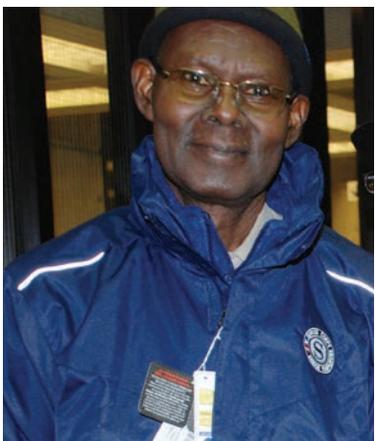


Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



FREE

**2016
Volume 40
Issue 5**

May

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Free online subscription to Boston Seniority available. Check out our website at www.cityofboston.gov/elderly

Go on Facebook to find out what's going on at The Elderly Commission www.facebook.com/BostonElderlyCommission

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

Email articles and comments to 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.

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Mayor's Spotlight

MAYOR WALSH REAFFIRMS COMMITMENT TO DELIVERING EXCEPTIONAL BASIC CITY SERVICES

*Responds to Resident's Needs Identified
Through Boston 311 and Go Boston 2030*

Through his Fiscal Year 2017 (FY17) budget and capital plan proposal, Mayor Martin J. Walsh is continuing his commitment to delivering exceptional basic services to all of Boston's residents. The Mayor's *Building a Better Boston* capital plan increases Boston's street resurfacing and sidewalk repair program by nearly \$4 million and bridge repair by over \$6 million.

"Through engaging with our residents, we know the importance of providing dependable basic services," said Mayor Walsh. "This additional funding will allow us to build on our success over the past two years of providing the highest quality of basic services and create cleaner, safer streets for our neighborhoods."

Last year, the Boston Public Works Department (PWD) paved 42 miles of roads, and the increased funding will increase the paving budget by a third. Building on the nearly 100 miles of road work performed in the last two years, this funding will create more

accessible sidewalks for pedestrians and smoother roads for drivers and cyclists along Boston's major arteries. Increased bridge funding will help prepare spans, such as the North Washington Street Bridge, for more comprehensive capital improvements.

This capital plan also invests \$66.7 million in the comprehensive redesign of squares, corridors and public spaces across the city. Examples of these planning, design and construction projects include East Boston's Central Square, the Commonwealth Avenue corridor in Brighton and Allston, Dudley Street in Roxbury, North Square in the North End, Quincy Street in Dorchester and Audubon Circle in the Fenway.

Each project will help transform these areas reflecting the vision of the local community. Go Boston 2030, Boston's comprehensive transportation planning effort, has revealed that one of the top priorities among residents is the delivery of basic services.

The launch of Boston 311 last year has also allowed the City of Boston to better understand what Boston residents want. The new modernized and efficient system has allowed City of Boston employees to quickly respond to resident's requests and resolve issues

Boston 311 can be accessed anywhere within the City limits from both landlines and cell phones, and should only be used for non-emergencies. 311 will be available through several different platforms, including:

- Mobile: download the free BOS:311 app on iOS or Android (previously known as Citizens Connect)
- Online: Boston.gov/311
- Social media: tweet @BOS311
- Phone: dial 3-1-1 (previously the

Mayor's 24-hour hotline 617-635-4500. For those with VoIP and for calls from outside Boston, callers should continue to dial 617-635-4500.)

As part of his budget proposal, the Mayor has also announced that starting in FY17, Boston 311 will reach even more residents by adding translators for six different languages.

Hazardous Waste Disposal and Paper Shredding

Boston residents can safely dispose of hazardous waste and shred unwanted documents for free at upcoming events.

June 25, 2016: 9:00 am - 2:00 pm
West Roxbury Public Works Yard, 315 Gardner Street, near Millennium Park.

July 23, 2016: 9:00 am - 2:00 pm
400 Frontage Road, South Boston.

November 19, 2016: 9:00 am - 2:00 pm
West Roxbury Public Works Yard, 315 Gardner Street, near Millennium Park.

*Paper shredding is sponsored by the City of Boston Credit Union. Shredding is limited to 10 Copy Paper sized boxes of personal documents per person. Shredding business papers is prohibited.



Attention Fitness Certified Veterans!

Troops for Fitness

needs you to lead fitness activities for Boston residents aged 60+



Choose from fitness activities based on your skills and interests including:

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Golf Workshops

Hiking Workouts

Running

Tai Chi

Walking Clubs

Water Aerobics

Yoga Classes

Zumba

...and more

For more information, contact Michael McColgan at 617-635-4168 or michael.mccolgan@boston.gov.



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



Elderly Commission Profile

John H. O'Neill III, Office Clerk

As office clerk my responsibility is to process the incoming and outgoing mail. In addition, I deliver things to different offices. Sometimes, I help with events.



1. What do you most enjoy about your job?

I enjoy working with many nice people. Because of the deliveries, I have met many other nice people who work in offices throughout City Hall.

2. What one thing has surprised you about your job?

Each office has an office clerk, one who visits the mail room concerning mail for his/her respective office. A visit to the mail room can be enjoyable.

3. Describe an older adult that had a direct impact on your life.

I would say Joella Thomas had an impact on my life. Joella was the Office Manager in the Elderly Commission and as such, she was my direct supervisor for quite some time.



Seeking SHINE Counselors

Volunteers offering free health insurance counseling and assistance to residents with Medicare

Must be 55+
Volunteers will be trained

Contact Tyissha Jones-Horner at 617-635-1794 or tyissha.jones-horner@boston.gov

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Special programs conducted in Vietnamese and reflecting traditional culture.



Located in Fields Corner, Dorchester. Call 617-533-9214 or visit www.kitclark.org!

Kit Clark,
Senior
Services
A division of
Bay Cove Human Services

SNAP: Food Assistance Are you eligible?

If you are single and make less than \$2,000 a month or if you are married and make less than \$2,700 a month then Yes!

For more information or to complete an application contact:

Lorna Heron at 617-635-4335
or email lorna.heron@boston.gov

Strong Bones and You

Do you take prednisone, methotrexate, opioids for rheumatoid arthritis or are you a post menopausal woman?

These medications and being post menopausal, can put you at risk for osteopenia or thinning of the bones.

You may be taking foods high in calcium and vitamin D which strengthen your bones.

Yet, you may be taking foods that weaken your bones and you don't even know it!

Foods to think about -

1. Cola soft drinks that contain caffeine and phosphoric acid. Phosphoric acid is the chemical that gives the drinks their tangy flavor. Caffeine may be a small factor in weakening bones but the phosphoric acid is more dangerous. According to research, a high ratio of phosphorous to caffeine in the diet can affect bone metabolism and increase bone breakdown, especially in postmenopausal women. Suggestion: brew tea or put flavor in your water by adding mint, basil, berries or cucumber. If you don't like these choices, drink plain water to stay hydrated!

2. Processed foods - We all know to limit hot dogs, lunch meats, processed cheeses, canned vegetables and soups, even non-dairy creamers. Why? They are high in sodium phosphates. Sodium phosphate increases the shelf life of foods and they give the creamers their creaminess. Also, like the phosphoric acid in sodas, it weakens the bones. Suggestion: fresh fruits and vegetables. Use milk or half and half in your coffee.

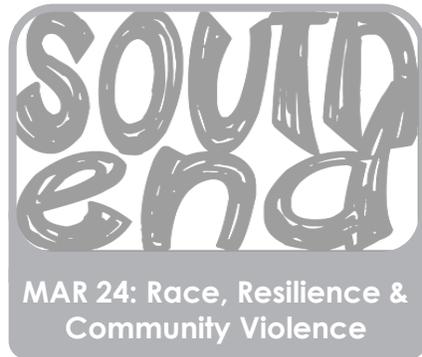
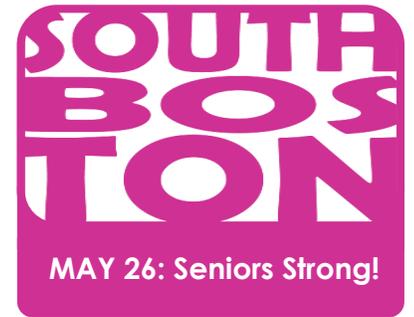
3. Spinach - Spinach has bone-boosting calcium. Interestingly, spinach is also high in oxalates - molecules that block calcium absorption. Suggestion: try other leafy green vegetables like the now popular kale and collard greens. Eat spinach but in moderation.

4. Alcohol - Alcohol can affect your stomach's ability to absorb calcium from foods. Suggestion: moderation in daily alcohol intake. Research says small amounts of alcohol may be good for your bones. The amount I do not know.

For an expert opinion on good calcium choices, ask your doctor for a referral to a nutritionist who will discuss your food choices and which foods are best for you.

PASSPORT TO PUBLIC HEALTH

Grab your passport and get ready to learn about issues affecting our community. Join Boston Alliance for Community Health, Boston Public Health Commission and our community partners in a series of workshops across Boston neighborhoods. *This month we're in South Boston!*



Stop #5: Seniors Strong!

Thursday, May 26 4 – 6 pm, Labouré Center, 275 W Broadway, Boston, MA 02127

BACH and BPHC invite you to learn about senior mental and physical health from Gary Bailey, MSW, ACSW, and Healthy Community Champion, Norma Lawrence. Mr. Bailey will focus on psychological and psychiatric issues seniors face. Mrs. Lawrence will discuss how she built exercise into her life, and the importance of exercising the brain. A senior herself, she will also lead participants in chair yoga designed for seniors. **FREE EVENT. TRANSLATION, CHILDCARE AND DINNER PROVIDED. RAFFLE PRIZES. COMMUNITY RESOURCES.**

Please Direct RSVPs or Questions to
Olivia Larkin olarkin@hria.org, 617-279-2240 x 061



Sleep and Aging

About Sleep

We all look forward to a good night's sleep. Sleep allows our body to rest and to restore its energy levels. Without enough restful sleep, not only can we become grumpy and irritable, but also inattentive and more prone to accidents. Like food and water, adequate sleep is essential to good health and quality of life.

Two Types of Sleep

There are two types of sleep: non-rapid eye movement -- or NREM sleep -- and rapid eye movement -- or REM sleep. NREM sleep includes four stages, ranging from light to deep sleep. Then we go into REM sleep, the most active stage of sleep when dreaming often occurs. During REM sleep, the eyes move back and forth beneath the eyelids and muscles become immobile. We cycle through the NREM-REM stages of sleep approximately every 90 minutes.

How Sleep is Regulated

Researchers believe that two body systems -- the sleep-wake process and our circadian biologic clock -- regulate our sleep. They program our bodies to feel sleepy at night and awake during the day.

The sleep-wake process works by balancing the amount of sleep a person needs based on the time spent awake. Our circadian biologic clock is a 24-hour body rhythm affected by sunlight. It regulates hormones



such as melatonin, which is secreted during the night and promotes sleep, and other processes like body temperature. Sleeping at a time that is in sync with this rhythm is important for healthy sleep.

Sleep Needs, Patterns Change With Age

Sleep needs change over a person's lifetime. Children and adolescents need more sleep than adults. Interestingly, older adults need about the same amount of sleep as younger adults -- seven to nine hours of sleep per night.

Unfortunately, many older adults often get less sleep than they need. One reason is that they often have more trouble falling asleep. A study of adults over 65 found that 13 percent of men and 36 percent of women take more than 30 minutes to fall asleep.

Also, older people often sleep less deeply and wake up more often throughout the night, which may be why they may nap more often during the daytime. Nighttime sleep schedules may change with age too. Many older adults tend to get sleepier earlier in the evening and awaken earlier in the morning.

Why These Changes

There are many possible explanations for these changes. Older adults may produce and secrete less melatonin, the hormone that promotes sleep. They may also be more sensitive to -- and may awaken because of -- changes in their environment, such as noise.

Older adults may also have other medical and psychiatric problems that can affect their nighttime sleep. Researchers have noted that people without major medical or psychiatric illnesses report better sleep.

Poor Sleep Can Lead to Problems

Not sleeping well can lead to a number of problems. Older adults who have poor nighttime sleep are more likely to have

depressed mood, attention and memory problems, excessive daytime sleepiness, more nighttime falls, and use more over-the-counter or prescription sleep aids. Poor sleep is also associated with a poorer quality of life.

If You Have Trouble Sleeping

Many people believe that poor sleep is a normal part of aging, but it is not. In fact, many healthy older adults report few or no sleep problems. Sleep patterns change as we age, but disturbed sleep and waking up tired every day are not part of normal aging. If you are having trouble sleeping, see your doctor or a sleep specialist. There are treatments that can help.

Source: nihseniorhealth.gov/sleepandaging/aboutsleep/01.html

Come Spend The Day With Us!



At Kit Clark's Adult Day Health programs, join fellow seniors for arts & crafts, exercise, music, group outings, delicious meals and more!

Specialized services are available for individuals with Alzheimer's and memory loss.

Programs located in Codman Square and Fields Corner, Dorchester.

Call 617-533-9214 today!

Kit Clark
Senior Services
A division of
Bay Cove Human Services

Seniors Count

BNN-TV Channel 9

Boston Seniors Count
Cable Television Show

Thursdays at 3:30 p.m.
Repeated Sundays at 11:30 a.m.

For more information call
617-635-4366



Knowing that Inner Voice

“Don’t Retire, Inspire”

By: Augusta Alban



As a writer and TV producer, I am always asking people questions. Often my questions have nothing to do with work they have done. I just want to know something personal about them: why they do what they do, or why they don't. People fascinate me. I have found if I ask someone the question what do you want, most people answer with what they don't want. They talk all around the question. They think they know the answer to the question, but putting thoughts into words feels like an invasion of their inner sanctum.

Often it is said, "If I knew then what I know now." I have reason to think we did know, we just can't believe that we could have known. After my divorce I started asking others in a similar situation when they realized their marriages weren't going well. One answer that forever comes to mind came from a handsome, bright attorney. He told me that on his wedding day, under the chuppah, when he leaned down to kiss his bride, she quickly turned her face the other way. I asked when they divorced and surprisingly, he told me they were still married -- after 25 years -- and it had not gotten any better!

What you need to know comes to you soon after or during any event. We spend

enormous amounts of time and energy, and take ourselves on long journeys convincing or rejecting those first thoughts. I know most of you have had experiences like that.

Something tells you to take your friends to lunch at that new place. Then you hold court in your head: Why? Why not? You decide to go anyway. It's the grand opening and wonderful prizes are being given away. You drop your business card in the raffle box and you win lunch for everyone in your party. Your friends tell you this is your lucky day. Was it luck, or listening to your inner voice?

Often it's a feeling that comes over you. You just know. The more you listen, the more changes you are able to make and the better it gets. Trust yourself. If it doesn't work out, you may have to pay for lunch but you have found a new place to eat. You may always order 32 on the menu at the Chinese restaurant, but now the number 27 sounds intriguing. Try it! You always take the bus home from the library, but you keep thinking you should walk instead. Enjoy the sunshine! Get lunch from a food truck! Meet new people along the way! Expand your horizons as your inner voice becomes your guide.

The Silent Call Procedure

The “Silent Call Procedure” is used when a caller is unable to verbally communicate their emergency over the phone. If a resident of Massachusetts calls 9-1-1 and is unable to speak for ANY reason (i.e. physical disability, domestic violence, home invasion, or medical condition) the need for help can still be communicated to a 9-1-1 dispatcher by using the SILENT CALL PROCEDURE. With the Silent Call Procedure, the caller indicates their need for help by pressing digits on their telephone keypad. The Silent Call Procedure can work from ANY touch tone telephone (land line/cell phone).

The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press

- 1** If you need police 
- 2** If you need fire 
- 3** If you need an ambulance 

If the 9-1-1 dispatcher asks questions, press

- 4** For YES 
- 5** For NO 

Source: MA State 911 Department and the Executive Office of Public Safety and Security

www.mass.gov/e911

Healthy Recipes

*All Healthy Recipes are carefully selected by our expert nutritionist
Melissa Carlson, MS, RD*

Summer Squash, Bacon and Mozzarella Quiche

Ingredients:

Crust:

- 6.75 ounces all-purpose flour (about 1 1/2 cups)
- 1/2 teaspoon salt
- 3 tablespoons chilled unsalted butter, cut into small pieces
- 2 tablespoons vegetable shortening, cut into small pieces
- 1/4 cup ice water
- Cooking spray

Filling:

- 1 tablespoon extra-virgin olive oil
- 2 cups (1/8-inch-thick) slices yellow squash
- 2 cups (1/8-inch-thick) slices zucchini
- 1/4 cup chopped shallots
- 1 tablespoon chopped fresh thyme
- 1 cup 2% reduced-fat milk
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 slices center-cut bacon, cooked and crumbled
- 3 large egg whites
- 3 large eggs
- 3/4 cup (3 ounces) shredded part-skim mozzarella cheese



Directions:

1. To prepare crust, weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and 1/2 teaspoon salt in a food processor, and pulse 2 times or until combined. Add butter and shortening; pulse 4 times or until mixture resembles coarse meal. With food processor on, add ice water through food chute, processing just until the mixture is combined (do not form a ball). Press mixture into a 4-inch circle on plastic wrap, and cover. Refrigerate for 1 hour.
2. Preheat oven to 400°.
3. Slightly overlap 2 sheets of plastic wrap on a slightly damp flat surface. Unwrap and place chilled dough on plastic wrap.

Cover dough with 2 additional sheets of overlapping plastic wrap. Roll dough, still covered, into a 12-inch circle. Place dough in freezer 5 minutes or until plastic wrap can easily be removed. Remove top sheets of plastic wrap, and fit dough, plastic wrap side up, into a 9 1/2-inch deep-dish pie plate coated with cooking spray. Remove remaining plastic wrap from dough. Fold edges under, and flute. Pierce bottom and sides of dough with fork. Bake at 400° for 15 minutes. Cool on a wire rack.

4. Reduce oven temperature to 350°.

5. To prepare the filling, heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add squash,

zucchini, shallots, and thyme; saute for 5 minutes or until squash and zucchini are tender, stirring frequently. Cool the squash mixture slightly.

6. Combine 1 cup reduced-fat milk and the next 5 ingredients (through eggs) in a large bowl, stirring with a whisk. Arrange squash mixture evenly over crust, and sprinkle with 3/4 cup mozzarella cheese. Pour the egg mixture over cheese. Bake at 350° for 45 minutes or until filling is set. Cool for 15 minutes on a wire rack.

Servings: 8 wedges

Calories per serving: 265

Source: <http://www.myrecipes.com/recipe/squash-bacon-mozzarella-quiche#mr-livefyre-ratings>

Newfangled Peas and Carrots

Ingredients:

- 6 cups water
- 12 ounces baby carrots
- 1 tablespoon butter
- 2 cups vertically sliced spring onion, white parts only (about 9 ounces)
- 1 teaspoon sugar
- 2 teaspoons rice vinegar
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon chopped fresh tarragon
- 2 cups pea tendrils or watercress

Directions:

1. Bring 6 cups water to a boil in a large saucepan. Add carrots; reduce heat, and

simmer 5 minutes or until crisp-tender. Drain; rinse under cold water. Rub carrot peels off with a clean, dry kitchen towel.



2. Melt butter in a large skillet over medium-high heat; swirl to coat. Add onion; sauté 3 minutes or until slightly tender. Add carrots, sugar, vinegar, salt, and pepper; cook 2 minutes or until sugar dissolves and carrots are thoroughly heated. Stir in tarragon. Top with pea tendrils or watercress.

Servings: 4 (3/4 cup each)

Calories per serving: 85

Source: <http://www.myrecipes.com/recipe/newfangled-peas-carrots>



The Art of Community: Cultivating Creativity with Senior Art in the AM in Grove Hall

Are you curious about doing art and design? Do you like to meet new people? Do you like to paint, draw, or make crafts? If so, then Senior Art in the AM is the place for you to be.

Senior Art in the AM (SAAM) is brought to you by sparc! the ArtMobile. This initiative of MassArt's Center for Art and Community Partnerships travels as an all-purpose mobile base for innovative and intergenerational art and design programs, projects and events. By partnering with organizations, schools, and businesses sparc! aims to utilize our shared human and capital resources.

Project R.I.G.H.T., Inc and sparc! provide the art supplies, you provide your creative spirit and together we cultivate a supportive environment for everyone to make, share, and connect. Much like art, these

connections take many forms. During the SAAM workshops we are exploring the theme of Communication through painting, printmaking, and creating personalized stationery. Lisa Lee, a MassArt student and Chanel Thervil, a MassArt graduate lead the workshops and share a wide range of artistic techniques.

Best of all sparc! events like SAAM provide a space for you to connect with yourself. Whether you are looking to relax, recharge or try something new we can help you along the way. Anyone age 55 or older is welcome to create art along with friends and the community-based artists two Tuesdays per month through June 2016.

Overall, we want to activate the creativity in you!

Come join us at these upcoming free workshops:

Tuesday, May 10 11-1pm, Grove Hall Community Center, 51 Geneva Avenue, Dorchester

Tuesday, May 17 11-1pm, Grove Hall Public Library, 41 Geneva Avenue, Dorchester

Tuesday, June 14 11-1pm, Grove Hall Community Center, 51 Geneva Avenue, Dorchester

Tuesday, June 21 11-1pm, Grove Hall Public Library, 41 Geneva Avenue, Dorchester

To RSVP for Senior Art in the AM and sign up for our newsletter contact Iris Lapix at (617) 879-7341 and ilapaix@massart.edu. To stay up to date with our other events, check us out at The Center for Art and Community Partnerships on Facebook.



Seniors Count is ON AIR

LISTEN IN

Streaming on zumix.org Wednesdays at 2 PM and Mondays at 9 AM
WJIB 740 AM on Sundays on 7:30 AM



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www.MountPleasantHome.org

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ARE YOU 60+?
DO YOU HAVE A FEW SPARE HOURS EACH WEEK?

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EMAIL US
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PROGRAMMING for PEOPLE with PARKINSON'S DISEASE: MORE IS POSSIBLE

Ask most people if they know someone with Parkinson's disease, and the answer is: Yes! Parkinson's strikes one person in 100 over the age of 65 years, and there is no known cure. This neurological condition is progressive, gradually effecting people in many ways, beyond the stereotypical tremors. People living with Parkinson's can have difficulty with gait, balance, speech production, and may suffer from anxiety and depression.

Parkinson's can be difficult to identify. Many people have received multiple incorrect diagnoses before doctors can settle on a Parkinson's diagnosis. And, particularly in urban or rural low-income areas where access to health care is limited, many people go undiagnosed and do not or cannot access specialty medical care.

While there are medications, short term therapies, etc. that are important for those with Parkinson's, **many patients and their families are now realizing there is more they can do to ameliorate their symptoms, prevent social isolation and improve the quality of their lives while living with this disease.**

New Effort in Boston for people with Parkinson's

That is why **Jewish Family & Children's Service (JF&CS)**, a 150 year old comprehensive social service organization headquartered in Waltham, MA, is

spearheading an effort to foster more quality of life, therapeutic services for people with Parkinson's in Boston. Based on the ten-year success of their Parkinson's programming in Waltham, the agency has launched a pilot effort for that purpose in the South End, partnering with local organizations – **IBA (Inquilinos Boricuas en Acción)**, **United South End Settlements (USES)**, and **Urbanity Dance**. This outreach effort is funded through a grant from the National Parkinson's Foundation.

JF&CS will hold 8 demonstration Dance/Movement Parkinson's classes, open to all people living with Parkinson's and their care partners. The demo classes will be taught by Betsi Graves, Director of the South End's own Urbanity Dance company. Betsi has trained with the Mark Morris Dance Company in movement/dance techniques for people living with Parkinson's, and currently offers a free weekly class, which we hope to expand through JF&CS' project in the South End. She considers all those in her Parkinson's class to be dancers – whether they are sitting or able to stand for the movements she teaches. Betsi reflects on the value of these free classes, stating: *“I see my students reap the many benefits of Parkinson's dance: balance, coordination, strength, flexibility, mental agility, memory... but my favorite 'side affect' is joy. The joy is contagious. Dance is a powerful vehicle for improving the quality of life in individuals and communities.”*

JF&CS: Much more is possible for people living with Parkinson's

JF&CS is a center for quality of life

services for people with Parkinson's in Massachusetts. JF&CS' **Parkinson's Family Support** program offers support groups, information, referral and resources as well as its wonderful arts-based, therapeutic classes for people living with Parkinson's and their care partners.

Based on current medical research showing the strong beneficial impact of music and movement for people dealing with the disease, JF&CS offers other weekly Parkinson's dance/movement classes as well as a 30+-member chorus (called the Tremble Clefs). The Parkinson's classes create places that feel safe, friendly and fun. For a condition that can be tremendously isolating,

the social element of these classes is truly important.

Says Bob C., who has been attending JF&CS' Parkinson's Dance program in Waltham for over six years: "When I come to this class, I can forget that I have PD. I am surrounded by others who 'get' what having Parkinson's is all about. I am part of a community."

For Further Information:

The demo classes will be accessible for people speaking English or Spanish. For further information, contact Janet Selcer, Outreach Coordinator, JF&CS Parkinson's Family Support, Jselcer@jfcsboston.org or call 857-234-2720.



MOVE WITH PARKINSON'S!

A collaboration with:



FREE

Join us for therapeutic movement and dance classes for people with Parkinson's disease.

SCHEDULE:

*All classes held in the South End.
Come to any one class or more, as you like!*

- | | |
|---|---|
| May 9 & 11
10:30-Noon | United So. End Settlements
566 Columbus Ave |
| May 17, 24, 31,
& June 7
10:30-Noon | Urbanity Dance Studio
1180 Washington St. |

Refreshments & Door Prizes!

For more information, please contact:
Janet Selcer
JF&CS Parkinson's Outreach Coordinator
(857) 234-2720
Jselcer@jfcsboston.org

SAFE NEEDLE AND SYRINGE DISPOSAL



SHARPS DISPOSAL

Many Boston residents use syringes to manage a variety of health care conditions at home such as diabetes, allergies, multiple sclerosis, and others. The safe disposal of needles, syringes, and lancets (sharps) is necessary

to protect residents, sanitation/municipal workers, and the environment.

What should I do with my used syringes?

Used syringes and other sharps should always be placed in a sharps container and disposed of safely – either at a drop-off site or in a mail-back program. IV drug users can also enroll in a Needle Exchange Program for needle exchange and other harm reduction services. Do not clip, bend, or recap needles and always keep sharps and containers away from children and pets.

Can I put my used syringes in the trash?

No. Throwing syringes in the trash, recycling bin, or disposing them anywhere that is not a safe needle disposal container is against the law and could lead to a fine. Sharps that have been improperly disposed of pose a health and safety risk to the public and to sanitation workers. Sharps and syringes must be disposed of at a needle and

syringe disposal drop-off site or through a medical mail-back service.

What should I do if I find a needle on a public way?

If you find a needle on a sidewalk or other public way, please call the Mayor's Hotline at 3-1-1. Provide the location of the needle(s) with as much detail as possible and the Mobile Sharps Team will locate and collect the waste.

DROP-OFF SITES IN BOSTON

AIDS Action Committee

75 Amory Street
Boston, MA 02130
617-450-1379

Boston Health Care for the Homeless

780 Albany Street
Boston, MA 02118
857-654-1641

Boston Public Health Commission

35 Northampton Street
Boston, MA 02118
617-534-5395

Span, Inc.

105 Chauncy Street, 6th Floor
Boston, MA 02111
617-423-0750 x 109

Neponset Health Center

398 Neponset Avenue
Dorchester, MA 02122
617-534-5395

MA Alliance of Portuguese Speakers

1 Stoughton Street
Dorchester, MA 02125
617-825-5897

Walgreens Community Pharmacy

21-23 Stanhope Street
Boston, MA 02116
617-375-7969

Women of Color AIDS Council

409 Blue Hill Avenue
Dorchester, MA 02121-4309
617-541-1050

Dimock Community Health Center

41 Dimock Street (Sewall Building)
Roxbury, MA 02119
617-442-8800

We're here for you.
617-635-3000



The Senior Shuttle has multiple wheelchair accessible shuttles offering free door-to-door transportation to Boston residents age 60 or over.

Rides are offered to non-emergency medical appointments. We kindly request advanced notification of appointments.

To schedule a ride, call 617-635-3000, Monday-Friday, 8 a.m. - 4 p.m.

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 617-343-2022 or contact Ernie Deeb at 617-635-4366.

You can also view our website online at www.cityofboston.gov/fire or visit the Boston Fire Department on Facebook.



***CUSTOM DENTURE* Only \$999!**

(reg. \$1275)

AFFORDABLE custom dentures **MassHealth** accepted

On-Site Lab • Same Day repairs

EAT .. SMILE .. TALK with ease !!

Enjoy life .. Happy Spring!

CALL NOW 617.738.1232

Welcome to the Massachusetts Adult Literacy Hotline

Are you looking for language literacy classes? Computer literacy? Trying to get ready for your HiSET (formerly the GED) or looking for a job training program? Is your first language not English? Do you need to find classes for someone who doesn't speak English or needs to prepare for their HiSET?

The Massachusetts Adult Literacy Hotline is referral system for adult education services across the state. The Hotline has an easily searchable website that can be found at www.mass.gov/edu/literacyhotline. In addition, there is a call center available 7 days a week from 6 a.m. to midnight with staff who can help you find classes and programs in your area and in your language of choice. Here's how it works:

Use the website:

- 1) Go to the website (www.mass.gov/edu/literacyhotline) to search for programs and resources.
- 2) Click on the services you need (ESOL, Reading, Writing, and Math, English, High School Equivalency/HiSET, Transitions to College/Job Training). The database will generate all the program sites and services in your area based on what you select.
- 3) Call and continue your educational journey!

OR

Speak to someone in person:

- 1) Call 1-800-447-8844.
- 2) Select a language of choice. Provide your zip code and what types of classes you are looking for. The Call Center can help you find the same classes as the website, but also more specific classes like Citizenship and Native Language Literacy.
- 3) You will be given program site information for three sites.
- 4) Call and continue your educational journey!

The Adult Literacy Hotline has several added exciting features. You can find:

- ✓ Programs that offer transportation support.
- ✓ Transitions to vocational, and job training programs.
- ✓ State-licensed childcare providers, career centers, and volunteer opportunities.
- ✓ Information about the Massachusetts HiSET exam and programs.
- ✓ Links to information about how to get a copy of your GED or HiSET credential.
- ✓ Flyers about the Hotline in 14 languages.

Using the Adult Literacy Hotline is completely free and is waiting for you!

SU PASAPORTE A LA SALUD PÚBLICA

Tome su pasaporte y prepárese para aprender sobre los problemas que afectan a nuestra comunidad. Unase a la Alianza de salud comunitaria de Boston (BACH, por sus siglas en inglés), a la Comisión de salud pública de Boston (BPHC, por sus siglas en inglés) y a nuestros socios comunitarios en una serie de talleres en los vecindarios de Boston. **¡Este mes estamos en South Boston!**



23 JUN: "La charla": cómo hablar de salud sexual con adolescentes

28 JUL: Detrás de un usuario: panel de seguridad en línea

25 AGO: Los derechos de los inmigrantes y la elección presidencial

22 SEP: El desarrollo comunitario a través de la vivienda propia

27 OCT: La salud de los hombres de color

28 ENE: No más estigma: salud mental y adicciones

25 FEB: Sobrevivientes, defensores y refugiados: panel de violencia doméstica

24 MAR: Raza, resistencia y violencia comunitaria

28 ABR: Irá a lugares increíbles... mientras usa tránsito activo

Parada 5 ¡Personas mayores!

Jueves 26 de mayo de 4 a 6 p. m., Laboure Center, 275 W Broadway, Boston, MA 02127

BACH y BPHC lo invitan a aprender sobre la salud física y mental de las personas mayores con Gay Bailey, MSW, ACSW y Norma Lawrence, defensora de la salud comunitaria. Bailey se enfocará en los problemas psicológicos y psiquiátricos que enfrentan las personas mayores. Lawrence hablará sobre cómo incorporó la actividad física en su vida y la importancia de ejercitar la mente. Una persona de edad mayor estará a cargo de las clases de yoga en silla diseñada para los adultos mayores. **EVENTO GRATUITO. SE OFRECEN TRADUCCIONES, CUIDADO DE NIÑOS Y CENA. SORTEO DE PREMIOS. RECURSOS COMUNITARIOS.**



Confirme su asistencia y envíe preguntas a Olivia Larkin a larkin@hria.org, 617-279-2240 x 061

MAYOR WALSH ANNOUNCES 2016 COFFEE HOUR SERIES

Mayor Martin J. Walsh and the Boston Parks and Recreation Department announced that the 18th Annual Neighborhood Coffee Hour Series will run in local parks citywide from May 4 to June 22.

"We've increased our Neighborhood Coffee Hours this year to give even more residents the opportunity to learn about and discuss city services," said Mayor Walsh. "I encourage everyone to come out and enjoy our parks at these coffee hours as the warm weather approaches."

The Neighborhood Coffee Hours give residents a unique opportunity to speak directly with Mayor Walsh and other city officials about needs in their neighborhoods. Through these discussions and a suggestion box at each site, the coffee hours give the City insight on how to improve city services. Information will be available on City programs from the Boston Public Library, Boston Public Schools, Boston Police Department, and Boston Centers for Youth & Families.

All participants will enjoy coffee and breakfast provided by Dunkin' Donuts and fresh fruit from Whole Foods Market. In addition, each family in attendance will receive a flowering plant

grown in the city's greenhouses as a gift from Mayor Walsh. Residents at the event will also be eligible to win a raffle prize from Dunkin' Donuts.

All coffee hours will be held from 9:30 a.m. to 10:30 a.m. Dates for the full schedule of Mayor Walsh's 2016 Neighborhood Coffee Hours are as follows. Locations are weather permitting unless otherwise noted. Coffee Hours being held in conjunction with park openings are also noted:

Wednesday, May 11

Iacono Playground (rain or shine)
150 Readville Street, Hyde Park

Thursday, May 12

Little Scobie Playground
(with opening celebration)
36 Copeland Street, Roxbury

Tuesday, May 17

Peters Park
230 Shawmut Avenue, South End

Wednesday, May 18

Adams Park
4225 Washington Street, Rosindale

Friday, May 20

American Legion Playground
(with opening celebration)
35 American Legion Highway,
Franklin Park, Dorchester

Friday, May 27

Commonwealth
Avenue Mall
1 Commonwealth
Avenue, Back Bay

Wednesday, June 1

Joyce Playground
80 Union Street,
Brighton

Thursday, June 2

LoPresti Park (with
opening celebration)
33 Sumner Street,
East Boston

Wednesday, June 8

Christopher Columbus Park
(rain or shine)
110 Atlantic Avenue, North End

Thursday, June 9

Arnold Arboretum
125 The Arborway, Jamaica Plain

Tuesday, June 14

Ramler Park
130 Peterborough Street, Fenway

Wednesday, June 15

Lt. Edward Walsh and Firefighter
Michael Kennedy Tot Lot
369 LaGrange Street, West Roxbury



Thursday, June 16

Myrtle Street Playground
50 Myrtle Street, Beacon Hill

Tuesday, June 21

Hemenway Playground
(with opening celebration)
540 Adams Street, Dorchester

Wednesday, June 22

Elliot Norton Park
(with opening celebration)
295 Tremont Street, Bay Village/
Chinatown

For more information and updates on possible weather cancellations, please contact the Boston Parks and Recreation Department at (617) 635-4505 or online at Facebook or Twitter @bostonparksdept.

8 Ways to Keep Your Brain Healthy and Sharp

(Family Features) The brain is the body's most complex organ. It's also the most important one. That's why keeping it healthy is critical, especially as you age. Every day, scientists are discovering how closely our minds and bodies are connected. As it turns out, the things that you do to keep your body and heart healthy may also be good for your brain.

Incorporate these eight healthy habits and activities into your daily life to help you optimize brain health and stay sharp in the years ahead.

Get Moving

Physical activity is good for your health at every age. Studies show being active is associated with a lower risk of brain issues. Whether it's nightly walks, playing with the grandkids or taking your favorite yoga class, find an activity that meets your needs and gets your heart pumping for at least 30 minutes every day.

Eat to Thrive

The antioxidants in nutrient-dense foods like berries, broccoli and legumes, including some fats such as olive oil, may lower some risks to your brain. Try eating a healthy, low-fat, low-cholesterol



diet with lots of vitamin-rich fruits and vegetables, as well as whole grains such as oatmeal and brown rice.

Know Your Blood Pressure

High blood pressure can have serious effects on your brain health. If your blood pressure is high, get it under control. It may help reduce some risks to your brain.

Drink Moderately

How the body handles alcohol can change with age. Some older adults can feel “high” without increasing the amount of alcohol they drink. This can make them more likely to become confused or have accidents. So limit the amount of alcohol you drink – or don't drink it at all.

Get a Good Night's Sleep

Poor sleep, or inadequate sleep, due to issues such as insomnia or sleep apnea, doesn't just leave you feeling tired. It

can have serious physical effects and can impact memory and thinking, too. Get comfy and go to bed. Seven to eight hours is a good night's rest.

Discover a New Talent

When you learn new things, you engage your brain. Try something you haven't done before – learning French, ballroom dancing or carpentry, for example. Challenging your brain on a regular basis is fun and beneficial.

Stay Connected

Science has shown that regular engagement in social activities can help

reduce some risks to your brain. Stay connected and invite family or friends over for a healthy meal, go on a hike together or just hang out.

Talk to Your Doctor

As you age, some changes in brain function, including short-term memory, happen more frequently than when you were younger. If you have questions or are concerned, ask your doctor at your next appointment.

For more tips on keeping your brain healthy and thriving, visit BrainHealth.gov.



Have Recurring Gastrointestinal Symptoms? Don't Wait to Tell Your Doctor

(StatePoint) Many people find it difficult to discuss gastrointestinal problems with their doctors, yet such issues are far more common than you might realize. For example, irritable bowel syndrome (IBS), which is characterized by recurring abdominal pain with either constipation or diarrhea, impacts nearly 35 million Americans -- and its effects go beyond physical discomfort, according to a new survey.

Three-quarters of IBS sufferers surveyed reported feeling frustrated and/or depressed according to a new survey from the American Gastroenterological Association (AGA). And over half (52 percent) of all respondents said their symptoms were extremely or very bothersome -- so much so that they reported they would give up caffeine (55 percent), their cell phone or Internet connection (47 percent), or even sex (40 percent) for one month for the chance to feel one month of relief.

The "IBS in America" survey, commissioned by the AGA and conducted with the financial support of Ironwood Pharmaceuticals, Inc. and Allergan plc,

reveals many insights that could prove useful to both patients and doctors. For example, a majority of sufferers said they wait more than a year before even talking with a doctor about their symptoms.

"Talking about bowel function habits is never easy, but it is concerning to see how long the respondents in this survey often waited to talk to a doctor.

There may not be a cure for IBS, but there are treatments. Patients need to see a doctor, and doctors

need to be proactive in bringing up this topic in conversation with patients," says Dr. Michael Camilleri, president of the AGA.

The AGA recommends three steps that can improve doctor-patient communication:

- **Speak Up Early:** The study revealed that many sufferers take the advice of friends or family without speaking to a doctor or attempt to self-medicate with over-the-counter products, without success. Instead of suffering in silence or taking advice from people who aren't health-care professionals, talk to your physician about recurring abdominal pain and bowel symptoms.



- **Speak Up Completely:** Instead of just saying “I have constipation” or “I have diarrhea,” tell a doctor about the full extent of symptoms, how they impact your life, and what approaches you have already been tried to manage them.
- **Speak Up Often:** Tell a doctor if symptoms return despite treatment efforts. Your doctor can then assess alternatives.

Full survey results and more information about IBS can be found at ibsinamerica.gastro.org.

If you suffer from chronic abdominal pain and bowel symptoms, remember, you’re not alone.

“IBS is the seventh most common diagnosis made by all physicians and the most common diagnosis made by gastroenterologists,” points out Camilleri.

The sooner you seek professional help, the sooner you and your doctor can discuss all of your options for managing your symptoms.

Photo: (c) Getty Images



GRATIS

Participe de una clase de movimiento y baile terapéutico para gente con la enfermedad de Parkinson.

SCHEDULE:

*All classes held in the South End.
Come to any one class or more, as you like!*

May 9 & 11
10:30-Noon

United So. End Settlements
566 Columbus Ave

**May 17, 24, 31,
& June 7**
10:30-Noon

Urbanity Dance Studio
1180 Washington St.

¡Habrá refrescos y premios!

**Para más información,
favor de contactar a:
Lauren Bard**

Directora de Servicios al Residente
(617) 535-1791
lbard@ibaboston.org

¡MUÉVETE CON PARKINSON!

Una colaboración de:





Join us at Iora Primary Care Wellness Sessions for seniors 65+

Starts May 4th until July 18th, 2016

PBL is partnering with Iora Primary Care to offer wellness sessions for individuals 65+ in which seniors will have a unique experience to socialize and learn new skills at no cost! Conveniently located in Hyde Park & transportation can be provided to those who need it.

We will cover six topics and conduct interactive activities using different learning styles. The session will conclude with a gentle back and hands massage using aromatherapy and relaxation music to soothe seniors' body, mind and spirit.



Wednesday, May 4th, 2016

Time: 1:30pm to 3:00pm Topic: Healthy Breathings

Monday, May 16h, 2016

Time: 10:00am to 11:30am Topic: The Healing Scents

Wednesday, June 1st, 2016

Time: 1:30pm to 3:00pm Topic: Growth through Meditation

Monday, June 20th, 2016

Time: 10:00am to 11:30am Topic: Happiness through Positive Thinking

Wednesday, July 6th, 2016

Time: 1:30pm to 3:00pm Topic: Kindness is Powerful

Monday, July 18th, 2016

Time: 10:00am to 11:30am Topic: Communicating with Love



912 River St. Suite 201 Hyde Park, MA 02136

RSVP

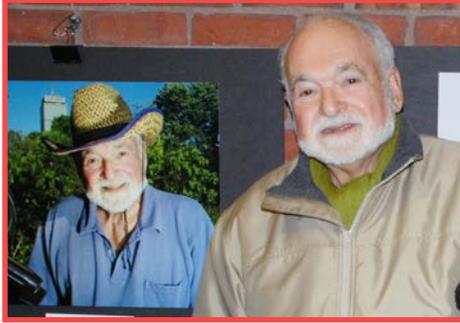
visit www.perfectlybalancedlife.com/seniors
or call Carina 617.858.5121

Sponsored by:



www.PerfectlyBalancedLife.com

Age-Friendly Boston Photo and Video Show



Mayor's Day of Recognition for National Service



Older Americans Month
Kick Off at
Grove Hall
Community Center
Photos by: Isabel Leon



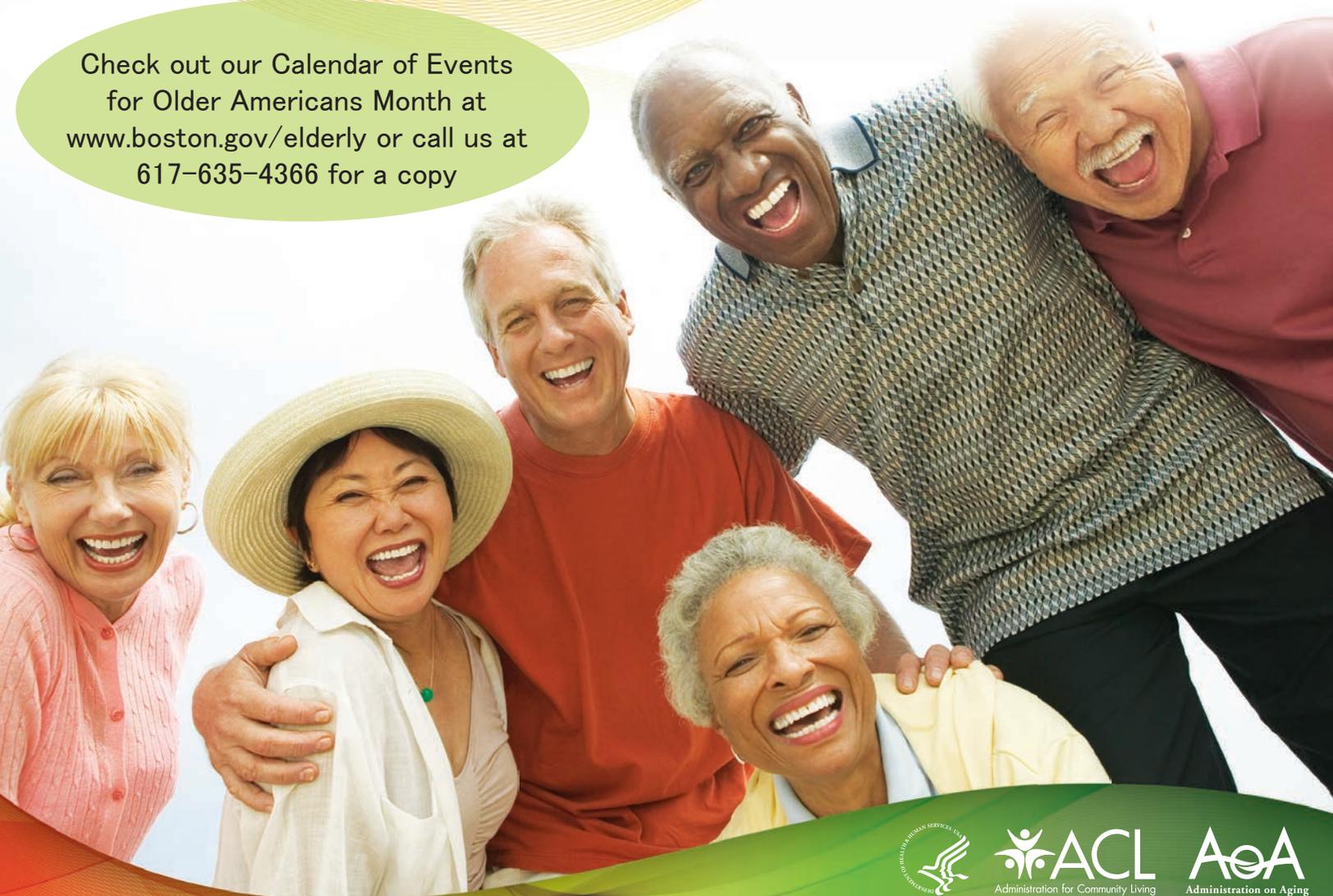
Mayor Martin J. Walsh and *The Elderly Commission* Celebrate



BLAZE A TRAIL

MAY 2016

Check out our Calendar of Events
for Older Americans Month at
www.boston.gov/elderly or call us at
617-635-4366 for a copy



www.acl.gov/olderamericansmonth