

Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



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Mayor's Spotlight

Investing in Our Neighborhoods and You

This month, I am proud to put forth a budget for the City of Boston that will make Boston a better place to work, live, and age. At City Hall, we've created a plan for our City that will keep Boston financially sound, while making targeted investments towards achieving a thriving, healthy and innovative Boston. Boston's operating budget totals \$3.14 billion, which represents an increase of \$143.7 million (or about five percent) over last year's budget.

What does this mean for you, your friends and family? When we proposed the City's budget, we did so knowing many in our city rely on the services we provide, whether it's senior luncheons, homebuying workshops, recovery services or after-school programs for kids. We also funded projects to enhance our culture and identity such as increasing library services in neighborhoods and the Boston's Artist in Residence program, which brings art to unexpected corners throughout Boston. Our budget continues to invest in Boston's strongest asset: our people.

The City's budget is big — that's why I want to explain how it might affect you.

Here are a few highlights:



- To improve safety and expand access to our streets, Boston is launching a citywide, multi-year campaign to bring all crosswalks, lane markings and bike lanes into a good state of repair.
- The Boston Public Schools budget includes a projected \$40 million increase since last year, and a \$143 million increase since I took office. Investment in our children and our schools is key, and includes a groundbreaking \$14 million in additional investment to give 15,000 more students, from K-8, 120 hours of additional learning time, or the equivalent of 20 more school days per year.
- Imagine Boston 2030's Open Space goals includes investing in Parks and Open Space, which includes Franklin Park as a keystone park for the city, restoring Boston Common to its full vibrancy, and investing in local parks and playgrounds across the City.

It's our goal that our local improvements tie into our ultimate goal of improving the safety, accessibility and sustainability

of our city, while also making it an enjoyable and affordable place to live and work. The short and long term investments are intended to lift up our neighborhoods in ways that take into account the needs and wants of the community. With this budget, we're preparing our city for the next year, and the years forward.

What's the next step for the budget? In April, I submitted the City of Boston's budget to the Boston City Council, where your City Councilors will review the proposed budget. Once the budget is

approved, it will go into effect. This is the budget for fiscal year 2018, meaning the budget will take effect in July 2017, and run throughout the next 12 months.

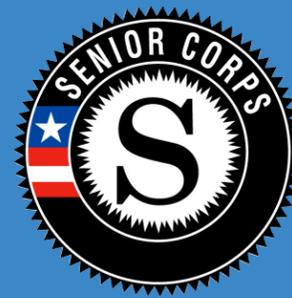
I hope you'll take a few minutes to look through the budget proposal, online at budget.boston.gov. I am proud to put forth a budget that makes strategic investments to support Boston's neighborhoods, and builds on our strong record of fiscal management. Together, I look forward to investing in our neighborhoods, and our people.



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



Celebrating Senior Corps Week May 16th-19th

In recognition of Senior Corps Week, the City of Boston's RSVP and Senior Companion program teamed up with Boston's ABCD Foster Grandparent program to host a Senior Resource and Wellness fair, welcoming seniors to engage with over 17 diverse organizations. For more information on joining a Senior Corps program, please contact Tyisha Jones-Horner, Administrative Director of Volunteer Programs, at 617-635-1794 or by email at Tyisha.Jones-Horner@boston.gov.

Intergenerational Model United Nations



On April 8, Age-Friendly representatives from Yarmouth and Boston participated in an Intergenerational Model UN at the Edward M. Kennedy Institute. The event was the second in a series of intergenerational Model UN events organized by Age-Friendly Yarmouth in partnership with the United Nations Association of Greater Boston.

Students from Dennis-Yarmouth Regional High School paired up with older adults from their community to address issues of aging around the world.

Representing India for the model UN, 16-year-old Ann Froes said, "I am a global thinker. I want to go to college for Global Relations, so when there are opportunities to participate in activities like this, I take them."

Her teammate for the day was retired elementary teacher, Gerry Bedard, 78. "This is the second time I have done this. The high school kids are fantastic. It has a positive effect on everyone. I remember teaching my students how a bill is passed. This makes it real."

Mayor Martin J. Walsh's

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Public Garden resident swans Romeo & Juliet are back!

Celebrating 141 Years of the Boston Swan Boats

Schedule:

Spring (April to June 20) - 10am to 4pm

Summer (June 21 to Labor Day) - 10am to 5pm

Price: Seniors - \$3.00

The Swan Boats are open every day, weather permitting. Doesn't operate in rain, high winds or extreme heat. For more information call 617-522-1966.

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Tuesday, May 16
Fallon Field
910 South Street, Roslindale
(with opening celebration)

Thursday, May 18
Iacono Playground
150 Readville Street, Hyde Park

Tuesday, May 23
A Street Park
135-141 A Street, Fort Point
(acceptance celebration)

Thursday, May 25
John Harvard Mall
29 Harvard Street, Charlestown
(with opening celebration)

Tuesday, May 30
Almont Park
40 Almont Street, Mattapan

Wednesday, May 31
Christopher Columbus Park
200 Atlantic Ave., North End

Friday, June 2
Paris Street Playground
115 Paris Street, East Boston

Tuesday, June 6
McConnell Park
30 Denny Street, Dorchester

Thursday, June 22
Lt. Edward Walsh and Firefighter
Michael Kennedy Tot Lot
369 LaGrange Street, West Roxbury

Wednesday, June 28
Medal of Honor Park
775 East First Street, South Boston
(with opening celebration)

Friday, June 30
Brighton Common
30 Chestnut Hill Ave, Allston/Brighton

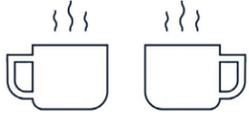
Friday, July 7
Mozart Street Playground
10 Mozart Street, Jamaica Plain

Tuesday, July 11
Marcella Playground
260 Highland Street, Roxbury

Thursday, July 13
Mother's Rest at Four Corners
410 Washington Street, Dorchester

Tuesday, July 18
Monsignor Reynolds Playground
5 Msgr. Reynolds Way, South End
(with opening celebration)

Thursday, July 20
Commonwealth Ave. Mall
Back Bay (Boston Woman's Memorial)
Between Gloucester St. and Fairfield St.



For more information and updates on possible weather cancellations, please contact the Boston Parks and Recreation Department at (617) 635-4505 or on Facebook or Twitter @bostonparksdept.

Doctor's Tips: LIVING YOUR BEST & HEALTHIEST LIFE AS YOU AGE

By: Nancy Cibotti, MD, Iora Primary Care

Getting older is an unavoidable part of living. We all know that to be healthy, eating right and staying active is a crucial part of the equation. But what else can we do to tip the scale in our favor in order to live our most healthy and enjoyable life? We are more than the sum of our eating and exercise habits. What can be learned from those who have done it well? Here are some insights from a recent study, as well as lessons I've learned from my patients over the past 25 years of practicing primary care.

- **Socialize:** A recent Harvard study showed that good relationships are they key to better health¹. Whether it's staying close with friends and family, or meeting new people, connecting with those around you is important at all stages of life. This is one of the reasons we offer group classes at Iora Primary Care.
- **Get Involved:** Volunteering is great ways to get involved in your local community and socialize (see above!). There are numerous opportunities at your local library, senior center, or food pantry and through the Elderly Commission. Consider teaching a class or baking for a local food drive. Whatever you do, getting involved is a great way to give back and meet new friends, while also improving your personal health.

- **Find a Way to Manage Stress:** Life can bring challenges at any stage of life and managing stress becomes increasingly more important as we face the trials of getting older. Trying new strategies for stress management can be helpful, such as yoga, meditation or a calming activity like coloring or walking. Experiment with a few techniques and find the way that works best for you. (See page 10 for stress relief tips).

- **Do What You Love:** Cultivating our passions enable us to continually test our minds and create joy in our everyday lives. Remember that there is no age limit to trying something new. Grandma Moses didn't start painting until she was 78!

- **Age Out Loud:** May marks Older Americans Month. This year's theme is Age Out Loud. It encourages older adults to share their wisdom, knowledge and unique stories with younger generations; don't be afraid to share the stories that make you, you. By sharing these stories you can encourage those around you to also live their happiest and healthiest lives as they age. (See stories on page 14).

Nancy Cibotti, MD, is a primary care provider at Iora Primary Care, a doctor's office dedicated to serving Medicare-eligible seniors 65+. To learn more, visit: www.ioraprimarycare.com/boston.

¹ Mineo L. Good genes are nice, but joy is better. Harvard Gazette. http://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/?utm_source=twitter&utm_medium=social&utm_campaign=hu-twitter-general. Published April 11, 2017. Accessed April 20, 2017.

Boston Fire Department

Free Elderly Fire Safety Program

Photo Electric Smoke Alarm and Carbon Monoxide Detector available for owner-occupied, single-family houses and 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.

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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TAKE TIME TO UNWIND...

Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is invaluable. It's healthy to relax, renew, and rejuvenate.

Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses—from headaches to stomach disorders to depression—and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

The Fight or Flight Response

The sympathetic stress response is a survival mechanism that is hardwired

into our nervous systems. This automatic response is necessary for mobilizing quick reflexes when there is imminent danger, such as swerving to avoid a car crash.

When you perceive a threat, stress hormones rush into your bloodstream—increasing heart rate, blood pressure, and glucose levels. Other hormones also suppress functions like digestion and the immune system, which is one of the reasons why chronic stress can leave you more vulnerable to illness.

Danger triggers the stress response. Unfortunately, so can work conflicts, concerns over debt, bad memories, or anxiety in general. Although one bad day at work won't compromise your health, weeks or months of stress can dampen your immune response and raise your risk for disease.

Continued from page 10

Combat Your Stress

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options.

- Recognize when you don't have control, and let it go.
- Don't get anxious about situations that you cannot change.
- Take control of your own reactions and focus your mind on something that makes you feel calm and in control. This may take some practice, but it pays off in peace of mind.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

Relax and Recharge

Be sure to carve out some time to relax and take care of yourself each day—

even just 10 to 15 minutes per day can improve your ability to handle life's stressors. Also, remember that exercise is an excellent stress reliever.

Everyone has different ways they like to relax and unwind. Here are a few ideas to get you started:

- Take a walk
- Read a book
- Go for a run
- Have a cup of tea
- Play a sport
- Spend time with a friend or loved one
- Meditate (learn how in the sidebar)
- Do yoga

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.

Source: Federal Occupational Health / www.foh.psc.gov



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10 SLEEP FACTS

By:
Tiffany M. Favers,
MSW, Area Agency on
Aging Director at the
Elderly Commission



Changes in sleeping patterns are a common part of getting older. Many seniors experience trouble falling asleep, or staying asleep for a variety of reasons, which often results in waking up feeling tired. But regardless of age, our sleep needs do not change. Adults should still aim to get 7-9 hours of sleep a night. Sleep has an impact on both our physical and emotional health.

A good night's sleep allows the body to rest and restore itself. This includes helping improve our concentration and memory as well as cell repair which helps us to fight disease. If you wake up feeling unrested everyday this could be a sign of a health problem.

It is important to recognize signs of insomnia and find ways to make adjustments to improve your sleep. As always, if you are concerned about changes in your sleep or health, be sure to talk to your primary care doctor. Here are some helpful tips to help you get a good night's sleep.



A good night's rest can impact many areas of your life. This is why it is so important to make sure you are resting well. If you aren't resting, consult with a doctor to try and investigate what could be wrong.



If you need to use sleep aids for a good night's sleep, make sure you follow the instructions very carefully. Ensure you have time for a full night's rest when you take them, so you'll be at your best the following day.



Medications that help you sleep at night can often last for more than 8 hours. This may put you at an increased risk for falls and lack of concentration and focus.



Nap time! If you are feeling tired during the day take a nap! This could also help to improve your sleep at night. An ideal nap is 15-45 minutes and the best time to take it is between 2-4 pm.



Stress, anxiety and depression can all cause insomnia. Meeting with a doctor or therapist can help to ease some of these concerns.



Sometimes a good night's sleep can be environmental. An ideal environment is dark and cool. But find what works best for you. Invest in a comfortable mattress and pillows that keep your head slightly elevated.



If your mind races with things you need to do before bed, consider keeping a notepad and a pen close to your bed. Write down any thoughts or ideas that you have and revisit them in the morning.



Be mindful of any late night eating before bed! Small light snacks are fine. Avoid caffeine and large or spicy meals. Alcohol before bed may disrupt your sleep. Minimize liquid before going to bed to limit trips to the bathroom.



Regular exercise during the day can help improve nighttime sleep.



Blue light emitted from electronic devices including cell phones and tablets has been shown to alter our body's natural circadian rhythm, which along with the secretion of the hormone serotonin, helps our bodies know when to get tired and go to sleep. Try putting down electronics an hour before you want to fall asleep to block this light. Reading before bed is a great alternative.



SENIORS OF BOSTON

At the Elderly Commission, we are capturing powerful moments with older adults. What is important to you? What advice would you give others?
What is the secret to a happy life?

In honor of **Older Americans Month** and **Share a Story Month**, we are launching our Seniors of Boston series, an ongoing effort to showcase the diversity of experiences from people we meet across the city.

Here are their stories.

“Take care of yourself. Pay attention to your family. Be kind. One regret I have is I wish I had spent less time working and more time with my kids.”

—Gilda, 65



“We met 10 years ago. I lived in Montreal and was visiting Boston. Along the way, I met Sarah, and we became friends. I moved to England to care for my mom. I brought her a postcard of the Zakim bridge. When she was in the hospital, she said, ‘One day, I’ll be well enough to see that bridge.’ She passed away two years ago yesterday, so Sarah and I went on a long walk across the bridge. We refer to it as **Milly’s Bridge now.**”

-Gillian, 61, with Sarah, 65



“We’ve been friends for 60 years. We met in Columbia Point. Our kids went to school together. Despite what people said about the area at that time, I enjoyed living there.”

—Florence “Flo”, 88 (l)



“I didn’t always go to church. My mom was a Deaconess. She passed away in 2009. Before she passed, my mom said she had a talk with God. He told her to leave me alone, and that I’d come around. Now I go to church every Sunday.”

-Robert, 59

“Bill and I have been together 28 years. My husband died 30 years ago. I was very sick afterward, and then I happened to meet Bill in J.P. one day. My sons loved him. Bill is a great. He’s easy to get along with. He is my right-hand man.”

-Karen “L.”, 74 (l) with Bill, 63 (r)



“We were told we were poor, but we didn’t realize it. If we ever needed anything, we would just knock on each other’s door. That’s the way our community worked. We all were close. We took care of each other.”

—Miriam, 92 (r)



“I was born in Damascus, Syria. It was a nice country. Highly-educated people. My husband was born in Jerusalem. He speaks Arabic, English, and German. I am worried about my daughter. She has a son and a girl. They still live in Syria. My granddaughter is studying to be a doctor. Two of her friends died. Bombs hit their car. Always, I think of her. I’m afraid she’ll be hurt by bombs. At night, I think about them. **They dream of coming here. I hope so.**”

-Afaf, 75

Arthritis Awareness

More than 50 million Americans live with arthritis, and it is America's #1 cause of disability. It can be exhausting, expensive and it can limit your lifestyle, job, activities and cause high anxiety and depression. In fact, nearly one-third of people with arthritis struggle with anxiety, and this can make arthritis harder to manage! Most of these medications are for long-term treatment, not just a week or two.

There are many different forms of arthritis. The most familiar ones are:

- **Osteoarthritis** - The most common form, it is often related to aging or an injury.
- **Autoimmune Arthritis** - This type happens when your body's immune system attacks healthy cells in your body by mistake. **Rheumatoid Arthritis** is the most common form.
- **Juvenile Arthritis** - This type happens in children.
- **Psoriatic Arthritis** - This type affects people with psoriasis.
- **Gout** - This is a painful type of

arthritis that happens when too much uric acid builds up in the body. It often starts in the big toe.

May is
Arthritis
Awareness
Month.

- **Infectious Arthritis** - An infection that has spread from another part of the body to the joint.

You may have already been diagnosed with arthritis by your doctor. You may want to ask for a referral to a rheumatologist, a specialist in arthritis.

These doctors have access to the best physical therapists, counselling, support groups, exercise programs, nutritionists or surgeons who specialize in arthritic repair surgeries.

If you are unable to pay for the expensive medications or your insurance company only pays a percentage, call the Elderly Commission at 617-635-4366 and ask to speak to a SHINE Counselor for assistance.

As always, for more information, speak to your primary care doctor.

Senior Arts and Smarts

By: Marcos Beleche, Poder Latino Codman Square

Older adults in the Codman Square neighborhood recently celebrated completion of the Spring 2017 Senior Arts and Smarts (SAS) course with a celebration that included food, fun, special guests, and storytelling.

Already in its third year, SAS is a collaboration between three local Codman Square stakeholders; the Codman Square Branch of The Boston Public Library, the Codman Square Neighborhood Development Corporation, and Poder Latino Codman Square.

Senior Arts and Smarts is an effort to provide unique programming for older adults using nontraditional approaches. Using an interactive approach, the project provides a space for participants to learn and share their knowledge around issues of importance to them as older adults, while also encouraging and supporting self-expression through a range of art forms. Most importantly, the SAS provides the space for participants to create new networks and have fun.

The idea for this cycle's art project builds on previous sessions where the primary purpose is facilitating expression of our cultural and life experiences, and creating art that helps to tell the story of who we are. This spring's course was titled "Dream It, Paint It." Our attempt was to use the self-portrait art form to tell our own stories and include in it aspects of our lives which we



value deeply. In doing so, we learned that this is not always an easy task. But the experience reconfirmed that we have so many talented individuals in our community and the importance of sharing our stories with our families, friends, and younger generations, which in this case included a class from the Lee Pilot School nearby.

Our efforts often simulated life itself, with ups and downs, and multiple needs to start over, all adding to our wealth of knowledge and understanding of ourselves. Judging from the comments on our program evaluations, we did quite well!

"I liked the people, the camaraderie... making friends. I also learned that if I just start, I can do it!"

"I liked the interaction with others and placing some of my life's experiences on a canvas."

"I liked that I was challenged, that there was time set aside for me, and being inspired to paint."

"I learned that I need more relaxing and less stress. It's OK to spend quiet time with myself."



MARATHON WOMAN:

Kathrine Switzer, senior marathon runner, repeated the race that thrust her into the national spotlight

Iconic athlete, sports and social advocate, author, and Emmy award-winning television commentator, Kathrine Switzer, now 70, was the first woman to officially enter and run the Boston Marathon. She has been honored widely for her achievements, most recently being inducted into the USA National Women's Hall of Fame for creating positive social change and her nonprofit the non-profit 261® Fearless, Inc. Get to know the woman who made history at the Boston Marathon.

Why did you want to run a marathon, and the Boston Marathon specifically?

I discovered early that running always made me feel powerful, free and fearless. The longer I ran, the stronger I felt, so the 26.2-mile distance intrigued me. The Boston Marathon, which was founded in 1896, was the most famous race in the world to me next to the Olympics. Yet unlike the Olympics, it was supposedly open to anyone who wanted to try to run. I felt thrilled by the prospect of running 26.2 miles in a race where supposedly anyone could run in the same race as the greatest runners in the world.

There was no other sports event like that!

Did you train for the race?

My coach didn't believe that a woman could do the marathon distance but promised to take me to Boston if I showed him in practice that I could do it. We trained hard and one day ran 31 miles, and he was amazed, exhausted, and also proud. True to his word he helped me enter the race.

Were you trying to prove anything or make a statement when you first ran the Boston Marathon in 1967?

No, I was just a kid who wanted to run, and was there as a reward from my coach who didn't believe that a woman could run the distance. I had heard that other women had run marathon distances and that one woman in 1966, Roberta Bingay Gibb, ran the Boston Marathon but without an official bib number, so I wasn't trying to break any barriers. It wasn't until a race official attacked me during the run did I become determined to finish and speak out on behalf of all women.

Why did the official chase you?

The official claimed the race was a men's only race and that I was not allowed to run. He was very angry that I had obtained an official bib number,

Why was the Boston Marathon a men's only race?

Nowadays, that is an interesting question, as there were no real rules in 1967 stating that the Marathon was for men only. Nor was there anything indicating gender on the entry form. But almost all sports were for men; women rarely participated. Most people assumed that women could not run the marathon distance and if they tried they would hurt themselves.

How did you enter the race if it was for men only?

First, there were no rules written saying it was a men's only race. Next, there was nothing about gender on the entry form. Third, my coach told me it was OK for me to enter and in fact I must enter the race properly for my run to count. Lastly, I sign my name with my initials, K.V. Switzer. So the officials probably thought K. stood for a man's name.

What do you think about when you run?

Only non-runners ask that question! Running is very creative; the mind is occupied with a million thoughts.

It is a very good time to shake off the stress of the day, get good thinking done and feel peaceful, and for me, take time to feel grateful for all life has given me. Running makes me free fearless, free, and grateful.



1967 Boston Marathon. Photo by: The Boston Herald.



Today, Kathrine at 70 years old. Photo by: Hagen Hopkins 2017

Content provided by Kathrine Switzer at www.kathrineswitzer.com

May is National Physical Fitness and Sports Month

May is National Physical Fitness and Sports Month. Why not use this designation as a motivating factor to either begin some type of exercise program or enhance an exercise routine that you have already established? Please remember, no matter your age, you can always maintain and even enhance your fitness with the intent of maintaining your independence and living longer, healthier lives.

Boston Aging Strong on BNN Live

The *Boston Aging Strong* series runs through June 25, however after June 25, the series will be available on the Elderly Commission's YouTube page. Please note that some *Boston Aging Strong* episodes require equipment, most of which are either household items or are available through medical professionals.

The six Boston Aging Strong exercise classes are (equipment needed listed):

1) **Balance Exercises** including Fall Prevention Techniques with Athletic

Trainer **Bryan Truscott**, and Physical Therapist **Cindy Benea** of **New England Baptist Hospital** (Full bath towel & straight kitchen type chair)

2) **Boot Camp** with Us Army Veteran **Rick Holahan** of **Troops for Fitness**. (Deck of cards & two 1 lb. hand weights or two cans of soup)

3) **Strength Training** with **Vanessa Wilson Howard** of **Fit for a Lady**. (Ball approximately 20" to 25" diameter, green rubber resistance band & mat)

4) **Yoga Pilates** also with **Vanessa Wilson Howard** (Yoga belt or men's tie/women cloth waist strap)

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**.

For exercise opportunities within the City of Boston, please call the Elderly Commission at 617-635-4168 or email Michael.mccolgan@boston.gov.

Attention Boston Aging Strong Viewers What Improvements Can Be Made?

You would do us a great service if you took a few minutes to answer **Three (3) questions** we have listed below regarding the **Boston Aging Strong on BNN Live Virtual Exercise Series**. Please answer these questions using one of these methods:

1) Complete and mail this page to:

Michael J. McColgan
Commission on Affairs of the Elderly Rm 271
Boston City Hall, Boston, MA 02201

2) Call and leave a message with your answers at 617-635-4168

3) Complete and fax this page to: 617-635-3213

4) Complete, scan and email this page to: Michael.mccolgan@boston.gov or

5) Complete on-line by going to boston.gov/departments/elderly-commission

Cut along dotted line and return bottom portion



Boston Aging Strong on BNN Live Evaluation Questions

Question 1: What improvements, if any, do you feel are needed for the Boston Aging Strong Series on BNN Live? Please specify if these improvements apply to specific episodes or to all episodes which include: Balance Exercises Including Fall Prevention, Boot Camp, Strength Training, Tai Chi, Yoga Pilates or Zumba.

Question 2: Please rate the episodes 1 to 6 with 1 being the most useful to you and 6 being the least useful to you: Balance Exercises Including Fall Prevention () Strength Training () Yoga Pilates () Boot Camp () Tai Chi () Zumba ()

Question 3: What other exercises, if any, would you add to the Boston Aging Strong Series on BNN Live series?

Boston Aging Strong Series Schedule:

Comcast 9 | RCN 15

1st and 3rd Week of June:

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

2nd and 4th week of June:

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

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

BOSTON HOME CENTER SPRING EXP

BOSTON HOME CENTER

www.bostonhomecenter.com 617.635.HOME (4663)



Saturday, May 20, 9am-1pm
 Madison Park Technical Vocational High School
 75 Malcolm X Blvd, Roxbury, MA 02120 → TAKE THE 

*Learn everything you need to know
 about Homeownership!*

Free Classes! ★ Register at bostonhomecenter.com

Homebuying 100:
9:15 AM – 10:45 AM
 For anyone thinking about buying a home - learn about the pros and cons of homeownership.

Strategic Money Management Plan:
11:15 AM – 12:45 PM
 Get answers to help you make the right decisions to manage your finances.

Financial Assistance Workshop:
9:00 AM, 10:30 AM and 11:30 AM
 Learn about the City's Down payment assistance program, MHP ONE Mortgage and MassHousing products.

DIY or Hire a Home Repair Contractor?
9:30 AM - 10:30 AM
 Learn tips on when to do it yourself and when to hire a contractor for home repairs.

Boston Home Repair Funding Programs:
10:45 AM - 11:45 AM
 Learn about the City's Home Repair assistance programs.

Healthy Homes:
10:00 AM - 11:00 AM
 What to Look for (Lead, Asbestos, Mold)

Participating Partners:




City of Boston
 Mayor Martin J. Walsh



NEIGHBORHOOD
 DEVELOPMENT



Your kids want to leave home. Your parents want to stay there.

**Boston Medical Center HealthNet Plan's
 Senior Care Options.**
**A plan to keep seniors with MassHealth Healthy,
 independent, and in their own homes.**
Here is where healthy happens.

We care about here.



BOSTON MEDICAL CENTER
HEALTHNet PLAN
 SENIOR CARE OPTIONS
www.SeniorsGetMore.org

Spring Fling

Thank you to our Silver Petal sponsor



&

a special thank you to the Irish Social Club of Boston



Spring Fling





"I'VE BEEN CUTTING HAIR
FOR THE PAST 50 YEARS.
PEOPLE WILL TELL YOU A
LOT. IF I WERE TO GIVE
ADVICE TO MY YOUNGER
SELF, I'D SAY, 'DON'T
SAY ANYTHING.
JUST LISTEN.'
I NEVER GIVE ADVICE IN
MY WORK. IT'S MY RULE."

—JOHN, 73

See more stories
inside from our
Seniors of Boston series!