



Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



FREE

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Mayor's Spotlight

Mayor Martin J. Walsh launched Boston 311, a platform to better enable residents of Boston to report non-emergency issues to the City, such as graffiti and broken street lights, and access City services.

"I am thrilled to launch Boston 311 to better equip our residents with a direct line of communication to City Hall while at the same time improving our delivery of City services," said Mayor Walsh. "By streamlining communication to City Hall, we are building on our priorities to create a City government that is efficient and accessible to all of Boston's residents."

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.)

With the launch of Boston 311, Mayor Walsh has taken another step to better streamline City services for Boston's

residents. Each day, the City of Boston receives hundreds of reports of graffiti, burnt out street lights and missed trash collection over the phone, on social media and via mobile app. Starting Tuesday, Boston 311 will make it easier for constituents to report issues that help maintain and improve the neighborhoods.



"Thanks to Mayor Walsh's leadership we are very excited to launch Boston 311," said Niall Murphy, Director of the Mayor's Hotline. "We lean on the residents of Boston to be our eyes and ears in the neighborhoods, and we encourage them to utilize the services we provide to make Boston the best city it can be. We now provide a more efficient service than ever before by tracking additional data, streamlining services, and creating accessibility and predictability for constituents."

As part of the Boston 311 transition, the City completed several technological upgrades that improve our ability to listen to and respond to constituents. This new system will allow for the ability to manage calls, add additional reporting capabilities, eliminating redundancy as well as the ability to easily add additional resources in an emergency. Upgrades were also added to the City's mobile app (previously

called Citizens Connect and now called BOS:311). Constituents now have access to an expanded set of service requests, such as missed trash pickup, in a more thoughtfully designed menu that prioritizes seasonal and high volume requests.

On average, the Mayor's 24-Hour Hotline receives 5,762 calls per week, and more during times of severe weather. Calls typically concern matters of trash and recycling collection, street cleaning, pothole repair and streetlight outages. Additionally, constituents are increasingly

relying on digital channels to report issues: this year, 39 percent of requests have been submitted online and through the mobile app.

The launch of Boston 311 is one of many steps Mayor Walsh has taken to make City services more transparent and improve City operations. Service request data is publicly available on the open data portal and appears on the Mayor's dashboard in his office. For news and updates from the City, follow @CityofBoston on Twitter.



RSVP volunteer highlight

Picture: Delores Carter, Boston RSVP volunteer, at the ABCD Mattapan ESL “End of Year” celebration with her students. This year 43 students successfully ended the year. Classes run September through December and January through June.



If you are interested in volunteering at this site call Tyissha Jones-Horner at 617-635-1794 for more information.

If you are interested in learning English as a second language there are 3 levels of classes and classes are free. Please contact Riva Pearson at 617-298-2045



Picture: Sister Joyce McMullen, Supervisor at Project Care & Concern
Eddie Blakely, SCP Volunteer and
Gloria Rice-Stuart, SCP Director

**Happy 90th Birthday
Eddie!**

Creative Writing with A Poet: *Let's Have Fun!*

City of Boston seniors are invited to participate in a senior writing workshop to be led by Kathi Aguero, poet, educator, author of 4 books of poetry, and consulting editor of Sol-Lit magazine.

The workshop will meet weekly on Thursdays at 1 pm - from November 5 through December 17. It should be a fun adventure for beginners as well as people who have written some poetry. At the end of the workshop, members will have experienced poetry as a source of joy as well as created some writing.

The workshop will take place at the **Veronica B. Smith Multi-Service Senior Center**, 20 Chestnut Hill Avenue, Brighton. **Space is limited** to 15 - so please register early. The Center offers an attractive, handicapped-accessible, sunlit meeting space, free parking, and easy access by public transportation.

To sign up for the workshop or for more information, please call the Center at 617-635-6120.

No previous experience in writing necessary.

The class is sponsored by the Boston Poet Laureate Program within the Mayor's Office of Arts & Culture, in cooperation with the City of Boston Commission on Affairs of the Elderly.



Memory Cafés:



A Cup of Connection

A memory café is a welcoming place for people with forgetfulness or other changes in their thinking, and for their family and friends. Memory cafés meet at a variety of places, including coffee shops, museums, senior centers or community organizations. Each café is different. Some are just for relaxing and chatting. Some invite guests artists or offer information about memory changes. But the main goal of all memory cafés is the same. It is to help people connect with one another and to know that they are not alone.

There are more and more memory cafés across the United States. Now there are ten around Greater Boston, though there isn't one in the city of Boston yet. You are welcome to come to any of these cafés. You can find them at www.jfcsboston.org/MemoryCafeDirectory.

Beth Soltzberg is a social worker at Jewish Family & Children's Service who runs the JF&CS Memory Café in Waltham, and also coordinates the memory café "Percolator" network. The Percolator network helps organizations and individuals to start and sustain memory cafés. Beth would love to talk with anyone who might want to start a café in Boston. Please contact her at bsoltzberg@jfcsboston.org or 781-693-5628.

2015 Roslindale Senior Basketball Awards



Seniors over age 60 who are interested in playing Basketball are welcome to join.

Tuesdays and Thursdays from 10:30am - 12:30pm at the
Roslindale Community Center, 6 Cummins Hwy

For more information contact Ed Conway at 617-327-6831 or
email edconway14@yahoo.com



Volunteers Needed to Participate in a Study to Promote Social Support for Older Adults

It takes a few minutes a day for one month in your home and
pays up to \$50

Researchers at Northeastern University are developing a
computer character that provides companionship and health
counseling for older adults in their homes.

You must be at least 55 years old, able to speak and read
English, and have a home computer with broadband Internet
connection, and live alone in order to participate.
The initial one-hour meeting will be held at Northeastern
University, after which you can participate from home.

If you are interested, please call 617-373-4605, or email
expt@neu.edu.



*From left to right: Ron Francesone,
Ed Conway, John Howard, Ross Triant,
and Hank Philbrick*

Congratulations!!!

The Roslindale basketball group
competed in the New Hampshire
Senior Games and won the gold
medal in the 70-74 division.

Germ: Good Facts to Know



There are 4 kinds of germs: bacteria, virus, fungus and protozoa (a one cell germ that loves water).

The germiest thing in your home - kitchen sponge.

If you must use them: throw them in your dishwasher each time you use the dishwasher. Also, put your sink strainer in the dishwasher to kill the germs. It, too, has many germs. Throw the sponge in with your family laundry - use bleach. It will kill the germs.

Germs travel 100 miles per hour! Stay 6 feet away from someone who is sick, especially sneezing or coughing.

Cell phones have more germs on them than a toilet seat! In fact, it has 10 times more germs! You don't clean your cell phone. Recommend: Gently wash your cell phone with soap/antibacterial soap frequently, especially if you share it with others.



Your germs won't bother you if you are the only one using the phone.

80 million germs on one 10 second kiss! Interestingly, by kissing several times, the couple ends up with the same germs. Doctors often treat the whole family when one member has a strep throat infection. That is why they ask patients not to share glasses, toothbrushes or drink out of the same milk and juice cartons (in the refrigerator).



Unusual family pets can carry salmonella. Salmonella causes serious stomach infections. Avoid holding frogs, snakes and iguanas! Important: wash your hands after with soap and water. Wash 20 seconds or 2 verses of Happy Birthday to you!



Antibacterial soap does the same job as plain soap! Recommend: use liquid soap not bar soap. Germs can grow on bar soap and be transferred to the next person using the bar soap.

There is no such thing as 10 second rule! Once the food hits the ground it is germ infected. We grew up “Kissing it up to God”. He would protect us from the germs....

I hope you know most of these facts already.

Flu season is coming soon. Don't forget your annual flu vaccine!!

October is Breast Cancer Awareness Month



I wish to acknowledge my family, friends and readers who are survivors or battling breast cancer. You are truly heroines/heroes who put up a great fight. I thank everyone who has helped to make her/his life a bit better during this difficult time.

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

WJIB 740 AM on Sundays at 7:30 AM

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

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.

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.

ABCD Foster Grandparent Program Celebrates 50th Anniversary

Mayor Walsh declares August 28 “Foster Grandparent Day” in Boston

Fifty years ago on August 28, 1965, America’s most heartwarming and mutually beneficial intergenerational program was born.

In Boston, Action for Boston Community Development seized the torch lit by creative minds in Washington, DC and established one of the nation’s first Foster Grandparent programs, bringing low-income seniors together with children with special needs in child care centers, public schools, hospitals, health centers and other program sites.

"For 50 years now, the Foster Grandparent Program has played a vital role in connecting seniors with our young people, and creating very special bonds between grandparents and children," said Mayor Marty Walsh. "I am honored to declare August 28 'Foster Grandparent Day' in the City of Boston."

On August 28, ABCD celebrated the Foster Grandparent Program’s 50th anniversary with a social media campaign via Youtube, Facebook, Instagram and Twitter, honoring the contribution of Foster Grandparents to children and society and thanking the 50-plus Boston-area community partners that make the



l-r, Foster Grandmothers Ramona Perez and Myrtle Jarrett; Annie Mathieson, Boston City Hall Child Care; Foster Grandmother Milagros Pimental; Yuk Yen Chin, Boston City Hall Child Care; and Nicci Meadow, ABCD Foster Grandparent Director Nicci Meadow, ABCD Foster Grandparent Director, who presented an award to Boston City Hall Child Care for their significant contributions to children, families and the FGP program.

program possible. Presentations to several community partner honorees will traverse the globe via social media.

“We’re using 21st century social media to celebrate a heartwarming social program that began 50 years ago, before tweeting or Youtube existed,” said Nicci Meadow, ABCD Foster Grandparent Program Director.

“We want the world to know how valuable this program is,” said ABCD President/CEO John J. Drew. “And social media can help make that happen. This program couldn’t work without the committed participation of our community partners and we’re proud to honor them on this

all-important anniversary.”

ABOUT FOSTER GRANDPARENTS: Foster Grandparents is a federally funded Senior Corps program administered under the Corporation for National and Community Service. All Foster Grandparents receive training and support as well as a small stipend to defray transportation and other costs of participating in the program. Stipends paid to volunteers are spent directly in local communities for food, shelter and other daily living needs, thus boosting local economies. In ABCD Foster Grandparents, 155 older, low-income volunteers work with children with special needs at Head Start, child care centers and public schools, providing consistent, loving emotional support and enhancing their school readiness, literacy and mathematics skills.

ABOUT ABCD: ABCD serves more than 100,000 low-income Boston-area residents through its central offices and a decentralized network of Neighborhood Service Centers (NSCs), Head Start centers, Family Planning sites and Foster Grandparent sites. Programs and affiliations include Fuel Assistance; Head Start; Child Care Services; Child Care Choices of Boston; Education; Career Development; Housing and Homelessness Services; Health Services; Family Planning; Urban College of Boston; University High – an Alternative High School; Ostiguy High School for high school students in recovery; Weatherization; Foster Grandparents; Elder Services; Intergenerational Programs; management of the Combined Federal Campaign, Commonwealth of Massachusetts and City of Boston employee giving campaigns; advocacy and consumer 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

Help Us Learn More About Sleep!

If you are:

- 55-70 years old
- Non smoker
- Healthy and taking no medication

You may be eligible for a 37-day sleep research study at Brigham & Women's Hospital. There will be a 4-6 week screening period. Must be willing to spend 37 consecutive days and nights in our facility.

Receive up to \$10,125



Call 617-525-8719 or email
sleepstudy@partners.org

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

FriendshipWorks Brings Volunteers and their Pets Together with Elders in the Community

FriendshipWorks, a network of trained volunteers that provides support and assistance to elders in Boston and Brookline, is recruiting volunteers for its PetPals program. The PetPals program matches elders living in long-term care facilities with volunteers who have a cat or dog who can accompany them on visits. Numerous studies have shown that pet visitation programs increase social interaction among nursing home residents, reduce agitation in Alzheimer's patients, and ease the pervasive loneliness that often occurs in long-term care facilities. Many elders face loneliness every day and a visit from a friendly volunteer and their pet can have a profound impact on their lives.

“Our mission at FriendshipWorks would not be possible without our dedicated volunteers who are making a real difference in the lives of the elders they are helping to support” said Janet Seckel-Cerrotti, Executive Director of FriendshipWorks. “Our volunteers have joined us in our pledge to make a difference each day in the life of an elder in our community – match-by-match, one-by-one, until we end elder isolation.” Research shows that being socially isolated is comparable to smoking 15 cigarettes a day and is twice as harmful

as obesity. It is FriendshipWorks' ongoing mission to reduce social isolation among seniors and replace it with the warmth and comfort that only a caring and dedicated friend can provide, and that friend can also be a pet.



“It is amazing to see how a visit from a volunteer, and their pet, can make a difference in the life of one of our elders,” said Ellen Kirchheimer, the PetPals Program Director. “It is such a positive experience for everyone involved. The elders receiving the visit are always happy for the visit and companionship, the pets love all of the attention, and our volunteers are able to see the happiness their beloved pets bring to others.”

PetPals pets are carefully screened for temperament and reaction to stressors by a veterinary behaviorist. Owners and pets are also trained on how to interact with residents to ensure the best possible experience for both the people as well as the animal volunteers.

“I have a heartwarming experience every time I visit with my Golden Retriever, May,” said Michelle Reinstein, a volunteer

for FriendshipWorks. “I visit a 102 year-old woman who lights up every time my dog May comes in for a visit. It is amazing to see her connect and react in

...being socially isolated is comparable to smoking 15 cigarettes a day

such a positive way, May has brought out a side of her no-one had seen before – she spoke for the first time at a recent visit, surprising everyone. It is truly remarkable to see what a great impact a visit can have on their quality of life.”

There are a number of other ways to be involved with FriendshipWorks. Friendly Visiting involves visiting elders in their homes to provide companionship and assist with simple household tasks or errands; Medical Escort Volunteers accompany elders to medical appointments; and Friendly Helpers provide short-term assistance to community elders when they need a little

help such as clothes shopping, picking up prescriptions, or running errands. For more information on FriendshipWorks PetPals program and to find out how you can make a difference in someone’s life, visit www.fw4elders.org/petpals or call 617-482-1510.

About FriendshipWorks

FriendshipWorks (formerly MATCH-UP Interfaith Volunteers) is a network of trained volunteers that provide support and assistance to elders in Boston and Brookline. With 30 years of experience recruiting, training, and placing volunteers for this purpose, FriendshipWorks’ mission is to decrease the social isolation, enhance the quality of life, and preserve the dignity of elders. FriendshipWorks partners with congregations of all faiths to identify people who need assistance and find volunteers who share the organization’s goal of helping a neighbor in need. FriendshipWorks cooperates and shares referrals with area hospitals, long-term care facilities, health, government, and human service agencies.
www.fw4elders.org



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Healthy Recipes

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

Cauliflower-Apple Soup with Apple Cider Reduction

Ingredients:

- 1 cup apple cider
- 2 teaspoons olive oil
- 2 cups chopped onion
- 2 teaspoons Madras curry powder
- 1 teaspoon chopped garlic
- 6 cups cauliflower florets (about 1 1/2 pounds)
- 5 cups fat-free, less-sodium chicken broth
- 1 Gala apple, peeled, cored, and chopped
- 1/3 cup half-and-half
- 2 teaspoons fresh lemon juice
- 3/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- Coarsely ground black pepper (optional)

Preparation:

1. Bring the apple cider to a boil in a small saucepan. Cook until cider is reduced to 1/4 cup (about 5 minutes). Remove from heat, and cool to room temperature.

2. Heat oil in a large Dutch oven over medium-high heat. Add onion to pan; sauté 3 minutes. Add curry powder and garlic to pan; sauté 1 minute, stirring

constantly. Add cauliflower, broth, and apple; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until cauliflower is very tender.

3. Remove pan from heat; cool 5 minutes. Place half of cauliflower mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining cauliflower mixture. Return to pot. Stir in half-and-half; cook over medium heat 5 minutes or until thoroughly heated (do not boil). Remove from heat; stir in juice, salt, and 1/8 teaspoon pepper. Ladle about 1 cup soup into each of 8 bowls; drizzle each serving with 1 1/2 teaspoons cider reduction. Garnish with coarsely ground pepper, if desired.

Servings: 8 Calories per serving: 98

Source: <http://www.myrecipes.com/recipe/cauliflower-apple-soup-with-apple-cider-reduction#mr-livefyre-ratings>

Apple Cider Pie

Ingredients:

CRUST:

- 2 cups all-purpose flour, divided
- 1/3 cup ice water

- 1/2 teaspoon salt
- 1/4 cup chilled stick margarine or butter, cut into small pieces
- 1/4 cup vegetable shortening

FILLING:

- 2 cups apple cider
- 1/3 cup sugar
- 3 tablespoons cornstarch
- 2 tablespoons fresh lemon juice
- 2 teaspoons vanilla extract
- 1 1/4 teaspoons pumpkin-pie spice
- 7 Braeburn apples, peeled and quartered (about 3 pounds)
- Cooking spray
- 1 large egg, lightly beaten
- 1 tablespoon water
- 1 tablespoon sugar

Preparation:

1. To prepare crust, lightly spoon flour into dry measuring cups; level with a knife. Combine 1/3 cup flour and ice water, stirring with a whisk until well-blended. Combine 1 2/3 cups flour and salt in a bowl; cut in margarine and shortening with a pastry blender or 2 knives until mixture resembles coarse meal. Add ice water mixture; toss with a fork until moist. Divide dough in half. Gently press each half of mixture into a 4-inch circle on heavy-duty plastic wrap, and cover with additional plastic wrap. Roll one half of dough, still covered, into a 12-inch circle, and chill. Roll other half of dough, still covered, into an 11-inch circle; chill.

2. To prepare filling, bring cider to a boil

in a large, heavy saucepan over high heat. Cook until reduced to 1/2 cup (about 20 minutes). Cool completely.



3. Preheat oven to 450°.

4. Combine cooled cider, 1/3 cup sugar, cornstarch, lemon juice, vanilla, and pie spice in a large bowl. Cut each apple quarter crosswise into 1/4-inch-thick slices. Stir apple slices into cider mixture.

5. Remove 1 sheet of plastic wrap from the 12-inch circle; fit dough into a 9-inch pie plate coated with cooking spray, allowing dough to extend over edge of plate.

Remove top sheet of plastic wrap. Spoon apple mixture into crust, and brush edges of crust lightly with water. Remove 1 sheet of plastic wrap from the 11-inch circle, and place on top of apple mixture. Remove top sheet of plastic wrap. Press edges of dough together; fold edges under, and flute. Cut 6 (1-inch) slits into top of pastry using a sharp knife. Combine egg and 1 tablespoon water. Brush top and edges of pie with egg mixture, and sprinkle with 1 tablespoon sugar. Place pie on a baking sheet, and bake at 450° for 15 minutes. Reduce oven temperature to 350° (do not remove pie from oven), and bake an additional 45 minutes or until golden. Cool on a wire rack.

Servings: 10 Calories per slice: 302

Sources: <http://www.myrecipes.com/recipe/apple-cider-pie>



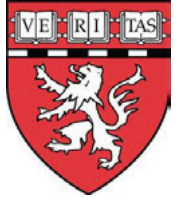
HARVARD AGING BRAIN STUDY

VOLUNTEERS NEEDED

FOR A STUDY ABOUT

MEMORY AND BRAIN CHANGES

IN OLDER ADULTS



Researchers from the Massachusetts General Hospital
and the Brigham and Women's Hospital need your help!

We are conducting a research study to find the best ways to
promote healthy aging

» ***YOU may be eligible to participate if you:***

Are age 50 to 90

Speak English

Have someone close to you who can answer questions about your daily activities.

» ***This Research Study involves:***

Up to 17 visits to the research center spread out over 5 years

Evaluations including memory tests and brain scans

» ***You will receive:***

Up to \$1,600 for total study (\$50-\$200 paid per visit)

Assistance with transportation as needed

Dedicated relationships with research doctors and team members

For more information, please call:

Tamy-Feé at 617-643-0143



All information is kept completely confidential.

**Massachusetts General Hospital and
Brigham and Women's Hospital**



**NEW!**

SENIORS SAVE

The winter of 2014-2015 saw an unprecedented number of heat emergency calls from Boston's senior citizens. To ensure that Boston's seniors are ready for the winter to come, Mayor Martin J. Walsh announces that the Boston Home Center will help income-eligible seniors replace failing or inefficient heating systems before winter begins.

Benefits Include:

- Save money! New energy-efficient systems will reduce \$\$ spent on heat!
- Get a free energy audit and reduce drafts and heat loss, saving more money!
- A \$3,500 grant to replace a failing or inefficient heating systems
- A 0% interest, deferred loan will pay for any additional work, up to \$10,000

To qualify

- Be a Boston resident 60 years of age or older, and living in an owner-occupied 1-4 family home, or condominium
- Have a heating system that is at least twelve (12) years old
- Have an income of up to eighty (80) percent of Area Median Income (AMI), as established by the Department of Housing and Urban Development

**Household
Size
&
Income
Levels**

80% AMI CDBG (as of 3/6/15)

One-person household:
\$48,800

Two-person household:
\$55,800

- Applicant must be a new senior program applicant, not including minor repair.
- Applications must be submitted by October 31, 2015 to be considered.

For more information, visit or call:
www.bostonhomecenter.com 617.635.HOME (4663)



City of Boston
Mayor Martin J. Walsh

Department of
Neighborhood
Development



WHAT IS MEDICAID AND AM I ELIGIBLE?

By: Maana P. Hickson, Esquire,
Cody, Cody & McCarthy, LLC

Many clients come to us with questions concerning Medicaid. So what is Medicaid? Medicaid, or MassHealth in Massachusetts, is a state and federally funded program that provides health coverage for individuals with low income and assets. MassHealth also assists with the cost of long-term care (nursing homes) and will provide the following services at home: personal care attendant, adult day care, home health services, etc.

MassHealth Eligibility Requirements (for applicants over age 65)

MassHealth has different qualifications for eligibility depending on whether the applicant is seeking benefits at home or in a facility.

To qualify for MassHealth coverage at home (community MassHealth), as a single applicant, there is an income threshold of \$981 per month and an asset limit of \$2,000. For a couple, where only one spouse requires MassHealth benefits, there is an income threshold of \$1,328 per month, and an asset limit of \$3,000. Additional income and assets may be retained if an applicant requires additional medical assistance.

To qualify for MassHealth coverage in a long-term care facility as a single applicant, the asset limit is \$2,000; however, for a couple where only one spouse requires MassHealth, the spouse in the community can keep assets totaling \$119,220. There is no income limit. The applicant's income is paid to the facility each month with a few allowable deductions.

Frequently Asked Questions about MassHealth Eligibility

Is all income included in determining eligibility?

Countable income includes wages, social security, retirement income, and pension. Non-countable income includes some Veteran's benefits and reverse mortgage proceeds.

Which assets count towards the asset limit?

Countable assets include bank accounts, retirement accounts, CDs, and vacation property. Non-countable assets include a principal residence, pre-paid burial contracts, and one vehicle. There are many assets that are not countable towards the assets limits, and in some circumstances, countable assets can be converted to non-countable assets. An estate planning and elder law attorney can help you review your assets and plan for eligibility.



Some things should not go unsaid.

When it comes to end-of-life care, talking matters.

Sharing your wishes for end-of-life care can bring you closer to the people you love. Visit TheConversationProject.org for inspiration, personal stories, and a step-by-step guide to get you started.



Institute for
Healthcare
Improvement

the conversation project

Continued from page 18

Can I just give everything away and qualify for MassHealth?

The answer is: it depends. For community MassHealth, there is currently no transfer penalty. The same cannot be said of MassHealth coverage in a long-term care facility; there is a five year transfer penalty for this program. In either case, all assets transferred within five years of filing a MassHealth application must be disclosed, and a transfer made to qualify for community MassHealth could disqualify an individual from MassHealth coverage in a long-term care facility. Furthermore,

most people are not aware that transfers include gifts. That means that if you were to give a \$5,000 wedding gift within 5 years of applying for MassHealth coverage in a long-term care facility, you will be disqualified from coverage for a period of time.

As you can see, the qualification requirements for MassHealth are strict and very complicated. However, achieving eligibility is possible. If you are interested in learning more, it's important to speak with an attorney specializing in this field.

IT'S THE WAY YOU LOOK AT IT

“Don’t Retire, Inspire”

By: Augusta Alban



The size of a miracle doesn’t matter. What we do in life we do best if it’s helping others. I am a collector of stories. Everyone has a story. Kids tell the best stories when they first learn to talk. They borrow any word needed, and they love to share them. When my son was in the first grade, his teacher asked me about his recent experiences in Japan. He had taken his new toy, a prop airplane made in Japan, to share with his classmates. The story of his trip to Japan held the attention of his classmates as well as his teacher. The teacher was concerned Phillip did not know the difference between real and not real. What kid does? Phillip solved the teacher's problem by ending his story by saying it was his dream to one day go to Japan.

The best miracles are the ones that happen to you.

ONE OF THE BEST!

In my ongoing search for human kindness, and good stories, Barbara is at the top of my list. She knows her work is important, but her focus is on the safety and wellness of tiny newborns left in her care. In her 50 years of nursing, Barbara has been flown by helicopter to most every hospital in Massachusetts, and a few in Rhode Island. In her long

career, she has assisted in helping over 1500 premature babies. Barbara takes her bath in the evening. “You must be ready whenever the hospital calls. Day or night I can be at the MGH heliport within 30 minutes.” As a neonatal nurse, it is her job to stabilize these tiny humans (maybe only a pound or two) and prepare them for the flight back to Mass General’s specialized care.

It was a joy and a pleasure to talk with this beautiful lady about the work she loves so much. She shared with me how efficient yet calming you have to be in order to help and handle doctors, nurses, pilots and parents. “I don’t waste time talking over the phone. I learned that once early on, because the doctor calling stuttered so badly, by the time he told me what was going on, I could have almost been to the hospital. You learn time does not wait for us: the sooner I can get to those babies, the sooner I can help them,” she said.

The parents of these tiny new citizens are understandably stressed. The last thing that is done before leaving on a flight with their infant is to take the baby to the mother’s room. A picture is taken for the parents. Barbara explained, “We leave the picture and take the baby. The

parents understand what we are trying to do may help that baby to live. I love the work I do, and I am privileged to be able to help those parents and grandparents waiting with the mothers. In my many years of being a nurse, I have seen many miracles. Some are due to state-of-the-art technology. But the ones I love are the miracles that come from the hearts of kind caring people.”

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Greg Josselyn
at 617-635-4250



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Augusta Alban**

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A stylized, high-contrast portrait of Audre Lorde, rendered in shades of blue and purple, occupies the right side of the poster. The portrait is partially obscured by the text on the left.

WHEN I DARE TO BE POWERFUL

The 17th Annual Audre Lorde Cancer Awareness Brunch

Saturday, October 24, 10am-1pm

Fenway Health, 1340 Boylston Street, 9th Floor

This event is a celebration of women whose lives have been affected by cancer. We gather together to connect with old and new sisters; to learn about cancer-related issues facing women; and to nourish our bodies, minds and spirits.

RSVP and Questions:

Blaire Byg, 617.927.6169 or bbyg@fenwayhealth.org

Premier Sponsor: Beth Israel Deaconess Medical Center

Community Partners: Massachusetts Breast Cancer Coalition and Simmons College



Beth Israel Deaconess
Medical Center

FENWAY  HEALTH



ENCORE EXPO 2015

Experience Makes a Difference

Wed November 18, 2015
12 Noon - 6pm
Boston College, Corcoran Commons

Registration is Free for Attendees

Agenda

12 Noon - 1:00 PM	<ul style="list-style-type: none">• ENCORE EXPO 2015 opens• Check-in• Browse and meet the exhibitors ~ community organizations seeking volunteer or paid experienced talent.
1:00 - 2:00 PM	<ul style="list-style-type: none">• Welcome• Keynote Speaker, David Campbell, Founder and Chair of <i>All Hands Volunteers</i>.
2:00 - 6:00 PM	<ul style="list-style-type: none">• Workshops include:<ul style="list-style-type: none">○ AARP's <i>Life Reimagined Check Up</i>○ ESC of NE's <i>Discover Your Encore</i>• Browse and meet the exhibitors• Networking
6:00 PM	<ul style="list-style-type: none">• ENCORE EXPO 2015 ends.• Your new life begins.

Workshop seating is limited; register to reserve a space - first registered, first served.
You may register at www.encorebostonnetwork.org, email encoreboston1@gmail.com
Or call 617-571-0303.

We look forward to seeing you on November 18th.

Thanks to the generous support of our lead sponsors – admission is FREE.



Boston RSVP Volunteer Spotlight

“The Batys”

*Powerhouse Volunteering Duo:
Mr. Carl and Mrs. Arnetta Baty*

Where do you live?

Carl & Arnetta: We live on Bailey Street, in Dorchester, MA



Where did you grow up?

A: I grew up in Roderfield, West Virginia until the age of 17. Then I moved to Dorchester in June, 1970, and attended and graduated from Jamaica Plain High School.

C: I grew up in Philadelphia, Pennsylvania and graduated from Overbrook High School in June 1970.

How long have you been doing voluntary work?

C & A: We both started volunteering for RSVP in March 2015

C: I volunteered for Saint Vincent de Paul of Baltimore from Oct. 2003 until Oct. 2008 when I was homeless. I served as a VISTA volunteer from June 2010 until June 2011 for the Faces of Homelessness Speakers Bureau, a program of the National Coalition of the Homeless.

C & A: We started a non-profit called

“Rounding The Bases” in 2011 and we have never drawn a salary.

A: I was honored in 2010 for twenty years of volunteer service with the Homebuyer’s Union of MAHA, Massachusetts Affordable Housing Alliance.



What do you do when you are volunteering for RSVP? Are you connected to any other causes?

A: We are co-instructors for Tech Goes Home computer classes. Our classes differ from most Tech Goes Home classes, as our classes have mostly senior participants. I coordinate the site arrangements, food and gift items for each computer class and participant applications and information.

C: I am the class instructor. I complete the necessary paperwork and timesheets for RSVP and Tech Goes Home, and create Rounding The Bases’ online posts for each class.

C: Besides volunteering with RSVP, we run a small nonprofit, Rounding The Bases, Inc. Arnetta is the Board Chair and I am the

Executive Director. We both serve on the Board of Directors of the Codman Square Neighborhood Council, with Arnetta holding the office of Secretary. We are also active with the Ashmont Valley Neighborhood Association. Arnetta has been volunteering with City of Boston's Senior Citizens Property Tax Work-Off Program for two years.

What keeps you inspired and motivated to continue to volunteer?

A: Each class we instruct shows a marked improvement in the enrollment process, assessment of the participants' skills, and the starting point needed for effective instruction and retention. There is no greater satisfaction than seeing the light come on for that student that was always struggling.

Do you have any favorite memories from volunteering?

C: I have several memories that will live forever in my mind. Having several of my students return long after the class has ended, receiving emails from a student that learned to email in our class, having a former student shout from his car as he drove by our house ranks among my top memories. My favorable interaction with the various program directors also ranks high on my list.

A: Meeting new people and traveling to different places are my favorite memories.

What do you like to do when you are not volunteering?

C & A: We would love to spend all of our leisure time in a hot tub.

What advice would you give to new volunteers?

C & A: When you walk into the door, forget everything that is going on in your life at that moment, and concentrate solely on the task at hand; that task being to deliver whatever service to the client to the point that the client is made whole.

Will you be at this year's volunteer recognition event? Why do you think it is important to come to these recognition events?

C & A: We will most certainly be attending this year's event.

C & A: It is important to come to the recognition events; one because it is rewarding that an organization appreciates the value of what you do; and two, there is a wealth of knowledge to be gleaned from other volunteers.



Senior Party in the Park

A Big Thank You to City Fresh for Your Continued Support



Age-Friendly **Boston**

A City of Boston Initiative, in partnership with the University of Massachusetts Boston and AARP

This survey of **City of Boston residents aged 50 and over** is being conducted by the University of Massachusetts Boston on behalf of the Age-Friendly Boston Initiative. This survey is part of a wider community consultation process to gain feedback that will inform the development of the *City of Boston Age-Friendly Initiative Action Plan*. Completion of this survey is voluntary and all responses are confidential.

Please complete and return this survey to: The Center for Social and Demographic Research on Aging, The Gerontology Institute, UMass Boston, 100 Morrissey Blvd., Boston, MA, 02125. You may also complete the survey online at: <https://www.surveymonkey.com/r/AgeFriendlyBoston>. For assistance or to request a survey in Spanish, Haitian Creole, Chinese, Russian, or Cape Verdean please call 617-287-7361 or email agefriendlyboston@gmail.com. **Thank you for your participation in this important initiative.**

COMMUNICATION AND INFORMATION

1. Which of the following services are available in your community? (Check all that apply)

☐ Legal aid ☐ Tax work-off programs ☐ Food banks ☐ Tax abatements

2. What are your preferred sources of information about programs, activities, and services in your community? (Check all that apply)

☐ Newspaper ☐ Radio ☐ TV ☐ Church and faith-based organizations
☐ Internet postings ☐ Other: _____

3. Do you feel informed about what to do in the event of a weather or other emergency?

☐ Yes ☐ No ☐ Don't Know

PUBLIC SPACES

4. Please select your level of agreement with each statement below.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Public restrooms are available in convenient locations					
I feel safe going to public parks in my community					

HOUSING

5. In your experience, what kind of housing needs to be developed for seniors in your community? (Check all that apply)

☐ Rental ☐ Houses and condos ☐ Housing with services ☐ Other:
apartments for homeowners (such as assisted living) _____

6. Are there sufficient and affordable housing options available in your neighborhood?

☐ Yes ☐ No ☐ Don't Know

SOCIAL PARTICIPATION, INCLUSION, AND COMMUNITY SUPPORTS

7. Please rate your level of satisfaction with each of the following aspects of your community.

	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Fitness opportunities (such as exercise classes and paths or trails)					
Affordable, quality food					
Chore/homemaking or home health aide services					
Caregiver support (such as respite, daycare, and support groups)					
Opportunities for continued learning (such as lifelong learning opportunities, workshops, or tours)					

8. Please rate your level of satisfaction with each of the following aspects of your community.

	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Opportunities for you to participate in community activities					
Accessible opportunities in your neighborhood for informal sharing and social interaction					
The availability of recreational opportunities					
How activities and events are communicated to older residents, including information about the activity, its accessibility, and transportation options					
The extent to which local policy makers take into account the interests and concerns of older residents					
The extent to which older residents are treated respectfully					
The quality of social services available to older residents (such as information and referral services, and meals on wheels)					
Access to physical health services for older residents					
Access to mental or behavioral health services for older residents					

CIVIC PARTICIPATION AND EMPLOYMENT

9. Please select your level of agreement with each statement below.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Older adults are encouraged to volunteer and remain engaged in the community by providing them with flexible and accessible opportunities					
There are adequate employment opportunities available to older adults in my community					

SAFETY

10. Please select your level of agreement with each statement below.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Law enforcement is visible in my neighborhood					
I feel safe in the neighborhood where I live					

NAVIGATING THE COMMUNITY

11. Please rate your level of satisfaction with each of the following aspects of your community.

	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Clear labeling of street names and business addresses					
Availability of parking					
Handicap accessibility of walkways and buildings					
Availability of maintained sidewalks					
Lighting along sidewalks and cycle paths					
Availability of benches in public areas and along walkways					
Timing of traffic lights and marked crosswalks					
Van rides (such as The Ride), or other senior transportation					
Volunteer driver program (organized rides from volunteers)					
Location of public transportation					
Public transportation schedule					
Affordability of public transportation					

OVERALL COMMUNITY PERSPECTIVE

12. Select your level of agreement with the statement below.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
My community is age-friendly					

DEMOGRAPHIC INFORMATION

13. Sex: ☐ Female ☐ Male

14. Age: ☐ 50-59 ☐ 60-69 ☐ 70-79 ☐ 80-89 ☐ 90+

15. What Boston neighborhood do you live in?

- | | | | | |
|---|---|--|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Allston | <input type="checkbox"/> Back Bay | <input type="checkbox"/> Bay Village | <input type="checkbox"/> Charlestown | <input type="checkbox"/> Beacon Hill |
| <input type="checkbox"/> Brighton | <input type="checkbox"/> Chinatown/Leather District | <input type="checkbox"/> Downtown | <input type="checkbox"/> East Boston | |
| <input type="checkbox"/> Fenway/Kenmore | <input type="checkbox"/> Hyde Park | <input type="checkbox"/> Jamaica Plain | <input type="checkbox"/> Mattapan | <input type="checkbox"/> Mission Hill |
| <input type="checkbox"/> North Dorchester | <input type="checkbox"/> North End | <input type="checkbox"/> Roslindale | <input type="checkbox"/> Roxbury | <input type="checkbox"/> South Boston |
| <input type="checkbox"/> South Dorchester | <input type="checkbox"/> South End | <input type="checkbox"/> West End | <input type="checkbox"/> West Roxbury | |

16. Do you speak a language other than English at home? ☐ Yes ☐ No

17. Which of the following best describes your race/ethnicity? (Check all that apply)

- | | | |
|--|---------------------------------------|---|
| <input type="checkbox"/> White/Caucasian | <input type="checkbox"/> Asian | <input type="checkbox"/> Black/African American |
| <input type="checkbox"/> Hispanic/Latino | <input type="checkbox"/> Other: _____ | |

18. How would you describe your current health? ☐ Excellent ☐ Good ☐ Fair ☐ Poor

19. Do you have an impairment or condition that limits your ability to participate in your community?

- ☐ Yes ☐ No

20. Please indicate your level of agreement with the following statement: "I have adequate resources to meet my financial needs, including home maintenance, personal healthcare, and other expenses."

- ☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

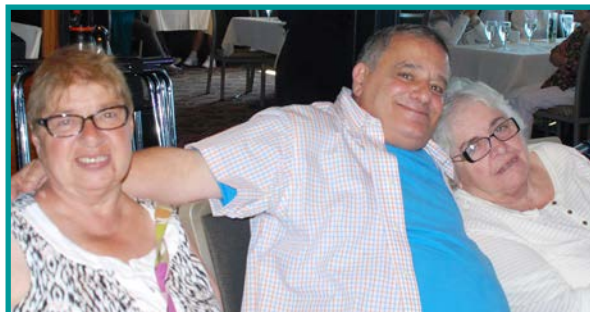
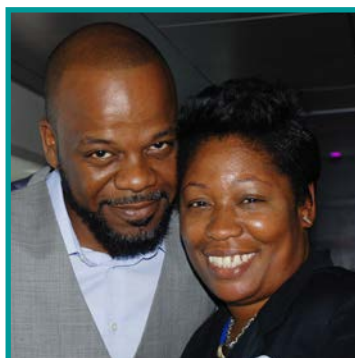
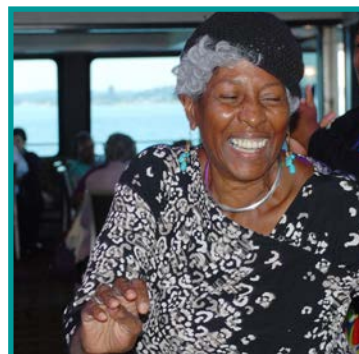
21. Please include additional comments related to your experience living in Boston: _____

Thank you for your participation!

If you have any questions about the survey, or about participating in this study, you may contact Dr. Jan Mutchler at the University of Massachusetts Boston, at 617-287-7321.

The Institutional Review Board (IRB) at the University of Massachusetts Boston (UMB) has approved this study. If you have any concerns about your rights as a participant in this study, please contact a representative of the IRB at UMB, which oversees research involving human participants. The IRB may be reached at the following address: IRB, Quinn Administration Building-2-080, the University of Massachusetts Boston, 100 Morrissey Boulevard, Boston, MA 02125-3393. You can also contact the Board by telephone (617-287-5374) or by email (human.subjects@umb.edu).

SCP & RSVP Volunteer Recognition



OCTOBER IS WHITE CANE AWARENESS MONTH

The white cane is a symbol of independence and blindness.
The white cane allows an Individual who is legally blind to travel independently.
In 1931, the Lions Club began promoting the use of white canes for people who are blind as a national identification program.

International **White Cane Day is October 15**. All states and many other countries have White Cane laws, which allow pedestrians, who are legally blind, the right of way at street crossings. Most people who are legally blind have some usable vision.

When in doubt, ask if the person needs assistance.
Do not grab the person, cane or dog guide!
Do not pet a dog guide. Most dog guides are working & should not be petted since it can be distracting for the dog.

Massachusetts White Cane Law states that All motorists, when they see a pedestrian who uses a dog guide or a white cane at a street crossing, **must come to a complete stop.**



Massachusetts White Cane Law: General Law Chapter 90 Section 14A
For more information, contact the Massachusetts Commission for the Blind
or 800-392-6450-V 800-392-6556-TTY www.mass.gov.ma.us/mcb