

Boston Seniority

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



AGE-FRIENDLY ACHIEVEMENTS

p. 16-23

Summer Issue

Summer 2018
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Free Publication



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p. 4



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On the Cover:

Our cover stars are ladies from all over Boston, including Helaine Simmonds, 82, from the South End, Marchelle Raynor, 71, from Roxbury, and Juanita Johnson, 73, from Jamaica Plain.

When asked about aging in the city, Marchelle said, "It's always fun to be active in the city of Boston!" To see what they are reading, turn to pages 16 - 23.



Boston Seniority

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Main number: (617) 635-4366



Website: www.boston.gov/elderly



Facebook: @BostonElderlyCommission



Twitter: @AgingInBos

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

Email us at
BostonSeniority@boston.gov

From the Mayor's Desk

Age-Friendly Boston Achievements

From the beginning, our age-friendly work has always centered around you. We went to every corner of our city asking residents what we can do to make Boston a more age-friendly place.



Together, we launched our comprehensive Age-Friendly Action Plan in 2017, which addressed your concerns and ideas. One year later, I am proud of the progress we have made on our age-friendly work. Our first year of action planning has been filled with important accomplishments that will make Boston a better place for everyone to age well and live well.

I want to share some of the things we have achieved together in the past year. (See more on pages 16-23).

- We launched our interactive restrooms map of all city-owned public restrooms at www.boston.gov/restrooms. You can call 311 to ask them where your nearest public restroom. This resource makes everyone feel more comfortable travelling around the city.
- We created an Employment Guide with current workforce training programs and career development opportunities for older workers. Included as an action item, the Elderly Commission committed to identifying and addressing the barriers to employment for people over 50 in our city.
- And we have just kicked off a front-facing City staff training to educate employees on the unique needs of older adults, including those with dementia.

These are just a few of the exciting projects we have tackled to support you and make living and aging in Boston even better.

For all updates, visit www.boston.gov/age-friendly

Sincerely,

-Mayor Martin J. Walsh



► Reading Challenge

This Summer, Can Boston Read One Million Minutes?

This summer, from June 1 to August 31, the Boston Public Library is challenging the city to read one million minutes!

How can you join?

Read – Books, poetry, magazines, news – it all counts. You can even listen to audiobooks, story times, or author readings. We've got lots of ideas on our website at www.bpl.org.

Report – Report your minutes read each week online or at any BPL location. Attend a read-in at the BPL to make your minutes count double.

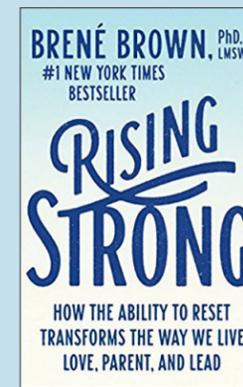
Recommend – Follow Boston's progress on our website, encourage friends and family to join, and tell us what you're reading on social media with #BostonReads2018.

Summer reading is for everybody, whether you read at the beach or on your commute to work. Adults may fill in a Bingo card, available at all BPL locations, or by downloading and printing the card with what you read, did, or discovered through Friday, September 7. Drop your completed card off by closing time on Friday, September

7 at any BPL location, or post a picture of the card to Instagram or Twitter using the following handles and tags: @bplboston #BostonReads.

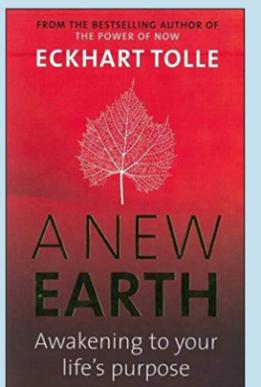
Happy Reading, Boston!

Kathy's Summer Picks:



We avoid life's fumbles and failures like poison. In **Rising Strong**, Brené Brown recasts these "f" words as fuel for personal transformation – and helps us mine the gold in our falls.

Eckhart Tolle's A New Earth is about cultivating ego-defying objectivity and perspective, and seeing that "nonresistance, nonjudgement, and nonattachment are the three aspects of true freedom and enlightened living."



Beat the Heat this Summer: Safety Tips

We want all Boston residents to enjoy a safe summer! Follow these tips to stay cool and hydrated.

- **Heat Exhaustion** is an illness that can come before a heatstroke. Symptoms include heavy sweating, rapid breathing and a fast, weak pulse.
- **Heatstroke** is a life-threatening illness. The body temperature may rise above 106 degrees in only a few minutes. Symptoms include dry skin, rapid, strong pulse and dizziness.
- Adults and children should use sunscreen containing an SPF-15 or higher and wear protective, loose fitting clothing, including long sleeve shirts and hats.
- **WARNING:** If your doctor limits the amount of fluid you drink or has you on water pills, ask how much you should drink when it's hot.
- Infants, children, people age 65 and older, and the homeless are at greater risk for heat-related illness. Other high risk people are those who are physically ill or who take certain medications.

Did you know?

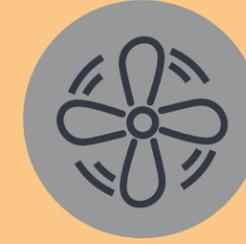
Anyone can swim in one of the City's 18 pools, or cool off inside with air conditioning at a cooling center.



Drink plenty of fluids. Avoid caffeine, alcohol, and drinks with sugar.



Avoid hot drinks or hot & heavy foods.



Seek indoor cooling centers.



Take cool baths or showers.



Wear loose, light colored & light weight clothing.



Use a Buddy System.



Avoid using a hot stove or oven.



Watch for signs of heat stroke (fatigue, headaches, nausea).



If you experience signs of heat stroke, call 911.

For more information about staying safe in the heat go to:

City of Boston
www.boston.gov/heat

Experiencing a health emergency, call 911

Summer Happenings: Ways to Fill Your Calendar

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

JULY
15
Castle Island and Fort Independence Tours
Time: 12:00 pm - 3:30 pm
Location: 2010 Day Blvd., South Boston
Contact Info: DCR's Castle Island, 617-727-5290

JULY
17
Ray Greene
Time: 6:00 pm - 10:00 pm
Location: Boston Harbor Hotel, 70 Rowes Wharf
Contact Info: Boston Harbor Hotel, www.bhh.com

JULY
18
ParkARTS Neighborhood Concert: The Woo Factor
Time: 7:00 pm - 8:30 pm
Location: Walker Playground, 550 Norfolk St., Mattapan
Contact Info: 617-635-4505

JULY
19
Free Summer Yoga
Time: 6:00 pm
Location: Boston Common by the Frog Pond Carousel, Beacon Hill
Contact Info: 617-635-2120

JULY
19
Richard III, Shakespeare on the Common
Time: 8:00 pm
Location: Parkman Bandstand, Boston Common, Tremont St. & Winter St.
Contact Info: CSC, 617-426-0863

JULY
20
Free Fun Fridays: Museum of Fine Arts
Time: 10:00 am
Location: 465 Huntington Ave
Contact Info: mfa 617-267-9300

JULY
21
11th Annual Caliente!
Time: 7:00 pm - 9:00 pm
Location: City Hall Plaza 1 City Hall Square, Boston
Contact Info: Mayor's Office of Tourism, Sports, and Entertainment, 617-635-3911

JULY
25
Dorothy Curran Concert Strictly Sinatra f. Michael Dutra
Time: 7:00 pm
Location: City Hall Plaza 1 City Hall Square, Boston
Contact Info: Marybeth Kelly, 617-635-3959

JULY
26
Free Summer Yoga
Time: 6:00 pm
Location: Boston Common by the Frog Pond Carousel, Beacon Hill
Contact Info: 617-635-2120

JULY
28
Puerto Rican Festival of MA
Time: 6:00 pm
Location: City Hall Plaza 1 City Hall Square, Boston
Contact Info: www.puertoricanfestivalofma.org

JULY
29
Richard III, Shakespeare on the Common
Time: 8:00 pm
Location: Parkman Bandstand, Boston Common, Tremont St. & Winter St.
Contact Info: CSC, 617-426-0863

JULY
31
Sweet Tooth & The Sugar Babies Band
Time: 6:00 pm - 10:00 pm
Location: Boston Harbor Hotel, 70 Rowes Wharf
Contact Info: Boston Harbor Hotel, www.bhh.com

"Summer afternoon. To me, those have always been the two most beautiful words in the English language." -Henry James



See more summer events on the next page.

► Events + Activities Continued

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

"I love how summer just wraps its arms around you like a warm blanket." -Kellie Elmore

August 1
Dorothy Curran Concert
Disco Night f. the Stardust
Time: 7:00 pm
Location: City Hall Plaza
1 City Hall Square, Boston
Contact Info: Boston Parks & Recreation Dept, 617-635-4505

August 3
Free Fun Fridays: Franklin Park Zoo
Time: 10:00 am
Location: 1 Franklin Park Road, Dorchester
Contact Info: Franklin Park Zoo, 617-541-5466

August 9
Free Summer Yoga
Time: 6:00 pm
Location: Boston Common by the Frog Pond Carousel, Beacon Hill
Contact Info: 617-635-2120

August 22
Dorothy Curran Concert
The Trampps
Time: 7:00 pm
Location: City Hall Plaza
1 City Hall Square, Boston
Contact Info: Marybeth Kelly, 617-635-3959

August 2
ICA Free Thursday
Time: 5:00 pm - 9:00 pm
Location: 25 Harbor Shore Drive, Boston
Contact Info: ICA, 617-478-3100

August 6
Summer Sundays in the Park: Boston Landmarks Orchestra
Time: 5:00 pm
Location: Pine Bank Park
345 Jamaica Way, Jamaica Plain
Contact Info: Parks and Recreation, 617-635-4505

August 12
18th Annual GospelFest Music Festival
Time: 5:00 pm - 8:00 pm
Location: City Hall Plaza
1 City Hall Square, Boston
Contact Info: Mayor's Office of Tourism, Sports, and Entertainment, 617-635-3911

August 23
East Boston Summer Block Party
Time: 5:00 pm - 7:00 pm
Location: BCYF Paris St. Community Center, 112 Paris St., East Boston
Contact Info: 617-635-5125

August 3
Mattapan Summer Block Party
Time: 5:00 pm - 7:00 pm
Location: BCYF Mildred Avenue Community Center, 5 Mildred Ave, Mattapan
Contact Info: 617-635-1328

August 8
ParkARTS Neighborhood Concert: Navy Band Northeast Protocol Combo
Time: 7:00 pm - 8:30 pm
Location: Winthrop Square
55 Winthrop St., Mattapan
Contact Info: 617-635-4505

August 15
Dorothy Curran Concert
Charlie Thomas' Drifters
Time: 7:00 pm
Location: City Hall Plaza
1 City Hall Square, Boston
Contact Info: Marybeth Kelly, 617-635-3959

August 25
Boston Jazz Fest
Time: 12:00 pm - 7:00 pm
Location: South Boston Maritime Park in the Seaport
Contact Info: Boss~Ten Productions, 617-615-6361



Farmers Markets

Locations + Summer Schedule

▶ Ashmont Farmers Market

1900 Dorchester Ave, Dorchester
Ashmont Station, Peabody Square
Fri, 3 - 7 pm

▶ Boston Public Market

100 Hanover St, Downtown
Haymarket T Stop
Daily 8 am - 8 pm

▶ Boston Public Market at Dewey Square

600 Atlantic Ave, Downtown
South Station T stop
Tues & Thur, 11:30 am - 6:30 pm

▶ Boston Public Market at Seaport

60 Seaport Blvd, Seaport
Courthouse Silver Line Stop
Wed, 11:30 am - 6:30 pm

▶ Bowdoin Geneva Farm Stand

230 Bowdoin Street, Dorchester
Bowdoin Street Health Center parking lot
Thur, 1 - 5 pm

▶ Brigham Circle Farmers Market

Tremont and Francis Streets, Mission Hill
Brigham Circle
Thur, 11 am - 6 pm

▶ Charlestown Farmers Market

Corner of Main and Austin St.
Bunker Hill Orange Line Stop
Wed, 2 - 7 pm

▶ Codman Square Farmers Market Social Saturdays

360 Talbot Ave, Dorchester
Corner of Washington and Talbot Ave
Sat, 11 am - 2pm

▶ Copley Square Farmers Market

560 Boylston St, Back Bay
Tues and Fri, 11 am - 6pm

▶ DotHouse Health

1353 Dorchester Avenue, Dorchester
Fields Corner T
Tues, 11:30 am - 1:30 pm

▶ Dudley Town Common Farmers Market

1 Blue Hill Ave, Dudley
Thur, 3 - 7pm

▶ East Boston Farmers Market

Across from Liberty Plaza at 200 Border St
Wed, 3 - 6:30 pm

▶ Egleston Farmers Market

31 Germania Street
Next to the Sam Adams Brewery
Sat, 10 am - 2pm

▶ Fields Corner Farmers Market

Park St and Dorchester Ave, Dorchester
Fields Corner Shopping Mall
Sat, 9 am - 12 noon

▶ Fresh Truck Mobile Market

Go to www.freshtruck.org/schedule/
for updated schedule

▶ Greenway Market

Intersection of East Boston Greenway
and Gove Street, East Boston
Sat, 10 am - 3pm / Sun, 10 am - 3pm

▶ Jamaica Plain

677 Centre St
Bank of America @ Myrtle St
Tues and Sat, 12 noon - 5pm

▶ Mattapan Square Farmers Market

City Municipal Parking Lot # 14
Corner of Cummins Highway & Fairway St
Sat, 10 am - 1pm

▶ NUBIA/ BMC Market

725 Albany St, South End
Thur, 12 noon - 3 pm

▶ NUBIA Farmers Market

100 Malcolm X Blvd, Roxbury Crossing
Roxbury Crossing T
Fri, 12 noon - 3pm

▶ Oak Square Farmers Market

640 Washington Street, Brighton
Wed, 4 - 7pm

▶ Revision Urban Farm Stand

1062 Blue Hill Ave, Franklin Field
Across from Roxbury Center for the
Performing Arts
Fri, 12 noon - 3pm

▶ Roslindale Village Farmers Market

Adams Park, Roslindale
Roslindale Commuter Rail
Sat 9am - 1:30 pm

▶ Roxbury Crossing Farmers Market

Roxbury Crossing T Station
Tues and Fri, 12 noon to 7pm

▶ South Boston Farmers Market

446 West Broadway, South Boston
By Bank of America
Mon, 12 noon - 6pm

▶ Trustees Mobile Market

Go to www.thetrustees.org/places-to-visit/csa/mobile/ for updated schedule

▶ Upham's Corner Farmers Market

559 Columbia Rd, Dorchester
Uphams Corner Health Center
Alternating Wed, 3 - 7pm

The Savers: Clipping Coupons, Preserving Memories, and Holding Each Other Up

This excerpt is from a story originally published in Boston Seniority in 2010.

By Cassandra Baptista, Communications Director at the Elderly Commission

After their plans changed, they found each other. Jean Brennan, 95, had just given up driving when she was matched with senior companion, Myrtle Smith, 62. Smith had recently lost her husband. They both had a void and leaned on each other.

“I feel she and I are soul-mates,” Brennan says. “Life was dull before, but now my life has come alive. She came at a very crucial time.”

They fall easily into their old routine, each taking up residence in a comfortable chair and talking about “everything”—including the latest deals. “We go through the weekly flyers and compare prices,” Smith says. Brennan adds, “She’s the best coupon-saver I know.”

Brennan comes from a traditional Italian family and Smith from a large family in Mississippi. Despite their age and cultural differences, they both say they have similar upbringings; most noticeably, they have admiration for their strong mothers. “There was a lot of love,” Brennan says. “We never went hungry. There was always enough food for another person because you never know who might show up.” Smith nods as though recounting her own history.

Smith, who was a medical escort, went on vacation to Boston 42 years ago and never left. Through a series of happenstance encounters, she met and fell

in love with her husband. “When we met, my body trembled,” she says. “My heart trembled. If anyone had told me at 54 I’d be a widow... I thought we were going to be side-by-side forever.”

The room is filled with collected trinkets and heirlooms. The main attraction is unquestionably Brennan’s 1938 Hope Chest. Hand-carved, the chest has embroidered sheets, photographs and her wedding dress. Brennan, too, was widowed young and had to look for a part-time job only 12 days after her husband’s death.

Their personal struggles have given them unique insight and advice. Smith says, “Each year that comes, cherish the memories. I’ve been living off sweet memories for nine years.” They have plans to put Brennan’s photographs into albums. For now, they hardly break from their conversation. “We’ll do it next time,” Brennan says, as they choose to make new memories instead.



The Answer to Clear and Easy Phone Conversations

If you have difficulty using a standard telephone, MassRelay has the solution you’ve been looking for. Whether you are deaf, hard of hearing, deaf-blind or have difficulty speaking, there is a free and confidential relay service that will fit your need.

Captioned Telephone (CapTel®) lets you speak to friends and family over the phone and listen to their responses, while reading word-for-word captions on an easy-to-read screen.

Text Telephone (TTY) lets you type your side of the conversation and read the other person’s responses.

Speech-to-Speech (STS) features a specially trained Operator who will revoice your words as needed for improved clarity while you speak and listen through the phone.

Hearing Carry Over (HCO) lets you listen to your phone conversation and type your responses for an Operator to voice to the other person.

Voice Carry Over (VCO) lets you speak to friends and family and read their responses on the phone’s screen.

Deaf-Blind Service (DBS) allows you to type your messages and read the other person’s responses on a braille display.

Spanish Relay features a Spanish-speaking Operator trained to relay your conversation in any call type.

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To learn more about MassRelay, visit Mass.gov/MassRelay or call us: 800.720.3480 (TTY) | 800.720.3479 (Voice)

Interested in becoming a Senior Companion? Call (617) 635-4366

AGE-FRIENDLY BOSTON

Year 1 Achievements

The past year has been filled with age-friendly achievements in Boston, and none of them would be possible without your insights. You raised your voices, shared your concerns, and brainstormed solutions.

Those conversations resulted in our Age-Friendly Boston Action Plan. Now, one year into the three year plan, we are excited to share our progress with you because when we make our cities age-friendly, everyone benefits.

Sincerely

-Your Editors



📄 CIVIC ENGAGEMENT AND EMPLOYMENT

ACCOMPLISHMENTS:

- In collaboration with the UMass Boston Center for Social and Demographic Research on Aging, Operation A.B.L.E. and the Mayor's Office of Workforce Development, we examined the barriers to employment for older workers, and created an Employment Guide detailing the current workforce training programs and career development opportunities for older workers.

- Some people told us they do not always know how to engage with elected leaders to influence change. In response, we launched the Age-Friendly Boston "Civic Academy," a five session course where residents of diverse backgrounds and neighborhoods of the city came together to learn about municipal, state, and federal policy and how to become effective advocates for issues that affect them.

📢 COMMUNICATION AND INFORMATION

ACCOMPLISHMENTS:

- As the face of communication in the digital age is rapidly changing, we have developed our first strategic Communications Plan to serve as a roadmap for messaging across all channels, including traditional and new media. We are paying particular attention to strengthening audience engagement and lifting up Boston's rich diversity of cultures and languages and the unique character of each neighborhood.

- To leverage data to advance equity within Boston, the City has implemented the use of simultaneous interpretation service (language line) within the 311 constituent center. From March 2017 to April 2018 there has been 125% growth in the number of calls and a 375% increase in the number of minutes.

“We are committed to making Boston the best place to live and age well.”

—MAYOR MARTIN J. WALSH

+ COMMUNITY SUPPORTS AND HEALTH SERVICES

ACCOMPLISHMENTS:

Dementia:

- Over the last year, we reached 2,000 residents with resources about dementia and Alzheimer's disease through collaborative events such as the Meeting of the Minds, Dementia Friends training, Conversations on Dementia, Memory Screenings, and the Longest Day. Mayor Walsh has served as the Honorary Chair of the Walk to End Alzheimer's for the past three years and will be the chair again in 2018. We have reached our goal of co-hosting three memory cafes around the city, where participants enjoy activities such as art classes, tracing family trees, film screenings, etc.

Social Isolation:

- Since we know the vast majority of older residents belong to faith-based organizations, we are building relationships with churches, mosques, and synagogues with the goal of supporting isolated seniors. The first step has been to include Elderly Commission programs and services in printed bulletins of over 80 different faith-based organizations.
- We know 38% of older residents live alone and social isolation brings many additional health risks. We have formed a social isolation coalition with city depart-

ments and community organizations in order to identify ways to intervene earlier before a resident is in crisis. We have created an online referral form to be used by the coalition and a database for tracking and targeted assistance.

Food Access:

- The Office of Food Access created a food resource map with farmers market, meal sites, food pantries, senior meal sites, SNAP Application Assistance, and affordable fruit and vegetable sources. We are promoting these maps widely through our senior partners, direct engagement, and at events. When people see them, they often say, "Wow, I didn't know that resource was right down the street!"
- In a series called "Eat to Be Well," we conducted 15 nutrition education classes in five neighborhoods, reaching 120 older adults. The March 2018 issue of *Boston Seniority* magazine highlighted nutrition resources.
- We assessed current grocery store runs provided by the Senior Shuttle and are expanding access, focusing on areas of the city where fresh fruit and vegetables are less accessible or less affordable.





🏠 HOUSING

ACCOMPLISHMENTS:

- The Mayor proposed and the City Council approved an increase for the work-off credit maximum for the City's Senior Property Tax Work-Off Program from \$1000 to \$1500 for 2018.
- In collaboration with the Mayor's Housing Innovation Lab and Nesterly, we launched the "Homeshare" pilot program, matching older homeowners with rooms to rent with people who need an affordable room to rent such as graduate students or other older adults. The goal is to triple the number of matches made during the pilot by September 2018.

- As part of the City's continued effort to prevent displacement, we are working with the Mayor's Housing Innovation Lab in the promotion of the Accessory Dwelling Unit pilot program.
- We launched a campaign to increase the use of the underutilized state program the Senior Circuit Breaker Tax Credit.
- We convened a workshop in Dorchester to share information about the "Village" model, an organization of residents who help one another with resources and community support so people can age in place.

☀️ OUTDOOR SPACES AND BUILDINGS

ACCOMPLISHMENTS:

- In partnership with the Boston Society of Landscape Architects and Design for Aging, we have developed a set of Age- and Dementia-Friendly design recommendations for new or renovated city parks and green space. In partnership with the Department of Parks and Recreation, we increased coordination between the Elderly Commission and Boston Parks to bring more older adults into the community outreach process.

- We created a calendar promoting 311 that went out to 15,500 people across the City and distributed 311 information cards at community events and meetings.
- Working with the City's IT team, DoIT, we created an interactive map of current public restrooms operated by the City of Boston. For residents without a smartphone, call takers at 311 will be able to use the map to locate the closest public restroom for the caller.

♥ RESPECT AND SOCIAL INCLUSION

ACCOMPLISHMENTS:

- We developed a front-facing City staff training to educate employees on the unique needs of older adults, including those with dementia.

The training will help empower City employees in their interactions with older adults, and help older adults receive improved service at City Hall. Training will begin in June 2018.

🗨️ SOCIAL PARTICIPATION

ACCOMPLISHMENTS:

- An Age-Friendly walking group was added to Boston Public Health Commission's Summer Fitness Series. A total of four classes in the series are focused on senior health.

- Boston Artists-in-Residents documented oral histories of residents and taught Japanese culture at Grove Hall Senior Center and BCYF Curtis Hall.

🚗 TRANSPORTATION

ACCOMPLISHMENTS:

- To help older adults learn ways to access public and private transportation options, we have launched "Bus Buddies," a volunteer program to help residents navigate transportation options. Each bus buddy and older adult will ride the transit system together and afterwards, discuss the trip.
- The Elderly Commission launched a partnership with the MBTA to expand access to the Senior CharlieCard.
- We are modernizing the Senior Shuttle, which includes the purchase of four new accessible vehicles. 66% of our fleet is now wheelchair accessible. We also secured funding from the city and the state for new scheduling software.
- We expanded the use of audible crosswalk signals and longer walk times, particularly in

senior-dense neighborhoods. Between March 2017 and March 2018, 48 crosswalks have been made audible.

- In partnership with WalkBoston and many other city departments, we completed "walk audits" in Mattapan Square, East Boston and the South End. Older adults were involved in all of the walks, assessing quality of sidewalks, length of crosswalk time, safety, and availability of benches.
- As part of the Vision Zero task force, we elevated senior safety concerns with the Transportation Department.
- The purchase of additional benches has been earmarked in the Mayor's recommended 2019 budget. We will work to determine the best locations for these benches within the two pilot neighborhoods and beyond while paying close attention to bench equity across the city.

WE HEARD:

"Thank you for making us feel important."

– BOSTON RESIDENT

"I am delighted about this restroom map. It will allow us seniors to navigate the city more freely without fear!"

– BOSTON RESIDENT

"I am very hopeful as a senior living in Boston about the direction of the Age-Friendly Action Plan."

– BOSTON RESIDENT

IN CONCLUSION...

Boston is a vibrant city because of the diversity of cultures, perspectives and ages. We will continue to lift up the needs of the older community in the years to come, recognizing that when we do, people of every age benefit and are lifted up too. And we will continue to grow and benefit from the experience and knowledge of our older residents. Their contributions strengthen our neighborhoods and add value to residents of all ages.

We look forward to continuing our work with our partner agencies as we focus on year 2 of our action plan implementation.

To learn about our Age-Friendly projects, visit www.boston.gov/age-friendly or call 617-635-4366.

Here's How We Can Help

We are focused on setting the City's direction for successful aging. We recently launched Boston's Age-Friendly Action Plan, which will serve as a guide in ensuring policies, programs, services and structures are in place to enable older adults to age well. The Commission is also dedicated to improving older Bostonians' lives by providing direct services and connecting you to important benefits and programs.

Did you know?

Senior Citizen's Day is on August 21.

Housing:



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

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

Access to Information and Benefits:



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

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

Transportation:



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

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

Volunteer Opportunities:

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

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



Alzheimer's and Caregiver Support:

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

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



Outreach and Engagement:

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



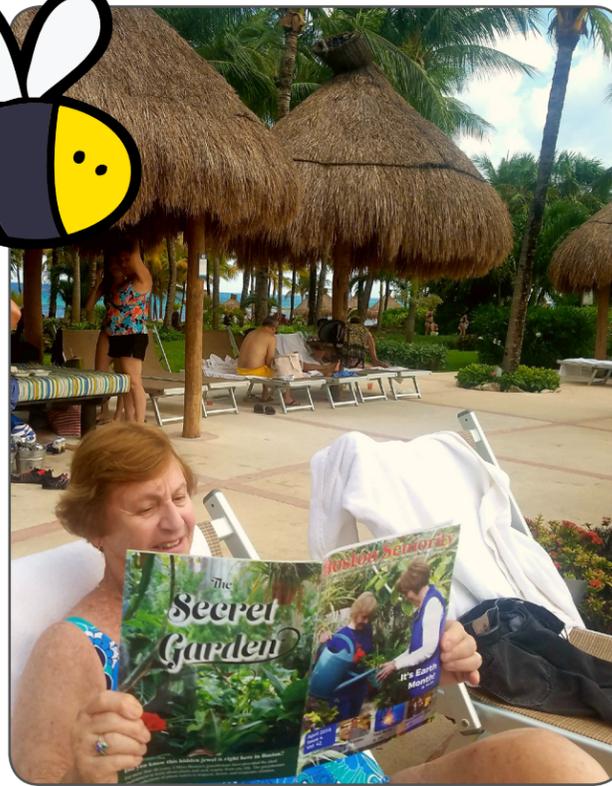
Call us for more information at 617-635-4366!

► The Buzz

Around The World!

Boston Seniority is seen poolside with Miriam in Cancún, Mexico!

Miriam leads an active lifestyle, splitting her time between Florida and Connecticut, where she can often be found cooking for her family and volunteering at the hospital nursery.



Seniority Spotlight

We won 3rd place in the National Association of Area Agencies on Aging (n4a) photo contest!

The photos had to show public transportation passengers and operators.

We highlighted our new Bus Buddies volunteer program, which matches experienced public transit riders with people who would like a little extra help navigating the MBTA.



Our Landmark's Give-Away Winners!

1. Lucie Gendreau, South Boston
2. Marlon Henry, Mattapan
3. Emma Previato, Fenway

"My all-time favorite Boston Landmark is the Boston Public Library-Copley Branch."

-Lucie Gendreau

Happy Retirement Millie!



Executive Director, Millie McLaughlin is retiring from the Veronica B. Smith Senior Center after 26 years.

"In retirement I plan to continue my community involvement, renew former interests in art and writing and perhaps start some of the projects I have been postponing until retirement."

We wish you the best in this new chapter of your life.



Last month's answer:
Photo shows workers in the Boston City Hospital kitchen.

Can you guess?

From the Boston City Archives: Can you guess what neighborhood this is?

Hint: The photo was taken on September 9, 1912.

In Memoriam

It is with great sadness that we announce the passing of our long-time Senior Shuttle driver, Kenneth Austin.

We know he touched many lives in his work with Boston's older residents. Our shuttle office is not the same without him, and we extend our condolences to his loved ones.



NEED A BUS BUDDY?

Get **one-on-one** guidance using Boston's public transportation.

BECOME A BUS BUDDY

Experienced MBTA riders can **show others** the way!

Interested? Call 617-635-3988



The Elderly Commission



Uplift, Inspire, and Lend a Hand



Volunteer to Deliver Food to Older Adults

Flexible Schedule

Contact: Monique Carvalho, RSVP Program Coordinator
Phone: 617-635-4374 Email: Monique.Carvalho@Boston.gov



"Make Independence a Reality"

Become a Senior Companion!

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

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



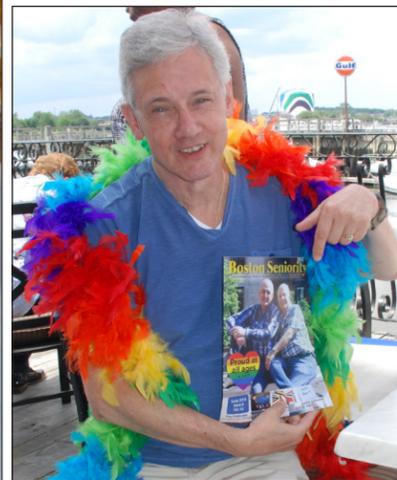
For more information, call

617-635-4858!

► Seen Around Town



"This cover is important on so many levels – as Boston strives to be a model of diversity, equity and inclusion, we need to highlight ALL the stories not just the mainstream ones," said Bob Linscott, Assistant Director of the LGBT Aging Project, about our first Pride Issue.





Never too old to play!

Did you know? The Greenway Carousel was designed to be accessible to individuals with physical, cognitive, and sensory disabilities. For \$3, take a spin on an animal native to Boston, like a lobster, squirrel, or harbor seal.