

Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



FREE

June 2016
Volume 40
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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's Garden Contest Deadline July 8

Mayor Martin J. Walsh is alerting Boston's green thumbs that they have until Friday, July 8, to register for Mayor Walsh's 2016 Garden Contest presented by the Boston Parks and Recreation Department with a grand prize provided by JetBlue.

Now in its 20th year, the contest recognizes gardeners who have landscaped, planted flowers, trees, and shrubs, and, in the process, helped beautify Boston's neighborhoods.

Gardeners or those nominating their favorite gardeners may find printable and online nomination forms at www.cityofboston.gov/parks/gardencontest. First place winners will receive the coveted "Golden Trowel" award from Mayor Walsh and prize packages from the Parks Department, Mahoney's Garden Centers of Brighton, and other sponsors at an awards ceremony in August in the Public Garden.

First place winners in this year's Garden Contest will also be entered into a drawing for a JetBlue Grand Prize

consisting of roundtrip flights for two to any nonstop destination from Boston. Terms, conditions, and blackout dates apply.



Gardeners who have won three or more times in the last ten years will be automatically entered into the Hall of Fame and will be recognized at the awards ceremony in late August. These distinguished Hall-of-Famers will be ineligible to enter as contestants but are welcome to return as judges.

To enter the contest, apply online at www.cityofboston.gov/parks/gardencontest or pick up entry forms at Boston City Hall, Boston Community Centers, and Boston Public Library branches. For more information please call (617) 961-3051.

Mayor Walsh's 2016 Garden Contest form also available on page 4.

A citywide celebration of urban gardening



BOSTON
PARKS &
RECREATION
Martin J. Walsh, Mayor

MAYOR WALSH'S

2016 GARDEN CONTEST

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Important Dates

Entry Deadline – Friday, July 8 - 11:59 p.m.

Finalist Notification – Thursday, July 14

Judges Visit Gardens – Week of July 18

Awards Ceremony – Mid August

Eligibility

- Boston residents
- Club or Organization gardens
- Businesses
- Amateur gardeners' only

General Information

Photographs or images submitted to the Boston Parks & Recreation Department become City of Boston property and may be used for press or marketing purposes. Gardeners may only enter one category per year. For more information, please call (617) 961-3047.

Judging Criteria

- General Appeal
- Natural or Formal
- Neatness
- Plant Material
- Use of Color
- Variety/Quality
- Garden Hardware
- Furnishings/Art
- Sustainable Features and Methods



Please fill out the form completely and submit photos of the nominated garden

Please mail this form with photos to:

Mayor Walsh's Garden Contest
Boston Parks & Recreation Department
1010 Massachusetts Avenue, 3rd Floor
Boston, Massachusetts 02118

or apply online:

www.boston.gov/parks/gardencontest

Categories (Check only **ONE** category)

- Porch, Balcony, or Container 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 (individual plot)
- Vegetable or Herb Garden
- Senior Garden Category (65+)
- Storefront, Organization, or Main Street District Garden

Gardener's Name _____

Organization _____

Address _____

Neighborhood _____ Zip _____

Daytime Phone _____

Evening Phone _____

Email Address _____

Garden Address if different than above:





Never Too Late Group June 2016

Thursdays at 2 p.m. · Commonwealth Salon
Central Library in Copley Square
617.859.2382 · www.bpl.org/ntl

Sponsored by the Saquish Foundation, the Never Too Late Group is one of the country's oldest, continuously running groups for seniors. For over 60 years, it has provided a setting for seniors to gather and enjoy a wide variety of unique programs that are entertaining and culturally enriching.

June 16

***The Rose* (film, 1979, 134 min.)**

A self-destructive 1960s rock star struggle to cope with the constant pressures and demands of her career. Stars Bette Midler.

June 23

Castle of Our Skins - An Afternoon of Black Artistry

A musical performance featuring Castle of Our Skins, an innovative chamber ensemble, this concert includes solo works by celebrated African American composers, both past and present.

June 30

***Travels with My Aunt* (film, 1972, 109 min.)** A stodgy young man gets caught up in his free-living aunt's shady schemes. Stars Maggie Smith.

Commonwealth Salon is wheelchair accessible via a chair lift. Assistive listening devices are available. To request a sign language interpreter or for help with other special needs, call 617.859.2382 (TTY) at least two weeks before the program.



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Wisdom Weavers: Stories of Grandparent & Kinship Families in Boston

MSPCC's KINnections Program Storytelling Project

The KINnections Program at the Massachusetts Society for the Prevention of Cruelty to Children (MSPCC) unveiled their *Wisdom Weavers Storytelling Project* on Thursday April 28th at the Grove Hall Library in Dorchester. KINnections provides comprehensive support for grandparents and kinship families in Boston with a focus on self-care, family well-being and independence.

More than a hundred family members, friends, community partners and supporters gathered at the Grove Hall Library to hear the inspirational stories of these extraordinary families. MSPCC's President & CEO Mary A. McGeown warmly welcomed attendees and highlighted MSPCC's leadership in protecting and promoting the rights and well-being of children and families. Ms. McGeown applauded and praised the families for their devotion and accomplishments. Deanna Forist, Program Director honored the families



for their moving stories of purpose and promise. Grandparent Leaders Harriet Jackson-Lyons & Julia Martin spoke to the gathering of history & hope and Emily K. Shea, Commissioner, Commission on the Affairs of the Elderly told the audience that the courage & commitment of these grandparent & kinship families shapes and strengthens our city.

Fourteen families told their stories and were photographed by Jennifer Coplon, MSW. The stories highlight the enormous contributions these families are making to their children and our city. Telling their stories allows the families to and show others their resiliency, commitment and love. This intergenerational project provides kinship families across the city an opportunity to preserve their family histories and to create a lasting



photographic legacy. Through the pairing of the stories and photographs, communities will learn more about the true courage, strength and beauty of these families. The *Wisdom Weavers* Exhibit remains on display at the Grove Hall Library through June. The Exhibit will then move to the Codman Square Library for July & August. The Exhibit will be featured at the Dudley Library in September as part of their annual celebration of Grandparents Month. The exhibit marks the launching of an ongoing effort culminating in the publication of a book to honor these exceptional unsung heroes.

Wisdom Weavers is one of many initiatives of the KINnections Program at MSPCC. KINnections operates Support Groups/Caregiver Education Programs in multiple sites across the city. The program also provides information, resources, respite care, family focused events, and community engagement activities among others.

For more information on KINnections please contact Deanna Forist at 617-983-5850 or by email at dforist@mspcc.org. Please visit the MSPCC website @ www.mspcc.org



Pain Triggers

Most of us are familiar with triggers that can cause headaches. You may be sensitive to several of these: strong odors, especially perfumes, alcohol, missing meals, eye strain from long hours on the computer, reading without good lighting, weather changes, allergy to trees, grasses and flowers, grinding teeth at nighttime, sex and excessive tension and stress.

There are many other types of pain with different triggers associated with them:

- Flip flops or foam-soled sandals. Daily use with little or no arch support can affect your feet, ankles and knees. Use arch supported shoes or sneakers if walking or hiking long distances,
- Smart phones. Texting, surfing the web and playing games can affect the thumb. Doctors have noticed a possible increase in thumb arthritis in younger people.
- Wallets in back pocket. Pain noted in

in the leg is irritated. Interestingly, a fat wallet can put the spine slightly out of alignment, causing muscle tension.

- Driving while seat is reclined. The driver slouches forward to grip the steering wheel. This position pulls the head away from the headrest and causes neck pain. Placing the seat in upright position should solve the problem: now supporting the head and lower back.
- Couch potatoes who lie down watching television with the head turned towards the television. Recommend: Sit up straight with feet on the floor and be sure television is not positioned too high so the neck is not over extended.

No pain, no gain is a fallacy. Anytime you experience pain that you are concerned about, please call your doctor for an evaluation. Pain is not a normal reaction to any normal, everyday activity.

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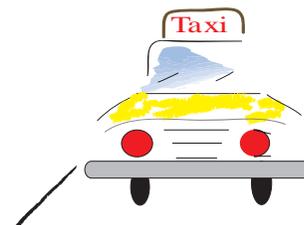
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The young students of our community are in dire need of assistance to overcome illiteracy rates. Over 65% of Boston Public School's 3rd graders are reported as not reading proficiently,

and there is a growing need for volunteer tutors to support this population in need. Generations Incorporated is Greater Boston's leading intergenerational literacy organization - utilizing the life experiences of volunteers (age 50+) to improve the literacy skills of young children through grade three. Our volunteer tutors work in our partner school and after-school programs in low-income communities, providing focused literacy support while building strong mentoring relationships with children they serve. Our research-based programs are proven to provide clear and



positive impacts. By joining our organization, you will see firsthand the difference you are making in the lives of the children you serve.

Generations Incorporated works at over 15 locations throughout Greater Boston. We are currently recruiting volunteers for the fall to begin in September, 2016. If you are interested in a chance to make a difference in your community, please contact us to learn more about how to get involved.



Call us at 617-423-6633 to learn more.

Email us at volunteerinfo@generationsinc.org.

Visit our website at www.generationsinc.org.

Children need your experience at our partnership schools and afterschool programs in Roxbury, Dorchester, Mattapan, South Boston, and the South End. Get Involved Today!

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

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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



5 Coping Strategies for Memory Loss in a Loved One

By: Patricia McCormack, Boston Alzheimer's Initiative

Has this ever happened to you? You're visiting a friend or relative and you notice a pile of unopened bills, or that the fridge is empty again. What's going on?

You may be shocked if this relative or a friend is rude or refuses to discuss it when you offer your help.

If someone is forgetting to pay bills, not eating right, or not taking care of themselves, it's a red flag of serious memory issues. You may try to ignore the flags at first. "Being forgetful is a normal part of aging," you say.

But as time goes on and the person makes more mistakes, their memory problems are clearly getting worse and you realize leaving them to their own devices could be dangerous. Should you step in and risk getting them upset or just let them do what they want?

The answer is you can't just let someone with signs of dementia or other memory problems go on as if nothing were wrong. At some point, someone must step in.

Questioning a loved one's ability to make decisions is uncomfortable and

stressful. You may feel intimidated and unsure when questioning an aging friend or relative, even one who is infirm, demented or unable to care for themselves independently. It takes some doing to face this and cope, but it can be done.

Here are 5 coping strategies if you find yourself in this situation.

1. Make peace with the reality of aging. It is an often difficult process. With dementia, memory loss and other conditions, an aging person can change dramatically. They may not be the same person. They may need your help.
2. Start by collecting important information when you see signs of trouble. Do they have necessary legal documents in place, such as durable power of attorney, healthcare proxy? Where are they? Are they up to date? Find out where they keep their records. It's essential.
3. If your loved one is putting themselves at risk with activities of daily living such as driving, managing money or eating meals, step in. There are strategies for getting people help for these matters.

4. Don't expect your loved one to accept logical arguments because to them it's not about logic, it's about fear of losing control. Respectfully acknowledge this and then do what is needed to keep them safe, even if they don't like it.

5. Avoid being reactive. You don't need to argue or be RIGHT. Keep your focus on safety and quality of life.

Make it about caring and keeping them safe. If you make it about you, you'll just cause yourself stress. The most unselfish and loving thing you can do is face the truth, even if it's hard, at least the person is safe.

You don't want to look back with regret. People left to their own devices, when they are not safe, can be neglected, taken advantage of or injured. Overcoming their resistance (or your own resistance) is an act of love.

Northeastern University

Paid study for adults aged 60+

The Lifespan Emotional Development Lab at Northeastern University is seeking healthy adults to participate in research studies examining emotion and attention. Participants will be paid \$10 per hour and provided with a free parking space. We are just steps from the **Ruggles** stop on the Orange Line and Commuter Rail, and the **Northeastern University** stop on the Green Line. If you are interested, please call **617-373-7243** or email ledlab@neu.edu.



Congratulations to Russell duPont for winning "Best of Show" for his photo at the National Juried Exhibition "Con/TEXT"

Healthy Recipes

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

Brain-Friendly Diet: Sweet Potato Burritos Recipe

Sweet potatoes are rich in beta-carotene, a powerful antioxidant that strengthens your memory and your immune system. Sweet potatoes are the dietary staple of Okinawans, the longest-lived people on Earth who are known for maintaining mental clarity into old age.

- 2 cups peeled and diced sweet potatoes
- 1 cup frozen corn kernels
- 1 15-ounce can low-sodium black beans, drained and rinsed
- 1 teaspoon very thinly sliced green onion
- 1 tablespoon fresh lime juice
- 1 teaspoon chili powder
- Sea salt and freshly ground black pepper
- 4 8-inch whole-wheat tortillas, warmed
- 1 cup prepared salsa
- 2 cups shredded lettuce

Place the sweet potatoes in a medium saucepan and add water to come an inch up the sides. Place over medium-high heat and bring to a boil; cook for 5 minutes, or until the sweet potatoes are tender. Add the corn and cook 1 more minute.

Drain and transfer to a large bowl. Add the black beans, green onion, lime juice, and chili powder; season with salt and pepper to taste. Divide the filling among the tortillas, top with the salsa and lettuce, roll them up, and serve.

Serves: 4

Per serving (1 burrito): 298 calories, 13 g protein, 62 g carbohydrate, 8 g sugar, 2 g total fat, 7% calories from fat, 15 g fiber, 891 mg sodium



Source: www.pcrm.org/health/diets/alzheimers/alzheimers-diet-sweet-potato-burritos

Brain Friendly Diet: Minted Fruit Kebabs Recipe

Fresh fruit makes a striking appearance in these antioxidant-rich kebabs. Enjoy them for a refreshing, light dessert!

- 8 red or green grapes.
- 4 large strawberries
- 4 1-inch-square cantaloupe chunks
- 4 1-inch-square honeydew chunks
- 4 1/2-inch-thick slices peeled kiwi
- 4 1-inch-square watermelon chunks
- 1/4 cup orange juice
- 2 teaspoons fresh lime juice
- 2 tablespoons finely chopped fresh mint leaves
- 1 teaspoon pure vanilla extract
- 4 10-inch bamboo skewers

Thread 1 grape, 1 strawberry, 1 cantaloupe chunk, 1 honeydew chunk, 1 slice kiwi, 1 watermelon chunk, and 1 more grape onto a skewer. Repeat with the remaining fruit and skewers. Place the finished skewers in a shallow container.



In a small bowl, whisk together the orange juice, lime juice, mint, and vanilla. Pour the marinade over the fruit kebabs, cover, and chill for at least 30 minutes (or up to 3 hours) in the refrigerator before serving.

Makes 4 kebabs - Serves: 4

Per serving (1 kebab): 35 calories, 0.6 g protein, 8 g carbohydrate, 7 g sugar, 0.2 g total fat, 5% calories from fat, 1 g fiber, 5 mg sodium.

Source: www.perm.org/health/diets/alzheimers/alzheimers-diet-minted-fruit-kebabs

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

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10 WAYS TO LOVE YOUR BRAIN

Show your brain some love! Your brain is the command center of your body — and just like your heart, lungs and other critical organs, it deserves to be a priority when it comes to your health. Use these 10 tips to help reduce your risk of cognitive decline.

BREAK A SWEAT.

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.



HIT THE BOOKS.

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.



BUTT OUT.

Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART.

Evidence shows that risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health. Take care of your heart, and your brain just might follow.



HEADS UP!

Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.



FUEL UP RIGHT.

Eat a healthy and balanced diet that is higher in vegetables and fruit to help reduce the risk of



cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

CATCH SOME ZZZ'S.

Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.



TAKE CARE OF YOUR MENTAL HEALTH.

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.



BUDDY UP.

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community – if you love animals, consider volunteering at a local shelter. If you



enjoy singing, join a local choir or help at an afterschool program. Or, just share activities with friends and family.

STUMP YOURSELF.

Challenge and activate your mind. Build a piece of furniture.

Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically.



Challenging your mind may have short and long-term benefits for your brain.

Here are **10** tips for communicating with individuals living with dementia from EOEA Secretary Alice F. Bonner:

1. Never argue, instead agree.
2. Never reason, instead divert.
3. Never shame, instead distract.
4. Never lecture, instead reassure.
5. Never say “remember,” instead reminisce.
6. Never say “I told you,” instead repeat/regroup.
7. Never say “you can’t,” instead do what they can.
8. Never command/demand, instead ask/model.
9. Never condescend, instead encourage.
10. Never force, instead reinforce.

A Special Lady

“Don’t Retire, Inspire”

By: Augusta Alban



As life moves on, I must move with it and so another adventure, an exciting or unusual experience with an uncertain outcome is just around the next corner.

Right now, I am missing a friend and I am wishing I could go to my grandmother's garden and once again sit on my comfort rock. It was a real rock abundantly surrounded by flowers and sprigs of mint leaves. The sky was always a brilliant blue as I remember and the air smelled sweet with the flowers from her plantings. That immense flat rock was nicely warmed by the sun in the day time, and it's effect lasted well into the evening's chill. As I may have painted this memory a few degrees better than it actually happened, I happily remind myself this is my memory and my comfort rock. Make your memories your own.

A few weeks ago my smoking friend left us. I still remember the first time I laid eyes on her in my front garden. The day was colder than cold, with one of those Boston wind chills that would knock you over.

In her yellow jacket, looking like Spring, strolling in the garden. I just *had* to talk with her. I got my heavy winter coat and ran for the elevator; she knew why I had

come. "Sit down," she said. That was the beginning as they say - "of a lovely friendship".

This was one loved lady. She was well into her 90s. Every holiday called for a celebration, often with many flowers and always lots of pictures. She had lost her appetite and only wanted sweets, - why not!/? So that is what she got, but only the best!

By now she was bed ridden and her daughter ordered a special bed for her. As I watched I was learning about life and the short time we have on this planet. This was as good as it gets, to celebrate each day, and all of those around her joined in the celebration.

The garden is not the same now, but somehow I know she is sitting on her bench, maybe smoking, (and why not if that gives her pleasure, she gave so much pleasure to so many).

Create your own comfort rock or go to that special place you went to as a child. A place for yourself. It could be in a garden, it could be outside or inside. This is your place, a place of rest, a place of comfort and joy. A place where wonderful things happily come back to you.



MASSACHUSETTS

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THE BOSTON PARKS

S U M M E R

FITNESS SERIES

JUNE 7TH - AUGUST 30TH

Gentle Yoga @ SYMPHONY PARK 30 Edgerly Road

Tuesdays 10:00am

Join Nicole Ferraro for gentle moving & breathing. The majority of the practice will be done seated in a chair. People in wheelchairs and people with limited mobility are welcome and encouraged to join.

In the event of rain, classes will be held
@ Morville House, 100 Norway Street

Cancellations & Updates @HealthyBoston #BostonMoves



www.bphc.org/summerfitness for all 21 classes

Legal Help for Seniors Suffering from Mental Illness and Cognitive Decline

Elder abuse, including self-neglect, is a pervasive problem in Massachusetts. Elders who suffer from mental illness and cognitive decline are disproportionately at risk for abuse. When the abuse, neglect, or self-neglect goes unreported or unrecognized, it can lead to a variety of legal issues, including eviction, loss of benefits, and loss of adequate health and social services. In order to adequately represent these individuals, it is necessary for legal service providers to understand the ways that cognitive decline and mental illness can manifest and exacerbate legal issues.

Too often, for example, elders face eviction from public housing as the result of an issue that could have been addressed or prevented with appropriate services. The reason for the eviction frequently is related to the elder's underlying mental health issue. When an elder's mental health or memory is compromised, self-neglect can cause him to forget to pay rent, complete paperwork, or attend scheduled appointments. Some elders become unable to remember to take medication or create hazardous living environments, due to undiagnosed or untreated conditions. Others experience behavioral changes that are alarming to other tenants or landlords. In some cases, elders are targeted by others due to their vulnerability and become victims of abuse, neglect, or financial exploitation. Any of these situations put elders at risk for loss

of housing, as bills go unpaid or the elder is seen as a risk to himself and others. Unfortunately, when elders are evicted from public housing, it is likely that they will spend the rest of their lives in shelters or institutionalized in a nursing home. In many cases, institutionalization is premature, costly, and unnecessary.

In September 2015, I began a two-year fellowship at Greater Boston Legal Services through Equal Justice Works, sponsored by Biogen and Foley Hoag, to represent elders with mental illness and cognitive decline facing legal issues in Massachusetts. The primary goal of my project is to advocate for legal remedies that take mental health issues into consideration and work to avoid reoccurrence of the problem. In addition, I aim to raise awareness throughout the communities of Greater Boston, in particular among elders and those who live and work with them, of the ways mental health issues can manifest as legal problems and what remedies may be available. I have advised elders on their rights, represented people in Social Security hearings, and advocated for individuals' rights to stay in their homes after they have faced eviction due to their disabilities. I work with social workers and other providers to put in place money management, home care assistance, or other services to enable elders to continue living safely in the community.

For more information, or to make a referral, please contact Eleanor Cashmore at 617-603-1631 or ecashmore@gbls.org.

The Friends of Symphony Park present

Tai Chi at Symphony Park 2016

With Sifu Huan Zhang

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Part of the Boston
Parks Summer
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2016 Dates

Thursdays
10:00—11:00 a.m.

- ◆ June 9
- ◆ June 16
- ◆ June 23
- ◆ June 30
- ◆ July 7
- ◆ July 14
- ◆ July 21
- ◆ July 28



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MASSACHUSETTS

THE BOSTON PARKS
SUMMER
FITNESS SERIES



Special thanks to:

*The Boston Parks and Recreation
Department, The Boston Public Health
Commission, and Northeastern
University for their support of this free
series*

A Prescription for Volunteer Work

Dr. Tinevimbo Jaravaza

Iora Primary Care – Hyde Park, MA

It was Monday morning. I scanned the patient list and saw that Joan had an appointment that day. I smiled. One of the greatest gifts of being a geriatrician is the opportunity to meet patients like Joan who are full of joy and find ways to thrive, despite physical impairments and life challenges. Joan is an incredible woman and a visit with her always leaves me feeling uplifted and inspired.

At 93 years old, Joan is legally blind and hard of hearing, but her mind is sharp and she remains determined. A mother of three, Joan is widowed and lives independently in a one bedroom apartment, located in a retirement community in Boston. Every day, Joan gets out of bed at dawn and leaves for her local pool where she swims twenty laps. Three times a week, she catches the bus to the Museum of Science where she works as a “Meet and Greet” volunteer, a job that she often tells me she enjoys very much. In fact, Joan hardly ever misses a day of volunteering and is always quick to remind me that she can only come in for medical appointments on days when she is not rostered to work. On many occasions, Joan has mentioned that volunteering plays an important role in her life.

Research shows that community volunteers generally live longer and, over time, are more physically functional and experience lower rates of depression. In comparison to younger volunteers, older volunteers reap greater health benefits from committing time to volunteering, as it provides them with a more purposeful social role in society. These benefits stem from older volunteers being able to exercise more choice in volunteer opportunities; overall, seniors are more likely to do what they love instead of what they feel obligated to do.

There are several studies which show the effects of volunteering on those with chronic illness; according to these studies, while medical care benefits chronically ill patients, volunteering yields benefits beyond anything that medical care can provide. For example, when those suffering from chronic pain volunteered in a peer program for chronically ill patients, the volunteers reported declines in the intensity of pain they suffered, as well as decreased levels of depression and disability. Another study looks at volunteers with heart disease who started to volunteer after having a heart attack. Patients reported reductions in despair and depression, both of which are linked to increased death rates amongst heart attack patients.

I therefore now routinely prescribe volunteering to many of my patients.

Especially those who are retired, experiencing loss, exhibiting symptoms of depression and/or anxiety, or have chronic pain. I encourage patients to commit to at least one to two hours per week, as evidence shows that this is the minimum time required to reap the full health benefits from volunteering.

If you're thinking, 'where do I start?', think about what type of volunteer work you would find most rewarding. You could start by exploring activities you enjoy and where you could utilize your unique skillset.

Dr. Tinevimbo Jarvaza is a practicing geriatrician at Iora Primary Care in Hyde Park, MA which serves adults 65+. The care team at Iora Primary Care regularly hosts educational classes and events. To learn more, please visit www.ioraprimerycare.com/boston, or contact us at 617-649-2255 or boston@ioraprimerycare.com.

For a comprehensive list of references, please email kelsey.matheson@iorahealth.com.



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SENIOR CITIZENS PROPERTY TAX WORK-OFF PROGRAM

SENIOR HOMEOWNERS

IF YOU:

are
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or over**

(by January 1, 2016)

earn
 \leq \$40K if
single
 \leq \$55K if
married

own and
occupy
home for
**last 3
years**

own and
occupy as
**principal
residence**

You may qualify to work-off up to \$1,000 on your property tax bill at a government office with the City of Boston.

Application Filing Deadline:

August 1, 2016

For more information, see
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617-635-4366



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Join Us As We Create Art Using These Special Items

Wednesday, June 15th @ 1:00 pm

Learning for Life

9 W School St Charlestown, MA

For more info or to RSVP please contact:

(781)718-5277 or info@imstillhere.org

Please bring along one or two objects that hold a special meaning or memory. A photo of the object works well too.

Hebrew SeniorLife announces \$45,000 Grant from BNY Mellon

*Grant will expand program offerings
and give adult day health program
participants access to outdoor space*

Hebrew SeniorLife (HSL), the largest provider of senior health care and communities in New England and an affiliate of Harvard Medical School, has received a \$45,000 grant from BNY Mellon. The grant will support the Great Days for Seniors Adult Day Health Program at Hebrew Rehabilitation Center in Boston, an integral part of HSL. Currently the biggest gap in the program is a lack of access to the outdoors. This grant will help build a safe, secure, handicapped accessible

outdoor patio and enhance the quality of programming for seniors enrolled in the program.

Since 1994 the Adult Day Health Program at Hebrew Rehabilitation Center (HRC) has provided key services to frail and elderly seniors living in communities throughout Greater Boston. Family caregivers who work and tend to other responsibilities outside of the home have looked to the Adult Day Health Program to provide nursing care and supervision for their elder family



At the ribbon cutting ceremony (left to right): Emily Shea, Commissioner, Commission on Affairs of the Elderly, City of Boston, Mary Moscato, President, HSL Health Care Services and Hebrew Rehabilitation Center, Suzie Kaytis, Director, Great Days for Seniors, Adult Day Health Program and Jennifer Whelen, Sr. Coordinator, Community Partnership at BNY Mellon

members. Long seen as providing a structured community setting and a place to be among peers, the program is seeing an increase in the number of seniors with Alzheimer's and other forms of dementia. Seniors who would otherwise be isolated at home are

supported by health care professionals, including registered nurses, social

workers and recreation specialists. Seniors enrolled at HRC's Adult Day Health Program have access to a wide range of medical services including physical, occupational and speech therapy.

“Seniors who are isolated at home, particularly low-income seniors, are especially vulnerable to depression,” said Mary Moscato, President of Hebrew SeniorLife Health Care Services and Hebrew Rehabilitation Center. “This grant from BNY Mellon will allow us to provide more daily programming leading to improved physical and emotional health for seniors in our care.”

“Our new outside patio area will allow us to offer activities including gardening, outdoor exercises and outdoor dining options. This area will allow us to attract new participants and serve more seniors. We're delighted to be able to enhance the quality of programming for our seniors throughout the day,” says Suzie Kaytis, Director of the Adult Day Health Programs at HRC.

In addition to the Adult Day Health Program at HRC in Boston, HSL also operates an Adult Day Health Program located at Jewish Community Housing for the Elderly in Brighton. The Brighton program serves Russian-speaking seniors who need physical assistance and social support to remain living at home. HRC's Adult Day



*On the patio (left to right):
Maureen Smith alongside her mother
Mary Crimlisk, Great Days for Seniors program
participant and Suzie Kaytis, Director, Great Days
for Seniors, Adult Day Health Program*

Health Programs serve approximately 50 seniors each day.

About Hebrew SeniorLife

Hebrew SeniorLife, an affiliate of Harvard Medical School, is a national senior services leader uniquely dedicated to rethinking, researching and redefining the possibilities of aging. Based in Boston, the non-profit, non-sectarian organization has provided communities and health care for seniors, research into aging, and education for geriatric care providers since 1903. For more information about Hebrew SeniorLife, visit <http://www.hebrewseniorlife.org>, follow us on Twitter @H_SeniorLife, like us on Facebook or read our blog.

Memor Project Celebrates the Publication of *Streets of Echoes*

Photos by: Isabel Leon

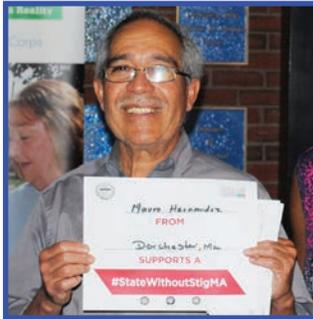


East Boston Golden Age Club's Annual Mother's Day Celebration

Photos by:
Isabel Leon



Senior Corps Week



On May 20th, in recognition of Senior Corps Week, volunteers of the Boston RSVP and the Senior Companion program engaged in a service call to action. Encouraging everyone to take the pledge to make Massachusetts a state without stigma and to also change the view of how people see addiction which prevents so many people from getting the help they deserve.

We know that Addiction is a Disease, Treatment Works and Recovery is Possible! #StateWithoutStigma!



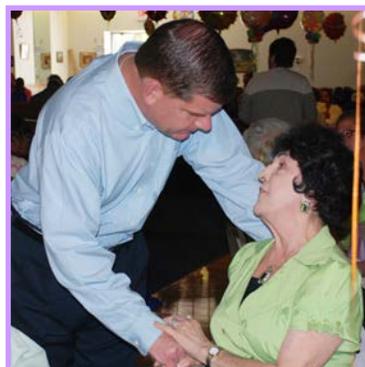
In honor of Mother's Day, IBA's Resident Services team hosted a "Spa Day" for their elderly residents at Villa Victoria's community room. The women were pampered with professional hairstyling, makeup application, and manicures! "The women are glowing" said Ana Colon, an IBA employee who offered to do the women's makeup. They were very happy and one of them said "you should do this every Friday".

The purpose of this event was to show the women how special and appreciated they are, as many of these women live alone. Many studies have proven that loneliness

can negatively affect both physical and mental health, that's why at Villa Victoria we are always trying to find a way to get people to socially interact with each other. We are glad that the event was such a huge success!

XEROX - Spring Fling

A Big Thank You to Xerox for a Successful Event



XEROX - Spring Fling



Massachusetts Service & Volunteerism Day #MassServiceDay



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 if interested.

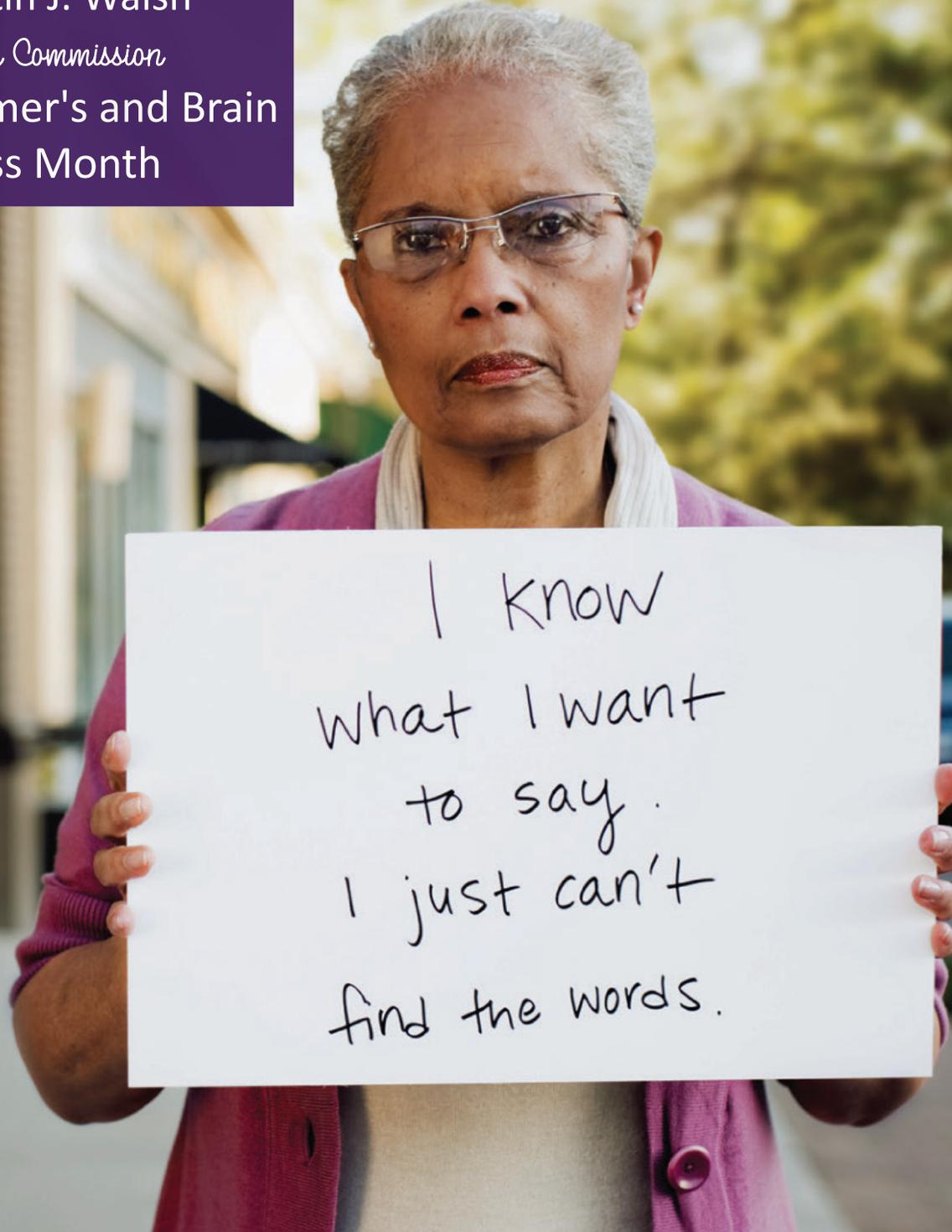


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to say.
I just can't
find the words.

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