

# Boston Seniority

## Elderly Commission

Martin J. Walsh, Mayor of Boston

# September

FREE

2015  
Volume 39  
Issue 8



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

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

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Commission on Affairs of the Elderly.***

## *Boston Seniority*

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# Mayor's Spotlight

Mayor Martin J. Walsh launched Seniors Save, a new, proactive program that will help eligible seniors replace failing or inefficient heating systems before winter begins.

"With a very difficult winter last year and fall fast approaching, we want to make sure our seniors are warm and safe this winter," said Mayor Walsh. "Seniors living on fixed incomes may not always be able to afford important improvements to their heating systems. I'm proud that the City of Boston will be able to provide this additional resource for our residents."

Seniors who replace their aging heating systems with new, energy efficient systems significantly lower their risks of heating emergencies during the winter, and will also see reductions in their energy bills, enabling them to expand their budgets for other necessities.

"This is an exciting new program from Mayor Walsh for Boston seniors," said Commissioner of Affairs of the Elderly Emily Shea. "Every winter we hear from many people struggling to afford their rising heat bills and this program will help seniors save money and be warmer this winter."

Applications for the Seniors Save program are currently available by contacting the Boston Home Center (BHC), by visiting <http://dnd.cityofboston.gov/#page/>

seniors\_save or by contacting one of the BHC's partner senior agencies. To qualify, income-eligible seniors must be 60 years of age or older and must be the occupants of a residential one-to-four family property or condominium in the City of Boston. The program is open to seniors whose income does not exceed 80 percent of median family income, as determined by the US Department of Housing and Urban Development.



Eligible homeowners will receive a \$3,500 grant towards upgrades to their heating systems. Additional funding is available up to \$10,000 in the form of a zero percent interest, deferred loan, which will only be payable on the sale of the property, a refinance or transfer of the title. Once a senior citizen submits an application, BHC Construction Specialists will work with the homeowner on the scope of the project, and will help select a contractor from the BHC's pre-approved, licensed and insured contractor list. A BHC Construction Specialist will then oversee the work from start to finish.

To learn more about Seniors Save, residents are invited to contact (617) 635-HOME

## Alzheimer's Disease, What It Means to Boston

Alzheimer's Disease is a serious condition affecting over 10,000 Bostonians – a number which is only expected to increase as the older adult population in Boston continues to rise. The City of Boston won't just stand by. Under Mayor Walsh's leadership, we are taking steps to combat the disease.

Mayor Walsh's connection to the disease is a personal one. In his inaugural speech, he revealed that as a young man, he watched his beloved grandmother suffer with the disease. Witnessing firsthand the toll this disease took on his grandmother and his entire family, he became committed to taking steps to tackle the disease.

Soon after being sworn in, Mayor Walsh launched the Boston Alzheimer's Initiative (BAI) - a multifaceted approach to increase disease awareness, strengthen organizational partnerships, and increase support services for caregivers. Mayor Walsh also took a stand by making Boston the first capital city to join the Alzheimer's Workplace Alliance. Through its initial efforts, the BAI has already begun educating city staff about the disease, and in collaboration with the Alzheimer's Association, will deliver specialized training to the city's first responders starting in the fall.

What we're doing in city hall is exciting, but we can't do it alone. You can join Boston's fight against Alzheimer's disease with these simple steps:

1. Educate yourself about the disease. For more information on Alzheimer's disease, how to help, and much more, go to [www.alz.org/manh](http://www.alz.org/manh) or [www.alzheimers.org](http://www.alzheimers.org).
2. Encourage early detection.
3. Be a resource for patients and families. No one can do it alone.
4. Participate in or promote ongoing clinical trials. Clinical trials help researchers test new ways to detect, treat, prevent and eventually cure Alzheimer's disease and dementia.
5. Participate in local events like the **Walk to End Alzheimer's on September 27th, 2015 at Paul Revere Park in Boston**. Mayor Walsh is doing his part as the Honorary Chairman of the event for the second year in a row.

Together, we can end Alzheimer's disease in Boston. For more information on the Boston Alzheimer's Initiative and what you can do to help, call Patricia McCormack at 617-635-4366 or email [patricia.mccormack@boston.gov](mailto:patricia.mccormack@boston.gov).



**Greater Boston Walk**  
**Sunday, September 27**  
**Paul Revere Park, Boston, MA**

START A TEAM | [alzwalkMANH.org](http://alzwalkMANH.org) | 800.272.3900



# Senior Garden Contest Winners



**First Place:**  
Diane Spears,  
Jamaica Plain



**Second Place:**  
Christine Ilisley,  
West Roxbury



**Third Place:**  
Daphne Georges,  
Jamaica Plain

*Standish Village*

617.298.5656 | Dorchester/Milton

*Compass on the Bay*

617.268.5450 | South Boston



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Martin J. Walsh  
Mayor



Emily K. Shea  
Commissioner

*Commission on Affairs of the Elderly*

Presents the Annual

*Mayor Martin J. Walsh  
Health & Fitness Walk for Seniors*



Tuesday, October 6, 2015

11:00 a.m. - 2:00 p.m

Joe Moakley Park

on Old Colony Avenue, South Boston

Near the **Red** T Line at JFK-UMass

Pre-registration Deadline is September 30, 2015

*Please see registration form on back cover.*

*For more information, please call 617-635-4168*

*or email [michael.mccolgan@boston.gov](mailto:michael.mccolgan@boston.gov)*

# Medicare Open Enrollment

It's that time of year again!

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to review, understand and save this information!*

During **Medicare Open Enrollment**, from **October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer **FREE** and **CONFIDENTIAL** counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help you: call 617-635-4366 to make an appointment with your neighborhood advocate.



## 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](mailto:expt@neu.edu).

# ReAge.

As a leading provider of senior health services, our mission is to rethink all the ways we can help seniors lead healthier, more independent lives. We call this commitment *ReAge*. From long-term and post-acute care, to home health, to innovative research and geriatrics teaching, our experts in geriatric care are at the vanguard of this movement.

*ReAge* means that everyone at Hebrew SeniorLife is resetting the standards for the health and wellness of seniors.

The Power to Redefine Aging.



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HARVARD MEDICAL SCHOOL  
AFFILIATE

1200 Centre Street, Boston, MA 02131 / 617-363-8000 / [www.hebrewseniorlife.org](http://www.hebrewseniorlife.org)

## Obstructive Sleep Apnea

According to the 2015 Philips research report, “Sleep, A Global Perspective”, there are more than 100 million people worldwide suffering from obstructive sleep apnea (OSA)!!

80% are not diagnosed!

Obstructive sleep apnea occurs when the upper airways are repeatedly obstructed during sleep. The heart, brain and other organs are deprived of oxygen. This serious condition can trigger and or make worse, other serious chronic conditions like high blood pressure, stroke, diabetes, depression and even the risk of death!

### Children:

According to the American Academy of Pediatrics, obstructive sleep apnea and ADHD (attention deficit/hyperactivity disorder) have similar symptoms: poor concentration, difficulty maintaining focus and poor school performance. Children may be more accident prone. A child may be diagnosed as ADHD, prescribed medicine, and the obstructive sleep apnea goes untreated.

### Adults:

Adults with untreated obstructive sleep apnea are less productive in work, call in sick more often and are accident prone. Untreated patients are more likely to be in motor vehicle crashes.



### Treatments:

Patients present with different symptoms so be sure to give your doctor/child's pediatrician accurate symptoms. A sleep study will help with an accurate diagnosis.

Children often have their tonsils and adenoids removed with good results.

Adults are usually given a CPAP (continuous positive airway pressure) machine which is used at bedtime.

There are surgical procedures that may relieve a patient's problem.

### Important:

Tell your doctor about your poor sleep habits. Often, doctors don't ask about sleep routines.

A family member may be the first to tell you of your sleep apnea!

A correct diagnosis and treatment will help both a child and adult lead a more productive life.



## September is National Preparedness Month!

This year we are asking you to take action now – make a plan with your community, your family, and for your pets. Plan how to stay safe and communicate during the disasters that can affect your community.

**DON'T WAIT. COMMUNICATE.  
MAKE YOUR EMERGENCY PLAN TODAY.**



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!



AMERICA'S  
**PrepareAthon!**

Ready

### 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](mailto:sleepstudy@partners.org)



## Falls Free®

National Council on Aging

## Falls Prevention Awareness Day (FPAD)!

The 8th annual Falls Prevention Awareness Day (FPAD) will be observed on September 23, 2015 - the first day of fall. The event seeks to raise awareness about how to prevent fall-related injuries among older adults.

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.

# General Information About Consumer Scams

People of any age and at any stage of their life are at risk of falling prey to a scam. There are a few rules of thumb to remember and to protect yourself, but always remember one thing: If it sounds too good to be true, it probably is. Victims of consumer scams lose money and time, and may find their reputation has been ruined or they are the target for legal action.

## Protect Yourself

Read the small print. Always read every last word of any agreement or contract before signing on. Scam offers may use asterisks, small print, or sophisticated language to hide or confuse the true meaning of what you are signing. Guard your personal information. If someone requests your personal information, always verify their identity before providing it to them - ask for their name, organization, phone number, and address. Confirm this information through an outside source, such as the company's website or a telephone directory. You may be contacted by credit card companies or banks if they notice unusual transactions or suspect someone else of using your account, but in these cases financial institutions will never request the account number or other identifying information. Rather

they will only inquire about specific usage.

## If You Are a Victim

### **Demand a refund.**

If you become a victim of consumer fraud and lose money, ask the company for a refund. If they refuse or give you an evasive response, tell them you plan to notify law enforcement officials.

### **Document everything.**

Keep precise records of every action you take to recover your money. Track all phone calls, keep copies of all paperwork, and do your best to record all costs involving time spent recovering your money.

### **Seek help from appropriate agencies.**

If a company refuses to refund your money, there are a number of agencies who might be able to help you. If you suspect that you are a victim of consumer fraud, contact the Consumer Hotline of the Attorney General's Office at (617) 727-8400.

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

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

Receive up to \$2,575.  
Contact us at 617-525-8904 or email at [NightWork@research.bwh.harvard.edu](mailto:NightWork@research.bwh.harvard.edu) if interested.





## **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](mailto:lorna.heron@boston.gov)

## **Boston Fire Department**

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

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

### **Restrictions Apply**

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

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

## **Age-Friendly Boston**

### **Listening Sessions**

**Thursday, September 17th, 5:30-7pm**

Roslindale Public Library  
4246 Washington Street, Roslindale

**Monday, September 21st, 5:30-7pm**

Boston Center for the Arts,  
539 Tremont Street, South End

**Monday, September 28th, 11:30-1pm**

OLLI UMass Boston  
100 Morrissey Boulevard, Boston

For more information contact:  
Andrea Burns at 617-635-4877  
[andrea.burns@boston.gov](mailto:andrea.burns@boston.gov)

## **SEEKING VOLUNTEER DRIVERS**



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

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

# Have you Prepared Yourself

By: Marian Leah Knapp

Twelve years ago, in September 2003, my mother had a stroke. She was 95 years old, already failing, and wheelchair bound. She didn't look frail, but was past the time that she wanted to live. She was waiting. I knew that she had only a little while left, but emotionally, unlike her, I wasn't ready.

On the first weekend of that month, I was scheduled to go to New Hampshire to take classes, but was worried about my mother. The nursing home assured me that it was unlikely that something critical would happen immediately. I knew my mom was well cared for and with some guilt I decided to go. Also, I had committed to hosting two women of the Lakota tribe from South Dakota who came to participate in classes. They were to stay at my house and travel back and forth with me. When they arrived, I explained what was going on. They listened with concern, but did not say, "I hope she gets better," or "I hope things turn out all right." They asked, "Have you prepared yourself?" With those words they expressed a

profound acceptance of what was ahead. Their question laid the situation in front of me. My mom's future was her death and mine was to face it.

I believe that their powerful question prompted my process of letting go. Up until then I had been holding on, doing what I could within reason (and within her wishes) to keep her alive. I couldn't see that trying to sustain her life was less about her desire than my need to have her around. The question of preparing myself came at a critical moment. It forced me to recognize the obvious, which I had chosen to ignore. My mom was at the end of her life and I had to accept that. My jobs were to be with her calmly until she died and to create a stepping-off point

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**My mom's future was  
her death and mine  
was to face it.**

---

for me to move my life forward. This transition in thinking didn't happen suddenly or dramatically.

It occurred slowly over weeks as I gradually released her until she died a short time later.

From time to time I consider this idea of preparing myself. I have found it useful in many ways. I can ask: Have I prepared by making my wishes known to my children? Have I prepared for my financial needs? Have I prepared by having important papers in order? Am I



prepared to accept dependence if I can't take care of myself?

There is the risk of becoming obsessed with all possible scenarios – something which feels less than healthy. There is no way to prepare for unknown events, but it feels positive to plan for key areas that could become problematic for me and burden on my kids. By doing some thoughtful preparation I can take some time-consuming and guilt-filled guess-work out of my and my children's

decision-making. I can prepare for myself, but also for them. Preparation makes me feel like a caring, competent, and independent older person, and that's good.

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

### **Quick Reference Numbers for The Ride:**

For general information on The Ride:

1-800-533-6282

theride@mbta.com

RIDE service is operated by three contractors under contract to the MBTA. The Core Area is served by all three contractors and includes Boston, Brookline, Cambridge and Somerville. A customer can book a round trip from any area into the core area without a transfer. A customer booking a trip from the core area to a location outside of core area must call that area's provider. However, if a customer books a trip within the core area, the customer may call any of the service providers. To schedule trips, please call the appropriate contractor directly.

North - GLSS 1- 888-319-7433

West - VTS 1-877-765-7433

South - NEXT 1-888-920-7433

To find out if you are eligible for The Ride:

617-337-2727

theride@mbta.com

# Healthy Recipes

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

## Grilled Chicken & Nectarine Chopped Salad

### Ingredients:

- 2 ripe nectarines, halved and pitted
- 3 teaspoons extra-virgin olive oil plus 1/4 cup, divided
- 1 pound boneless, skinless chicken breast, trimmed
- 1/2 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground pepper, plus more to taste
- 3 tablespoons red-wine vinegar
- 1 1/2 tablespoons water
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 6 cups chopped romaine lettuce
- 2 cups finely chopped radicchio
- 1 cup assorted cherry tomatoes, chopped
- 3/4 cup crumbled goat cheese

### Preparation:

1. Preheat grill to medium or heat a stovetop grill pan over medium-high heat.
2. Brush nectarine halves lightly with 1 teaspoon oil. Season chicken on both sides with 1/4 teaspoon each salt



and pepper and lightly brush with 2 teaspoons oil.

3. Grill the chicken, turning once or twice, until cooked through, 12 to 18 minutes total. Grill the nectarines until lightly charred and softened, 2 to 3 minutes per side. Let the chicken and nectarines cool on a clean cutting board for about 10 minutes, then chop into bite-size pieces.

4. Meanwhile, whisk the remaining 1/4 cup oil, vinegar, water, mustard, honey and the remaining 1/4 teaspoon salt in a large bowl. Add lettuce, radicchio, tomatoes, cheese, the chicken and nectarines; toss well to combine. Season with pepper.

**Serves:** 5, 2 cups each

**Calories:** 341

**Source:** [http://www.eatingwell.com/recipes/grilled\\_chicken\\_nectarine\\_chopped\\_salad.html](http://www.eatingwell.com/recipes/grilled_chicken_nectarine_chopped_salad.html)



# S'mores Chocolate Bark

## Ingredients:

- 2 cups chopped bittersweet or semisweet chocolate (or chips)
- 3/4 cup small graham cracker pieces
- 3/4 cup mini marshmallows

## Preparation:

1. Line a rimmed baking sheet with foil. (Take care to avoid wrinkles.)
2. Place chocolate in a medium microwave-safe bowl; microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted. (Alternatively, place in the top of a double boiler over hot, but not boiling, water. Stir until melted.)
3. Combine graham crackers and marshmallows in a small bowl. Stir half of the mixture into the melted chocolate. Scrape the chocolate onto the foil and



spread it into a 9-inch square. Sprinkle with the remaining graham crackers and marshmallows, pressing any large bits in. Refrigerate until set, about 30 minutes.

4. Transfer the bark and foil to a cutting board. Use a sharp knife to cut into 1 1/2-inch pieces.

**Serves:** 3 dozen, 1 1/2-inch pieces

**Calories:** 50 per serving

**Source:** [http://www.eatingwell.com/recipes/smoers\\_bark.html](http://www.eatingwell.com/recipes/smoers_bark.html)



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# SCP Highlight:

## Maria Diaz - 86 Years Young

By: Annette Richardson



Maria originally came from Columbia and has lived here in the United States for a total of 24 years.

After retiring, Maria wanted something to occupy her time, and during a conversation with one of the Elderly Commission Community Advocates, Vilma Valentin, she was introduced to the director of the Senior Companion Program, Gloria Rice-Stuart, who enrolled her into the program.

Maria has been a Senior Companion volunteer for approximately 10 years; she says that she feels great, and that she truly believes that “it’s better to give than receive”. She finds satisfaction and fulfillment in helping others, and it makes her feel good.

Maria currently volunteers at Ethos, a private not-for-profit organization that promotes the independence, dignity, and well-being of the elderly and disabled. She visits seniors at in their homes and assists them with tasks of daily living and at the Nate Smith House she hand delivers meals to seniors who can’t join in the dining room. Maria’s family really appreciates the fact that she is getting out of the house and helping others.

She admires the Senior Companion Program for the way they help seniors feel needed as well, and she finds it “beautiful”,



because it makes seniors who are alone or isolated feel like somebody cares. Maria loves being a Senior Companion volunteer, and she regrets the day that “she’ll have to stop, either because of health issues or age.”

But for right now, Maria is enjoying helping others; giving back, and encouraging others with her humbleness. The Senior Companion Program is better for knowing Maria.

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

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

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

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

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





FOR YOUTH DEVELOPMENT®  
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# HELPING YOU LIVE BETTER

## LIVESTRONG AT THE YMCA



**LIVESTRONG** at the YMCA is a 12-week, evidence based, physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. The small group, research-based program offers, cancer survivors a safe, supportive environment to participate in physical and social activities.

Survivors work with YMCA certified instructors to build muscle mass, strength, flexibility and endurance while improving confidence and self-esteem. In addition to physical benefits, **LIVESTRONG** at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community for people impacted by cancer. By focusing on the whole person and not the disease, **LIVESTRONG** at the YMCA helps people rebuild spirit, mind and body.

**Program begins September 22<sup>nd</sup>**  
**Tuesdays and Thursdays, 11:30am – 12:45pm.**

**Please contact Mcyveton Pierre-Louis, Health and Wellness Director,  
for more details at (617) 927-8144.**

**HUNTINGTON AVENUE YMCA | YMCA OF GREATER BOSTON**  
**[ymcaboston.org/livestrong](http://ymcaboston.org/livestrong)**

## Taking Care of Your Hearing May Result in Better Health

Leesa Burke, M.A., FAAA  
Clinical Supervisor, Audiology  
Board Certified Audiologist  
Hebrew SeniorLife

Lots of seniors feel that losing hearing as we age is normal. But, is it?

Truth is, the incidence of hearing loss does rise in an aging population. The older we are, the more likely it is that we have hearing loss. But, just because lots of older people have hearing issues, doesn't mean it's okay to do nothing about it.

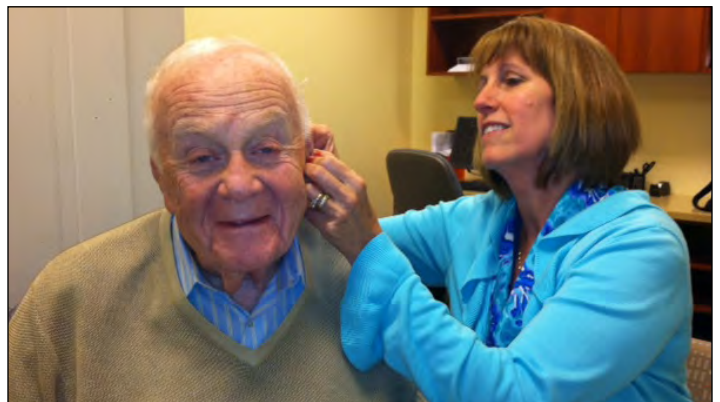
In fact, recent research has found that among people with untreated hearing loss, there is a greater risk of depression, dementia, and even falling! Although the direct reasons for this aren't exactly known, the theory is that we are using too many of the brain's resources straining to hear and listen. And, over time, as listening becomes difficult, we tend to withdraw from social settings and family gatherings that are so important to our health and vitality.

Unfortunately, doctors don't always recommend a routine hearing test as part

of overall health care. This is a time for you to be your own advocate. Seek out a hearing check. Many area hospitals and rehabilitation facilities offer testing. It's easy, it's quick, and you get the results right away!

And, if you learn that you have hearing loss, don't wait to intervene. Too many people wait years before they think about hearing help (on average, 7-10 years)! Although using hearing aids will never restore the hearing of your youth, they will make your quality of life better.

Speaking of hearing aids, they have moved quickly into the digital age, and now are very sophisticated little computers that analyze sound, automatically control volume, and adapt to changing environments. Many now use wireless technologies to directly connect to cell phones, TV's, or other audio devices.



*Leesa Burke performing a hearing evaluation on a senior.*



We are living longer, in a noisier world, and the signs and symptoms of hearing loss are evident in an even younger population than ever before. Do you experience any of these signs?

- Frequently asking for repetition
- You “hear”, but you “don’t get the words”
- People tell you the TV is too loud
- You struggle to hear in a group or a restaurant
- Family is suggesting you need to check your hearing

Often, the person with a hearing loss is the last to know. After all, if you didn’t hear something, how can you know you missed it?

You take good care of your health. Take good care of your hearing, too. You’re worth it.

For more information, or to schedule an appointment at Hebrew SeniorLife, please call **617-363-8539**.

## **The Suffolk County Aging and Disability Resource Consortium**

presents

### **Independence & Wellness** **Across the Lifespan**

This full-day conference will provide educational and informative workshops on topics of interest to seniors, people with disabilities, caregivers and professionals in the fields of aging and disability services.

**September 18th, 2015**  
**Boston Marriott Copley Place**

Registration is free but space is limited.  
To register please contact: Michelle Harris,  
michelle@mhproductions.ink or by phone at  
617.872.2850.

### Upcoming Events:

Picnic in the Park  
Wednesday, September 23rd

Hispanic Heritage  
Wednesday, September 30th

Mayor's Walk  
Tuesday, October 6th

Halloween Party  
Friday, October 30th

For more information  
call 617.635.4366

# HOW IMPORTANT IS IT? GIVE IT A NUMBER

## “Don’t Retire, Inspire”

By: Augusta Alban



Life is not the same from one moment to the next. It may appear to us that nothing has changed. But, if that were so I would still be a size 4.

The years roll on one minute at a time. Reasons to forgive and send love become more important every day. All we really have is now.

What do you want to make happen in your life? There is no better time to start than right now. Don’t lose another minute. But where do we start? That is easy! Start by helping others.

I was a single mother raising three children, head of my own house and running my own business. Decisions needed to be made from morning to night. I needed the support of the children. Well, maybe not support but some way we could work together as a family in making decisions. My decision was to give equal power to each person in my family. Each of us had equal voting power. It was a numbers game. The rule was to be honest with yourself and assign the decision a number from 1 to 10. This is what worked for us.

The best example that comes to mind was my only daughter’s graduation from high school. How important was it to attend

the ceremony? We had to decide. My daughter did not want to go. She assigned her decision to not go a 10.

As a single mother of 3, it was so important to me that they all attend their own graduation. This was for me-not them. It said "Look! We did it!". Clearly I needed this one. I assigned my decision a 10. SO WE WERE TIED.

"This time, darling," I said, "I must pull rank." Without hesitation or a show of anger, she said all right I will give you this one. "These are my conditions. I am leaving right after I receive my diploma. I do not want to be congratulated by your friends. I will be leaving for an overnight with my brothers, no questions ask. In addition, no sweet little white party dress, and no cute little white dress shoes." It was clear I had been out played by daughter.

Those were her conditions she had made them very clear.

All the rest of the young ladies that day had lovely white party dresses under their graduation gowns. I don’t know what my daughter was wearing under her gown, but she was not dressed for a party.



My child was seated on stage in the front row with her dirty soccer shoes. I am unable to report what was under her gown because I did not want to know. The pictures still bring back the best of good times. We still laugh about the day we both got our number 10s. It was a win/win kind of day never to be forgotten.

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



## Don't Retire, Inspire

Hosted by  
**Augusta Alban**

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

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

Tuesdays and Saturdays, 5 p.m.  
on Boston City TV, Comcast Ch. A-24  
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Collaboration between Mayor Martin J. Walsh,  
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# Multicultural Coalition on Aging (MCA) Consumer Conference on Alzheimer's





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***All information is kept completely confidential.***

Massachusetts General Hospital and  
Brigham and Women's Hospital





# Two Advocates of Senior Basketball in Boston Inducted to the New England Basketball Hall of Fame

On Saturday August 8, two outstanding advocates for Senior Basketball in Boston were inducted into the New England Basketball Hall of Fame at the DCU Center in Worcester, Massachusetts.

## Ed Conway



*Ed Conway holds his Induction Plaque with his proud granddaughter, Marissa*

Ed Conway founded and has been coordinating and playing in the Greater Boston Senior Games Half-Court Basketball Tournament since 2007. Because of Ed's leadership and hard work, nineteen men's teams converge on Madison Park Community Center in Roxbury every May. At Ed's urging, senior women teams finally joined GBSG Half Court in 2013.

In addition, as a member of the board the Massachusetts Senior Games, Ed manages the Men's Basketball Event.

Ed was born and raised in Roslindale where he attended the Longfellow School. He graduated from Boston Latin and then Boston College, Class of 1966.

Ed is a retired engineer and is currently a professor of Mathematics at Curry College in Milton. Ed lives with his wife and family in Roslindale.

## Tom McElroy



*Thomas McElroy's wife Regina and their son Jack pose with Tom's Induction Plaque*

The late Tom McElroy Sr. is a member of the Boston College High School Athletic Hall of Fame. This membership is in recognition of his outstanding performance when his BC High team won the Tech Tourney in 1948. Tom also played basketball at Boston College. After BC, as an Army Captain, Tom commanded the Nike/ site at the Blue Hills Conservatory in Milton. Tom then worked for 25 years at Raytheon. Tom coached his sons both in Little League and in American Legion Baseball in his home town of Westwood.

Tom and his wife created an endowed scholarship to honor their late son Tom Jr. who graduated from Boston College in 1980. An all star soccer goalie, Tom Jr. was

diagnosed with cancer in his senior year but he continued to play, giving BC their first soccer championship. The scholarship is awarded to a junior BC soccer player to cover tuition for his senior year.

Tom Sr. played in the Greater Boston Senior Games Half-Court Basketball Tournament from 2007 until 2014, less than one year before his death.

In 2010 Ed Conway and Tom McElroy joined forces to start and nurture the Roslindale Community Center Senior Basketball group that continues to play every Tuesday and Thursday from 11 to 1. The 2015/16 season will commence play on Thursday, August 27th. All are welcome.

To quote from another 2015 Senior Basketball Inductee, Richard Jarzowski of West Newbury, “No one has done more for Senior Basketball in the Boston area and beyond than Ed Conway and Tom McElroy.”



At the 2014 Roslindale Senior Basketball Award Ceremony John Howard (2014 Come Back Kid) and Ed Conway (Three Point Shooter of the Year) pose with that year's Roslindale Senior Basketball Commissioner Tom McElroy

## Take Control of Your Health: 6 Steps to Prevent a Fall

Every **13 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

1

### Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

### Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

### Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

### Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

### Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

### Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



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National Council on Aging

To learn more, visit [ncoa.org/FallsPrevention](http://ncoa.org/FallsPrevention).

NATIONAL COUNCIL ON AGING

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# Boston Harbor Cruise

A Special Thank you to Chris & Rick Nolan





# Memoir Project - Beacon Hill Reading



## Zelma Lacey Ice Cream Social





# LGBT Luncheon



## Dorothy Curran Wednesday Night Concerts





# Charlestown Pride Week



## Thank You to the Following Charlestown Pride Week Sponsors

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Chow Thai Cafe  
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Navy Yard Bistro

## LGBT Flag Raising on City Hall Plaza





# Summer Coffee Hours with Mayor Walsh





# Spirit of Boston

A Big Thank you to Anthony Ragucci, Kelley Yelle and Jake Schuster



## Recognizing Alzheimer's & Brain Awareness Month in June



# Registration Form

# Mayor Walsh's Fitness Walk

## at Joe Moakley Park, South Boston

Tuesday, October 6, 2015, 11:00 a.m. – 2:00 p.m.

If transportation is needed, please check (✓) your preferred pick-up site\*:

<b>Boston</b>	<input type="checkbox"/> Blackstone Apts, 33 Blossom St <input type="checkbox"/> Harriet Tubman Hse, 566 Columbus Ave	<b>Hyde Park</b>	<input type="checkbox"/> Cleary Sq Pking Lot, Across from Police Sta <input type="checkbox"/> Blake Estates, 1344 Hyde Park Ave.
<b>Brighton</b>	<input type="checkbox"/> Chinese Golden Age Ctr, 677 Cambridge St <input type="checkbox"/> JCHE, 30 Wallingford Rd <input type="checkbox"/> V. B. Smith Sr Ctr, 20 Chestnut Hill Ave	<b>Matt</b>	<input type="checkbox"/> Church of the Holy Spirit, 535 River St <input type="checkbox"/> Foley Apartments, 249 River St
<b>Dor</b>	<input type="checkbox"/> St Brendan Church, 589 Gallivan Blvd <input type="checkbox"/> Keystone Apartments, 151 Hallet St <input type="checkbox"/> Kit Clark Senior Ctr, 1500 Dor Ave	<b>Rox</b>	<input type="checkbox"/> Council of Towers, 2875 Washington St <input type="checkbox"/> Reggie Lewis Ctr, 1350 Tremont St <input type="checkbox"/> St Joseph Com, 86 Cripus Attucks Pl <input type="checkbox"/> 285 MLK Blvd
<b>E. Bos</b>	<input type="checkbox"/> East Boston Social Center, 68 Central St <input type="checkbox"/> Brandywynne Apts, 88 Brandywynne Dr	<b>West Rox</b>	<input type="checkbox"/> Spring Street Apts, 24 Spring St <input type="checkbox"/> Center St between CVS & Walgreens <input type="checkbox"/> Cheriton Grove, 20 Cheriton Road
<b>J P</b>	<input type="checkbox"/> Flynn House, 805 Huntington Ave <input type="checkbox"/> Julia Martin House, 90 Bickford St <input type="checkbox"/> Nate Smith, 155 Lamartine St <input type="checkbox"/> Curtis Hall, 20 South St.	<b>Note: Joe Moakley Park is near the Red Line's JFK/UMass</b>	

Pick-ups between 9:00 a.m. & 10:00 a.m.

\*Sites may be deleted based on number of people registered at each site.

For more information, call 617-635-4168

Please return completed form by **Tuesday, September 30<sup>th</sup>** to:

Commission on Affairs of the Elderly

One City Hall Square, Room 271 – Boston, MA 02201

Or fax to 617-635-3213, or scan and email to [michael.mccolgan@boston.gov](mailto:michael.mccolgan@boston.gov)

*Please Print Clearly*

Name	Street Address	
Neighborhood and Zip	Telephone	Email

### Waiver of Liability

I hereby agree to hold harmless the organizers and sponsors of Mayor Walsh's Fitness Walk from any and all claims of whatsoever kind and nature which I have or at any time in the future may have or any injury arising out of my participation in Mayor Walsh's Fitness Walk. I am in good physical condition, and have no medical restrictions which would prohibit my participation in Mayor Walsh's Fitness Walk.

Signature \_\_\_\_\_ Date \_\_\_\_\_