



# Boston Seniority

*Elderly Commission*

**Martin J. Walsh, Mayor of Boston**



**FREE**

**Summer 2017  
Volume 41  
Issue 7**

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**Check out our website at**  
**[www.boston.gov/elderly](http://www.boston.gov/elderly)**

**Go on Facebook to find out what's going on at**  
**The Elderly Commission**  
**[www.facebook.com/BostonElderlyCommission](http://www.facebook.com/BostonElderlyCommission)**

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## *Boston Seniority*

**Volume 41 Number 7**

**Published by the City of Boston**

*Commission on Affairs of the Elderly*

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**Printed by Flagship Press Inc.**

**Boston Seniority is supported in**  
**part by The Executive Office**  
**of Elder Affairs.**



# Mayor's Spotlight

## **Mayor Martin J. Walsh and the Elderly Commission Partner with the Alzheimer's Association for "Longest Day" Awareness Event**



Mayor Martin J. Walsh, the Commission on Affairs of the Elderly and the Alzheimer's Association MA/NH chapter came together to mark The Longest Day, an annual awareness event held on the longest day of the year to honor those facing Alzheimer's and their caregivers.

"I know the way Alzheimer's affects families, when you lose loved ones twice," said Mayor Martin J. Walsh. "I am proud to stand here today to recognize those with Alzheimer's and their caregivers. We are going to embrace and support our seniors no matter what challenges they face."

In 2014, it was estimated that 10,000 Bostonians were struggling with Alzheimer's disease and other dementias. That same year, Mayor Walsh and the Commission on Affairs of the Elderly launched the Boston Alzheimer's Initiative. Since that time, in partnership with the Alzheimer's Association, all first-responders across the city have been trained to recognize the signs of dementia. The initiative also launched Memory Cafes, which are places where

individuals experiencing memory loss and their caretakers can meet in a safe, social environment and access support and resources.

"I brought my mother to Grove Hall [Senior Center], and the Memory Cafe was the best thing we could have ever wished for," said Yvonne, a Boston resident and caregiver to her mother, Ms. Ella Young. "It's brought my mother back."

Dementia was an important theme in the City's first Age-Friendly Action Plan, launched last month. The City has committed to training front-facing staff in order to provide Age and Dementia-Friendly customer service, in partnership with the Alzheimer's Association.

"Our vision is a world without Alzheimer's disease," said Jim Wessler, president and CEO of the Alzheimer's Association, Massachusetts/New Hampshire Chapter. "We know that the best and brightest minds in the city of Boston share that vision—from the researchers working tirelessly towards a cure, to the civic leaders who fuel the Boston Alzheimer's Initiative of the Elderly Commission. We are grateful for this partnership with Mayor Walsh to raise awareness and support the thousands of people in the community impacted by this disease."

City Hall was lit in purple in honor of those impacted by Alzheimer's disease.



# BOSTON SENIORITY

*Celebrating*  
*40 Years*  
*this Year*  
*in Print*

Send us a Birthday message or a digital photo of you holding *Boston Seniority* magazine for a chance to be featured in a future issue!

Submissions can be made via email  
at [bostonseniority@boston.gov](mailto:bostonseniority@boston.gov) or by mailing  
Commission on Affairs of the Elderly  
Attention: Martha Rios  
One City Hall Square, Room 271  
Boston, MA 02201

**\*Any hardcopy materials sent to us will not be returned**



Members from the KINnections Grandparent/Kinship Family Program at the Massachusetts Society for the Prevention of Cruelty to Children (MSPCC) spent Saturday June 3rd volunteering at Cradles to Crayons (C2C) in Brighton. Eighteen adults and seven children joined a larger corp of volunteers in a day of service. Cradles to Crayons provides children from birth through age 12, living in homeless or low-income situations, with the essential items they need to thrive-at home, at school and at play. The KINnections Program has long been a distribution partner with Cradles to Crayons. On June 3rd, the families learned first-hand about the work of this award winning non-profit.

Spending a day at C2C is unlike any other volunteer opportunity. KINnections members were warmly welcomed by

staff and mingled with other volunteers until our work began. A young, energetic staff member shared with us the unique model of Cradles to Crayons. C2C collects new and nearly new children's items through grassroots community drives and corporate donations. These donations are then processed and packaged by volunteers. These packages become Kid

Packs. The Kid Packs are then distributed to children across the Commonwealth through a collaborative network of social service agencies and school partners. KINnections member Donna Walker shared her reflections of volunteering

stating that "it is amazing to see how much good I am doing in a few short hours."

*For more information on KINnections please contact Deanna Forist at 617-983-5850 or by email at [dforist@mspcc.org](mailto:dforist@mspcc.org). Please visit the MSPCC website @ [www.mspcc.org](http://www.mspcc.org)*





## It's HIP to Eat Well: The Healthy Incentive Program

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

*“Let food be thy medicine and medicine thy food.” – Hippocrates*

It's no secret you are what you eat. Or that by eating well, one is more likely to avoid certain symptoms and diseases. Such is the case behind the food is medicine initiative. Good nutrition supports healthy aging which aids independence. Unfortunately, many people believe eating healthy is expensive. Fortunately, there is a **new** program available to Supplemental Nutrition Assistance Program (SNAP) recipients to reduce that barrier!

The Healthy Incentive Program (HIP) is a Statewide program available to all SNAP recipients and replaces the Bounty Bucks program in the City of Boston. Of the approximately 760,000 individuals receiving SNAP, nearly 20% of them are 60 years of age or older.

While the minimum monthly SNAP benefit is \$16, the average household benefit is \$216.15 or \$7.04 per day. SNAP recipients

are automatically enrolled in HIP; and once enrolled, you're always enrolled! HIP funds are equal to SNAP benefits but capped depending on household size. There are three tiers: \$40 for 1-2 people, \$60 for 3-5 people and \$80 for 6 or more people in a household. Unlike SNAP, your unused HIP benefits roll over monthly.

Remember: **You spend SNAP to earn HIP.** You earn HIP by spending SNAP dollars on HIP-eligible foods\* at Farmers Markets, Farm Stands, Mobile Markets or on CSA farm shares. With your first purchase, your HIP balance is listed on your receipt! You can immediately turn around and spend the HIP dollars at that same location. HIP dollars can be spent on **any** SNAP-eligible foods **and** at any SNAP vendor. (Ideally you should first spend SNAP at one of the four types of locations mentioned earlier so you have access to HIP as early as possible.)

### How it works:

If you have \$16 in SNAP you are eligible for the min \$40 in HIP for the month.

**1.** Spend your full \$16 SNAP at a Farmers' Market. Your SNAP balance becomes \$0 but you automatically earn \$16 in HIP.



# Cornmeal-Crusted Veggies

## Ingredients:

- 2 eggs
- ¼ cup milk
- 1 cup cornmeal
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- 8 ounces green beans\*, stemmed

## \*Variations:

Zucchini wedges

Bell pepper strips

Cooked winter squash wedges

Cauliflower florets

Broccoli florets

Whole okra

Carrot or parsnip sticks

Asparagus, whole if very thin

## Directions:

1. Preheat the oven to 450°F.

2. Grease a baking sheet with a little oil or butter.

3. Spread the flour on a plate. Crack both eggs into a bowl, add the milk and beat lightly with a fork. On another plate, spread the cornmeal, salt, black pepper, paprika and garlic powder, and mix.

4. A few at a time, dredge the green beans or other vegetables in the egg mixture. Coat the bean lightly with the egg, being careful to shake off any excess. Then transfer to the cornmeal mixture and coat them evenly.

5. Spread the veggies on the baking sheet. Repeat until you've done them all. If you run out of any of the three mixtures, just mix up a bit more.

6. Bake for 10-15 minutes, until golden and crispy. Enjoy hot with your favorite dipping sauce.

**Source:** Good and Cheap: Eat Well on \$4/Day by Leanne Brown

## Continued from page 6

2. Next, spend your \$16 in HIP and you earn another \$16 HIP.

3. Spend that \$16 - earn \$8.

An equal amount of money — up to your monthly limit — is instantly added back to your EBT card. Your receipt will show the amount of additional SNAP dollars you've earned.

HIP is available year round. To find a HIP location near you, visit [www.mass.gov/hip](http://www.mass.gov/hip) for a directory or call Project Bread's

## Find a local Farmers Market near you on page 8

FoodSource Hotline at 800-645-8333 or look for the HIP logo.

*\*Examples of HIP-eligible foods: ALL fresh whole or cut fruits and vegetables, SNAP-eligible seeds and plants intended for cultivation and consumption (e.g., tomato seeds or tomato plants), white potatoes, dried beans, fresh herbs, nuts, applesauce, pickled vegetables or fruits (e.g., includes sauerkraut, lacto-fermented products, and pickles) and fruit leather (i.e., natural fruit roll-ups)*

WE WELCOME  
Aceptamos  
Chúng tôi chấp nhận  
Nou pran  
Nu ta aceita  
мы принимаем  
我们欢迎

# SNAP & Healthy Incentives Program (HIP)

## **Ashmont/Peabody Square Farmers Market**

1900 Dorchester Ave, Dorchester  
Peabody Square, Ashmont MBTA Station  
Friday, 3PM-7PM  
June 23 - October 13 ●

## **Boston Medical Center Farmers Market**

725 Albany St, South End  
Inside the Shapiro Ambulatory  
Care Center at BMC  
Thursday, 12PM-3PM  
July 13- October 26 ●

## **Boston Public Market**

100 Hanover St, Downtown  
Haymarket T Station  
Monday – Sunday  
8AM-8PM  
Year- Round Indoor Market ●

## **Bowdoin Geneva Farm Stand**

230 Bowdoin St, Dorchester  
Bowdoin Street Health Center  
Thursday, 1PM- 5PM  
June 29 – October 26

## **Charlestown Farmers Market**

Austin St & Main St, Charlestown  
Across the street from BPL  
Wednesday, 2PM-7PM  
June 21- October 25 ●

## **Social Saturdays at the Codman Square Farmers Market**

360 Talbot Ave, Dorchester  
Codman Square Park  
Saturday, 10AM-1PM  
June 23- September 30

## **Copley Square Farmers Market**

139 St. James Ave, Back Bay  
Tuesday & Friday, 11AM- 6PM  
May 12-November 23 ●

## **Boston Public Market at Dewey Square**

Dewey Square Plaza, South Station Tuesday  
& Thursday, 11 AM- 6PM  
May 16- November 21 ●

## **Dot House Health Farmers Market**

1342 Dorchester Ave, Dorchester  
Tuesday, 11:30AM- 2:00PM  
July 11- October 10 ●

## **Dudley Town Common**

Corner of Blue Hill Ave & Dudley St, Roxbury  
Thursday, 3PM-7PM  
June 15- October 26 ●

## **East Boston Farmers Market**

209 Sumner St, East Boston  
Behind Maverick T Station, Lewis Mall  
Wednesday, 3PM- 6:30PM  
July 5- October 18 ●

## **Egleston Farmers Market**

29-31 Germania St, Jamaica Plain  
Across from Sam Adams Brewery Saturday,  
10AM- 2PM  
May 6- February 17

## **Fields Corner Farmers Market**

Park St & Dorchester Ave., Dorchester Fields  
Corner Shopping Center  
Saturday, 9AM- 12 PM  
July 15- October 28 ●

## **Boston Public Market at Grove Hall**

48 Geneva Ave, Grove Hall  
Across the Street from BCYS & the Library  
Wednesday, 2PM-6PM  
July 12- October 19 ●

## **Jamaica Plain Farmers Market**

667 Center St, Jamaica Plain  
Bank of America Parking Lot  
Tuesday, 12PM-5PM  
Saturday, 12PM-3PM  
May 5- November 25

## **Mattapan Square Farmers Market**

525 River St, Mattapan  
Church of Holy Spirit parking lot  
Saturday, 11AM-1PM  
July 8- October 14 ●

## **Mission Hill Farmers Market: Brigham Circle**

Huntington Ave & Francis St, Mission Hill  
Across from Brigham & Women's Hospital  
Thursday, 11AM-6PM  
June 20- November 21 ●

## **Mission Hill Farmers Market: Roxbury Crossing**

Tremont St & Columbus Ave, Mission Hill  
Roxbury Crossing T Station  
Tuesday & Friday, 11AM- 7PM  
June 20- November 21 ●

## **ISBCC Farmers Market- Nubia**

100 Malcolm X Blvd, Roxbury  
Across the street from Roxbury Crossing Station  
Friday 1PM-5PM  
July 14- October 13

## **Oak Square Farmers Market**

640 Washington St, Brighton  
Presentation School Foundation Parking Lot  
Wednesday, 4PM-7PM  
June 7 –September 27 ●

## **Revision Urban Farm Stand**

1062 Blue Hill Ave, Dorchester  
Corner of Blue Hill Ave & Arbutus St  
Friday 3PM-7PM  
July 14- October 13 ●

## **Roslindale Village Farmers Market**

Adams Park, Washington St, Roslindale  
Roslindale Square  
Saturday 9AM – 1:30PM  
June 3- November 18 ●

## **South Boston Farmers Market**

446 West Broadway, South Boston  
W. Broadway Municipal Parking Lot  
Monday, 12PM-6PM  
June 5- October 28 ●

● WIC & Senior Farmers Market Nutrition  
Program coupons welcomed at this market



## 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 617-343-3337 or contact Shannon Murphy at 617-635-3989.

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



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

## 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.

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!*

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[CITYHALLGREETER@BOSTON.GOV](mailto:CITYHALLGREETER@BOSTON.GOV)

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at 1/2 Price

- Buy 2 books each month-



Call 617-635-4366 to find a location near you.

## MOUNT PLEASANT HOME



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617.522.7600 301 South Huntington Ave, Jamaica Plain, MA  
[www.MountPleasantHome.org](http://www.MountPleasantHome.org)

## Heat-Related Health Concerns: Be Prepared

Summer has arrived in Boston. One day the temperature is 60 degrees and the next day it could be 95 degrees with high humidity!

Our body normally cools itself by perspiring (sweating). During hot weather, especially with high humidity, sweating isn't enough. Your body temperature can rise to a dangerous level. A heat emergency can happen at any time. Being in the sun is a frequent cause but there are days when just sitting outside on a very humid day can cause heat-related health issues.

### Heat-related illnesses have different categories:

- **Heatstroke** is a life-threatening illness. The body temperature may rise above 106 degrees in only a few minutes. Symptoms include dry skin, rapid, strong pulse and dizziness.
- **Heat Exhaustion** is an illness that can come before a heatstroke. Symptoms include heavy sweating, rapid breathing and a fast, weak pulse.

- **Heat Cramps** are muscle pains or spasms that happen during heavy exercise.

- **Heat Rash** occurs when skin is irritated from excessive sweating.

### You are more likely to feel the effects if:

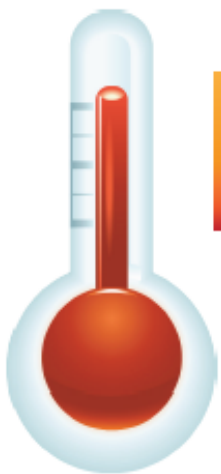
- You are not used to high temperatures or high humidity.
- You are an older adult or child.
- You are overweight.
- You are recuperating from surgery or a serious illness.

### The following factors may make you more prone to a heat emergency:

- Drinking alcohol.
- Dehydration
- Heart Disease
- Certain medicines.
- Sweat gland problems.
- Wearing too many layers of clothing.

Call 911 if you or someone you know is experiencing a heat-related emergency.





# BEAT THE HEAT:

## Extreme Heat

Heat related deaths are preventable

### WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

### WHO:



Children



Older adults

More males than females are affected



Outside workers



People with disabilities

### WHERE:



Houses with little to no AC



Construction worksites



Cars

### HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear light-weight, light colored, loose fitting clothes



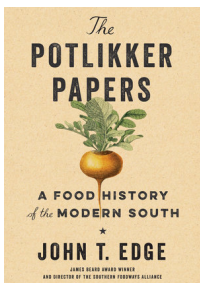
For more information on ways to beat the heat please visit:  
[www.cdc.gov/extremeheat](http://www.cdc.gov/extremeheat)

# Kathy's Summer Reads

By Kathleen O'Connor



Ahhh, the Summer Solstice!  
Head for your hammock and a lazy read...



John Edge maps a history of Southern cooking to coinciding sociopolitical events.

***The Potlikker Papers: A Food History of the Modern South*** illustrates

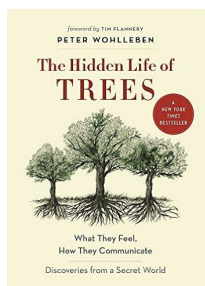
through snapshots of chefs, restaurants, politicians, celebrities, and race-based relationships. One such vignette showcases Mississippian Craig Claiborne, cookbook author and food journalist for the New York Times. Claiborne's journalism helped lead

to recognition for, among others, Paul Prudhomme, who, in turn, not only backed Cajun cuisine, but also successfully promoted the use of locally grown, fresh produce in restaurants. Appetizing history lessons!

Forester Peter Wohlleben once viewed trees as a source of lumber. When he began to work with tourists, fielding their questions prompted him to study vegetation with a deeper curiosity.

In his forward to ***The Hidden Life***



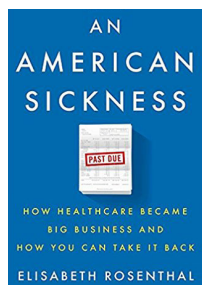


of *Trees*, scientist/conservationist Tim Flannery hints at what Wohlleben discovered: "...the most astonishing thing about trees is how social they are, (relying on a)

'wood wide web' that allows the sharing of an enormous amount of information and goods..."

In *An American Sickness: How U.S. Healthcare Became Big Business*,

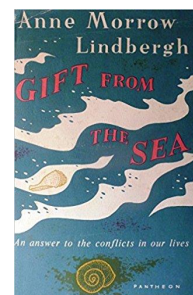
Elizabeth Rosenthal cuts to the chase with "economic rules of the dysfunctional medical market". For example, "a lifetime of treatment is preferable to a cure." "So," she continues, "you're a pharmaceutical manufacturer and you have a problem like diabetes...if I invented a pill tomorrow that would cure diabetes, that would kill a multi-billion dollar business market. It's far better to have treatments."



## Kathy's Picks...

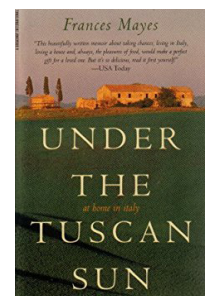
### Gift from the Sea

In this sixty-plus year-old classic, Anne Morrow Lindbergh shares musings on youth and age, love and marriage, peace, solitude and contentment, offering readers an inspired vision of inner strength and openness to life in all its patterns.



### Under the Tuscan Sun

Frances Mayes's memoir of buying, renovating and settling into an abandoned villa on the outskirts of Cortona, Italy, offers vivid snapshots of what she calls "the voluptuousness of Italian life."



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[@AgingInBos](#)





# Boston Summer

Summertime in Boston is made up of equal parts nostalgia and newness. Children splash in fountains and balance tall ice cream cones. Visitors take tours of historic sites led by guides in colonial dress. The warm breeze carries the smell of the sea and the sounds of live music on the street. There's plenty to do this summer in Beantown. Explore the following pages to find out how you can make the most of the season.



# Free Boston Events

## Mayor's Summer Concerts

*These concerts are held on City Hall Plaza. For more information, call 617-635-4505 or visit [www.boston.gov](http://www.boston.gov).*

**Event:** Caliente!

**Description:** Latin music, art, and dance.

**Date:** Saturday, July 22

**Time:** 7pm-9pm

**Event:** GospelFest

**Description:** New England's largest Gospel music celebration.

**Date:** Sunday, August 6

**Time:** 5pm-8pm

**Event:** Dorothy Curran Concert Series

**Description:** Boston's longest-running outdoor concert series.

**Date:** Wednesdays, August 16, 23, 30

**Time:** 7pm

**Event:** Mayor Walsh's Movie Nights

**Location:** Boston Parks

**Date:** Through August at dusk

**Contact Info:** 617-635-4505

**Event:** The Boston Parks Summer Fitness Series

**Description:** Free fitness classes.

**Location:** Neighborhood parks

**Date:** Through August

**Contact Info:** 617-534-2355 or visit [www.boston.gov/parks](http://www.boston.gov/parks)

**Event:** Line Dancing

**Description:** Free and open to everyone who can or cannot dance!

**Location:** William J. Devine Golf Clubhouse, Franklin Park

**Date:** Wednesdays, through August

**Time:** 6:30pm

**Contact Info:** 617-442-4141

**Event:** Adult Coloring Hour

**Description:** An hour of coloring to help you destress and unwind. Art supplies and coloring pages will be supplied.

**Location:** Central Library in Copley Square, Mezzanine Conference Room 2

**Date:** Saturday, August 12

**Time:** 2:30-3:30pm

**Contact Info:** 617-536-5400



**Event:** Tour the State House

**Description:** Tours last approximately 30-45 minutes.

**Location:** The State House, 24 Beacon St.

**Date:** Weekdays year round

**Time:** 10am-3:30pm

**Contact Info:** 617-727-3676

**Event:** Ride the Swan Boats

**Description:** A ride around the Public Garden Lagoon.

**Location:** Boston Public Garden

**Date:** June 21-Labor Day

**Time:** 10am-5pm

**Contact Info:** 617-522-1966

**Event:** SoWa Open Market

**Description:** Features a Farmer's and Arts Market, as well as a food truck bazaar.

**Location:** 460 Harrison Ave

**Date:** Every Saturday and Sunday (April 29-October 29)

**Time:** 10am-4pm

**Contact Info:** [www.sowaboston.com](http://www.sowaboston.com)

**Event:** Yoga for Seniors

**Description:** Low -impact yoga.

**Location:** West End Branch of BPL

**Date:** Tuesdays, July 25 and August 22

**Time:** 2:35pm-3:35pm

**Contact Info:** 617-523-3957

**Event:** Yoga at the Frog Pond

**Description:** Vinyasa yoga provides a space for all to challenge themselves, release stress, expand energy, and tap into the beauty of trees, grass, and water found at Boston's most historic

park. Participants should come prepared with their own mats.

**Location:** Boston Common Frog Pond

**Date:** Thursdays until August 31

**Time:** 6pm-7:15pm

**Contact Info:** 617-635-2120

**Event:** Troops for Fitness

**Description:** Free fitness activities instructed by military veterans.

**Location:** Boston parks and community centers citywide.

**Contact Info:** Visit [www.boston.gov/parks](http://www.boston.gov/parks) or call (617) 961-3047.

# Free/Low-Cost Activities



# Educational Events

**Event:** Summer Art Studio

**Description:** Making art through drawing, painting, and crafting.

**Location:** Charlestown Branch of BPL

**Date:** Fridays, July 21 and August 11

**Time:** 2-4pm

**Contact Info:** 617-242-1248

**Event:** John F. Kennedy Library & Museum (*Free Fun Friday*)

**Description:** Browse Media Galleries, archives, and watch Kennedy's historic Inaugural Address.

**Location:** Columbia Point

**Date:** Friday, July 28

**Time:** 9am-5pm

**Contact Info:** 617-514-1600

**Event:** Isabella Stewart Gardner Museum (*Free Fun Friday*)

**Description:** Art supplies and coloring pages will be supplied.

**Location:** Central Library in Copley Square

Mezzanine Conference Room 2

**Date:** Saturday, August 12

**Time:** 2:30-3:30pm

**Contact Info:** 617-536-5400

**Event:** Coit Observatory at BU

**Description:** Observe the night sky through telescopes and binoculars.

**Location:** 725 Commonwealth Ave

**Date:** Wednesdays

**Time:** 8:30pm

**Contact Info:** 617-353-2630

**Event:** Boston GreenFest

**Description:** Grassroots effort to educate the Boston public about sustainability, conservation, and more.

**Location:** City Hall Plaza and Faneuil Hall

**Date:** Friday-Sunday, August 11-13

**Time:** 12pm-6pm, the Main Stage remains open until 10pm on Friday and Saturday

**Contact Info:** [www.bostongreenfest.org](http://www.bostongreenfest.org); call 617-477-4840.

**Event:** Drop In Knitting

**Description:** Drop in to knit.

**Location:** West Roxbury Branch of BPL

**Date:** Tuesday, August 15

**Time:** 3:30-5:30pm

**Contact Info:** 617-325-3147

***"Never stop learning because life never stops teaching."***



**1. Hammond Castle (*Gloucester*)**

978-283-2080

[www.hammondcastle.org](http://www.hammondcastle.org)

**2. Garden in the Woods (*Framingham*)**

508.877.7630

[www.newfs.org](http://www.newfs.org)

**3. Worcester Art Museum (*Worcester*)**

508.799.4406

[www.worcesterart.org](http://www.worcesterart.org)

**4. Shelbourne Falls Trolley Museum (*Shelburne Falls*)**

413-625-9443

[www.sftm.org](http://www.sftm.org)

**5. The Butterfly Place (*Westford*)**

978-392-0955

[www.butterflyplace-ma.com](http://www.butterflyplace-ma.com)

***5 Nearby Excursions....***



# Never Stop Exploring

*Sometimes, the best adventures are  
in your own backyard.*

By Marin Sklan for the Commission on Affair of the Elderly



## *Castle Island*

For many Boston residents, daily life can occasionally feel like a blur of T stops, scaffolding, and the persistent orange of construction signs. Perhaps this is because Boston, in a sense, is a city constantly reinventing itself. And of course, this push towards modernization makes Boston such a source of cultural, technological, and artistic intrigue. But for those of us seeking fresh air and an unencumbered skyline, it is easy to forget that Boston is also home to one of the oldest, most pristine sources of rest and relaxation: Castle Island. Although this fortress was not designed with leisure in mind, today Castle Island has become something of an oasis for city-dwellers. Nested between the Boston harbor and Dorchester Bay, Castle Island affords beautiful views of the peninsula, while offering visitors a humbling reminder of both the city's origins and timelessness.

*"The purpose of life is to live it, to taste it, to experience to the utmost, to reach out eagerly and without fear for newer and richer experience."*

*— Eleanor Roosevelt*

# See the sights:

## *Fort Independence*



On Saturdays and Sundays, from 12pm - 3:30pm, Fort Independence opens its doors to the public. Visitors can walk the

pentagon, and learn

about the fort's role in the Revolutionary, Civil, Spanish-American, and most recent World Wars. The elevation is also perfect for watching arrivals and departures at Boston Logan, located directly across the harbor. Weekday visitors can picnic in the shade of this granite bastion, or follow the many paths that lead to the McCorkle Fishing Pier and Pleasure Bay.

## *Head Island*



At the outermost point of the causeway, this small island is a wonderful scenic lookout. Visitors can sit under the gazebo and watch as the ships island hop, or

join one of the many local fishermen and try their luck on the pier.

## *Pleasure Bay*



Bordered by a two mile causeway, Pleasure Bay boasts three beaches, and beautiful views of the harbor. Two of these beaches are located down the hill from

Fort Independence, between Sullivan's and the park greenway. The other stretch of sand is directly across the water, in the South End's City Point. On any given day, the bay is bustling with families, swimmers, kite surfers, windsurfers, and paddle boarders. For those less inclined to watersports, the shore is a perfect place for afternoon picnics, and walks along the boardwalk.

## *Sullivan's*



Since 1951, Sullivan's has become an essential part of Castle Island culture. Open from February to November, this stand serves up delicious

Northeastern classics, seafood, and Boston history. From their Tall Ship celebrations, to founder Dan Sullivan's infamous November cocktails, this shack turned foodie hub is truly a taste of Americana.



# Best of Boston's and other ways to beat the heat!

A visit to the beach can reinvigorate the soul. Bostonians are lucky to have several beaches right in the city, as well as City pools!

- **East Boston:**  
Constitution Beach
- **Dorchester:**  
Savin Hill Beach  
Malibu Beach
- **South Boston:**  
L Street Beach  
M Street Beach  
Carson Beach  
Pleasure Bay Beach

## *Fast Facts:*

- Looking for other ways to stay cool this summer? The City has 17 pools and spray features.
- Community centers become cooling centers during a heat emergency. Anyone can swim in our pools or cool off inside with air conditioning.
- Visit [www.boston.gov](http://www.boston.gov) for more information.





# Beaches



*"At the beach, life is different. Time doesn't move hour to hour but mood to moment. We live by the currents, plan by the tides and follow the sun." - Sandy Gingras*





## Mother's Day Luncheon at Veronica B. Smith Senior Center



## Charlestown Pride Week

Photos by  
Jeremiah Robinson



## Congratulations!

Greater Boston Chinese Golden Age Center presented Commissioner Emily K. Shea with a Community Service Award for her outstanding loyalty, support and advocacy to Boston's Chinese-speaking Asian seniors and caregivers and to all of Boston's Seniors and their families.





# Franklin Field Community Center renamed in honor of the late Juanda Drumgold of Dorchester

Photos by Jeremiah Robinson



**LGBT  
Celebration  
at Venezia  
with Ethos**  
*Silver Sponsor*  
**BMC HealthNet Plan**







# ***Boston Seniority*** **Magazine wants to hear from you!**

This year, our magazine is turning 40 years old! (*See page 4 for ways to help us celebrate*). Share your opinions with us to make *Boston Seniority* even better. We will publish the results in a future issue.

**Complete this survey by Sept. 1 and you will be entered for a chance to win a \$40 grocery gift card!**

## **3 Easy Steps to Complete This Survey:**

1. Tear out the survey.
2. Write directly on the paper.
3. Mail it to us at:

Commission on Affairs of the Elderly  
Attention: Martha Rios  
1 City Hall Square, Room 271  
Boston, MA 02201

# ***Boston Seniority Survey 2017***

1. What neighborhood do you live in? \_\_\_\_\_

2. What is your phone number? \_\_\_\_\_

3. How do you get your news and information? Check all that apply.

\_\_\_\_ TV    \_\_\_\_ Radio    \_\_\_\_ Social Media/Online    \_\_\_\_ Print (newspapers/magazines)

4. How easy is it to get a copy of Boston Seniority magazine? Check one.

- ☐ Very easy.
- ☐ Somewhat easy.
- ☐ Neutral.
- ☐ Somewhat difficult.
- ☐ Very difficult.

5. How helpful are the articles in Boston Seniority magazine? Check one.

- ☐ Very helpful.
- ☐ Helpful.
- ☐ Neutral.
- ☐ Unhelpful.
- ☐ Very unhelpful.

6. How would you rate the quality of Boston Seniority magazine? Check one.

- ☐ Very high quality
- ☐ High quality
- ☐ Neutral.
- ☐ Low quality
- ☐ Very low quality

7. In your own words, what do you like most about Boston Seniority magazine?

8. In your own words, how would you improve Boston Seniority magazine?

9. How likely is it that you would recommend Boston Seniority magazine to a friend?  
(Circle)

*Not likely*    1    2    3    4    5    6    7    8    9    10    *Very Likely*

10. Check all the changes you would be interested in seeing:

- |  |                                    |
|--|------------------------------------|
| ____ More information about resources.   | ____ Important City phone numbers. |
| ____ Different paper that is not glossy. | ____ More articles.                |
| ____ More photos.                        | ____ More advertisements.          |
| ____ Less photos.                        | ____ Less advertisements.          |





# Hello Summer



**Mayor Martin J. Walsh and the  
Elderly Commission wish you a safe  
and eventful summer!**

***Check out our  
Summer Guide inside...***