



Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



FREE

Winter 2017
Volume 41
Issue 1

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Check out our website at

www.boston.gov/departments/elderly-commission

**Go on Facebook to find out what's going on
at The Elderly Commission**

www.facebook.com/BostonElderlyCommission

Commission on Affairs of the Elderly

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Commission on Affairs of the Elderly.***

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Mayor's Spotlight

MAYOR WALSH ANNOUNCES \$24 MILLION HUD GRANT TO HELP THE HOMELESS

The Continuum of Care Grant will support Boston's continued work to end chronic homelessness.

Mayor Martin J. Walsh announced a \$24.2 million federal award from the U.S. Department of Housing and Urban Development (HUD) to support Boston's continued work in ending chronic homelessness. Boston's funds will be distributed among the city's Continuum of Care, the local provider network that provides housing and services for Boston's homeless individuals and families. Continuum of Care funds leasing and rental assistance for permanent housing; transitional housing; supportive services; homeless management information systems and planning.

"Funding for our most vulnerable populations is critical, as we cannot leave any member of our community behind. This grant will go a long way in helping Boston pursue its goal of ending chronic and veteran homelessness by 2018," said Mayor Walsh. "As a city that believes in equity and affordability for all its citizens, we will put these funds to extraordinarily good use to support the

work our city does every day. I thank Secretary Castro and HUD for their continued support for Boston."



The Continuum of Care award is a competitive grant, awarded annually through the Homeless Continuum of Care funding competition. Awards are based on the merit of the submission and how closely programs adhere to HUD priorities. This year, HUD continued to challenge state and local planners to support higher performing local programs that have proven most effective in meeting their own local challenges and have a lasting impact.

In addition to renewing critical funding to support the city's current programs, HUD also awarded Boston four new projects. Overall, the Boston Continuum of Care award increased by \$255,451 over 2015. The funds will help serve more than 1,400 chronically homeless individuals, and will fund more than \$1 million to place homeless individuals in housing, while providing stabilization services to help them successfully remain housed. One of the City's new projects will help 20 homeless families of school-aged children to become housed.

Continued on page 4

This grant will support Boston's Way Home, the City's plan to end veteran and chronic homelessness in Boston by 2018. In January 2016, Mayor Walsh announced Boston had ended chronic veteran homelessness; to date, nearly 800 veterans have been housed. In 2016, the City scaled up its efforts to end chronic homelessness; since January of 2016, almost 230 chronically homeless individuals have been housed.

Boston's Way Home has redesigned the way Boston offers services to homeless individuals. Rather than counting on shelter as the solution to the issue, Boston has moved toward a housing-first model, where an individual's entrance into the shelter system is also their entrance to a path toward permanent, stable housing. Through investments in housing, technology and system redesign, Boston is on track to meet its goal of ending chronic homelessness by 2018.

Through Boston's Way Home the City of Boston, in partnership with the state's Executive Office of Elder Affairs, have hosted two "housing surges", designed to connect chronically homeless seniors with housing and services. The events, held at the Laboure Center in South Boston, marks the first time housing and integrated care services have been offered together, and launches a new

partnership between the city and state designed to end chronic homelessness in senior populations across Massachusetts.

Seniors were able to meet with representatives from state programs including MassHealth, Program of All-inclusive Care for the Elderly (PACE); Senior Care Options (SCO); Pay for Success and Community Supports for Persons Experiencing Chronic Homelessness (CSPECH) to determine their eligibility and interest in these programs. In addition, representatives from the Social Services Administration and Department of Transitional Assistance were on hand to help seniors access additional benefits. In total, there were about 30 different agencies present to help seniors receive services and become housed.

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

*We are looking for a few good
volunteers to greet guests at
Boston City Hall!*

Email us

CITYHALLGREETER@BOSTON.GOV

NAMI Family Support Group for the Elderly

If you are a senior caring for a family member with mental illness, please join Jane Boyer of the Elderly Commission and NAMI Mass for this New Midday Monthly gathering. NAMI Family Support Groups provide a secure, non-judgmental environment where caregivers can share common problems, discuss concerns, and benefit from the collective knowledge and experience of one another. Participants will gain help, hope, understanding, and comfort.

Group Leader: Sid Gelb, an experienced NAMI support group leader who is himself a parent of an adult child with mental illness, is the group's facilitator. He excels at relating to his groups and balancing a mixture of compassion, empathy and humor.

Location:

Meeting space has been generously donated by Ethos,
555 Amory Street, Jamaica Plain

*Easily accessible from the MBTA's Orange Line—Green St. stop

Dates:

Thursday, January 19th	Monday, July 17th
Thursday, February 9th	Monday, August 21st
Monday, March 20th	Monday, September 18th
Monday, April 24th	Monday, October 16th
Monday, May 15th	Monday, November 20th
Monday, June 19th	Monday, December 18th

Time:

Complimentary Lunch: 11:00 am - 12:00 pm
Support Group Meeting: 12:30 pm - 2:00 pm

Space is limited, registration is required.

Please contact Jane Boyer, Community Advocate for the Elderly Commission,
at work: 617-635-3994, cell: 617-594-0035 or Jane.Boyer@boston.gov to register.



Commission on Affairs of the Elderly
Martin J. Walsh, Mayor





BOSTON WINTER WEATHER GUIDE 2016-2017

DEAR RESIDENTS

As we prepare for another winter, we need your help and cooperation to ensure that we are ready for the challenges that snow, ice, and freezing temperatures create on our roadways and in our neighborhoods.

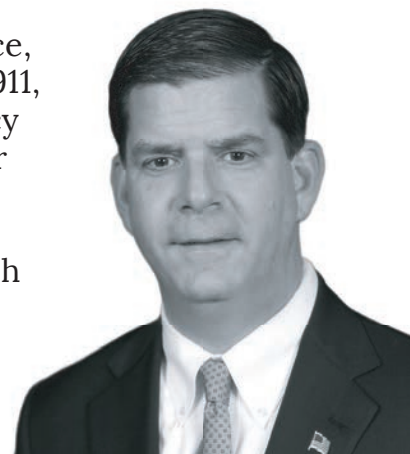
As always, I am grateful for your patience during the challenges that Boston winters bring our way. This year, we have further strengthened our plan to ensure the safety of all of our residents, no matter what the weather. Please use these tips to do your part to help prepare, and do not hesitate to call 311 for any questions, concerns or feedback. Be safe, smart, and let's hope Mother Nature is kind to us this year.

To get news about snow emergencies, parking bans, and school closings or cancellations; visit **boston.gov/snow** and follow @CityofBoston.

You can register for alerts at **boston.gov/alertboston**.

For emergencies (Police, Fire, EMS) please call 911, and for non-emergency City services call 311 or 617-635-4500.

- Mayor Martin J. Walsh



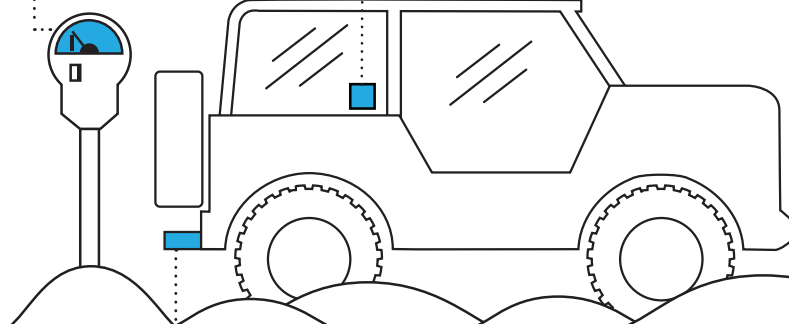
DEALING WITH SNOWY STREETS

Parking meters remain in effect during snow emergencies.

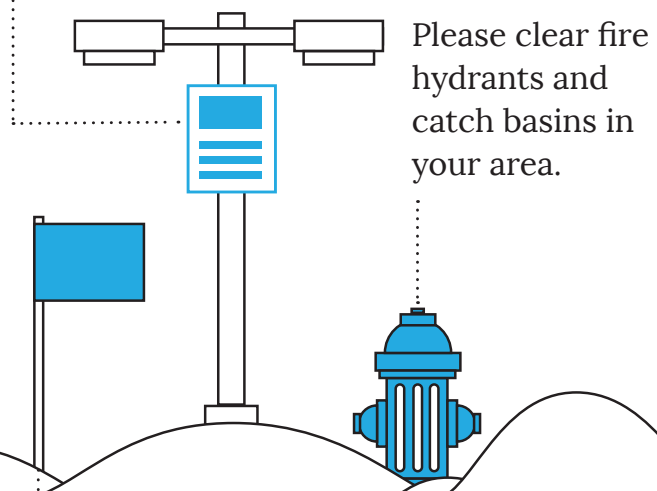
Make your resident parking sticker visible within 24 hours after the end of a storm.

You'll be ticketed and towed if you park on posted snow emergency arteries during a declared emergency.

Please clear fire hydrants and catch basins in your area.



Clear all snow at least one foot around your car muffler before starting your car.



Space savers are banned in the South End. For all other neighborhoods, you must remove your space saver 48 hours after we end a snow emergency.

STAY WARM AND SAFE

Renters:

Heating problems? First alert your landlord. If your landlord is unresponsive, call 311 to file a report and Inspectional Services will investigate.

Units must be heated to:

68° during the day
64° during the night

Need help paying for heat? Apply for help through the state's Low Income Home Energy Assistance Program. Visit boston.gov/homeheating or call 617-357-6012.

Never use your oven for heat. Space heaters can cause fires, so don't place them near curtains or things that can catch fire. Remember to turn them off before going to bed. Clear exhaust vents to avoid carbon monoxide poisoning, and check for working carbon monoxide and smoke detectors.

You can also contact the Elderly Commission at 617-635-4366 for assistance.

SNOWY STREETS

Help us keep streets open to plows and emergency vehicles by parking at least 20 feet away from intersections and no further than one foot from the curb. Don't block sidewalks, fire hydrants, ramps, bike lanes, driveways, or the street with your vehicle.

During a snow emergency, discount parking is available in garages with a valid resident parking sticker. Discounted parking starts two hours prior to the start of the snow emergency and ends two hours after. We don't allow evening and overnight parking at Boston Public School lots during snow events.

Check boston.gov/snow to find out where not to park during a snow emergency and discounted garages in your neighborhood.

SNOW MAY SLOW TRASH PICKUP

Trash and recycling collection is canceled only during the most extreme storms. Crews may work later than usual, so leave items out unless collection is canceled. If it's canceled, please hold onto your trash and recycling until your next scheduled pickup.

Get updated about changes in collection schedules by visiting boston.gov/trashday, downloading the TrashDay app, or calling 311. Crews have a difficult time reaching trash barrels and recycling carts behind snow banks. Clear an area at the curb, or place containers next to or in front of snow banks.

We will collect Christmas trees for composting from January 2 - 13. Don't put them in plastic bags and make sure to take off decorations. Place curbside by 7 a.m. on your first recycling day.

SIDEWALK CLEARING

Remove snow, slush, and ice from sidewalks and curb ramps that touch your property. The City requires that sidewalks be cleared within three hours of snowfall ending or three hours after sunrise if snow falls overnight. Remove ice to bare pavement or make as level as possible. Sidewalks must be cleared to create at least a 42-inch-wide path for wheelchairs and strollers.

Violators will be fined. Each day that a violation exists is considered a separate and distinct violation.

Fines for uncleared sidewalks:

Commercial Property	\$200
Residential Property 16+ Units	\$100
Residential Property	\$50

Stay Safe in Cold Weather



Did you ever hear a parent tell a child to put on a coat before they catch a cold? That's because being really cold can make you very sick, and it's not limited to kids. The National Institute on Aging (NIA) says older adults can lose body heat fast - faster than when they were young. A big chill can turn into a dangerous problem before an older person even knows what's happening. The NIA offers the following tips to stay safe in cold weather:

- Set your heat at 68 degrees or higher.
- Dress warmly on cold days even if you are staying in the house.
- Wear loose layers when you go outside on chilly days. Wear a hat, scarf, and gloves.
- Don't stay out in the cold and wind for a long time.
- Talk to your doctor about health problems that may make it harder for you to keep warm.
- Find safe ways to stay active even when it's cold outside.
- Ask a neighbor or friend to check on you if you live alone.
- If you think someone has hypothermia, call 911 right away. Cover him or her with a blanket. Don't rub his or her legs or arms.

Residents are also encouraged to sign-up for AlertBoston to receive all your emergency notifications in the City of Boston: bit.ly/2aWUzP7



Boston has a
new default
speed limit.

IF YOU DON'T SEE A SIGN,
THE SPEED LIMIT IS 25 MPH.

SHOW YOUR SUPPORT.

Visit boston.gov/25mph to learn how to
show your support and get engaged.

BE AWARE OF YOUR SPEED.

Drive at or below the 25 mph speed limit.
You can help save lives. If you crash,
you're less likely to cause serious injury
or death.



17% 30% 47%
**LIKELIHOOD OF SEVERE OR
FATAL INJURY** for pedestrians struck by drivers
traveling at these speeds.

**EFFECTIVE
01.09.17**

BOSTON.GOV/25MPH // VISIONZEROBOSTON.ORG

PARA UN BOSTON
MÁS SEGURO

SPEED
LIMIT
25

Boston tiene un
nuevo límite de
velocidad.

SI NO VE NINGUNA SEÑALIZACIÓN, EL
LÍMITE DE VELOCIDAD ES DE 25 MPH.

MUESTRE SU APOYO.

Visite la página boston.gov/25mph para
conocer las formas en las que puede
mostrar su apoyo y participar.

SEA CONSCIENTE DE SU VELOCIDAD.

Conduzca a una velocidad máxima de 25
mph. Usted puede ayudar a salvar vidas.
Si choca, tiene menos probabilidades de
causar una lesión grave o muerte.



17% 30% 47%
**PROBABILIDAD DE UNA
LESIÓN GRAVE O FATAL**

para los residentes atropellados por quienes conducían a estas velocidades.

A PARTIR DEL
01.09.17

BOSTON.GOV/25MPH // VISIONZEROBOSTON.ORG

STATEPOINT CROSSWORD

THEME: Famous Actors

ACROSS

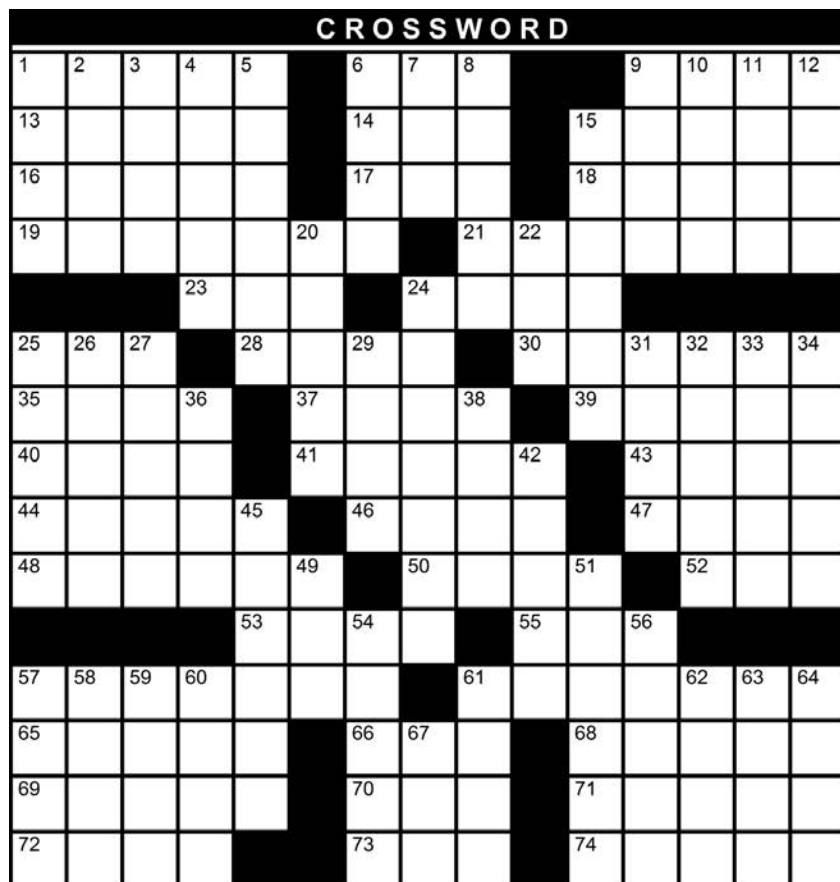
1. *"____ Attraction" (1987) with Michael Douglas
6. *Tom Selleck's "Blue Bloods" network
9. Quarterback's downfall
13. Every restaurant's nightmare?
14. *Tommy ____ Jones
15. Charitable contribution recipient
16. * ____ Eckhart
17. "The loneliest number"
18. Type of lyric poem
19. *Pryor or Gere
21. *Caine or Keaton
23. ____ Khan
24. Another word for island
25. World's oldest national broadcaster
28. Odds and ____
30. Responsible by law
35. Rod attachment
37. Turkey dance
39. ____ lightly
40. Tangerine grapefruit hybrid
41. Become established
43. British children's author Blyton
44. Like a button, but more so
46. Stopped sleeping
47. Naysayer's prefix
48. Comes next
50. Embarkation location
52. #6 Across icon
53. Tortoise's competitor
55. *" ____ Day Afternoon" with Al Pacino
57. *Lange or Chastain
61. The Six Million Dollar Man and the Bionic Woman
65. Arabian chieftain
66. "To Kill a Mockingbird" recluse
68. Have effect
69. Master of ceremonies
70. Pendulum's path
71. Pine product
72. Grating voice
73. * ____ Leoni
74. Be posted and reposted

DOWN

1. *"Cape ____" (1991) with Robert De Niro
2. Berry high in antioxidants
3. Cleopatra's necklace
4. Hula dancer's hello
5. Number of lines in print
6. Doofus

7. *Affleck or Kingsley
8. *Chevy Chase's " ____ Like Old Times"
9. Frosh, next year
10. Dwarf buffalo
11. Surrender territory
12. ____ over or capsize
15. Bending of the truth
20. Gives a tirade
22. Not well
24. Heavy hydrogen, e.g.
25. *Lee or Willis
26. "Begin" and "began" partner
27. Irishman's ancestor
29. *Carey or Barrymore
31. A in $A = b \times h$
32. Source of sesame seeds
33. Everyone but clergy

34. *Redmayne or Murphy
36. Place in France
38. Thor Heyerdahl's "Kon- ____"
42. Clingy one
45. Employ again
49. Cul de ____
51. *Redford or Duvall
54. Capital of Morocco
56. Doomed one
57. Audience's rejection
58. *Stone or Thompson
59. Abbreviated seconds
60. Leak through
61. Chewed stimulant
62. Trojan Horse, e.g.
63. Smiley face
64. Texting button
67. Metal-bearing mineral





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Solution on page 22

Diabetes, Who Knew?

There is a connection between cardiovascular disease (CVD) and diabetes.

According to the American heart Association, at least 68 percent of people, age 65 or older who have diabetes, will die from some form of heart disease, and 16 percent will die of stroke.

These are startling statistics for most of us with diabetes.

There are several things that elevate your blood sugar that you may not be aware.

1. Dehydration. Yes, you can get dehydrated any time during the year, sitting and working in the hot sun or even shoveling snow in the winter. When you become dehydrated, sugar in your blood becomes more concentrated. Your blood sugar levels rise. When your blood sugar rises, you tend to urinate more. You then become more dehydrated. This is a vicious cycle for diabetics. Solution: drink more fluids. Also, dark concentrated urine lets you know you need more fluids!

2. Medications. Speak to your doctor about your medications, especially if you are on steroids. Steroids help with infection/ inflammation in the body. Remember: a cortisone shot to an aching joint can also elevate blood sugars.

3. Foods. We know to avoid salty and fatty foods. But did you know that salty peanuts can hurt you? Peanuts are legumes, not nuts. Legumes are loaded with carbohydrates and raise your blood sugar. When reaching for a snack try a few unsalted almonds or a carrot stick instead.

4. Caffeine in small portions may not affect your blood sugar, however, for people who drink several cups a day, it may elevate your blood sugar. Also try to avoid artificial sweeteners. They may elevate your blood sugar.

5. Illness - Certain illnesses like the flu may elevate your blood sugar levels. Your body recognizes that you are ill and it may raise your blood sugar as a result. In these situations it becomes more important that you stay well hydrated.

Keep track of your blood testing. Tell your doctor if you noticed your blood tests were off or if you had any of the above signs.

CARBON MONOXIDE

THE INVISIBLE KILLER



WHAT IS IT?

CARBON MONOXIDE (CO) IS A COLORLESS, ODORLESS, TASTELESS, GAS



YOU CAN'T
SEE IT



YOU CAN'T
HEAR IT



YOU CAN'T
SMELL IT



BUT IT CAN
KILL YOU

WHAT IS THE RISK?

BREATHING IN TOO MUCH CO IS DANGEROUS. SYMPTOMS OF CO POISONING INCLUDE:



HEADACHES



NAUSEA/VOMITING



CONFUSION



DIFFICULTY
BREATHING

WHO IS AT RISK?

EVERYONE IS AT RISK FOR CO POISONING. THE PEOPLE MOST VULNERABLE ARE:



FETUSES &
BABIES



SMOKERS



PEOPLE WITH
HEART DISEASE



PEOPLE WITH
BREATHING
PROBLEMS



CHILDREN &
ELDERLY

WHAT SHOULD YOU DO?

CO POISONING IS COMPLETELY PREVENTABLE. HERE ARE WAYS TO PREVENT IT:



HAVE YOUR
HEATING SYSTEM
CHECKED BY A
TECHNICIAN



INSTALL A
CO DETECTOR
IN YOUR HOME



GO TO YOUR
DOCTOR IF YOU
FEEL THE ABOVE
SYMPTOMS



TURN YOUR CAR
OFF WHEN
YOUR GARAGE
IS CLOSED



DON'T USE THE
STOVE TO HEAT
YOUR HOUSE

FOR MORE INFORMATION, VISIT US AT BPHC.ORG/INJURYPREVENTION



HISTORIC WALKING TOURS FOR SENIORS



East Boston



West Roxbury



South Boston



South End



Jamaica Plain
Stony Brook



Allston
Brighton



Roslindale



Dorchester



Jamaica Plain
Monument Square

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

Monthly Memory Café

Monday, February 6th, 2017

Are you an individual with memory loss
or their caregiver? Looking for an
enjoyable way to spend time together?
Then please join us for:



Grove Hall's "Thanks for the Memories" Café

Enjoy coffee, refreshments, creative arts, and conversation with new friends of all ages. A guest artist will lead a creative exploration each month.

Co-hosted by the City of Boston's Alzheimer's Initiative and
BCYF's Grove Hall Community Center

Where: BCYF's Grove Hall Community Center
51 Geneva Avenue, Dorchester

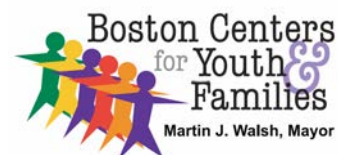
When: Meets the first Monday of every month
11:30 a.m. – 1:30 p.m.

Cost: Free

RSVP not required, but please call or email to confirm dates.
Contact Patricia.Mccormack@boston.gov or 617-635-3992 for more information.

What is a Memory Café???

A Memory Café is a place where individuals with memory loss and their caregivers can get together in a safe, supportive and engaging environment. It is a time and place where people can interact, laugh, find support, share concerns and celebrate with other people experiencing memory challenges and their care partners. Attendees enjoy refreshments, conversation and activities in a relaxed, supportive setting. A caregiver must accompany participants requiring special assistance. A Memory Café offers a participatory program or guest facilitator each month.



Book Reviews

By: Kathleen O'Connor



If your list of New Years' resolutions is already daunting, don't despair!

Increasingly, we face higher risk, bigger ticket decisions – Medicare choices, how to care for aging/ailing family members, how to preserve financial assets, and yes, how to find contentment with what we've done or the energy and resources

for something we've always wanted to do. And yes again, these can be daunting tasks if we're not sure how best to go about them. So how about bringing in some coaches?

Here are reviews of 3 books that might help. ***Next Steps: A Practical Guide to Planning the Best Half of your Life*** is based on the authors' nationally syndicated column, "Next Steps." Jan Warner and Jan Collins' goal was to tackle real life "big issues" that most elders will face, with strategies and advice to help them avoid costly mistakes. And that they do, offering tested tips on how to find and vet your planning team (lawyer, physician, CPA, financial planner) and what to watch out for. It shares examples of difficult but common challenges that surface in later years, with direct, well-reasoned counsel on handling them. And there are detailed discussions of what to consider in your personal plan and the decisions that have the greatest impact: asset management, healthcare planning and long-term care issues, patients' rights in nursing facilities, even late-life remarriage and divorce.

Becoming a Life Change Artist: 7 Creative Skills to Reinvent Yourself at Any Stage of Life tackles the inside job. Fred Mandell and Kathleen Jordan have developed a program based on seven primary skills that the likes of daVinci, Monet and Picasso drew on in their work and that, with a little cultivation, we can use as well. Seeing situations from a new perspective, embracing uncertainty, and collaboration are three. The authors will prepare you well for your journey. In addition to the core skills, they review the process of reinvention and, in the spirit of *The Artist's Way*, offer guidance on *The Way of the Life Change Artist*, laying out a roadmap for living creatively.

Happy Retirement: the Psychology of Reinvention is geared specifically for readers contemplating retirement who want, actively and literally, to make the best of it. Through short vignettes of common challenges that arise on both sides of the retirement window (handing off your workload and dealing with the first days at home) – Kenneth Schultz delivers a thoughtful, concise, beautifully constructed heads-up so retirees know what to expect and can more easily traverse situations and emotions that might otherwise unsettle them (think, Does status matter?... Retirement and the family...Negotiating your exit...Dealing with relationship change...Redefining the good life.

These books cover a lot of ground. But you'll know if you're up for it.

Happy New Year!

Quit Smoking

for healthy smiles & bodies



Smoking affects oral health in many ways:



Bad breath



Stained teeth
and tongue



Dulled sense of
taste and smell



Loss of teeth and
bone within the jaw



Increased plaque
and tartar build-up



Oral cancer and
Gum disease



Quitting smoking improves oral and overall health. Join millions of Americans and quit today!

#QuitLikeABOS #SmileLikeABOS



BPHC Partners with Community Health Centers and Non-Profits to Increase Food Access for Residents

The Boston Public Health Commission (BPHC) announced community health center and food organization collaborations that will help bring healthy food to communities that need it the most.

BPHC will award \$120,000 in grant funding to four community health centers that will work directly with non-profits to increase food access by scaling up programs at health centers near public housing developments and connecting public housing residents with information on where to find affordable and nutritious food.

In 2013 and 2015, public and rental assisted housing residents were nearly three times more likely than other Boston residents to report that they were hungry but did not eat because they could not afford enough food, according to the Boston Behavioral Risk Factor Surveillance Survey, a biennial telephone survey administered by the Boston Public Health Commission to Boston residents.

Each of the community health centers funded by this grant has committed to introducing screening for food insecurity and to beginning a program of referrals

for food resources located in the patient's community.

The Fresh Truck, a non-profit mobile fruit and vegetable market was awarded \$10,000 for operational costs associated with expanding their food offerings. The Fresh Truck reaches neighborhoods with limited access to affordable and healthy foods. The grant will make it possible to offer additional foods including milk, meats and fish to their offerings and to operate year round.

The work to increase access to healthy foods builds on existing partnerships between BPHC and the South End Community Health Center, the Southern Jamaica Plain Health Center, the Upham's Corner Health Center, and Whittier Street Health Center. With this partnership, the community health centers have already seen measurable success at reaching populations that are vulnerable to the threat of food insecurity.

- Upham's Corner Health Center in Dorchester has integrated food insecurity screenings and referrals into its social services department to better connect its patients with food resources, including Fair Foods.

- Southern Jamaica Plain Health Center has created a video with youth from South Street Housing Development

that addresses residents' challenges with accessing healthy and affordable food and highlights some of the strategies the residents employs. The video will be used to educate health center staff on the issue as they integrate food insecurity screening and referral into their system.

- Whittier Street Health Center in Roxbury involved youth from nearby housing developments in a health and job readiness program that included working in the health center's garden. The participating youth were able to share the garden produce with their families.
- With the receipt of a parking waiver from the Boston Transportation Department, the South End Community Health Center was able to bring the Fresh Truck to the health center, benefiting residents of the many surrounding public housing developments, other patients and neighbors. With the service expanded from two hours a month to twelve, residents were able to purchase nearly five times more produce, making it the most trafficked Boston location. "It's very important for us to work with our patients to not only address medical issues, but also social determinants of health," said South End Community Health Center Chief Operations Officer Karen van Unen. "The Fresh Truck is

a key component to help our patients access healthy eating and healthy foods."

About Boston REACH

Boston REACH (Racial and Ethnic Approaches to Community Health): Partners in Health & Housing is a 3-year initiative (2014-2017) funded by the Centers for Disease Control and Prevention to improve the health of Boston residents, especially Black and Latino residents, living in Boston Housing Authority (BHA) developments and BHA-Administered Rental Assisted/Section 8 Housing. Through the Partnership in Health and Housing (PHH), comprised of the Boston Public Health Commission, the Boston Housing Authority, Boston University's School of Public Health and the PHH Community Committee, Boston REACH: Partners in Health & Housing is working to:

- Improve access to and consumption of healthy food and beverages.
- Increase linkages between health care and community resources.
- Enhance the quality of and access to smoke-free housing.

For more information, visit our website at www.bphc.org/REACHPHH.

Protect Yourself From Elder Financial Exploitation

Submitted by: Betsey Crimmins,
Greater Boston Legal Services, Inc.



A grandfather receives a phone call that his granddaughter was in a car accident and needs \$2,000. He is told to go to CVS and get \$2,000 in iTunes gift cards. After purchasing the cards and turning

the information over to the caller, he realizes that his granddaughter is fine and he has been scammed. An aunt wants her nephew to assist her with her financial affairs as she is experiencing some health issues. After she drafts and signs a Power of Attorney she goes to her bank and finds out that he withdrew \$25,000 and spent it all. Her money is gone as is her trust in her nephew. A retired school teacher gets a call that she won three million dollars in a lottery. After sending the caller over \$7,500 she is told by a friend that she has been scammed. She is unwilling to believe this and continues to send money in the hope that the lottery winnings will soon be hers. What all of these situations have in common is that they are

examples of elder financial exploitation. These types of scams, and many others, happen to older adults across this country every single day.

The Elder Abuse Prevention Project of Greater Boston Legal Services was created to focus on the growing and serious problem of elder abuse. One primary goal of the project is to focus on prevention – in the case of financial exploitation this means informing people beforehand about how to protect themselves before they become victims. In most cases of financial exploitation, it is very difficult to get money or property back after it has been taken from you.

How Can You Protect Yourself From Elder Financial Abuse?

1. Understand and recognize what financial abuse is – the most common definition is “when someone illegally or improperly uses your money or property for their own benefit.”
2. Understand that scammers often have some personal information about you – they may sound legitimate, but it is ok for you to ask your own questions. Trust your instincts and don’t be fooled by something that sounds too good to be true.
3. Be aware of unsolicited prizes or gift offers, especially if you have not entered

a sweepstakes or lottery. Never pay any money to collect promised winnings and never wire or send money to someone you do not know!

4. Do not provide any personal information such as Social Security number, bank account information, or credit card information to someone that you do not know and that you did not contact yourself.

5. Reputable companies do not ask you to wire money or use money paks or purchase gift cards. Investigate any claims made before you wire money or purchase a money pak or gift card.

6. If you are going to create a Power of Attorney or put someone else's name on your bank account, do it because you want to and not because someone else asked you to. Also, make sure you understand the power that you are handing someone over your own finances. Make sure the person that you choose is trustworthy and feel free to check in with them frequently or check in with your financial institutions.



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

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.

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Cover your cough or sneeze.



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+ Wash your hands with soap and water.



+ Get vaccinated!

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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 am - 4 pm



Solution to "Famous Actors" Crossword Puzzle on Page 11

F	A	T	A	L		C	B	S			S	A	C	K
E	C	O	L	I		L	E	E			D	O	N	E
A	A	R	O	N		O	N	E			E	P	O	D
R	I	C	H	A	R	D		M	I	C	H	A	E	L
			A	G	A			I	S	L	E			
B	B	C			E	N	D	S		L	I	A	B	L
R	E	E	L			T	R	O	T		T	R	E	A
U	G	L	I			S	E	T	I	N		E	N	I
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R	A	S	P				T	E	A		T	R	E	N

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Cut Down on Sodium

Get the facts about sodium and salt from the *Dietary Guidelines for Americans*. Limiting sodium — by eating out less and making smart choices at the grocery store — can have health benefits.

What is sodium?

Sodium is a mineral, and most of the sodium in our foods comes from salt. We all need a little sodium to stay healthy.

Eating too much sodium can lead to high blood pressure (hypertension). High blood pressure can raise your risk of having a heart attack or stroke.

The good news is that cutting down on sodium can help lower your blood pressure or keep it at a healthy level.

What foods are high in sodium?

Whenever you add salt to your food, you're adding sodium. But the *Dietary Guidelines* shows that most of the sodium we eat doesn't come from our saltshakers. Sodium is used by food manufacturers and others who prepare foods as a preservative and to add flavor, cure meat, thicken sauces, and keep some foods moist. That's why sodium is found in almost all of the processed and prepared foods we buy.

Dishes with many ingredients — like pizza, casseroles, burgers, tacos, and sandwiches — tend to have ingredients that are high in sodium. When making these dishes, limit ingredients that are often high in sodium:

- Processed meats, poultry, and seafood — like deli meats, sausages, pepperoni, and sardines
- Sauces, dressings, and condiments
- Instant products like flavored rice, instant noodles, and ready-made pasta

Keep in mind that even foods that don't taste salty may still be adding sodium to your diet, especially if you eat them often. For example, the sodium found in foods like breads and tortillas, cheese, and condiments can add up.

Key Recommendations: Sodium

Age range	Amount of sodium
Adults* and children 14 years and older	Less than 2,300 mg a day
Children ages 9 to 13	Less than 2,200 mg a day
Children ages 4 to 8	Less than 1,900 mg a day
Children ages 2 to 3	Less than 1,500 mg a day

*Adults without hypertension or prehypertension

Adults with hypertension or prehypertension can lower their blood pressure even more by limiting sodium intake to 1,500 mg a day.

Sodium and salt — what's the difference?

Since most sodium in our foods comes from salt, people use the 2 words as if they're the same thing. They're actually a little different. Sodium is a mineral that's **in** salt. Salt is also known as *sodium chloride*.



How can I cut down on sodium?

Pay close attention to the foods you choose when you're grocery shopping and eating out. Try making these 5 small changes.

1. **Check the Nutrition Facts label.** Before you buy a food or drink, look for the amount of sodium on the Nutrition Facts label. Compare different options and choose the one with the lowest amount.

You can also look out for foods that are labeled low-sodium, reduced sodium, or no-salt-added. But keep in mind that sometimes foods without these labels are still lower in sodium — so it's always a good idea to check the Nutrition Facts label.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Two slices of thick-crust pizza with pepperoni add up to about 2,270 mg of sodium — almost the daily recommended sodium limit for adults and children 14 years and up!



2. **Find out which foods you eat have the most sodium.** You can use the USDA's SuperTracker (<https://supertracker.usda.gov>) to get an idea. For dishes higher in sodium, consider eating smaller portions or eating them less often.

3. **Make healthy shifts.** Replace higher-sodium foods or ingredients with healthier options. You can:



Snack on unsalted nuts instead of snacks like salted pretzels



Choose fresh skinless chicken and turkey, lean meats, and seafood instead of processed deli meats or sausages



Go for fresh, frozen vegetables without sauce, and canned vegetables with the least amount of sodium

When eating out, you can:

- Ask for the written nutrition information and look for items that are lower in sodium
- Get dressings and sauces on the side — and add only the amount you need to your meal
- Ask to have no salt added to your food

4. **Cook more at home.** Making your own meals — instead of eating at restaurants or buying packaged foods — is a great way to eat less sodium because you're in control. To add flavor, use spices instead of salt or packaged sauces and mixes.

5. **Consider the Dietary Approaches to Stop Hypertension (DASH) eating plan.** Based on scientific evidence, the DASH plan helps limit sodium and unhealthy fats. Think about following the DASH eating plan at the lower-sodium option of 1,500 mg per day if you have hypertension or prehypertension. Learn more about it at <http://www.nhlbi.nih.gov/health/health-topics/topics/dash>.

There are lots of different types of salt: table salt, kosher salt, sea salt, Himalayan salt, and more. To lower the sodium in your diet, you need to cut down on **all** types of salt, including salt already in foods.

Want to learn more about sodium and how to find a healthy eating pattern that works for you or your family? Check out [DietaryGuidelines.gov](https://www.dietaryguidelines.gov) for more information on the *Dietary Guidelines* and [ChooseMyPlate.gov](https://www.choosemyplate.gov) for online tools, recipes, and more.



ODPHP

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and Health Promotion



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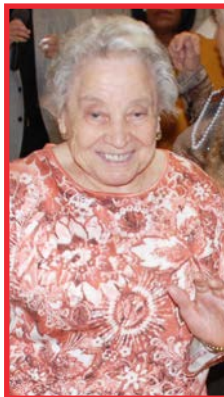


Visiting Roslindale House

Photos by: Isabel Leon



Italian Heritage Luncheon



11th Annual Italian Heritage Luncheon

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**East Boston
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Photos by: Isabel Leon



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The background is a dark navy blue, decorated with various festive elements. There are several stylized fireworks or starburst patterns in white and red, scattered across the top and bottom. Interspersed among these are small white circles, red diamonds, and larger red circles, some of which are surrounded by smaller red dots, resembling confetti or sparks.

Mayor Martin J. Walsh
&
The Elderly Commission

*Wish you a
Joyous Holiday Season
with Peace & Cheer
in the New Year!*