former Boston Globe journalist, Ellen Goodman, who has spent most of her life chronicling social change and its impact

on American life. In her encore career, she's created The Conversation Project, a public health campaign and nonprofit organization which aims to change the way people talk about and prepare for their final days. The goal is to ensure that everyone's wishes for end-of-life care are expressed and respected.

Ellen Goodman will share with humor and honesty her personal story of caring for her own mother, offer ice breakers on how to start the conversation with loved ones, and take questions from the audience.

The event is free and open to the public. It will be held on Sunday, June 14 from 1:30 to 2:30 p.m. at Trinity Church, Copley Square, Boston. Pre-registration is suggested, but not required. Those who RSVP will be entered to win lunch for two at The Café at Taj Boston. To RSVP visit, [SherrillHouse.eventbrite.com](http://SherrillHouse.eventbrite.com)

Sherrill House offers three specialized care programs including short-term rehabilitation through its Return to Home™ program, traditional long-term care, and Special Care Program for individuals with Alzheimer's and dementia.

For more information about Sherrill House, or the upcoming forum, please call 617-731-2400 ext. 3073 or email [sborgeson@sherrillhouse.org](mailto:sborgeson@sherrillhouse.org).

# Mayor Walsh's Garden Contest

*A citywide celebration  
of urban gardening*



**Entry Deadline - Friday, July 10**

## **Garden Categories:**

Container or Porch/Deck Garden

Shade Garden

Small Yard Garden (250 sq. ft. or less)

Medium Yard Garden (250 to 500 sq. ft.)

Large Yard Garden (larger than 500 sq. ft.)

Community Garden

Vegetable or Herb Garden

Senior Garden Category (65+)

Storefront, Organization, or Main Street District Garden

**Grand Prize Package  
provided by**

**jetBlue®**



**For information and applications:**

**[www.cityofboston.gov/parks/gardencontest](http://www.cityofboston.gov/parks/gardencontest)**

**(617) 635-4505**

# Healthy Recipes

*All Healthy Recipes are carefully  
selected by our expert nutritionist*

*Melissa Carlson, MS, RD*

## Spanish Inspired Tomato Salad

### Ingredients:

- 1/3 cup plus 2 tablespoons extra-virgin olive oil, divided
- 5 cloves garlic, minced
- 1 teaspoon paprika, preferably smoked
- 1 cup fresh breadcrumbs, preferably whole-wheat (see Tips)
- 3 tablespoons sherry vinegar or red-wine vinegar
- 1 teaspoon freshly ground pepper
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 3 pounds tomatoes, cut into wedges
- 1 cup chopped fresh parsley
- 16 caperberries (see Tips) or 1/4 cup capers, rinsed
- 6 anchovy fillets, chopped, plus more whole fillets for garnish

### Preparation:

1. Heat 1/3 cup oil in a large nonstick skillet over medium heat. Add garlic and paprika and cook, stirring, until the garlic is fragrant and sizzling, but not brown, about 20 seconds. Transfer to a large bowl to cool.
2. Heat the remaining 2 tablespoons oil



in the pan over medium heat. Add breadcrumbs, and cook, stirring, until crispy and golden brown, about 5 minutes. Transfer the breadcrumbs to a plate.

3. Whisk vinegar, pepper, sugar and salt into the garlic-paprika oil. Add tomatoes, parsley, caperberries (or capers) and chopped anchovies; gently stir to combine.

4. Transfer the tomato salad to a platter and top with the fried breadcrumbs. Garnish with anchovies, if desired.

### Tips & Notes:

- **Make Ahead Tip:** The fried breadcrumbs (Step 2) will keep, airtight, at room temperature for up to 1 day.

- **Tips:** To make fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about 1/2 cup fresh crumbs.

- **Capers** are dried and pickled small flower buds from a shrub native to the Mediterranean. Caperberries are the more mature fruit produced by the shrub. They are about the size of an olive, starchier than the smaller caper and usually sold with the stem still attached. Look for them in well-stocked supermarkets near olives and pickles or find them online at tienda.com.

**Serves:** 8 (*1 cup each*)

**Calories:** 188

**Source:** [http://www.eatingwell.com/recipes/spanish\\_tomato\\_salad.html](http://www.eatingwell.com/recipes/spanish_tomato_salad.html)

## Moroccan Spice Corn Topper

### Ingredients:

- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon dried oregano
- 1/2 teaspoon ground ginger
- 1/4 teaspoon kosher salt
- 2 teaspoons extra-virgin olive oil

### Preparation:

1. Mix cumin, coriander, oregano, ginger and salt in a small bowl. Brush 1/2 teaspoon extra-virgin olive oil over each ear of hot corn and sprinkle with the spice mixture.

**Serving:** Enough for 4 medium ears of corn

**Source:** [http://www.eatingwell.com/recipes/moroccan\\_spice\\_corn\\_topper.html](http://www.eatingwell.com/recipes/moroccan_spice_corn_topper.html)

## Aztec Lime Corn Topper

### Ingredients:

- 1 1/2 tablespoons lime juice
- 1 teaspoon extra-virgin olive oil
- 1/2 teaspoon chili powder
- Salt & freshly ground pepper, to taste

### Preparation:

1. Whisk lime juice, oil and chili powder in a small bowl. Season with salt and pepper. Brush over hot corn.

**Serving:** Enough for 4 medium ears of corn

**Source:** [http://www.eatingwell.com/recipes/aztec\\_lime\\_corn\\_topper.html](http://www.eatingwell.com/recipes/aztec_lime_corn_topper.html)

### Volunteers age 50+ needed for Shift work study!

Brigham and Women's Hospital seeks healthy, non-smoking men and women **ages 50-65** to participate in a research study about how sleep timing and workplace lighting impact alertness during work and sleep. Participants will first pass a series of screening tests. Participants will spend 10 consecutive days in the study on a strict schedule, including several overnights.

Receive up to \$2,575.

Contact us at 617-525-8904 or email at

[NightWork@research.bwh.harvard.edu](mailto:NightWork@research.bwh.harvard.edu) if interested.



# Thoughts on Volunteerism

By: Marian Leah Knapp

How is someone who volunteers her or his time different from a person who is paid? The quick and pretty obvious answer is that a volunteer doesn't receive money for work. This is true. A volunteer contributes to someone or a service without monetary compensation. I have heard people say that the rewards come, not from money, but from the satisfaction achieved in donating time to a worthy endeavor. I agree with this idea, but what is behind this satisfaction? As a way of thinking about this question, my thoughts turn to a recent event.

A few weeks ago I was a participant on a panel comprised of women who were identified as being in various types of leadership roles. The women on the panel had experiences that ranged from starting a not-for-profit agency to leaving a well-paying organizational job to dedicate her time to being a full-time artist. One of the questions we were asked was, "how do you approach and carry out your work both in your professional and private lives?"

My immediate reaction to this question

and my response to the audience was that I couldn't separate my "professional" life from my "private" life. In my mind, my private and professional life seemed as one continuous flow of activity, and not two diverse identities. What I realized was that it didn't matter if I was working in a paid capacity, or was volunteering for the benefit of my community or family and friends. It felt as if I had a fundamental purpose to be caring, helpful, and responsible. This cuts across all aspects of my life. It guides my decisions and actions. In any situation in which I am involved I try to listen carefully, consider what someone may need, and then find a way to provide meaningful and practical help. I hadn't really thought about this idea of across-the-board, consistent principles until I was asked a question that implied a difference between professional and private lives.

I see now that this basic process of listening, reflecting, and acting meaningfully applies to any work I do - for people I know intimately, but also for strangers who I may never meet. This self-awareness didn't happen overnight. It is only now, as a mature adult, that I have seen this recurring pattern and have the confidence to acknowledge and accept it.

The satisfaction from living my life in this way comes from a very real sense of knowing who I am as a

person. It is not an abstract “feel good” sensation because of an accumulation of accomplishments. Rather it is about knowing deeply what the core dimensions of my being are and nourishing them in constructive ways. The satisfaction I feel from acting in this way is enormous. I don’t need to look for too many other forms of gratification. I know who I am and that provides me with a richness of reward whether I am paid or if I volunteer.

*Marian Leah Knapp is a resident of Newton, MA, serves on Newton’s Council on Aging, and writes about her own experience on what it is like to get older. At age 70 she received her Ph.D. which was focused on the total environment in which people age.*

## SEEKING VOLUNTEER DRIVERS



**Age 55+ to provide dignified transportation to Boston seniors**

**For more information, contact Tyissha Jones-Horner at 617-635-3988 or email [tyissha.jones-horner@boston.gov](mailto:tyissha.jones-horner@boston.gov)**

**ADA 25** years  
Celebrate the Americans with Disabilities Act

**Boston Common July 22, 2015**

Join us Wednesday, July 22, 2015 from 11:00 AM–3:00 PM on the Boston Common to celebrate the 25th Anniversary of the Americans with Disabilities Act (ADA).

Help us mark this important milestone kicked off with a march, great performers, speakers, and tons of family–friendly activities in the heart of Boston.

We look forward to seeing you there!

## WANTED

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*Archie and Josie Dupont*

*Part 1 — Saturdays - Appeared in our May issue*

## **Part 2 — Sundays**

By: Russell duPont

[Our Saturdays were slow-paced, even relaxing; days where I shared time with my father]

Sundays, though, were different.

The day began with nine o'clock Mass, followed by a walk up the street to Argus' Bakery, where my mother bought, always, three Bismarcks.

We walked the block and a half back to our apartment and while my father stretched out in his chair with the Sunday papers, my mother cooked eggs and bacon.

Once we finished breakfast, it was off to the trolley stop on Dorchester St. We climbed aboard the clanging orange car to Andrew Station, descended into the subway and took the train two stops to Savin Hill and then walked down Savin Hill Ave. to Saxton Street and my grandmother's house. My aunts and uncles were there and while my grandmother cooked a mid-day meal over her coal stove, I'd wrestle with my uncles or go out in the yard with Dutchy, who was my age and lived on the second floor.

After an hour or so, I'd be called in and we'd all sit at the kitchen table, squeezed together, while my grandmother served enormous portions of roast pork and homemade potato dumplings, swimming in a topping of sweet and sour cabbage. She always had a homemade pie or cookies and everyone talked and joked and chewed.

Then, it was time to go.

We'd wind our way through Savin Hill to Upham's Corner, to steep Jerome Street where my father's parents lived in a three-decker, right near the top of the hill.

My grandmother and grandfather were French and, although they both spoke English as though it was their native language, they preferred to speak mostly French, which my father understood but which left my mother and I, at times, with puzzled smiles on our faces.

My grandfather Archie -- Achilles Oscar Dupont [pronounced in French as "Ah-scheel"] -- and my grandmother Josie -- Josephine Cote Dupont — were handsome people; Archie was a fine dresser who always wore suits and vests and during the summer, a stiff - brimmed straw hat. He was what the French called, "a boulevardier." My grandmother, always stylish in a new dress, her hair, just so, could have walked out of a fashion magazine.

Way back, when Archie, Josie, my father and his brother George lived in Manchester, NH, Archie managed the sprawling Amoskeag Textile Mills and invested heavily in automobile companies, all of which he lost in the Depression. Now, he and my grandmother were hair dressers and ran the beauty salon in Gilchrist's Department Store in Boston. That meant that every few weeks, midway through our visit, my father and I would sit down and have our hair cut by my grandfather.

My grandparents had a tradition that I find that I carry on to this day -- cocktail hour.

Shortly after climbing the stairs to their apartment, the apartment where my father grew up, we strolled back down the hill and around the corner to the Strand Cafe where my parents and grandparents ordered highballs and I'd have a ginger ale. I don't remember much about the conversations there, either, but after a few drinks, we'd clamber back up Jerome St. and up the stairs to their apartment.

While my mother's mother, "Ma" to everyone, was a great cook, my grandmother Josie had no skill at the stove at all. Usually, after the big meal at Saxton Street, we were stuffed and could usually beg off having any more to eat, but sometimes our refusals were ignored and Josie would plop an over-boiled chicken on a serving dish in the middle of the table, an off yellow lump of meat, fat and bones, surrounded by boiled potatoes; we'd just "take a taste."

When our visit ended, we headed back down Jerome Street to catch a bus to Andrew Station, to the trolley that would take us up to the corner of Dorchester and East 8th Streets, to walk the last couple of blocks to our apartment building and, finally, to bed.

Russell duPont is an exhibiting painter, printmaker, photographer and published writer whose early years were spent in the Old Colony Housing Project in South Boston and the next eight years on the corner of King and Train Streets in Dorchester, hanging out at Aram's Spa.



# Long Winter's Nap

“Don't Retire, Inspire”

By: Augusta Alban



I am doing my best, not to get ahead, only to get even with so much that got behind this winter. The flow of my life has been interrupted, and for me the reason is starting to make itself clear. The bitter cold, and over 110 inches of snow day after day tends to do that to you.

Everyone has lost a lot this winter: Retail businesses, restaurants and the shopping malls lost revenue. The school days our kids have lost. It may take the rest of the summer to get caught up, if ever. The magic word this winter of 2015 was survival.

The snow is mesmerizing and slowly lulls the brain into a trance-like nap. Then the bitter cold takes over, and one's only need is to get warm. I have a greater appreciation for the polar bear these days.

A snow day here and there becomes a beautiful memory perhaps for the front of your holiday card, but make no mistake over 110 inches of the white stuff is a very different matter. The memories are not soon to be forgotten, and just between you and me . . . I have had enough this winter.

Something interesting happens when things truly shut down, as I was forced

to do this winter, and it's not all bad.

It's like being away from your brain, or at least the controlling part. It's bigger than you are, so let go. And when you come back around to whatever is reality, you have lost interest. Now what have I gained? MUCH. There was a clearing out and letting go of stuff the brain repeats and repeats. It's not part of your DNA any more. The thoughts may return but in a very different frame. My life has been changed by what I have experienced.

Bears have the right idea. Dig a huge hole, eat lots of good things and sleep for a few months. Anyway, I am back and the menu has been revised.

I don't have to do important things any more, but I should love what I am doing. Being unkind to anyone — and I am first on my own list — is unacceptable. To truly help another, you have to get out of you own way.

It's important to laugh and to find things to laugh about each and every day. Share the laughter.

Buy lunch for the person behind you at McDonald's. Thank the next soldier you see for keeping you safe.

Make a list every day of 10 things you are grateful for. Read it and then read it again..

Play each day as if it's real, knowing it's NOT! You are producing this play as you live it. It is only your reality, no one else's.

Things you have buried long ago now start to rise to the top once again. You almost remember them, but you question the frame around each image. It's just a frame you tell yourself CHANGE IT. And so you do. Could it be that easy? You clearly get the message that it is. It is that you are changing, and that is changing the way it is. It's the long winter's nap. You are safe, and so it works.

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## Seniors Count BNN-TV Channel 9



Boston Seniors Count  
Cable Television Show



Thursday at 3:30 p.m. Repeated Sundays at  
11:30 a.m. & Wednesdays at 2:00 p.m.

For more information call Greg Josselyn  
at 617-635-4250

## Don't Retire, Inspire

Hosted by  
**Augusta Alban**

Tune in to find  
out how  
**Boston seniors  
are INSPIRED  
everyday**

**Fridays, 2:30 p.m., Saturdays, 11 a.m.  
on BNN/CH. 9**

**Tuesdays and Saturdays, 5 p.m.  
on Boston City TV, Comcast Ch. A-24  
and RCN Ch. 16**

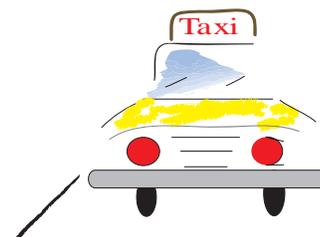
Collaboration between Mayor Martin J. Walsh,  
the Elderly Commission & Suffolk University

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# Baby Bump

## AND FOOD SAFETY

About 1 in 6 Americans will get food poisoning each year. Older adults are at an increased risk of serious complications from foodborne illness. A few simple steps can help keep the golden years pleasant for you or older adults you help care for.

### What May Make You Sick?

Here's a look at some of the most common food pathogens that affect older adults and where they're found:

#### E. COLI O157:H7



Undercooked ground beef, unpasteurized milk and juices, contaminated raw fruits and vegetables, and water

Person-to-person contact



#### CAMPYLOBACTER



Unpasteurized (raw) milk



Raw or undercooked meat, poultry or shellfish



Untreated or contaminated water



#### SALMONELLA



Raw or undercooked eggs, poultry or meat



Unpasteurized (raw) milk or juice



Cheese and seafood



Fresh fruits and vegetables



### Why Are You at Risk?

Older adults are at elevated risk for hospitalization and death from foodborne infections. Why?



Medication side effects (like a weakened immune system)



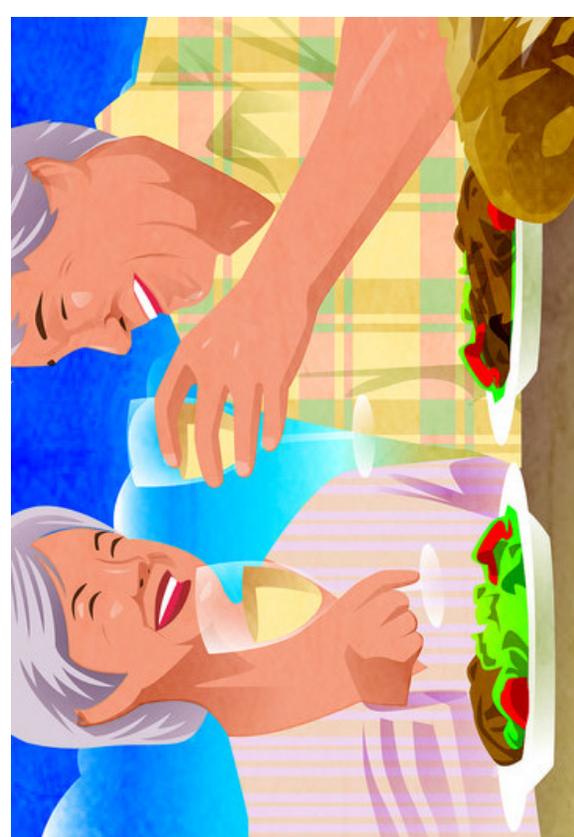
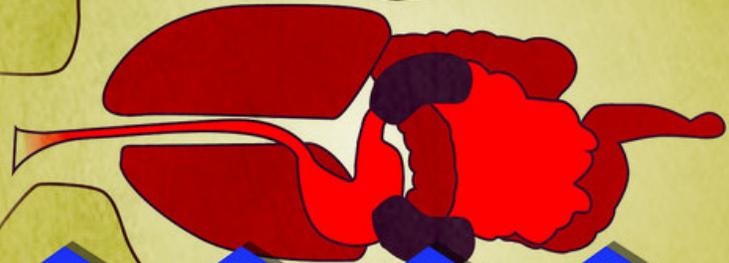
Changes in functioning of organs like liver and kidneys



Underlying chronic conditions (such as diabetes or kidney disease)



Age-related changes to GI tract



# Product Dating

Dates printed on food labels indicate when items will no longer be at peak quality. Dates are not for safety. Here's what each one means:



## “SELL BY” DATE:

Buy the product before this date. It is safe to eat after this date.



## BEST IF USED BY/USE-BY:

This is the last date recommended for best flavor or quality.

# When in doubt, throw it out.



Perishable food that has been held at unsafe temperatures can cause illness, regardless of the package date.

To learn more visit [www.fsis.usda.gov](http://www.fsis.usda.gov) and search “product dating.”

# Foods to Avoid



**SOFT CHEESES** made from unpasteurized milk (feta, brie, Camembert, blue-veined and queso fresco)



**RAW OR UNDERCOOKED MEAT, POULTRY, EGGS OR SEAFOOD**



**UNPASTEURIZED (raw) MILK**



**RAW SPROUTS**



**UNWASHED FRESH VEGETABLES**



**HOT DOGS, DELI MEATS AND LUNCHEON MEATS** that have not been heated to steaming hot



**PATES** – unpasteurized/refrigerated pates

# Safety Tips

The pathogens that cause foodborne illness can't be smelled or tasted. Proper food handling of the food you bring home is your best defense against food poisoning. *With all foods, follow these tips:*



## CLEAN:

Clean surfaces, utensils and hands with soap and warm water.



## SEPARATE:

Separate raw meat, poultry and seafood from ready-to-eat foods in your grocery-shopping cart, refrigerator, and during meal prep.



## COOK:

Cooked food is safe only after it's been heated to a high enough temperature to kill harmful bacteria. Use a food thermometer.



## CHILL:

Chill raw and prepared foods promptly if not consuming after cooking.



For more food safety tips, go to

— **FoodSafety.gov** —

**ADDITIONAL SOURCE**

<http://www.cdc.gov/features/dsfoodborneestimates/>



Photos courtesy of Getty Images

# EYE CARE AS YOU AGE

(Family Features) Which health screenings and exams are top priorities for you? If you're like most adults, monitoring your weight, cholesterol, and blood pressure is probably part of your health care routine. But what about vision care?

When adults reach their 40s, they often start to notice small changes in their vision, which can impact their daily lives and job performance. Whether having difficulty reading a book or working on

a computer screen, such changes can be frustrating, but they can often be addressed by an eye care professional.

A comprehensive dilated eye exam is the best way to detect diseases and conditions that can cause vision loss and blindness. That's because many have no symptoms in their early stages.

According to the National Eye Institute, all adults aged 60 and older should have

a comprehensive dilated eye exam, with the exception of African Americans, who are advised to get the exams starting at age 40 due to a higher risk of developing glaucoma at an earlier age. Even if you haven't experienced any issues with your sight, a dilated exam can detect serious eye diseases and conditions such as age-related macular degeneration, cataract, diabetic eye disease, and glaucoma.

During a dilated eye exam, your eye care professional places drops in your eyes to dilate, or widen, the pupil. This lets more light enter the eye, similar to the way an open door lets more light into a dark room and allows your eye care professional to get a good look at the back of your eyes to examine them for any signs of damage or disease.

Regular eye exams go a long way in helping you see well for a lifetime. But there is more you can do. Experts at the National Eye Institute recommend following these additional steps to protect your vision.

1. Live a healthy lifestyle. Living an overall healthy life is good for your eyes. This includes:

- Maintaining a healthy weight. Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss from diabetic eye disease or glaucoma.

- Eating healthy foods. You've heard carrots are good for your eyes, but eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

- Not smoking. Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract and optic nerve damage, all of which can lead to blindness.

2. Know your family history. Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.

3. Use protective eyewear. Protect your eyes when playing sports, working with hazardous materials, or doing chores like mowing the lawn. Protective eyewear includes safety glasses and goggles, safety shields and eye guards specially designed to provide the correct protection for a certain activity. Most protective eyewear lenses are made of

polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores.

4. Wear sunglasses. Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation. Exposure to excess sunlight can increase your risk of cataract and age-related macular degeneration, tissue growth on the white part of eye that can cause discomfort and blurred vision.

You can find more information on these preventive measures and dozens of other vision-related topics at [www.nei.nih.gov](http://www.nei.nih.gov).



## Common Eye Diseases and Conditions

Just as the rest of your body ages, so do the eyes. The following are common diseases and conditions associated with aging that can be detected with proper monitoring from an eye care professional:

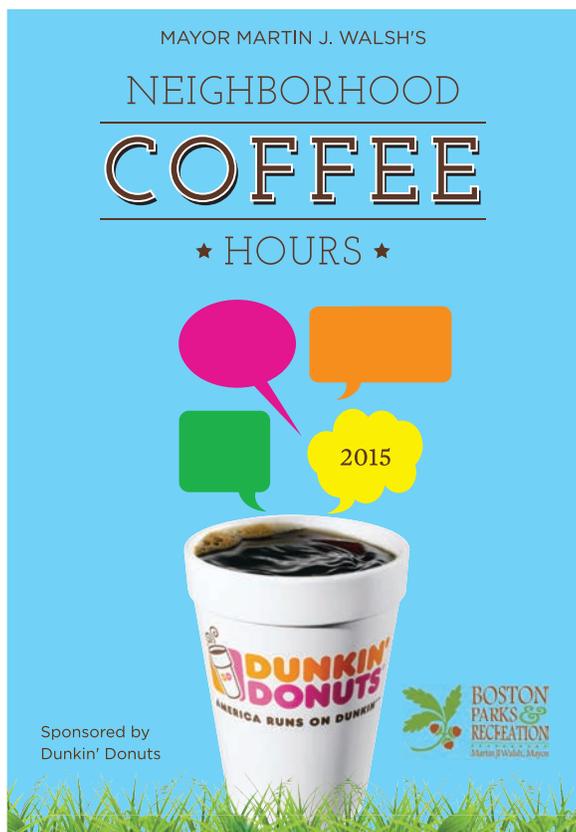
- **Cataract.** People who experience this clouding of the lens in the eye often report increased glare and fading of colors.
- **Diabetic eye disease.** A complication of diabetes and a leading cause of blindness, its most common form is diabetic retinopathy, which happens when the disease damages small blood vessels inside the retina.
- **Dry eye.** Dry eye can feel like stinging or burning, and can lead to blurred vision or even vision loss if left untreated.
- **Glaucoma.** Glaucoma is a group of diseases that can damage the eye's optic nerve and result in vision loss and blindness. Open-angle glaucoma is the most common form of the disease.
- **Age-related Macular Degeneration.** Age-related macular degeneration (AMD) is a disease that blurs the sharp, central vision you need for "straight-ahead" activities such as reading, sewing, and driving. AMD affects the macula, the part of the eye that allows you to see fine detail.

# Mayor Walsh's Neighborhood Coffee Hours

## 9:30 a.m. - 10:30 a.m.

*Dates and times are subject to change (617)635-4505*

*\*Rain or shine*



### **Tuesday, June 2**

American Legion Playground,  
25 Glendon St., East Boston  
(with opening celebration)

### **Wednesday, June 3**

Iacono Playground,  
150 Readville St., Hyde Park  
(with opening celebration)\*

### **Thursday, June 4**

Fallon Field,  
910 South St., Roslindale

### **Monday, June 8**

Ringer Playground,  
85 Allston St., Allston/Brighton

### **Tuesday, June 9**

Ronan Park,  
92 Mount Ida Road, Dorchester

### **Tuesday, June 16**

Christopher Columbus Park,  
110 Atlantic Avenue., North End\*

### **Wednesday, June 17**

Sweeney Playground,  
180 West Fifth St., South Boston

**Don't Miss *The Elderly Commission***  
**On the Radio**

**ZUMIX Radio - Boston**  
***Seniors Count***

Wednesdays at 2:00 PM and Mondays  
at 9:00 AM streaming on [zumix.org](http://zumix.org)

**WJIB 740 AM** on Sundays at 7:30 AM

For more information, contact:  
Greg Josselyn at 617-635-4250.

# The Healing Artistry of Mother Nature

## IT TAKES A VILLAGE GREATER BOSTON WALKING CLUB

Nature Explorations in Your Own Back Yard

A Partnership Program of Goddard House Assisted Living & Artists for Alzheimer's/The I'm Still Here Foundation

**RSVP to Dee Brenner at (781)879-7237 or Brenner@imstillhere.org**

**Q:** Wouldn't it be wonderful if we could enable more people with dementia and their families to enjoy outdoor explorations and to share their stories in nature?

**A:** Yes and we are!

This inclusive program welcomes people of all ages with an emphasis on offering a supported outdoor nature experience to older adults and people with dementia and their care partners. Through guided group walks in some of Greater Boston's loveliest outdoor settings, we set out and explore, sharing stories, poems and songs evoked by our strolls.

All program participants benefit from the "green exercise", relationships made and witnessing each person's individuality come forth through the sharing of stories.

- For those with dementia, symptoms recede through the nature experience as a joy, spontaneity and confidence are restored.

- Family, friends, staff and care partner participants benefit from the break in routine and sharing.

- The community benefits by witnessing people with dementia who are participating fully in life.



- We all gain from the restorative beauty and by connecting to the natural world as we make

time to slow down, relax and take-in the surroundings.

### 2015 Walks

**June 19th** – Habitat Nature and Wildlife Sanctuary/Belmont

**July 17th** – Allandale Farm/Jamaica Plain

**August 21st** – Jamaica Pond/Jamaica Plain

**September 18th** – Dane Park/Brookline

**October 16th** – Arnold Arboretum/Jamaica Plain

(Van Transportation is available from Goddard House, 165 Chestnut Street in Brookline or you can meet us at the site. Lunch follows walk at Goddard House.)



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**Solution to "Prom Night"  
 Crossword Puzzle on Page 7.**

I	S	A	A	C		R	P	M		S	C	A	B	
M	A	G	M	A		Y	O	U		M	O	L	L	Y
F	U	R	O	R		E	L	F		A	R	O	S	E
	L	A	U	R	A	S		T	U	X	E	D	O	S
			R	I	O			N	I	S	I			
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D	E	L	V	E		A	I	R		I	T	E	M	S
A	R	E	A			E	V	E		S	H	R	E	D

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[www.MountPleasantHome.org](http://www.MountPleasantHome.org)

**Tom Caron** By: John H O'Neill III

Tom Caron is a popular television host who helps with the Red Sox pre-game discussion. Jim Rice, a Hall of Fame member, joins him. At one time, Red Sox owners considered moving the team. A larger stadium would offer more seats; however, fans not only like the Red Sox, they also love Fenway Park. Caron explained: "While other clubs built new parks, the Red Sox owners poured tens of millions of dollars into the infrastructure of Fenway." Today,

a visit to Fenway can be included as part of a larger tour which may include Copley Square located down the road from Fenway Park.

Fenway's lower right field concession area now has a section called: "Picnic in the Park," and vendors sell items enjoyed at a picnic. There are picnic tables for fans to stop and have a bite to eat. The area has televisions allowing fans to follow that days' game.

# Coffee Hour at Susan Bailis Assisted Living

Photos by: Jeremiah Robinson



# Coffee Hour Roche Community Center



# Coffee Hour at ABCD



## Lunch at the Corrib in West Roxbury A Big Thank You to Tony & Staff





# Senior Citizen Property Tax Work-Off Application

Fiscal Year 2016 (July 1, 2015 to June 30, 2016)

Full Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address of Residence: \_\_\_\_\_

Street # Street Name Neighborhood Zip Code

Property Ward & Parcel ID: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Telephone Number: ( ) \_\_\_\_\_ - \_\_\_\_\_ Email (if any): \_\_\_\_\_

Social Security Number: \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Indicate (X) status: \_\_\_\_ Individual \_\_\_\_ Married

## Eligibility Information

As of July 1, 2015, are you 60 years of age or older? \_\_\_\_ Yes \_\_\_\_ No

As of July 1, 2015, are you legally authorized to work in the United States? \_\_\_\_ Yes \_\_\_\_ No

As of July 1, 2015, do you own and occupy the above property as your principal residence? \_\_\_\_ Yes\* \_\_\_\_ No

As of July 1, 2015, do you own and occupy the above property as your principal residence for the past 3 years?

\_\_\_\_ Yes\* \_\_\_\_ No \*If Yes, and if the property is in trust, please submit a copy of the Trust and Schedule of Beneficiaries

## Indicate GROSS INCOME from all sources for Calendar Year 2014

Calendar Year  
2014

Copies of Federal & State Income Tax Returns are **required** for verification purposes

- |  |             |
|--|-------------|
| 1. Social Security, Railroad Retirement Benefits, employee Pension or Retirement Allowance from US, Massachusetts or city or town or Massachusetts | 1. \$ _____ |
| 2. Other pensions, retirement allowances and annuities   | 2. \$ _____ |
| 3. Wages, salaries, tips, other compensation & net profit from business or profession  | 3. \$ _____ |
| 4. Interest and dividends  | 4. \$ _____ |
| 5. Gains from sale or exchange of real estate  | 5. \$ _____ |
| 6. Gains from sale or exchange of other property   | 6. \$ _____ |
| 7. Rent and royalty income   | 7. \$ _____ |
| 8. Receipts from other sources   | 8. \$ _____ |

NOTE: You must list gross income to qualify for this program

Total Gross Receipts \$ \_\_\_\_\_

Please **check the box** next to the documents you are including with your Senior Citizen Property Tax Work-Off Application, noting that financial information for **both** individuals must be provided if filing as married:

- |   |  |
|---|--|
| <input type="checkbox"/> Proof of Age (e.g. Birth Certificate, Passport, or Driver's License) | <input type="checkbox"/> Social Security letter                      |
| <input type="checkbox"/> 2014 Federal Income Tax Return                                       | <input type="checkbox"/> Pension letter                              |
| <input type="checkbox"/> 2014 State Income Tax Return   | <input type="checkbox"/> Copy of Trust and Schedule of Beneficiaries |

## Signature

In considering my application for the Senior Citizen Property Tax Work-Off Program, I hereby authorize the City of Boston Assessing Department to make any and all inquiries to any party regarding any income attributable to me in whatever form including, but not limited to, retirement and/or pension benefits from both public and private sources. Under the pains of perjury, I declare that to the best of my knowledge and belief the above information is true, correct and complete.

I understand that I will receive up to \$1,000 to be applied against my City of Boston residential property tax. As a volunteer for the City of Boston, I agree to obey all of the City rules and regulations in regard to my voluntary placement.

Signature \_\_\_\_\_

Date \_\_\_\_\_

NOTE: This program is generally limited to 50 participants per fiscal year. Filing an application does not guarantee acceptance into the program.