



Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



In this Issue...
Financial Literacy and
Your Guide to Discounts
in Boston

FREE

**April 2017
Volume 41
Issue 4**

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www.boston.gov/elderly**

**Go on Facebook to find out what's going on at
The Elderly Commission
www.facebook.com/BostonElderlyCommission**

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

**Email articles and comments to
Bostonseniority@boston.gov**

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Mayor's Spotlight

MAYOR WALSH ANNOUNCED THIRD ANNUAL ONE BOSTON DAY

The Mayor encouraged the public and organizations to get involved in spreading goodwill.

Mayor Martin J. Walsh announced that the City of Boston would once again honor Boston's resilience, generosity and strength on April 15, now permanently known as "One Boston Day". The day serves as an opportunity to recognize the good in Boston's community and reflect on the spirit and resilience of the people of Boston that was exemplified in response to the loss and tragedies of April 15, 2013.

The City of Boston utilized a website where individuals and organizations could share their plans for One Boston Day, and post about it on social media using the hashtags #OneBostonDay and #BeBoston. Members of the public were encouraged to share how they planned on spreading goodwill on April 15, and show support on social media by downloading One Boston Day logos and profile photos from the website.

"The Boston Marathon is a key part of our city's identity, and continues to show the world that Boston is strong, and our traditions will endure, no matter what," said Mayor Walsh. "The spirit of the day on April 15 shows the best of Boston: how Bostonians from all backgrounds

come together to line the streets, celebrate one another and do good for their community. I hope everyone can mark this day in a way that inspires each other with the love we have for our community, our neighbors and our City."



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Mayor Walsh announced this year's remembrance of One Boston Day at the unveiling of the 2017 Boston Marathon street banners hosted by John Hancock at Marathon Sports on Boylston Street.

One Boston Day encourages random acts of kindness and goodwill, and activities across the City encouraged individuals to give back to their community. This new tradition came together in 2015 based on the desire expressed by many survivors to pass on the kindness, generosity and support they received following the 2013 Boston Marathon.

Last April 15, #OneBostonDay was a leading trend nationally on social media, and there were over 77,000 posts across social channels from individuals and organizations marking this day of service and goodwill. As in the past, Hill Holliday served as the creative and digital marketing partner to help spread awareness and raise the visibility of One Boston Day.

4.15 boston day



April is a month of service. With Civic Engagement Week and One Boston Day, there were many opportunities to serve our communities. Here's a peek at some of the things the City of Boston did to give back this month.

► **Cradles to Crayons Donation Collection**

A collection bin was placed in the lobby of the Mayor's Office for donations of new or like-new children's items from birth to age 12 for homeless and low-income children.

► **Cradles to Crayons Site Visit**

City volunteers delivered donations in Brighton, where they sorted and packaged goods to be delivered to children in need.

► **St. Francis House Volunteering**

Volunteers from the City helped by serving breakfast or lunch to guests at the shelter, which serves an average of 500 low-income and homeless men and women every day.

► **John Hancock Sneaker Drive**

Boxes were displayed throughout City Hall for donations of new or gently used adult sneakers.

The Elderly Commission, Civic Engagement Cabinet and DND came together to help formerly homeless seniors now in permanent housing.

As our One Boston Day service project, we worked with Boston's Way Home and their partners to provide care packages for 50 formerly homeless seniors who have recently been housed. While many now have the basics they need, they still need assistance to make ends meet or afford simple things. Together, we showed that home is #wheretheheartis this #OneBostonDay.

Martin J. Walsh
Mayor



Emily K. Shea
Commissioner

Commission on Affairs of the Elderly

Presents two upcoming, free

Historic Presentations for Seniors



Roslindale Historic Presentation

Lecture by Cathy Slade
President of the Roslindale
Historical Society

Friday, May 5, 2017
10:00 a.m. - 12:00 p.m.

BCYF Roslindale Community Ctr
6 Cummins Highway, Roslindale



Brighton Historic Presentation

Lecture by Mary Regan
of the Roslindale
Historical Society

Wednesday, May 17, 2017
1:00 p.m. - 2:30 p.m.

Brighton Branch Library
40 Academy Hill Road, Brighton

Register in advance by calling 617-635-4168
or by emailing michael.mccolgan@boston.gov

3 FREQUENTLY ASKED QUESTIONS ABOUT THE ANNUAL CENSUS

By Kyron Owens, *Civic Engagement Coordinator, Elections Department*

The Annual Census is an important opportunity for all residents of Boston to be heard and to be counted. Here are some frequently asked questions about the Census.

Q: Why is it important to fill out the annual census?

A: It is important to respond to the Annual Resident Census because it is critical that everyone “B COUNTED” and the City uses this information to plan how city resources will be distributed throughout the City. For voters it is especially important that they respond to the Annual Resident Census to keep their voter status active and to ensure we maintain an accurate voter list.

Q: What do I do if some information mailed on the census paperwork is inaccurate?

A: If the information on the Annual Census form mailed to you is inaccurate, draw a single line through the wrong information and write a brief explanation. Residents have the option to respond to the Census over the phone and can bring the error to our attention at that time. Lastly, residents can respond online at boston.gov/annual-census and the information that is input will be used going forward. Please remember to include any new information when responding to the Annual Resident Census.

Q: How is the information utilized?

The information:

- Helps the City plan on how to distribute resources
- Maintains accurate Voter List



B COUNTED

The Boston Election Department conducts the Annual Resident Census, as mandated by state law. We mail the census form to every household. It's your responsibility to respond.

PURPOSE :

- The census records people 17 and older who live in the City.
- It also helps us maintain an accurate voter list, and keeps your voter status active. *If you recently moved or have become eligible to vote, **MAKE SURE YOU REGISTER!***
- The census gives people access to a jury of their peers.
- The City uses census information to plan out how best to distribute resources.

WAYS TO RESPOND :

- *By mail: 1 City Hall Square, Room 241
Boston, MA 02201*
- *Over the phone: 617-635-VOTE (8683)*
- *In person: Located in room 241 of Boston City Hall*
- *Apply online (or for more information): www.boston.gov/annual-census*



@BostonElection



Boston Election Department

Money Marathon:



Preparing for your Lasting Legacy

By Nicholas T. Josey,
*Financial Education Consultant at
The Vincita Institute*

Every year, thousands of runners prepare mentally and physically for Boston Marathon. It's a spectacular event viewed from different parts of the world. For some, the 26.2 miles race may be considered a bucket list item and perhaps for others a quest for glory.

What are you doing today in order to prepare for your own lasting legacy/marathon? Have you made provisions for your loved ones that will benefit them for years to come? Have you had conversations about your specific long-term and final wishes? If not, then maybe now is the time. (See page 25

for more information about Health Care Decisions Month).

I know a beautiful couple: Dorothy and John of Chesapeake Virginia. After being married for more than 63 years and having raised seven children together, now more than ever they are becoming more concerned about their family legacy.

At 85 and 83 respectively Dorothy and John have started to slow down a bit. To ask how either of them is doing, a familiar reply could be, "I'm mighty fine," or a thankful and loved-filled, "I'm doing just fine." With limitless faith, and love this special couple has decided that their estate plans needed to be updated and modified.

They have begun to have “talks” with their children and trusted legal and investment professionals regarding their personal and financial wishes and desires. They have discussed the need for updated *living wills*, which will outline how Dorothy and John want their personal and financial assets dispersed upon their passing.

After a recent surgical-related hospitalization, Dorothy astounded her doctors with her faith and determined spirit, as she recovered months ahead of schedule. Prior to her surgery the family had a written provision in place in the form of a *health care proxy*. With a health care proxy, the patient names a responsible person that has their best interest in mind in order to speak on behalf of the patient, should they become incapacitated or unable to communicate. Another integral part of any good estate planning model is the assignment of a *durable power of attorney*. This document allows a person to assign a trusted family member or friend the authority to address personal and financial affairs on the behalf of someone who is physically or mentally unable to execute out their wishes.

After having addressed these and many more planning concerns, my Aunt Dorothy and Uncle John rest assured that their long-term wishes and legacy will

serve them and their family well.

Your family too, may benefit greatly by your proactive approach of addressing your specific estate planning needs.



Glossary Terms

Living Wills - Outline of how ones personal and financial assets are dispersed upon their passing.

Health Care Proxy - Written provision where a patient names a responsible person that has their best interest in mind in order to speak on their behalf should they become incapacitated or unable to communicate.

Durable Power of Attorney - A document allowing a person to assign a trusted family member or friend the authority to address personal and financial affairs on behalf of someone who is physically or mentally unable to execute out their wishes.

THE CARE ACT ALLOWS YOU TO CARE AND BE CARED FOR

Submitted by Sheba Varughese,
Greater Boston Legal Services

The Caregiver Advise, Record, Enable (CARE) Act, also known as HB3911, was signed into law by Massachusetts Governor Charles Baker on December 8, 2016. Massachusetts is the 34th state to pass the CARE Act.

The vast majority of older Massachusetts residents want to live independently at home. Most seniors who receive care at home rely exclusively on unpaid family caregivers for help. An estimated 844,000 Massachusetts residents help their loved ones to remain independent, with total unpaid care valued at \$11.6 billion annually.

This care generally consists of simple every-day tasks like bathing, transportation, grocery shopping and meal preparation. However, often times caregivers are tasked with much more complex duties such as wound care, injections, bed transfers and medication management.

This new law is an important piece of legislation aimed at helping caregivers as they undertake the challenging responsibility of caring for their loved



one. The central goal of the CARE Act is to keep elderly residents of Massachusetts healthy and happy in their own homes, while simultaneously allowing caregivers to keep their loved ones out of costly institutions. The CARE Act ensures that caregivers will be provided with the necessary training and education to fulfill their duties as a caregiver.

The CARE Act has three main provisions:

- Requirement that the hospital give patients, who are 18 or older and competent, an opportunity to designate a caregiver. The patient can designate any friend or family member, as long as they are at least 18 years old.
- Requirement that the caregiver be notified if a loved one is going to be discharged to a different facility or released back to their home.
- Requirement that hospitals provide the caregiver with explanations and in-

THE ELDERLY COMMISSION CONGRATULATES OUR SHINE COUNSELORS ON THEIR RECERTIFICATION!

SHINE COUNSELORS AND ELDERLY COMMISSION ADVOCATES: JANE, RICHARD & LORNA



FOR SHINE ASSISTANCE, PLEASE CALL THE ELDERLY COMMISSION
AT 617-635-4366

Continued from page 10

person instruction about medical tasks they will need to perform at home, such as transferring a person out of their wheelchair, giving them medications or caring for wounds.

The CARE Act requires hospitals to keep a record of the designated caregiver. The hospital must give the caregiver access to the patient's health information. Hospitals should already be engaging in all of these activities, but the CARE Act codifies them as requirements. If you are hospitalized and have questions about the CARE Act, be

sure to ask the Discharge planning staff. It is important to recognize that designating a caregiver is the patient's option; it is not required. A patient who is competent can revoke or change the caregiver at any time. The patient retains the authority, independence and capacity to make medical decisions for him or herself.

The CARE Act shall take effect either upon the issuance of guidance to hospitals by the Commissioner of Public Health, or by August 8, 2017, whichever occurs first.

Your Guide to Free *(and Discounted!)* **Boston**



At the Elderly Commission, we want to highlight some valuable benefits and resources that enhance your life while saving you money.





“A penny saved is a penny earned”

***Asterisks highlight Elderly Commission programs and partnerships.**

1. ***Senior Shuttle:** The Senior Shuttle provides Boston residents age 60+ with free transportation within the City of Boston to non-emergency medical appointments, with advance notice. We also have wheelchair-accessible shuttles. To schedule a shuttle ride, contact 617-635-3000.
2. ***Taxi Coupons:** Qualifying Boston residents can purchase taxi coupons at a 50% discount. Call the Elderly Commission at 617-635-4366 for more information.
3. **Tax Exemptions - Circuit Breaker and "Elderly Exception 41C":** There are several tax relief exemptions available to seniors in Boston. Residents who are looking to determine if they are eligible for tax relief and how they can apply can reach the Taxpayer Referral and Assistance Center (TRAC) at 617-635-4287.
4. ***Senior Property Tax Work-Off Program:** Qualified senior homeowners get the opportunity to work-off up to \$1,000 on their property tax bill by volunteering for a City agency. Call the Elderly Commission at 617-635-4366.
5. **Senior Home Repair Program:** The Boston Home Center contracts with several neighborhood-based agencies to offer eligible older adults 0% interest deferred loans for minor, moderate, and emergency home repairs. Find out more at 617-635-HOME (4663).



6. Fuel Assistance: Heating a home in the winter can be expensive, and we want all seniors to be safe and warm. Contact ABCD at 617-357-6012, or for application assistance, call the Elderly Commission at 617-635-4366.

7. Seniors Save: Check out this proactive program that helps income-eligible seniors replace failing or inefficient heating systems by calling 617-635-HOME (4663).

8. Energy-Saving Products: Renew Boston is the City's residential energy efficiency program that connects residents in 1-4 unit homes with programs and incentives that help you save money and energy. This includes free services like a no-cost visit from a home energy specialist or accessing no-cost, energy-saving products like LED light bulb replacements. Learn more about these services at boston.gov/renew-boston or call 617-635-3850.

9. Water Bill Discount: Did you know you might be eligible for a 30% senior discount on the water portion of your Boston Water and Sewer bill? Find out if you are eligible by calling 617-989-7800. (See page 27 for an application form).

10. Water Conservation Kit: This free kit contains one low-flow showerhead, two faucet aerators, and two packs of dye tablets to test if your toilet is leaking, which wastes water and money. To order water conservation kits, call 617-989-7500.

11. Comcast Discount: In addition to the senior cable TV discounts, Comcast offers eligible Boston seniors an opportunity to purchase significantly discounted high-speed internet access. To learn more about the Internet Essentials Senior Pilot Program, please call 1-855-804-8010.

12. *Congregate Meals: Seniors and their spouses can share a meal with others at over 40 locations across the City. The suggested donation for these meals is \$2. For more information, call the Elderly Commission at 617-635-4366.

13. *Home-Delivered Meals: Seniors can access the home-delivered meals program, which delivers meals to seniors who cannot leave their homes because of illness, disability, or frailty. To express needs and to determine eligibility, call Boston ElderINFO at 617-242-6211.

14. SNAP Program: SNAP offers nutrition assistance to millions of eligible, low-income families and individuals. The Elderly Commission assists seniors with the application process and recertification. Call the main line of the Elderly Commission at 617-635-4366.

15. Two-Dollar-A-Bag Sites: Fair Foods' signature program provides large bags of mixed fresh produce for a suggested donation of just two dollars at designated locations around Boston. Learn more by calling 617-288-6185.

16. *Free Exercise classes on BNN: Check out our Boston Aging Strong exercise series on BNN. (See page 22 for the schedule).

17. Free Classes for Seniors at the Boston Public Library Locations: The Boston Public Library offers a full slate of literacy resources for learners and free enrichment classes throughout Boston. Learn more by visiting www.bpl.org or call 617-536-5400.

*“It's not how much you earn,
it's how much you save”*





3 Free Ways to Recycle this Spring

1. Free Surplus Paint and Used Motor Oil Drop-Off Recycling Program

Roxbury Public Works Yard drop off site: 280 Highland St., May 13 from 9am-1pm

Hyde Park Public Works Yard drop off site: 58 Dana Ave, June 17 from 9am-1pm

Brighton Public Works Yard drop off site: 315 Western Ave, July 15 from 9am-1pm

East Boston Public Works Yard drop off site: 320 East Eagle St., August 12 from 9am-1pm



Material Accepted: Boston Residents can drop off used motor oil, paints, exterior or interior, latex or oil, stains, varnish, polyurethane, and paint thinner. (20 container max).

Materials NOT Accepted: We can't take paint or motor oil from businesses. Please do not mix paints, no evaporated or empty cans. All items must be in original containers, labels must be legible and not open or leaking.

2. Free Household Electronics Recycling Event

South Boston Public Works Yard: 400 Frontage Rd.

Saturday, May 6 from 9am-2pm

Material Accepted: Boston Residents can drop off computers, LDC flat panel monitors, printers, networking equipment (switches, routers, servers, etc), batteries (for UPS, laptop, cell phones), audio/video equipment (VHS player, dvd player, stereo, etc), telephones (cellphone, office phones, etc), miscellaneous accessories (keyboards, mice, cables, wires, etc.), tablets, washer/dryers



Materials NOT Accepted: Televisions (all types), CRT monitors, all other household appliances (other than washers/dryers which will be accepted)

3. Free Clothing and Textiles Recycling Day

South Boston Public Works Yard 400 Frontage Rd., May 6 from 9-2pm

Material Accepted: Boston Residents can drop off pants, shorts, shirts, pajamas, t-shirts, jerseys, sweatshirts/pants, sweaters, jeans, dresses, skirts, coats, jackets, suits, scarves, undergarments, shoes (singles fine), flip flops, slippers, belts, ties, backpacks/book bags, hats, socks (singles fine), purses, comforters, sheets, blankets, pillows, pillow cases, curtains/draperies, table linens, stuffed animals. Old, used, good, bad and ugly accepted (broken zippers, missing buttons, stained all will be accepted)



Materials NOT Accepted: carpets, rugs, oil rags, mattresses, met or mildewed items

For more information please call (617) 635-4500 or "311" or visit cityofboston.gov/311



Finances, Medications & You

Have you noticed how expensive everything is costing these days?

A trip to the supermarket, the cleaners, shoes, gifts for the grandchildren and more importantly for those of us on fixed incomes, medications.

The cost of our medications and treatments costs so much more! According to the US Inflation Calculator, if in 2000 you purchased an item for \$20 then in 2017 that same item would cost \$28.29. The Cumulative note of inflation is 41.5%.

According to Pfizer Pharmaceutical Company, it takes 12 years and the cost of \$1.2 billion dollars to bring a new drug to the public. There is a lot of research, development and clinical trials that go on for us to get a new medicine!!

These are two reasons to explain why our medications costs so much more today than it did a few years ago. Many older adults live on fixed incomes with few assets to add to their income. Oftentimes, people are hesitant or too embarrassed to tell the doctor that he/she cannot afford a new expensive medication.



It is not unusual to hear that an older adult takes 10-12 pills, inhalers, special creams and over the counter medications, daily. Even the mail order prescriptions can add up.

Here are some unfortunate scenarios that happen when people can't afford their medication, and they should be avoided:

- Some people don't refill their medications as needed because they are too costly.
- They don't take their medications as ordered.
- Some people will skip a few doses.
- Sometimes prescriptions will not get filled.
- Some people take relative's similar medication (but it is often not the same dose).

Ultimately, the doctor doesn't understand why the patient is not responding to the medication. Also, there is an increase in patient problems (higher blood pressure, pain not resolved, infections, stroke, etc.). Sadly, unplanned admissions to the hospital or nursing homes happen as a result.

According to the American Academy of Pain Medicine:

- More than one half of Americans live with chronic or recurrent pain.
- The leading cause of recurrent or persistent pain affecting Americans are headache pain, back pain and neck pain.
- About 4 in 10 Americans say pain interferes with their mood, activities, sleep, ability to do work or enjoyment of life. Two-thirds report interference with any one of these.

Arthritis, diabetes, pain, cancer, plus the common high blood pressure, cholesterol, vitamin deficiencies, etc., make us aware of the cost of medications.

The opioid crisis has prevented many from asking the doctor for stronger pain medication. Chronic pain prevents you from being productive in your daily activities.

If you struggle to afford medication, let your doctor know and ask if you are getting the least expensive, generic brand.

Here are a few things you can ask your doctor:

- If he/she has samples in the office medicine cabinet.
- Can He/she refer you to an agency that can help you with your bills?
- What Drug store over the counter (OTC) house brand medicines are similar to the brand names.

As always, if you have any questions, ask your primary doctor and pharmacist.

Call the Elderly Commission's SHINE Counselors at 617-635-4366 for more information.



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Free ways to Uplift, Inspire & Lend a Hand!

By Tyissha Jones-Horner, Administrative *Director of Volunteer Programs at the Elderly Commission*

There are so many ways to make a difference in the world. Often it doesn't require you to spend money, but to give of your time. Seniorcorps volunteers engage with people residing in all neighborhoods of Boston. For example, through one of our volunteer programs, RSVP volunteers contributed 45,399 hours of service in 2016 alone, working to keep seniors actively engaged and living independently within their own communities along with offering support to our veterans and military families!

In the spirit of One Boston Day and National Volunteer Month, here are some ways to uplift, inspire and lend a hand in your community:



©Don Hamney

*"Thank you for all the
hard work you do."*

- Mayor Walsh

Get to know your neighbors

Provide companionship through hosting engaging activities that are designed to keep seniors actively engaged and connected within their own communities. Have fun with your new friend playing card games and board games, have coffee and provide a friendly ear.

Give a caregiver a much needed break

Provide respite for caregivers who are taking care of loved ones living with Alzheimer's and Dementia. Read them stories, or reminisce while jamming to music from the past.

Deliver food to seniors from area food pantry

Many seniors rely on food they receive from area food pantries but for some reason or another may be unable to carry heavy cumbersome packages on their own. You can help by delivering these packages to their home, all while connecting and building relationships with other people living in the neighborhood.

Some Volunteer Opportunities with the Elderly Commission include: RSVP, Senior Greeters, Senior Companions and Property Tax Work-Off. For more information, please contact Tyissha Jones-Horner at 617-635-1794 or email tyissha.jones-horner@boston.gov.



3 Tricks to Eat Well & Save Money

By Tara Hatala, *Director of Nutrition at the Elderly Commission and Registered Dietician*

Is eating healthy possible, especially on a budget? Of course it is!

Beyond putting on your BOGO goggles and shopping the sales, there are other clever ways to help you save money when it comes to preparing your meals.

Here are a few tricks to help you get started:

1. Batch cooking - with friends! When cooking for one, batch cooking, even if it's economical over time, may not appeal to many people. However, if you and a friend decide you are interested in eating more tossed salads, the cost per salad becomes very reasonable. You can share the cost as well as the preparation process by preparing several for the week. You save money, eat better and share social time together.

2. Stick to the basics. Canned beans, frozen vegetables, dried fruits and even eggs are versatile items that can be stored for longer than a week in a refrigerator. Simple whole foods are best and allow you to prepare them to your preferences. A breakfast of eggs on toast with avocado, a snack of peanut butter and raisins and lunch of black beans and microwaved sweet potatoes are all quick, nutritious food combinations.

3. Ditch the brand loyalty. Many popular brand-named companies co-pack for supermarkets and box stores. These are often the identical product sold at a lower price. That said, if a store-brand product that doesn't meet your taste preferences, don't buy it. You could end up wasting or tossing it and lose out on any potential savings.

Finally, think about how you shop. While your dollar may stretch further on some foods than others, consider what you're actually buying. Are you buying cheap, highly-processed foods which provide sufficient calories but few nutrients to maintain your health? Or, are you buying foods with higher amounts of protein, vitamins, minerals and fiber? These foods appear more expensive if you look at your grocery receipt only. However, the real cost comes at the detriment to your health. The poorer-quality foods may contribute to diabetes and heart disease instead of protecting against them. Happy eating!



Recipe - **Farfalle With Watercress, Cherry Tomatoes and Feta**

Ingredients:

- 8 ounces farfalle pasta
- 1 cup crumbled reduced-fat feta cheese
- 2 pints cherry tomatoes, halved
- 3 cups watercress leaves (from 2 small bunches)
- 1/4 teaspoon black pepper

Directions:

1. Cook pasta according to package directions.
2. Place the cheese in a large bowl; top with the watercress. Before draining the pasta, take 1/4 cup of the cooking water from the pot and pour it over the watercress. (Watercress will wilt slightly and cheese will get soft.)
3. Place the tomatoes in a colander. Drain the pasta over the tomatoes for a super-quick blanch.
4. Toss with the watercress and cheese; sprinkle with pepper and serve.

Nutrition Information: *PER SERVING:*
330 cal., 6 g total fat (3 g sat. fat), 56 g carb. (4 g fiber), 15 g pro
Carb Grams Per Serving: 56



Boston Aging Strong Series Schedule:

Comcast 9 | RCN 15

1st and 3rd Week of May:

Tuesday, 9 am: Strength
Wednesday, 9 am: Yoga
Thursday, 9 am: Tai Chi

2nd and 4th week of May:

Tuesday, 9 am: Balance
Wednesday, 9 am: Zumba
Thursday, 9 am: Bootcamp

Catch repeat episodes on
Saturdays at 9 am,
Sundays at 8:30 am, and
Mondays at 10:30 am!

The six Boston Aging Strong exercise classes are:

1) **Balance Exercises** including Fall Prevention Techniques with Athletic Trainer **Bryan Truscott**, and Physical Therapist **Cindy Benea** of **New England Baptist Hospital**

2) **Boot Camp** with Us Army Veteran **Rick Holahan** of **Troops for Fitness**. Rick works with the City of Boston Parks Department to provide free fitness programs to Boston residents of all ages.

3) **Strength Training** with **Vanessa Wilson Howard** of **Fit for a Lady**. Vanessa is the long time warm up and cool down leader at the Mayor's Walk and many other Elderly Commission fitness events.

4) **Yoga Pilates** also with **Vanessa Wilson Howard**

5) **Tai Chi** with **Master Hua Quan Liu** of the **Greater Boston Chinese Golden Age Center**

6) **Zumba** with **Gladys Grullon** and her **Seniors In Action**.



Alzheimer's Disease Center



Join the Boston University Alzheimer's Disease Center on Saturday, May 6th for a FREE Educational Event in the classroom kitchen of New England Center for Arts & Technology! RSVP Today!

12:00 PM – 3:00 PM

23 Bradston St, Boston, MA 02118

*Parking at the New England Center for Arts & Technology is available for all guests in the parking garage located at 23 Bradston St, Boston MA 02118.

*A Mediterranean Cooking Demonstration will be presented
& Refreshments will be served*

Presented By:

Dr. Robert Stern,

BUSM Professor of Neurology, Neurosurgery, and Anatomy & Neurobiology

Clinical Core Director, BU Alzheimer's Disease & Chronic Traumatic Encephalopathy Center



Dr. Maureen K. O'Connor,

BUSM Assistant Professor of Neurology

Outreach, Recruitment & Education Core Associate Director, BU Alzheimer's Disease Center

Director of Neuropsychology at the Bedford Veterans Hospital



Topics Include:

- Lifestyle Factors & Brain Health
- Current Understanding of Alzheimer's Disease
- Current & Future Research

**RESERVE YOUR SEAT by calling 857-364-2140
or RSVP online <http://bit.ly/2n1Lnjk>**

St. Patrick's Day Celebration

Thank you to the supporters of the 2017 St. Patrick's Day Celebration:

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April is Health Care Decisions Month



Jenny and her friend Kate



Peter and his son Jack



Emily and her sister Lise



Cathy and her husband Tom



Maggie and her neighbor Jean



Carol and her mother Pat

WHO'S YOUR AGENT?®

A Health Care Agent is your advocate with the power to step-in and make health care decisions when you are not able to make decisions yourself.

You can appoint an Agent in a **Health Care Proxy** and give your Agent instructions for the care you want in a Personal Directive (Living Will).

It's simple to do. **The Getting Started Tool Kit** has free documents and step-by-step instructions.

*For more information ask your Honoring Choices Partner
or go to **www.honoringchoicesmass.com***

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 Shannon Murphy at 617-635-4366.

You can also view our website online at www.cityofboston.gov/fire or visit the Boston Fire Department on Facebook.

Seniors Count

BNN-TV Channel 9

Boston Seniors Count Cable Television Show

Thursdays at 3:30pm
Repeated Sundays at 11:30am

For more information call
617-635-4366



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, call 617-635-4366.

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

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Sewer Commission**

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Boston, MA 02119



DISCOUNT APPLICATION

Homeowners who are 65 years of age and older, or **FULLY DISABLED** homeowners who LIVE IN a 1-4 family **RESIDENTIAL** dwelling, are eligible for a 30% discount on their monthly **WATER** charges. Sewer charges are not eligible for the discount.

Homeowners requesting an Elderly discount must provide proof of age, such as photocopies of a birth certificate, driver's license, or MBTA senior citizen ID card, or another form of ID that confirms your age eligibility.

Homeowners requesting a Disability discount must provide proof of FULL disability, such as a doctor's certificate, an award letter from Social Security or Veterans Administration, etc. The Commission defines "fully disabled" as being unable to engage in substantial, gainful activity because of a physical or mental impairment, which has lasted or will last at least 12 months.

Properties held in trust are eligible for the discount providing that the applicant is both a trustee and a beneficiary of the trust and submits a copy of the written trust instrument that has been recorded at the Registry of Deeds.

Changes affecting eligibility to receive any discount must be reported to the Commission.

Properties that are ineligible for the discount include commercial property, condo units, and non-qualifying trusts.

Name: _____ Account No _____ WD _____

Address: _____

Discount Type: ☐ **Elderly** (65 years or older) ☐ **Disability** (fully disabled)

Telephone: _____ Structure type: _____

Signature: _____ Date: _____

OFFICE USE ONLY*

Age Verification/Fully Disabled Verification

☐ Birth Certificate ☐ Driver's License ☐ Doctor's Certificate ☐ Social Security Award
☐ MBTA ☐ Other ☐ Veterans Administration

Trust/Life Estate Verification

☐ Copy of Trust Document ☐ Trustee and Beneficiary ☐ Life Estate

☐ Yes, source _____
☐ No

Property Classification: R-1 ☐ R-2 ☐ R-3 ☐ R-4 ☐ Other ☐

APPROVED: YES ☐ NO ☐ By: _____ Date: _____

Comments: _____

Data Entry Initials _____ Date _____



**See Inside...
for ways to give
back in Boston!**