

# Boston Seniority

Age Strong Commission

City of Boston

Mayor Martin J. Walsh

Summer  
Fun in Boston!

Summer 2019  
Issue 7  
Vol. 43

Free Publication



Mayor's Letter  
p. 4



Summer Events  
p. 14

**ACHIEVEMENTS**  
Year 2



Age-Friendly  
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See if we saw you! A photo series from social outings around the city

## On the Cover:

We had our photo shoot at the BCYF Curtis Hall swimming pool with cover star and longtime JP resident Nancy Doherty, 76, who is a BPS substitute

teacher on summer break. "I'm a water girl," Nancy says. "I've been swimming all my life. That's what keeps me invigorated. I've been going to Curtis Hall since I was 12 years old. When I swim for an hour, I come out feeling fabulous. This is my first summer as a grandmother, and I am looking forward to spending time with my granddaughter, Harper. It'll be fun teaching her about the water."



# Boston Seniority

Published by the City of Boston's Age Strong Commission

Martin J. Walsh  
*Mayor*

Emily K. Shea  
*Commissioner*

Cassandra Baptista  
*Director of Communications  
Editor and Photographer*

Martha Rios  
*Editor and Photographer*

Andrew Higginbottom  
*Staff Assistant  
Writer and Photographer*

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Stay Connected  
with the Age Strong  
Commission:



Main number: (617) 635-4366



Website: [www.boston.gov/age-strong](http://www.boston.gov/age-strong)



Facebook: @AgeStrongBos



Twitter: @AgeStrongBos

Do you have a story to share?  
We want to hear from you!

Email us at  
[Bostonseniority@boston.gov](mailto:Bostonseniority@boston.gov)



# From the Mayor's Desk



## Keeping Cool in the City

The summer months in Boston are always busy, as you can see by the exciting events going on in the city (see page 14 for ways to fill your calendar this summer). As we continue to spend time outdoors, I want to remind all Bostonians to think about their safety as temperatures rise.

Remember to check in on your neighbors and family who may be at risk for heat exhaustion or heat stroke. If you or someone you know becomes lightheaded, confused, weak or faint, stop all activity and find your way to a cool, shaded area to rest.

No matter what your activity level is, as the heat increases, your fluid intake should increase as well. Remember to drink plenty of water, and avoid drinking caffeinated beverages.

People of all ages should be wearing sunscreen containing an SPF-15 or higher, as well as loose fitting protective clothing like long sleeves and hats. If the temperature in Boston is at 90 degrees or higher for three or more consecutive days, I will declare a Heat Emergency. During a Heat Emergency, BCYF Community Centers will serve as cooling centers across the City.

Visit [boston.gov/summer](http://boston.gov/summer) for more information on fun events happening in Boston and the best places to stay cool this summer. Make sure to spend quality time with your friends and family this summer. Let's make it a great one, Boston!

Sincerely,

*-Mayor Martin J. Walsh*



## Book Picks

# BPL's Summer Book Recommendations

The sun is shining, and the beaches will be crowded, which can only mean one thing: Summer is here. Whether you're looking for the ideal recipe for a family get-together or your next beach read, this list will help you celebrate the return of everyone's favorite season.



### **The Summer List**

*A Novel*

by Amy Mason Doan

Laura and Casey were inseparable as they teamed up for the wild scavenger hunts in their small California lakeside town, until one summer night.

Now, after seventeen years away, Laura is pulled home and into a reunion with Casey she can't resist—one last scavenger hunt—until the clues expose a breathtaking secret.



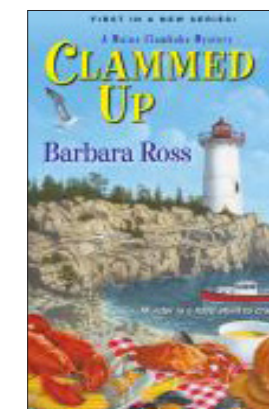
### **Katie Lee's**

**Easy-breezy Eats**

by Katie Lee

With stunning photography and fresh, easy recipes, Lee shows readers how to maximize the flavors of summer's tastiest dishes

without spending too much time on cooking or prep.



### **Clammed Up**

by Barbara Ross

Summer has come to Busman's Harbor, Maine, and tourists are lining up for a taste of authentic New England seafood, courtesy of the Snowden Family Clambake

Company. But there's

something sinister on the boil this season. A killer has crashed a wedding party, adding mystery to the menu at the worst possible moment.



### **The Summer Sail**

by Wendy Francis

Three friends and their families take a cruise together to celebrate a wedding anniversary. Every one is looking forward to a relaxing vacation full

of catching up and reminiscing, but as they near the shores of Bermuda, old jealousies and secrets steer them in a direction they won't soon forget.

For more titles, visit [www.bpl.org](http://www.bpl.org)





## ► City Programs

# Seniors Save: Are You Thinking About Your Furnace Now? Maybe You Should

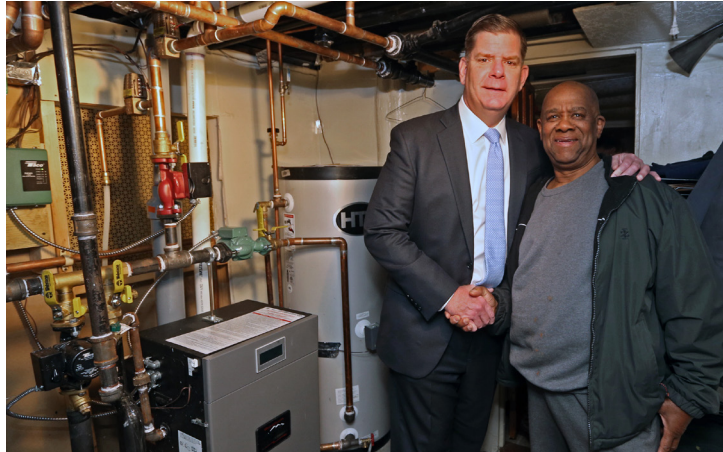
*Provided by the Department of Neighborhood Development*

As the weather heats up, everyone is thinking about summer activities and longer days. But now is the time to think about how you'll heat your home this winter. How old is your current heating system? Is it as efficient as it used to be? Did you use space heaters to warm your house last winter, or turn the oven on to take the chill off?

You don't need to live that way! Mayor Martin J. Walsh and the City of Boston offer a program called Seniors Save to help Bostonians over the age of 60 replace older heating systems before that first cold snap happens and the furnace doesn't work. Save yourself the stress and aggravation by planning to replace your heating system now while the days are long and the sun is shining. You'll save money, too!

"We want to make sure our seniors stay safe and warm during the winter," said Mayor Martin J. Walsh. "Seniors living on fixed incomes face real challenges when making needed repairs to their homes, and replacing a heating system can be very expensive. I'm proud that our Boston Home Center is providing the resources that Boston seniors need to do replace their failing heating systems."

The Boston Home Center will work with



you every step of the way to install a new energy-efficient system, and even provide a free energy audit which can help to reduce drafts and heat loss. You may be eligible for a zero interest (0%), deferred loan to replace your heating system, and other financial and contractor help.

You are eligible for a Senior Home Repair loan if you own and live in a one-to-four-family home in Boston, are current on your property tax payments, payments to the Boston Water and Sewer Commission, and have a household income that's less than \$56,800 for a one-person household, or \$64,900 for a two-person household. If you qualify for ABCD fuel assistance, heating systems replacements and weatherization are available to you for free. Enjoy the warmth of summer even when the snow is piling up outside your door. For more information, visit [HomeCenter.boston.gov](http://HomeCenter.boston.gov), or call 617-635-4663.

## ► Exhibit in the City

# Body Worlds Exhibit Comes to Boston at the Museum of Science

*By Andrew Higginbottom, Age Strong Staff Assistant*

Body Worlds, the most visited traveling exhibition in the world, is at the Museum of Science with a new chapter, Gunther von Hagens' Body Worlds & The Cycle of Life. It is the first exhibition of its kind to inform the visitor about anatomy, physiology and health by viewing real human bodies donated to the Institute for Plastination.

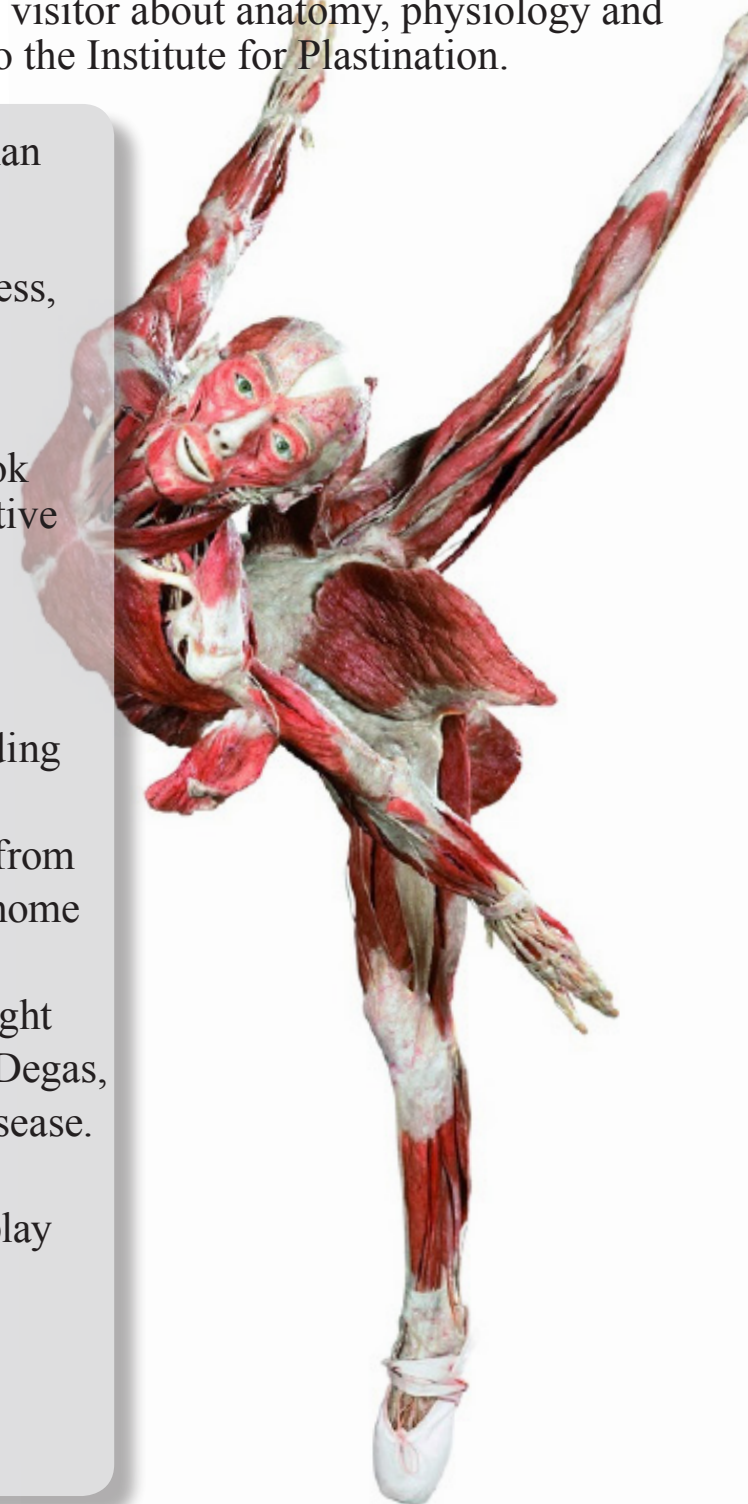
In addition to showcasing the wonders of human development, the exhibit's 100+ specimens demonstrate the complexity, resilience, and vulnerability of the human body when in distress, when stricken by disease and when in optimal health.

Don't miss this truly unique opportunity to look within yourself and gain a whole new perspective on what it means to be alive.

Highlights of Body Worlds & The Cycle of Life include:

- Full-body plastinates in various poses including acrobats, football players, and more.
- Centennial Village — a feature on findings from geographic clusters around the world that are home to longest living people on earth.
- The Artists' Gaze — an exploration of the sight and vision of artists Claude Monet and Edgar Degas, who suffered from cataracts and retinal eye disease.
- A stunning look at conception and prenatal development which features a multimedia display on cell division.

***For more information, call 617-723-2500 or visit [www.mos.org/exhibits/body-worlds](http://www.mos.org/exhibits/body-worlds)***





# Summer Cooling and Walking Tips

Summer is the perfect time to spend your days outdoors and reconnect with nature. Whether you like to tend to your garden or walk by the water at Castle Island, spending some time in the sun is a great way to calm your mind and revive your senses.

The more time you spend outside this summer means the more time that you are walking. Summer safety is very important while walking throughout Boston in the heat. **Here are some tips:**

- Choose a familiar route that is flat and free of obstacles
- Wear supportive footwear
- Avoid rushing - rushing increases your risk of falling
- Walk with friends

In addition to walking safely in the heat, check out our infographic for more summer tips.

## 6 Tips for Summer

### Tip 1

Don't Leave Children or Pets in the Car



### Tip 2

Drink water and stay hydrated



### Tip 3

Wear appropriate/lightweight clothing



## Did you know?

There are 29 cooling centers in the City of Boston, including Jamaica Plain's Curtis Hall where *Boston Seniority's* Summer photoshoot took place! To find a cooling center near you, call 311 for more information.

### Tip 4

Seek indoor cooling centers



### Tip 5

Watch out for those at high risk



### Tip 6

Prepare your home



## Key Terms

• **Heat Exhaustion:** An illness that can come before a heatstroke. Symptoms include heavy sweating, rapid breathing and a fast, weak pulse.

• **Heatstroke:** Is a life-threatening illness. The body temperature may rise above 106 degrees in only a few minutes. Symptoms include dry skin, rapid, strong pulse and dizziness.

• **Heat Emergency:** Three or more days of temperatures above 90° F.

For more information on staying safe this summer visit [www.boston.gov/heat](http://www.boston.gov/heat)



## ▶ Healthy Recipe

# Easy Summer Recipe

Submitted by Tara Hammes, Registered Dietitian and Director of Nutrition at the Age Strong Commission



Summer is the season for fresh fruits and vegetables – and for grilling! You can make this recipe as written or skip an ingredient if you don't have it on hand.

## Spiced Turkey Burger with Pineapple Papaya Salsa

### Ingredients:

- 1 cup pineapple, diced
- 1 cup papaya, diced
- 2 tbsp lime juice
- 2 tbsp scallion, finely chopped
- 6 tbsp cilantro, fresh
- 2 tsp, salt-free seasoning blend (Mrs. -Dash, Trader Joe's 21 seasoning salute, etc.)
- ¼ tsp cumin
- ½ pumpkin spice
- 1 lb turkey, ground
- 1/3 cup, onion, finely chopped

### Directions:

1. Stir together pineapple, papaya, 1 tbsp lime juice, scallion, 2 tbsp cilantro, ½ tsp seasoning blend and cumin in a medium bowl.
  2. Combine turkey with onion, remaining lime juice, cilantro, seasoning blend and form mixture into patties.
  3. Preheat a lightly greased pan over medium heat and grill burgers, turning once.
  4. Toast bread and top buns with burger and salsa.
- \*Food safety tip: wash hands and surfaces after forming the patties and cook the burgers to 165°F.

**Serves:** 4

**Calories:** 220, fat 10g, saturated fat 2.5g, cholesterol 85mg, sodium 85mg, carbohydrate, 12g, fiber 2g, sugar 8g protein 22g.

*Recipe source:*  
*Brain Health and Wellness Center*

## ▶ Elections

# How to Vote by Absentee Ballot

Source: Boston Election Department

Did you know that you can vote by absentee ballot if you can't get to the polls on Election Day?

**As a registered Massachusetts voter, you can use an absentee ballot if:**

- You have a physical disability and can't get to a voting location.
- You can't vote at the polls because of religious beliefs.
- You're going to be out of town during polling during polling on Election day.

## How do I apply?

Absentee ballot applications are available at your local Election office or you can download one from the Boston Election Department's website: [boston.gov/election](http://boston.gov/election)

You may also request for an absentee ballot by a letter or note. Whichever method you choose, the application/note must be made in writing and signed.

## How do I vote?

You can either have an absentee ballot mailed to you, or you can arrange with your local Election Office to vote in their office. The deadline for applying for an absentee ballot is noon of the day before the Election. If the Monday before an Election falls on a holiday, the deadline to apply for an absentee ballot will be

5pm on the preceding business day. The same deadline applies for those voters wishing to vote in person in the Election Office.

## How do I return my absentee ballot to a local election office?

The ballot will come with instructions and a set of return envelopes. After marking your ballot, insert it into the inner envelope provided and seal that inner envelope. Read and sign the affirmation on the inner envelope. Place the signed and sealed inner envelope in the mailing envelope provided with your ballot.

The ballot can either be mailed back to your local Election Office, or you or a family member may deliver it by hand to the local Election Office. If mailing your ballot please make sure to include the proper postage; there is no need to send payment to the Election Office. You cannot deliver an absentee ballot directly to the polling place on Election Day.

If you have any further questions or concerns regarding absentee voting, please call the Boston Election Department at 617-635-3767 or email [Election@cityofboston.gov](mailto:Election@cityofboston.gov)



# Age Strong Programming

*\*Please note events are subject to change*

## Yoga-lates

Yoga-lates fitness class series offers an age-friendly fusion of yoga and pilates hosted by the Age Strong Commission and fitness instructor Vanessa Wilson-Howard. This is a gentle, beginner-friendly, exercise program for older adults.

### DETAILS

#### The Greenway Park

North End at Hanover St & Cross St  
Thursdays  
10:30 am - 11:30 am

\*Rain Location: Ausonia Apartments (BHA), 185 Fulton St., North End

## Tai Chi

This free evidence-based workshop focuses on preventing falls and improving balance.

### DETAILS

#### BCYF - Blackstone Community Center

50 West Brookline St., South End, 5th fl  
Mondays & Wednesdays  
3:15 pm - 4:15 pm

#### BCYF - Vine St Community Center

339 Dudley St., Roxbury  
Wednesdays  
9:00 am - 10:00 am

#### BPL - Mattapan Branch

1350 Blue Hill Ave., Mattapan  
Wednesdays  
12:30 pm - 1:30 pm

## Memory Cafés

A Memory Café is a place where individuals with memory loss and their caregivers can get together in a safe, supportive and engaging environment.

### DETAILS

#### BCYF - Vine St Community Center

339 Dudley St., Roxbury  
Every last Thursday of the month  
1:00 pm - 3:00 pm

#### Jamaica Plain Community Health Center (in Spanish/en Español)

10 B Green St., Jamaica Plain  
Every last Thursday of the month  
1:00 pm - 3:00 pm

#### BCYF Grove Hall Senior Center

51 Geneva Ave., Dorchester  
Every first Monday of the month  
11:am - 1:00 pm

#### Don Orione Home Center

111 Orient Ave., East Boston  
Every fourth Wednesday of the month  
10:30 am - 12:00 pm

#### BCYF Golden Age Center

382 Main St., Charlestown  
Every third Wednesday of the month  
9:00 am - 11:00 am

For more ways to engage and the most up-to-date programming, call Age Strong at: 617-635-4366.

## City Concerts

2019 Dorothy Curran  
Wednesday Night Concerts  
7:00 pm on City Hall Plaza

► **July 24th**

A Rock and Roll Reunion featuring Charlie Thomas' Drifters and La La Brooks

► **August 7th**

A journey through the greatest decades of Motown Funk featuring Hipshot Band

► **August 14th**

Disco Night featuring Tavares

**Interested in attending? Are you part of a group that would like transportation? Give us a call at 617-635-4366.**



# Upcoming Happenings: Ways to Fill Your Calendar



“Boston is in my blood. It’s a part of me.  
There are always things to do here.”

-Nancy Doherty, *Seniority cover star*

*\*Please note not all events are free and are subject to change*

**JULY**  
**22**  
**Summer Fitness Series - Salsa Dancing**  
Time: 6:00 pm  
Location: Blackstone Square, 50 W. Brookline St., South End  
Contact Info: 617-635-4505

**JULY**  
**28**  
**ParkARTS Neighborhood Concert - Magnum Sound**  
Time: 7:00 pm  
Location: Clifford Park, 171 Norfolk Ave, Roxbury  
Contact Info: 617-635-4505

**August**  
**5**  
**Book Discussion: On Turpentine Lane**  
Time: 6:30 pm - 7:30 pm  
Location: BPL - Charlestown Branch, 179 Main St.  
Contact Info: 617-242-1248

**August**  
**20**  
**Hip Hop Dance with Tyh**  
Time: 6:00 pm - 7:00 pm  
Location: BPL - Mattapan Branch, 1350 Blue Hill Ave  
Contact Info: 617-298-9218

**JULY**  
**23**  
**ParkARTS Neighborhood Concert - Ft. Sam Robbins**  
Time: 7:00 pm  
Location: Adams Park, Poplar St., Roslindale  
Contact Info: 617-635-4505

**JULY**  
**31**  
**ParkARTS Neighborhood Concerts, Ft. The Rebels (Tom Petty Tribute Band)**  
Time: 7:00 pm  
Location: Medal of Honor Park, 775 E 1st St., South Boston  
Contact Info: 617-635-4505

**August**  
**11**  
**19th Annual GospelFest**  
Time: 5:00 pm - 8:00 pm  
Location: City Hall Plaza, 1 City Hall Square  
Contact Info: 617-635-3911

**August**  
**21**  
**Summer in the City Film Series - Jaws**  
Time: 3:00 pm - 5:00 pm  
Location: BPL - West End Branch, 151 Cambridge St.  
Contact Info: 617-523-3957

**JULY**  
**26**  
**Friday Afternoon Concert Series**  
Time: 12:00 pm - 2:00 pm  
Location: Sam Adams Park on the Congress St. side of Faneuil Hall, 1163 Congress St.  
Contact Info: 617-635-3911

**August**  
**2**  
**Hot Summer Films that Sizzle: The Member of the Wedding**  
Time: 1:00 pm - 2:45 pm  
Location: BPL - North End Branch, 25 Parmenter St.  
Contact Info: 617-227-8135

**August**  
**15**  
**Tito Puente Latin Music Series - Featuring En Talla**  
Time: 7:00 pm  
Location: Lopresti Park, 33 Sumner St., East Boston  
Contact Info: 617-635-4505

**August**  
**31**  
**Tango in the Park**  
Time: 6:30 pm - 9:30 pm  
Location: Diagonally across the street from Boston Harbor Hotel  
Website: [bostontangointhepark.com](http://bostontangointhepark.com)



# Age-Friendly Boston



## Year 2 Age-Friendly Achievements

This past year has been filled with age-friendly accomplishments in Boston, and none of them would be possible without your insights and support. You continue to raise your voices and identify opportunities to make Boston an even more age-friendly place.

Now two years into our three-year Action Plan, we are excited to share our progress with you because by working together, we can live well and age strong in the City of Boston.

Sincerely,  
*-Your Editors*



# AGE-FRIENDLY YEAR 2 HIGHLIGHTS

## ACCOMPLISHMENTS:

- In January 2019, Mayor Walsh announced the Commission's new name, Age Strong, at the State of the City address. The Commission re-branded itself in response to the changing aging landscape in Boston and in an effort to continue to connect and engage with older adults in the city. The re-brand included: a name change, updated website content and navigation, a new mission and vision statement, and a set of values we assert in our work, including respect, inclusivity, and joy. Feedback from the community was requested at multiple stages of the process.
- The Commission created and executed a door-knocking, informational campaign called "Connect the Knocks" by identifying an area of the city between Mattapan and Hyde Park where there was a high percentage of older residents and a low number of calls to 311. We knocked on 1,500 households to share resources on economic security and to prevent social isolation. We recruited 78 volunteers from City Hall and the

community and were able to connect hundreds of people with resources about events, cost-saving opportunities, volunteer programs, and more.

- We have invested in technology for our shuttle system so that we can better meet the needs of riders. We are making the fleet more accessible, with more wheelchair-friendly vehicles. The shuttles have been renamed the Age Strong Shuttles.
- We've trained nearly 500 City Hall staff on best practices when communicating with older adults, including those with dementia. Boston EMS, Fire & Police and BHA personnel have also been trained in communication techniques for those with cognitive decline.

***"I love the new name, Age Strong. When I heard it, I thought, that's me!"*** - BOSTON RESIDENT

- Mayor Walsh committed \$90,000 in the budget to purchase City benches that can be helpful places for rest. Working with WalkBoston we identified four initial neighborhoods, conducting walk audits with older residents to ensure that bench placement meets the needs of the community. The Public Works Department has also been awarded a \$20,000 grant from Boston College Neighborhood Improvement Fund for Age-Friendly Bench Program. The first set of benches were installed in the Spring 2019.

- We launched What Unites Us, a cooking series that celebrates the immigrant experience and healthy aging through culture and food. In partnership with the Office of Food Access, Office of Immigrant Advancement, the Kitchen at the Boston Public Market, and Armenian Heritage Park, the ongoing series has covered cuisine and culture from places like Cape Verde, East Asia, Haiti, and West Africa.

- We are strengthening our work with communities of faith, including posting notices of Age Strong Commission programs and services in 80+ faith-based organization church bulletins. We are partnering with local churches, Brigham & Women's Hospital, Elder Affairs and the Alzheimer's Association on a national Memory Sunday event to raise awareness about Alzheimer's, and training Senior Ministries on resources available when members visit homebound older adults.

***"With everything I learn from the What Unites Us series, every bite tastes better."***

- BOSTON RESIDENT

**Join us!**

## Age-Friendly Summer Sidewalk Series

Interested in learning more about our age-friendly work? Come to one of our fun sidewalk events this summer. For more information, call 617-635-4366.



**Mozart Park**  
**Time:** 10 am - 12 pm  
**Location:** Jamaica Plain  
**Rain Location:** Julia Martin House, 90 Bickford St.



**Brighton Common**  
**Time:** 10 am - 12 pm  
**Location:** Brighton  
**Rain Location:** Veronica B. Smith Ctr., 20 Chestnut Hill Ave





## ACCOMPLISHMENTS:

- We launched our Age and Dementia-Friendly Business pilot program in West Roxbury and Hyde Jackson Square. We certified 24 businesses in these neighborhoods in addition to the Providence House in Brighton. An Age and Dementia-friendly business is one in which people of all ages and abilities can comfortably shop for goods or services. Certified businesses have taken steps to make their spaces more inclusive.

Interested in becoming an Age and Dementia-Friendly Business?  
Visit [www.boston.gov/age-friendly](http://www.boston.gov/age-friendly)

*"We chose to become Age-Friendly because it's an opportunity to always keep older adults in mind and not be forgotten. At Rose JP, we're family"*

-Rose JP, 51 Heath St.



## We Asked Our New Age-Friendly Businesses Why They Became Part of Our Network!

*"We became an age-friendly business to serve everyone. All services should be Age-Friendly!"*

-Codman Square Market, 331 Centre St.



*"I think it's fair. Businesses should be open to everybody."*

-Fernandez Travel Agency, 360A Centre St.



*"I believe the population is growing and I want to prepare for them."*

-Centre Street Dental Care, 379 Centre St.



*"I chose to become Age-Friendly because I thought it would be something nice that I can learn about and share with other people."*

-Cappy's Pizza, 304 Centre St.





*Stay tuned for Year 3...*

**WE HEARD:**

*“I used to just come to Boston City Hall to get a birth certificate or other essentials. Now, I’m learning all these things and want to bring people here to show them all the resources the City has to offer.”*

- BOSTON RESIDENT

*“Thank you for educating me and my fellow seniors. I really want to help shape the future for our grandchildren and help them with the aging process.”*

- BOSTON RESIDENT

To learn about our Age-Friendly projects, visit [www.boston.gov/age-friendly](http://www.boston.gov/age-friendly) or call 617-635-4366.





## ► In Boston, we Age Strong.

As part of the Health and Human Services cabinet, our mission is to enhance your life with meaningful programs, resources, and connections so together we can live and age strong together in Boston.



*We can help with:*

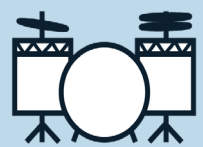
Call us for more details at 617-635-4366.



### Access to Information and Benefits:

Community Advocates connect seniors to a comprehensive array of resources, benefits, and information. We can:

- Assist with applications for public benefits like Supplemental Nutrition Assistance Program (SNAP) and fuel assistance.
- Ease the process of applying for, and receiving, Medicare benefits.
- Assist older adults access several tax relief exemptions and programs like the Elderly Exemption 41C, Senior Circuit Breaker Tax Credit and more.
- Assist older adults with navigating systems including the aging network and city services.



### Outreach and Engagement:

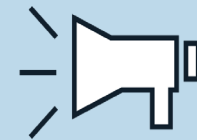
The Commission organizes dozens of events and programs throughout the year. From large city-wide celebratory events to smaller neighborhood focused gatherings, we engage with older residents on many levels.



### Transportation:

We are committed to helping people continue to lead independent lives by connecting them to transportation resources. We offer:

- Free wheelchair-accessible shuttles that provide door-to-door service for non-emergency doctor's appointments. Call 617-635-3000 for more information.
- Taxi Coupons at discounted rates.
- Senior Charlie Card application assistance.



### Volunteer Opportunities:

We operate 4 volunteer programs in impact driven work across the city:

- *RSVP* matches seniors with valuable volunteer opportunities in Boston.
- The *Senior Companion Program* matches seniors with homebound persons who need assistance.
- *Senior Greeters* volunteer their time to greet guests of City Hall.
- *Senior Property Tax Work-Off Program*: Qualified senior homeowners get the opportunity to work-off up to \$1,500 on their property tax bill by volunteering for a City agency.



### Housing:

The Age Strong Commission works to ensure that older adults are able to find and maintain housing. We can:

- Assist with housing applications.
- Connect older adults with other City and community agencies that can provide resources for home repair and other challenging situations like hoarding.
- Provide mediation and court advocacy.



### Alzheimer's and Caregiver Support:

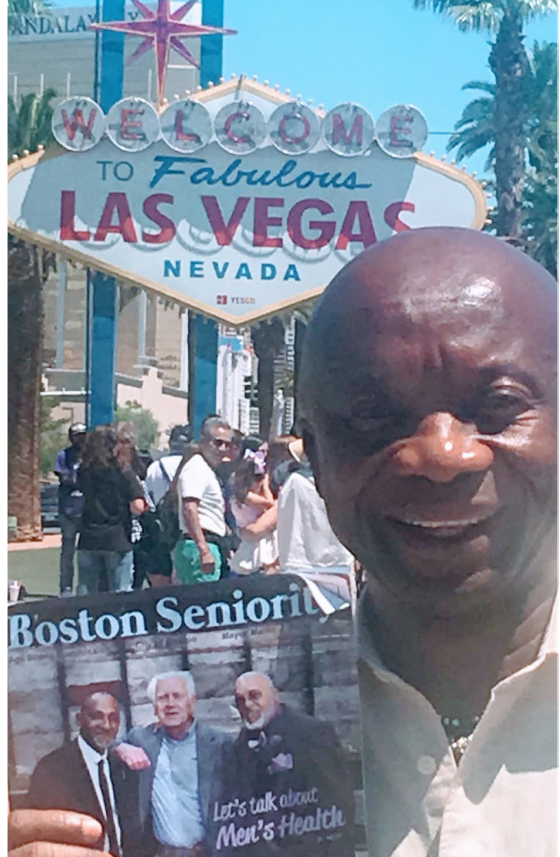
Know that you are not alone; We are here to support you. We:

- Host Memory Cafes, which are places where individuals experiencing memory loss and their caretakers can meet in a safe, social environment.
- Provide referrals and offer workshops, training, and support groups for those who are supporting an older loved one.





*Boston Seniority* magazine was spotted all over Las Vegas! Age Strong's Deputy Commissioner of Finance Francis brought along his favorite magazine to the Vegas Strip! Long-time *Seniority* reader and Dorchester resident Emily brought her latest copy of the magazine to the MGM Grand in Sin City.

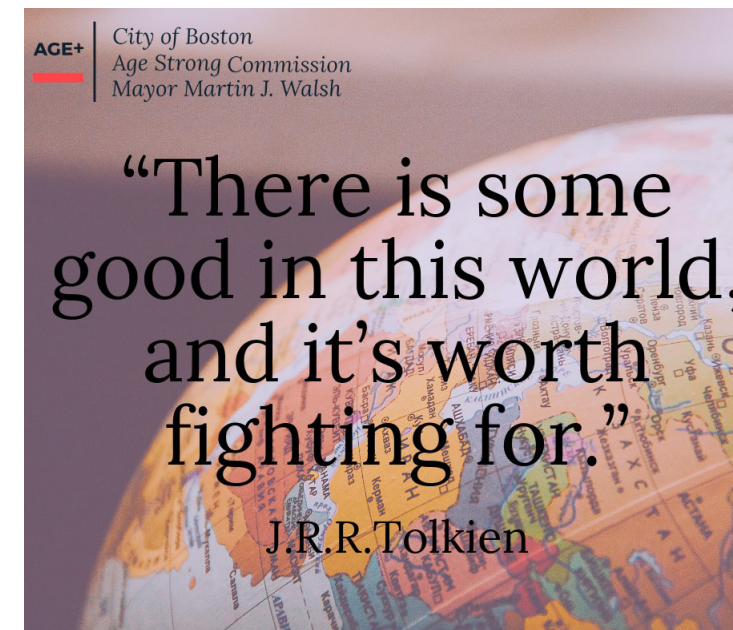
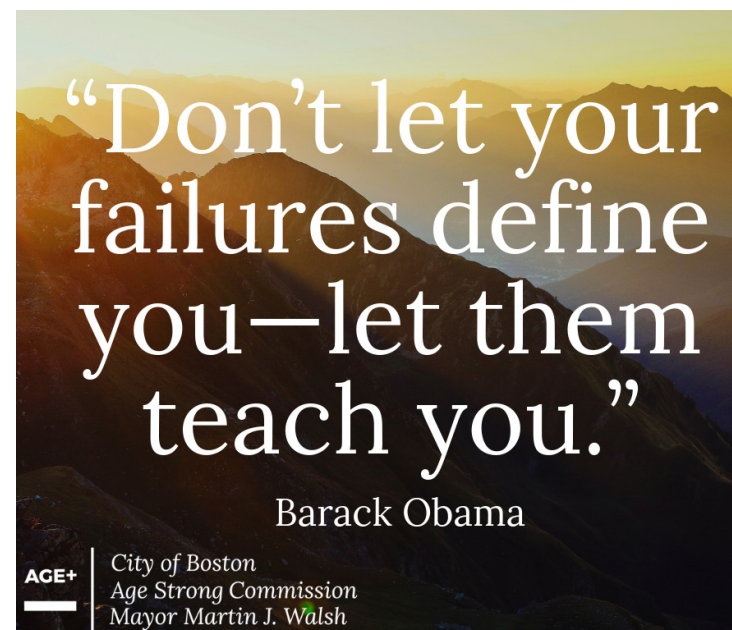


## Seen on Social Media

Find us on Facebook and Twitter: @AgeStrongBos



On social media, we post inspirational quotes for a dose of #WednesdayWisdom. Here are a few!



## Public Works Water Bottle Giveaway!

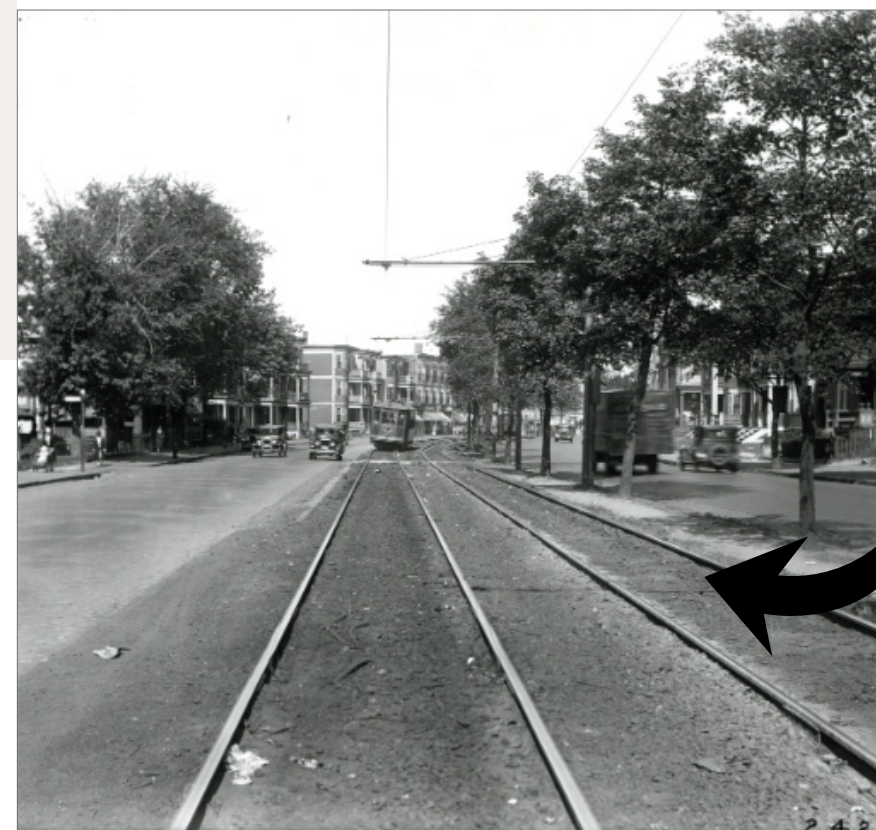
Let us know how you keep cool for the Summer, for a chance to win this water bottle. Email us at [bostonseniority@boston.gov](mailto:bostonseniority@boston.gov) by September 1st with:

- your name
- age
- neighborhood
- phone number



## Boston Crate Giveaway Winner!

Congratulations to Phyllis Allison, 58 from South Boston for winning the skyline of Boston crate!



## The Flashback

Answer from May's issue:

Neighborhood:  
North End / Downtown

Can you guess?

Hint:  
This was taken in 1925.





## YOUR SERVICE IS STILL NEEDED.

If you are a veteran who is 55+, the City of Boston still needs your skills and experience as a volunteer.

Visit [Boston.gov/AgeStrong](http://Boston.gov/AgeStrong) or call 617-635-4366

AGE+ City of Boston Age Strong Commission Mayor Martin J. Walsh



## Volunteer Opportunities with Age Strong

### Become a Respite Companion!

Respite Companions offer friendship and are attentive to an individual living with dementia, while giving the gift of respite to a caregiver.

*\*Tax-Free Stipend - Government benefits not affected*

### Become a Senior Companion!

Senior Companions serve one-on-one with seniors who are more frail and other homebound persons who have difficulty completing everyday tasks.

*\*Tax-Free Stipend - Government benefits not affected*



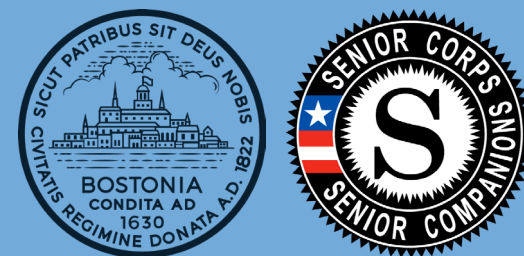
**Uplift, Inspire, and Lend a Hand**




## Volunteer to Deliver Food to Older Adults

*Flexible Schedule*

Contact: Monique Carvalho, RSVP Program Coordinator  
Phone: 617-635-4374 Email: [Monique.Carvalho@Boston.gov](mailto:Monique.Carvalho@Boston.gov)



**For more information, call 617-635-4366!**



# ► Seen Around Town







Summertime