

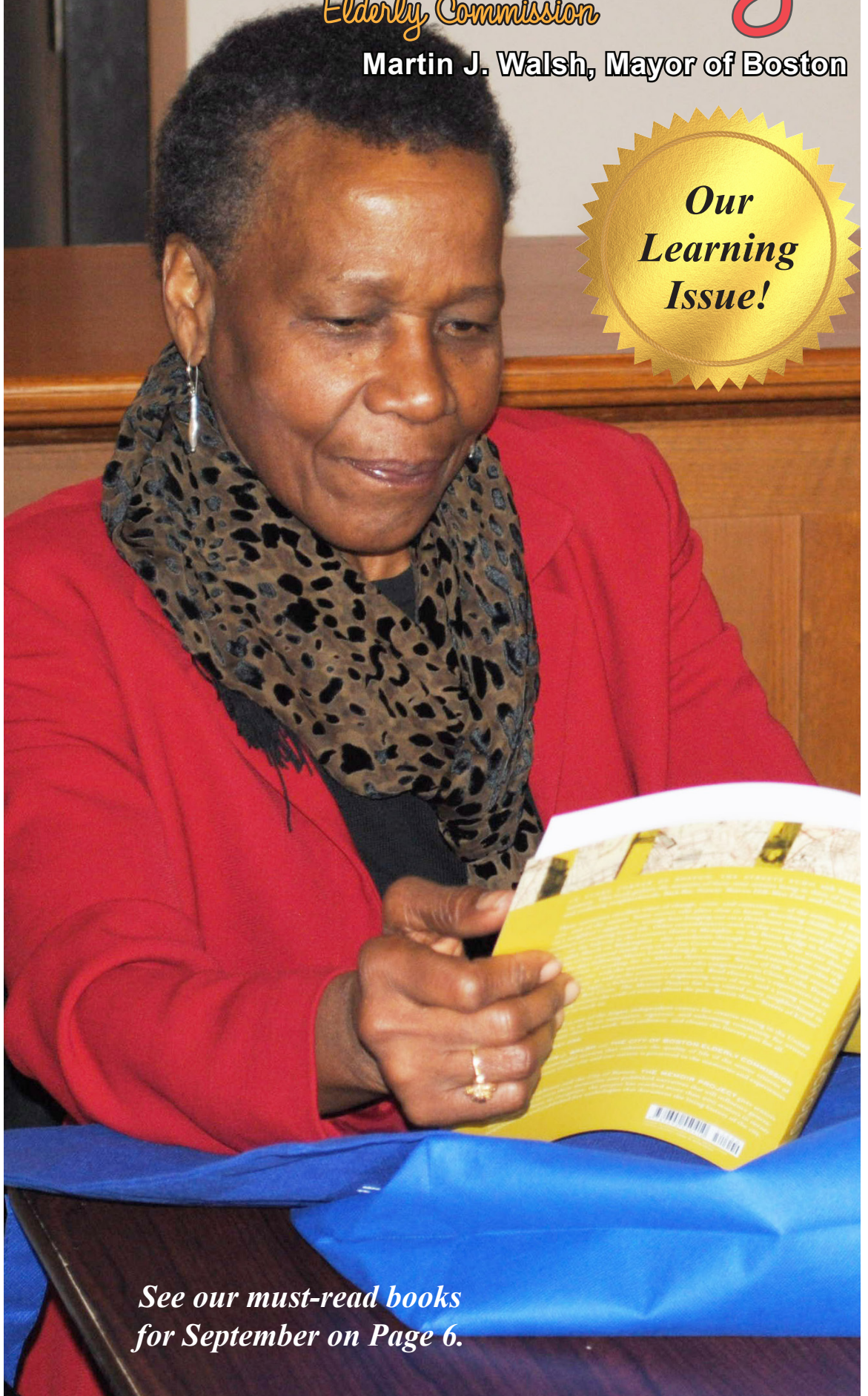


# Boston Seniority

*Elderly Commission*

Martin J. Walsh, Mayor of Boston

*Our  
Learning  
Issue!*



*See our must-read books  
for September on Page 6.*

**FREE** September 2017  
**Volume 41**  
**Issue 8**



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## *Boston Seniority*

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Mayor

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Commission on Affairs of the Elderly.*

*Stay Connected with the  
Commission on Affairs  
of the Elderly!*

**Main number:** (617) 635-4366

**Website:** [www.boston.gov/elderly](http://www.boston.gov/elderly)

**Facebook:** @BostonElderlyCommission

**Twitter:** @AgingInBos

**Email articles and feedback to:**  
[Bostonseniority@boston.gov](mailto:Bostonseniority@boston.gov)

# Mayor's Spotlight



© Jeremiah Robinson

## CITY PARTNERS WITH AARP FOR AGE-FRIENDLY FORUM

Mayor Walsh, the Commission on the Affairs of the Elderly, and the AARP hosted a panel discussion.

Mayor Martin J. Walsh, the Commission on Affairs of the Elderly, and AARP hosted a panel discussion with age-friendly leaders from across Massachusetts. The forum highlighted the work happening in Boston and throughout the Commonwealth to make communities inclusive, welcoming, and safe for people as they age.

As a member of AARP's Network of Age-Friendly Communities, Boston recently launched its Age-Friendly

Action Plan, a comprehensive plan with 75 action items to create an environment where older adults continue to lead healthy and productive lives in Boston.

"Our Age-Friendly Boston Action Plan is our road map to make sure our City works for everyone, of all ages and abilities," said Mayor Martin J. Walsh. "It's a blueprint of specific, creative ideas generated from older adults in Boston, and we are proud to share that work and experience with other communities across the Commonwealth."

Age-Friendly community leaders and experts gathered at the University of Massachusetts Club for a panel that brought together representatives from the Massachusetts Executive Office of Elder Affairs, the City of Boston's





Elderly Affairs Commission, the City of Newton, the Town of Acton, and the Tufts Health Plan Foundation.

The panel was moderated by Nancy LeaMond, AARP Executive Vice President and Chief Advocacy and Engagement Officer for AARP.

"Mayor Walsh has been a leading voice fighting to protect healthcare and Federal programs that benefit older adults," said LeaMond. "Through plans like Vision Zero and Go Boston 2030, Boston's transportation plan, Mayor Walsh has made it a major priority to make Boston even safer and the most walkable city."

"There is a pressing need to create livable communities for people of all ages. In less than 15 years, one out of every five people in the country will be 65 or older, a demographic shift that will be felt in every community," said

Mike Festa, AARP Massachusetts State Director. "In the city of Boston, we've seen Mayor Walsh' tremendous interest in and energy put toward tackling livability, with solutions that benefit not only older constituents but people of all ages."

Carl Baty, longtime community advocate and a senior voice in Boston's Age-Friendly Action Plan, attended the event.

Baty highlighted the amount of community engagement that led to the final plan and stressed the importance of continuing to have older adults involved in City planning.

"If you've never been old, how do you know what older adults need?" said Baty. "It's good to get an invite and have a seat at the table."





# 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**

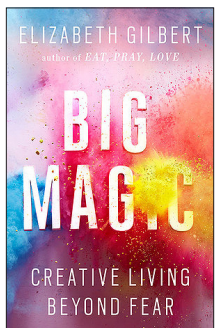


# Kathy's Top 3 Must Read Books this Month

By Kathleen O'Connor



Ah, September! Time to dust off the beach sand and break out the mental floss! Since most of us no longer need trigonometry, this month's selection highlights personal growth.

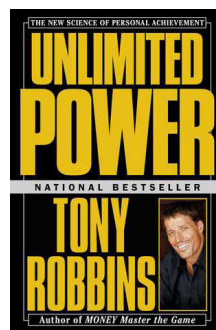


For me, the only way to convey the flavor of Elizabeth Gilbert's *Big Magic: Creative Living Beyond Fear* is to use the author's own words: "I don't know your capacities, your aspirations, your

longings, your secret talents. But surely something wonderful is inside you...I believe this is one of the oldest and most generous tricks the universe plays on us human beings:... The universe buries strange jewels deep within us all, and then stands back to see if we can find them.

"The hunt to uncover these jewels—that's creative living...The often surprising results of that hunt—that's what I call Big Magic."

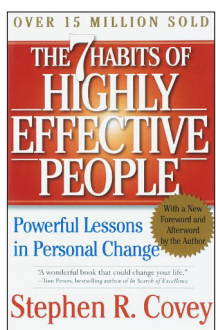
From this vantage point, Gilbert reflects on Courage, Enchantment, Permission, Persistence, Trust and Divinity. You will find inconsistencies in her writing. But there is a boundlessness in her treatment of creative living that can draw you in and get you pumping iron.



Tony Robbins wrote *Unlimited Power* at age 25, when by walking his own talk he had already attained extraordinary personal success and fulfillment. Robbins has relentlessly honed and refined his model for achieving



unlimited power, but its essence remains the same: find and internalize a system that works. A big takeaway from this book is the premise that in order to achieve a satisfying life, you need to consistently put yourself in a frame of mind that supports you and helps you reach your goals. The “7 Beliefs that Foster Excellence” are well worth chewing on, though acting on them isn’t necessarily painless. “#3 Whatever happens, take responsibility.” Ouch!



Stephen Covey’s *The 7 Habits of Highly Effective People* reset the bar for self-improvement books. Often associated with business, no matter what you’re after, these habits are an excellent core to focus

on, because they are the framework of personal character. And - far more productive than getting rid of bad habits - he focuses on enhancing good ones. Another champion of first examining the lens through which you view the world, Covey draws early in the book on the definition of the Character Ethic: “There are basic principles of effective living. People can only experience true success and enduring happiness as they learn and integrate these principles into their basic character.”

Here’s to tapping into our creativity, power, and character this fall!

## Senior Spotlights



Constantine N. Souris, 72, recently took the Nami Family Support Group Facilitator training to give back to the people who have helped him through the years with a family member who

has mental illness. He has a PhD in Rehabilitation. If you would like more information on Nami Family Support Group, contact Jane Boyer of the Elderly Commission at 617-635-3994.



### Mayor Walsh's Garden Contest Winners for Senior Yard Garden

**1st:** John Govoni and Dorothy Giarla,  
*Roslindale*

**2nd Place:** Diane Spears, *Jamaica Plain*

**3rd Place:** Tom and Barbara Van Dyke,  
*West Roxbury*



## 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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# POLLING PLACE CHANGES for the September 26 & November 7 2017 MUNICIPAL ELECTIONS

<b>Ward &amp; Precinct</b>	<b>City Council District</b>	<b><u>Current Location</u></b>	<b><u>New Location</u></b>
1-4	D1	Maverick Landing,	Paris Street, Community
1-5	D1	31 Liverpool Street, East Boston	Center, 112 Paris Street, East Boston
3-4	D1	Knights of Columbus, 41 North Margin, Boston	Casa Maria Apts, 130 Endicott St, Boston (Community Room)
3-8	D2	Metropolitan Community Room, 38 Oak Street, Boston	Wang YMCA of Chinatown, 8 Oak Street West, Boston (Gymnasium)
7-10	D3	Uphams Corner Health Center, 636 Columbia Road, Dorchester	Uphams Crossing, 530 Columbia Road, Boston (Community Room)
13-5	D3	Strand Theater, 543 Columbia Road, Dorchester	Uphams Crossing, 530 Columbia Road, Boston (Meeting Room)
10-7	D6	John F. Kennedy Elementary School, 7 Bolster St, Jamaica Plain	Julia Martin House, 90 Bickford St, Jamaica Plain (Community Room)
14-12	D4	Berea SDA Academy,	Metropolitan Baptist Church,
14-13	D4	800 Morton Street, Mattapan	393 Norfolk Street (Womack Hall)
8-5	D7	Orchard Garden Community Center, 2 Dearborn St, Roxbury	The Salvation Army Ray and Joan Kroc Community Center, 650 Dudley Street, Dorchester (Room W-101, Village Hall 1 & 2)
8-6	D3	Vine Street Community	The Salvation Army Ray and
8-7	D7	Center, 339 Dudley St, Roxbury	Joan Kroc Community Center, 650 Dudley Street, Dorchester (Room W-101, Village Hall 1 & 2)

If you do not know your ward and precinct or have any questions or concerns, please contact the Boston Election Department at 617-635-VOTE (8683), [Election@boston.gov](mailto:Election@boston.gov), or visit [Boston.gov/elections](http://Boston.gov/elections).



**THERE WILL BE NO EARLY VOTING UNTIL  
THE 2018 STATE ELECTION!**



# Fresh or Frozen?

## The truth about your fruits and vegetables

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

Among life's great questions is the ever-popular, "Is fresh better than frozen?" when it comes to fruits and vegetables. Well, maybe it isn't among life's great questions, but it is one I'm often asked as a Registered Dietician.

People of all ages are taught fresh is best. This is true but only under certain circumstances. Strawberries illustrate this example. Think of strawberries grown and consumed in Massachusetts in June each year to those we eat during the winter. Winter strawberries are grown far away in California, Mexico, Central or South America. They differ in color, texture and flavor. Those are easily-identifiable characteristics.

Nutrient loss is less obvious. The longer produce is exposed to air and light, the greater the nutrient loss. Strawberries harvested in California in December may take two weeks before they reach your market, let alone your plate. That's two weeks of exposure to air and light. Two weeks of nutrient loss. Two weeks of flavor loss. However, when those Californian strawberries are frozen immediately after harvesting, they do not

have the same exposure. Fortunately, our locally-grown strawberries have a shorter journey to the market whether that be a farmer's market or supermarket selling Massachusetts produce. In this instance, the answer is fresh is best – if you buy it locally. Frozen remains an excellent alternative.

With frozen vegetables, you can use part of the package and the remainder keeps for longer in the freezer. With a longer shelf life, there is less waste. Less food waste equates to less money wasted. While most fruits and vegetables are available frozen, those high in fat-soluble vitamins such as vitamin A, E and carotenoids are more stable during the freezing process. These include squash, sweet potatoes, broccoli, cantaloupe, carrots, etc. and are excellent choices in the freezer aisle.

With about 30 farmers markets in Boston, most of which accept SNAP, HIP and Senior Farmer's Market Coupons, you can enjoy fresh produce for months. Massachusetts Department of Agricultural Resources provides a list of seasonal list of produce.

While there are many factors in deciding whether fresh is best, the larger issue is sufficient consumption. Whether you choose them fresh, frozen, canned, dried and yes, juiced (without added sugar), it's better to eat fruits and vegetables than not.

# Emergency

## Preparedness Tips

*By Christopher Coakley, Public Information Officer for the Office of Emergency Management*

In recognition of Emergency Preparedness Month this September, here are some tips:

### Get Informed:

- Know the disasters that can affect your area (floods, hurricanes, blizzards, etc.) and where your neighborhood shelter is located.
- Keep a radio tuned to your local emergency station and monitor TV, radio, and follow mobile alerts about severe weather in your area.

### Make Plan:

- Create a support network of family, friends, and others who can assist you during an emergency, and share your disaster plans with them.
- If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up providers.

- If you have a communication-related disability, note the best way to connect with you.
- Prepare an emergency pet kit for you pets.

### Sign-up for AlertBoston:

- The AlertBoston emergency notification system allows residents, businesses, and visitors to the City of Boston to be notified via phone, text or email in the event of an emergency. To enroll in AlertBoston, go to: **[www.cityofboston.gov/OEM](http://www.cityofboston.gov/OEM)**

### Get Your Benefits Electronically:

- A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits, switching to electronic payments is a simple, significant way to protect yourself financially before a disaster strikes. It also eliminates the risk of stolen checks.

Visit **[www.boston.gov/emergency-management](http://www.boston.gov/emergency-management)** for more information.

**ACTIVE AGING  
WEEK IS  
SEPT. 24-30th!**

Have you watched our **Boston Aging Strong Exercise Series?**



It's now on our YouTube page!  
Visit **[bit.ly/agingstrongBOS](http://bit.ly/agingstrongBOS)** to watch our 30-minute exercise classes from the comfort of home!



## Cholesterol Check-up

September is National Cholesterol Month. Have you had a check-up on your cholesterol recently? It is important to be proactive and curious about your own health, so here is some helpful information about cholesterol.

Cholesterol is a waxy, fat-like substance that occurs naturally in all parts of the body. Your body needs cholesterol to work properly.

When you have extra cholesterol in your blood, it builds up inside the walls of your arteries (blood vessels), including the ones that go to your heart. This buildup is called plaque, or atherosclerosis.

Plaque narrows your arteries and slows or stops blood flow. This can cause heart attacks, stroke or other serious diseases.

As we age, it is a good idea to have regular cholesterol check-ups (at least yearly), especially if you have diabetes, heart disease, blood flow problems to your feet or legs, or a history of stroke.

*A blood cholesterol test measures the level of:*

- Total cholesterol
- HDL (good) cholesterol
- LDL (bad) cholesterol

You are likely to have high cholesterol if your family members have high cholesterol, if you are overweight, or if you eat a lot of fatty foods.

When your doctor gives you your results, write it down so you will remember the values. If your doctor does not give you these results, ask for them! Remember that you are often your own best health advocate, so ask questions.



**Don't Wait .. Call NOW**  
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**(reg. \$1313)**

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**EAT .. SMILE .. TALK with ease !!**  
**Call *NOW* 617.738.1232**

### Recommendations:

- Walk daily to stay physically active and to maintain a healthy weight.
- Try eating a Mediterranean diet – fresh fish, vegetables, and fruit. Cook with olive oil and decrease butter, sweets, and fried foods.
- Experiment with meditation and yoga, if your physician approves it.

If you are a diabetic or have other medical conditions, your doctor may refer you to a registered dietician or a nutritionist so you will be on the correct diet for your medical conditions.

A cholesterol-lowering medicine may be prescribed if early treatment is unable to help regulate your cholesterol.

For more information on cholesterol, visit [www.medlineplus.gov/cholesterol.html](http://www.medlineplus.gov/cholesterol.html)

## JOIN JUMPSTART'S COMMUNITY CORPS TO PUT CHILDREN FIRST



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Paulette Pinero

857-413-4610

[paulette.pinero@jstart.org](mailto:paulette.pinero@jstart.org)

[jstart.org/apply](http://jstart.org/apply)

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

### WHY VOLUNTEER WITH JUMPSTART?

- Work with **preschool children** on language, literacy, and social-emotional skills.
- Earn a **stipend** for your service.
- Receive **professional training** in early education and community leadership.
- Serve with a **team of your peers** and build lasting friendships.

**Jumpstart**  
Children first.®

## Do you or someone you know need help staying independent, active and healthy?



The East Boston Neighborhood Health Center provides great support to older adults from East Boston and Boston's North End.

- ✓ Primary and specialty medical care
- ✓ Closely coordinated care
- ✓ Home nursing and personal care
- ✓ Rehabilitation therapy
- ✓ Social interaction, day program
- ✓ Medications without co-pays
- ✓ Medical Transportation



**Make Us Your Health Care Provider**  
**Call to inquire at 617-568-6377**



# LIFELONG LEARNING









### **UMass Boston's Osher Lifelong Learning Institute**

This institute provides lifelong learning, trips, and social activities for those 50+. OLLI is affiliated with the national network of learning in retirement programs.

**Contact:** 617-287-7312

### **Jewish Vocational Services**

J.V.S. offers a wide range of programs for people looking to strengthen their language skills and find meaningful employment. They offer ESOL classes, a high school diploma program, and much more.

**Contact:** [jvs-boston.org](http://jvs-boston.org)

### **edX**

This is a platform that provides free online courses. It aims to increase access to high-quality education, regardless of financial and physical barriers. They have partnered with over 90 colleges.

**Contact:** [www.edx.org](http://www.edx.org)

## **Boston Public Library Classes**

### **Computer Workshops**

The Central Library offers year-round workshops, tailored to the needs of Boston's older residents. Past workshops have included internet basics.

**Contact:** [www.bpl.org/general/tech\\_training.htm](http://www.bpl.org/general/tech_training.htm)

### **"Never Too Late Group"**

This weekly program has featured live musical performances, and presentations on travel and Boston History.

**Contact:** [www.bpl.org/programs/ntlgl.htm](http://www.bpl.org/programs/ntlgl.htm)



### **Boston University's Evergreen Program**

This program invites students 58 years+ to audit courses at the undergraduate and graduate level. BU offers over 700 courses in 70 subjects. The program has been in place for the past 35 years.

**Contact:** [bu.edu/evergreen](http://bu.edu/evergreen)

### **BCYF Adult Education**

BCYF programs build invaluable skills for life and work, and Adult Education takes place at many BCYF community centers. Programming includes preparation for GED exams, ESOL classes, and citizenship courses.

**Contact:** 617-635-4920

### **Boston Public Schools Adult Education**

The Department of Adult Education & Community Service offers school courses towards a degree, test preparation, ESOL classes, as well as health and trade training.

**Contact:**

[bostonpublicschools.org/adulthoodeducation](http://bostonpublicschools.org/adulthoodeducation)

***Interested in more  
lifelong learning  
resources?***

*Visit [www.mass.gov/elders/civic-engagement](http://www.mass.gov/elders/civic-engagement)*

**76%** of adults consider themselves to be lifelong learners.

*Pew Research Institute, 2016*



# Podcasts: Tuning in to the Storytelling Revolution

By Marin Sklan

In the past five years, podcasts have become a valuable source of entertainment and information. Currently, there are over 115,000 english-language podcasts online, and the number increases every year. But what exactly are podcasts? And how can this technology improve your life?

Podcasts are audio recordings, or “audio blogs”, that have been digitized. These files can then be streamed online, or downloaded to personal devices such as cell phones, tablets, and mp3 players. Typically, podcasts are released over the course of a “season”, and feature a set of hosts and guest speakers. However, there is great variety in terms of podcast structure and subject matter. From highly specialized topics, such as NPR’s Hidden Brain, to more general content, such as HowStuffWork’s *Stuff You Should Know*, there is a podcast for every type of learner. They are the perfect accompaniment to everyday commutes, can be started and paused when convenient, and the majority are free for listeners. Curious? Check out our suggestions.

*Recommendations for the...*

## ... Curious Observer

### *Thinking Allowed*

Produced by BBC Radio 4. This weekly podcast is hosted by University of York professor Laurie Taylor, and focuses on contemporary social science research. Each 30 minute episode covers a variety of topics, with recent titles such as “Global Inequality”, “The Secret World of Hair”, and “Bachelor Parties.”

Episodes are available at:  
[www.bbc.co.uk/programmes](http://www.bbc.co.uk/programmes)

## ... History Buff

### *Stuff You Missed in History Class*

Produced by HowStuffWorks, these new episodes are released three times per week, and cover a wide range of often overlooked historical narratives including those of LGBTQ individuals, women, ethnic minorities, and more. Recent subjects include “The Sepoy Rebellion of 1857”, “Ibn Battuta, the Traveler of Islam”, and a Jane Austen retrospective.

Episodes are available at:  
[www.missedinhistory.com/podcasts](http://www.missedinhistory.com/podcasts)





## ... Engaged Citizen

### *This American Life*

Produced by National Public Radio, this weekly radio show averages 2.2 million listeners across 500 stations. Predominantly journalistic non-fiction, the show also incorporates essays, memoirs, field recordings, and short fiction. Each week centers around a particular theme, explored over multiple “acts”. Past subjects have included luck, babysitting, and immigration.

Episodes are available at:  
[www.thisamericanlife.org/podcast](http://www.thisamericanlife.org/podcast)

## ... All of the Above

### *No Such Thing As a Fish*

Produced by QI researchers through the BBC. No Such Thing is released on a weekly basis, with each episode focusing on 3-5 obscure facts. These facts vary in topic, balancing history, science, culture, politics, sociology, and more. Past titles include “No Such Thing As A Spider The Size Of A Sheep” and “No Such Thing As A Giant Robot Michael Jackson.”

Episodes are available at: [qi.com/podcast](http://qi.com/podcast)





*Edited by Marin Sklan*

## 5 Things to Know About LinkedIn

**By Shirley Fickett**

*Program Manager at Operation A.B.L.E.  
Since 1982, Operation A.B.L.E. has provided  
training and employment services for  
workers aged 45+ who need job support to  
re-enter the workforce.*

**1.** Unlike Facebook or Twitter, LinkedIn is a professional social networking service. LinkedIn specializes in employer-employee matching, through their website [www.linkedin.com](http://www.linkedin.com) and mobile app "LinkedIn."

**2.** LinkedIn is currently the most popular professional networking site in the world, with 500 million users in over 200 countries.

**3.** Users create "connections" with other members of their given field, area of interest, or geographic location. Through these "connections" users can discover job openings, provide recommendations for one another, and review the profiles of potential hiring managers.

**4.** This platform is particularly helpful for the introverted job-seeker, who might otherwise be hesitant to ask for information. LinkedIn provides a wealth of research on hiring companies, allowing users to gauge their compatibility with potential employers.

**5.** User profiles are an extension of the more traditional resume format. Unlike resumes, which focus predominantly on job history, LinkedIn profiles also highlight professional goals, accomplishments, areas of expertise, certifications, and specialized skills.

## How to Create a Great LinkedIn Profile

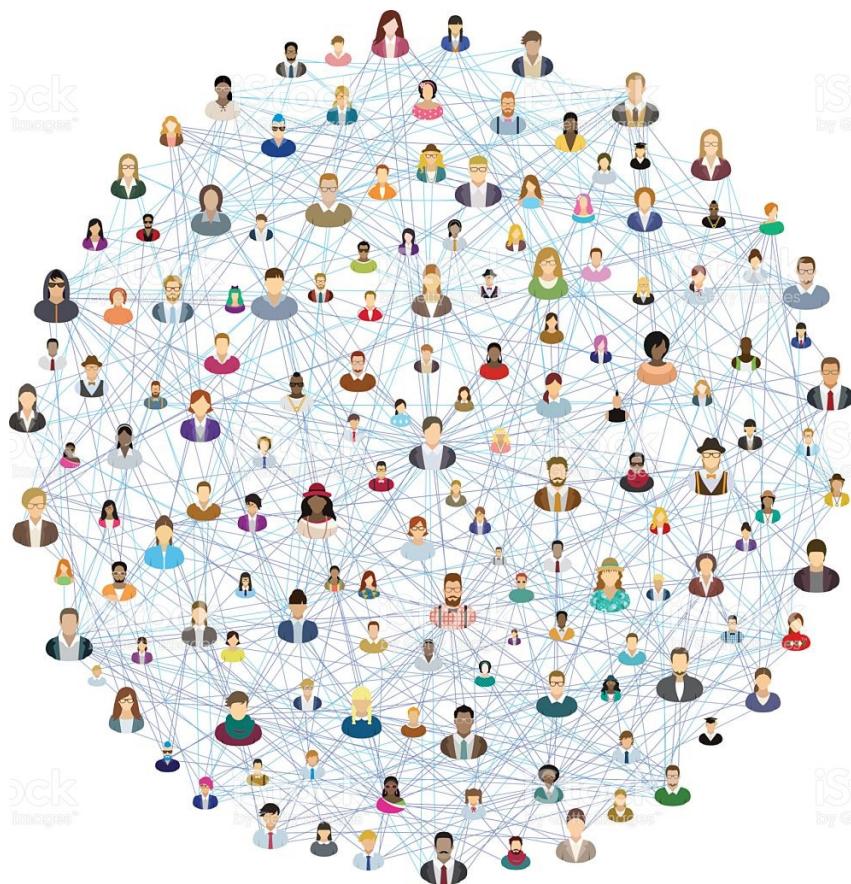
- Spend some time on your profile picture. Research shows that the profile picture is the most viewed section of your page, so choose accordingly!

**Try:** nice lighting, a neutral background, professional clothing, and a smile.

**Avoid:** a full body, blurry, or overly-filtered shot.

- Craft a striking headline that highlights your refined, professional accomplishments.

- Use a straightforward, clear tone in the “Summary” section. Include 5-6 of your greatest, relevant achievements.
- If necessary, incorporate visuals. This is essential for users whose portfolios include photos, graphs, etc. If your work appears on another website, include a link on your profile.
- Don’t be afraid to ask for recommendations. Whether it be from past colleagues, managers, or clients, outside testimonials will only boost your credibility to future employers.



### Did you know?

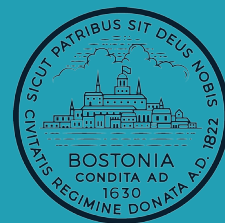
- LinkedIn was founded in 2003.
- LinkedIn has 500 million users in over 200 countries.
- You can discover job openings with potential employers.

*For more information about Operation A.B.L.E., visit [www.operationable.net](http://www.operationable.net)*



# Commission on Affairs of the Elderly

*Presents the Annual*



## *Mayor Martin J. Walsh Health & Fitness Walk for Seniors*



**Wednesday, October 4, 2017**  
**10:00 a.m. - 1:30 a.m.**  
**Joe Moakley Park**  
*on Old Colony Avenue, South Boston*

Near the **Red** T Line at JFK-UMass  
Pre-registration Deadline is September 27, 2017

*For more information, please call 617-635-4168 or  
email [michael.mccolgan@boston.gov](mailto:michael.mccolgan@boston.gov)*

# Registration Form

## Mayor Walsh's Fitness Walk at Joe Moakley Park

If transportation is needed, please check (✓) your preferred pick-up site\*:

<b>Boston</b>	<input type="checkbox"/> Blackstone Apts, 33 Blossom St <input type="checkbox"/> Amy Lowe, 65 Martha Road	<b>Hyde Park</b>	<input type="checkbox"/> Cleary Sq Pking Lot, Across from Police Sta <input type="checkbox"/> Blake Estates, 1344 Hyde Park Ave.
<b>Brighton</b>	<input type="checkbox"/> Chinese Golden Age Ctr, 677 Cambridge St <input type="checkbox"/> JCHE, 30 Wallingford Rd <input type="checkbox"/> V. B. Smith Sr Ctr, 20 Chestnut Hill Ave	<b>Matt</b>	<input type="checkbox"/> Church of the Holy Spirit, 535 River St <input type="checkbox"/> Foley Apartments, 249 River St
<b>Dor</b>	<input type="checkbox"/> 100 Ames Street <input type="checkbox"/> Keystone Apartments, 151 Hallet St <input type="checkbox"/> Kit Clark Senior Ctr, 1500 Dor Ave	<b>Rox</b>	<input type="checkbox"/> Council of Towers, 2875 Washington St <input type="checkbox"/> Reggie Lewis Ctr, 1350 Tremont St <input type="checkbox"/> St Joseph Com, 86 Cripus Attucks Pl <input type="checkbox"/> 285 MLK Blvd
<b>E. Bos</b>	<input type="checkbox"/> East Boston Social Center, 68 Central St <input type="checkbox"/> Brandywynne Apts, 88 Brandywynne Dr	<b>West Rox</b>	<input type="checkbox"/> Spring Street Apts, 24 Spring St <input type="checkbox"/> Center St between CVS & Walgreens <input type="checkbox"/> Cheriton Grove, 20 Cheriton Road
<b>J P</b>	<input type="checkbox"/> Flynn House, 805 Huntington Ave <input type="checkbox"/> Julia Martin House, 90 Bickford St <input type="checkbox"/> Curtis Hall, 20 South St.	<b>Note: Joe Moakley Park is near the Red Line's JFK/UMass</b>	

Pick-ups between 9:00 a.m. & 10:00 a.m.

\*Sites may be deleted based on number of people registered at each site.

For more information, call 617-635-4168

Please return this completed form by **Wednesday, September 27, 2017** to:

Commission on Affairs of the Elderly

One City Hall Square, Room 271 – Boston, MA 02201

Or fax to 617-635-3213, or scan and email to [michael.mccolgan@boston.gov](mailto:michael.mccolgan@boston.gov)

*Please Print Clearly*

Name	Street Address	
Neighborhood and Zip	Telephone	Email

### *Waiver of Liability*

I hereby agree to hold harmless the organizers and sponsors of Mayor Walsh's Fitness Walk from any and all claims of whatsoever kind and nature which I have or at any time in the future may have or any injury arising out of my participation in Mayor Walsh's Fitness Walk. I am in good physical condition, and have no medical restrictions which would prohibit my participation in Mayor Walsh's Fitness Walk.

Signature \_\_\_\_\_

Date \_\_\_\_\_



FROM THE COMMISSION ON  
ELDER AFFAIRS

# Senior Charlie Card Applications

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**Interested in renewing or applying  
for a Senior Charlie Card?**



**Call 617-635-4366  
for more information!**



**Massachusetts Bay  
Transportation Authority**



**The Elderly  
Commission**



# Join Mayor Walsh's "City of Boston Team" & Walk to End Alzheimer's



**Sunday, September 24, 2017**  
**At North Point Park**

**Ceremony: 10:00 a.m.**  
**Walk Starts: 10:30 a.m.**  
**Distance: 1.5 and 3.5 miles**

For more information, please  
contact Patricia (Chi) McCormack  
at 617-635-3992 or email  
[patricia.mccormack@boston.gov](mailto:patricia.mccormack@boston.gov)



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

**alzheimer's association®**

**Massachusetts/New Hampshire Chapter**



# Seen Around Town this summer!









# *Lifelong Learning*

*“All the world is my  
school and all humanity  
is my teacher.”*

*- George Whippleman*

