

# Boston Seniority

## Elderly Commission

Martin J. Walsh, Mayor of Boston



**FREE** September 2016  
**Volume 40**  
**Issue 8**

# *Table of Contents:*

## *Page Number*

3 ..... Mayor's Spotlight  
10 ..... Book Reviews  
12 ..... Healthy, Wealthy & Wyse  
14 ..... Healthy Recipes  
22 ..... Your Pharmacist and You



**Check out our website at**

**[www.boston.gov/departments/elderly-commission](http://www.boston.gov/departments/elderly-commission)**

**Go on Facebook to find out what's going on  
at The Elderly Commission**

**[www.facebook.com/BostonElderlyCommission](http://www.facebook.com/BostonElderlyCommission)**

**Commission on Affairs of the Elderly**

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

**Email articles and comments to**

**[Bostonseniority@boston.gov](mailto:Bostonseniority@boston.gov)**

***Although all material accepted is  
expected to conform to professional  
standards, acceptance does not imply  
endorsement by the City of Boston,  
Commission on Affairs of the Elderly.***

# *Boston Seniority*

**Volume 40 Number 8**

**Published by the City of Boston**

*Commission on Affairs of the Elderly*

Martin J. Walsh, Mayor  
Emily K. Shea, Commissioner

Martha Rios  
Editor

Martha Rios  
Photographer

City Hall Plaza-Room 271  
Boston, MA 02201

Karine Querido, Chief of Staff

Melissa Carlson  
Deputy Commissioner  
Advocacy & Planning

Michael Killoran  
Deputy Commissioner  
Transportation

Francis Thomas  
Deputy Commissioner  
Administration & Finance

Andrea Burns  
Director, Age Friendly Boston

Printed by Flagship Press Inc.

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

# Mayor's Spotlight

## APPLICATIONS NOW AVAILABLE FOR SENIORS SAVE HEATING SYSTEM REPLACEMENT PROGRAM

*Mayor Walsh is reminding seniors it's not too early to prepare for cold weather.*

Mayor Martin J. Walsh announced that applications are now available for Seniors Save, a proactive program that helps income eligible seniors replace failing or inefficient heating systems before winter begins. Seniors Save is now being adopted as a permanent program, following a successful pilot program that began one year ago.

"With cold weather approaching, we want to make sure our seniors can stay warm and safe," said Mayor Walsh. "Seniors living on fixed incomes may not always be able to afford important improvements to their homes or new heating systems. I'm proud that the City of Boston's Home Center is able provide the additional resources Boston seniors need so that they won't be cold this winter."

The Mayor made this announcement at the home of a longtime Roslindale resident Mr. Joseph Cappuccio. Mr. Cappuccio worked with the Boston Home Center's Seniors Save program to replace two boilers in his two family home in 2016.

"Seniors Save is the best program in the City of Boston and I want to thank Mayor Walsh's Home Center," said Mr. Joseph Cappuccio. "The workers did an excellent job. I've told other seniors about this great program so they can also get a new heating system like me!" The Mayor reminded seniors to replace their aging heating systems with new, energy efficient systems that will significantly

lower their risks of heating emergencies during cold weather and will also reduce their energy bills, enabling them to expand their budgets for other necessities.



"I love the Seniors Save program. We see people every day in our office that have trouble making ends meet and this program can really make a difference," said Commissioner of Affairs of the Elderly Emily Shea. "I encourage all eligible senior homeowners to take advantage of this great opportunity."

To qualify, income-eligible seniors must be 60 years of age or older and must be the occupants of a residential one-to-four family property or condominium in the City of Boston. The program is open to seniors whose income does not exceed 80 percent of median family income, as determined by the US Department of Housing and Urban Development.

Eligible homeowners will receive a \$3,500 grant towards upgrades to their heating systems. Any additional funding is available in the form of a zero percent interest, deferred loan, which will only be payable on the sale of the property, a refinance or transfer of the title. Once a senior citizen submits an application, BHC Construction Specialists will work with the homeowner on the scope of the project, and will help select a contractor from the BHC's pre-approved, licensed and insured contractor list. A BHC Construction Specialist will then oversee the work from start to finish.

To learn more about Seniors Save residents are invited to contact (617) 635-HOME, or visit the Boston Home Center website. The Seniors Save flyer and application are on pages 4 and 5.



# SENIORS SAVE

To ensure that Boston's seniors are ready for the winter to come, Mayor Martin J. Walsh announces that the Boston Home Center will once again help income-eligible seniors replace failing or inefficient heating systems before winter begins by relaunching the popular and helpful Seniors Save program!

## Benefits Include:

- Save money! New energy-efficient systems will reduce \$\$ spent on heat!
- Get a free energy audit and reduce drafts and heat loss, saving more money!
- A \$3,500 grant per unit to replace a failing or inefficient heating systems
- A 0% interest, deferred loan will pay for any additional cost

## To Qualify

- Be a Boston resident 60 years of age or older, and living in an owner-occupied 1-4 family home, or condominium
- Have a heating system that is at least twelve (12) years old
- Have an income of up to eighty (80) percent of Area Median Income (AMI), as established by the Department of Housing and Urban Development

**Household  
Size  
&  
Income  
Levels**

**80% AMI CDBG**

One-person household:  
\$51,150

Two-person household:  
\$58,450

- Please note: if you qualify for ABCD fuel assistance, heating system replacements and weatherization are available to you at no cost.
- Please send completed applications to:  
Seniors Save c/o DND, 26 Court St., 9th floor, Boston, MA 02108.

**For more information,  
Visit [www.bostonhomecenter.com](http://www.bostonhomecenter.com) or  
Call 617.635.HOME (4663)**



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

**Department of  
Neighborhood  
Development**





# SENIORS SAVE

## PROGRAM APPLICATION

**Seniors Save** is a complete heating system replacement program for eligible senior citizen homeowners in Boston. It helps senior citizens replace aging heating systems before they break down and create an emergency situation for the senior homeowners. The new replacement systems will be energy efficient and will result in both a monetary and fuel savings for the senior homeowner.

### APPLICANT (Owner of Property)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Telephone Number: ( ) \_\_\_\_\_ SSN: \_\_\_\_\_

Applicant's Annual Income \$ \_\_\_\_\_ Source of income: \_\_\_\_\_

Do you receive fuel assistance? Yes \_\_\_ No: \_\_\_

Please provide information on other persons residing in owner(s) unit:

Name	Relationship To Owner	Age	Income
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

### CO-APPLICANT (Co-Owner of Property)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Telephone Number: ( ) \_\_\_\_\_ SSN: \_\_\_\_\_

Applicant's Annual Income \$ \_\_\_\_\_ Source of income: \_\_\_\_\_

Please provide the following information for each unit in the property, including your own:

Unit #	Vacant (Y/N)	Monthly Rent	Occupant's Names
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Age of Current heating system: \_\_\_\_\_

Continue to other side of application →

Are Applicants current on property taxes & Boston Water and Sewer?

Has either Applicant been foreclosed upon by the City of Boston for non-payment of real estate taxes or other indebtedness? Yes \_\_\_ No \_\_\_ If yes, please list property address and explain:

---

---

Has either Applicant filed for bankruptcy in the past ten (10) years? Yes \_\_\_ No \_\_\_ If yes, is this home included in the bankruptcy?

Has either Applicant received or applied to receive home rehabilitation assistance or funds from DND in the last five (5) years? Yes \_\_\_ No \_\_\_

The following information is used solely for Federal reporting purposes and analysis and will be kept confidential. Submission of this information is voluntary.

Please check all that apply:

White (Not of Hispanic origin): \_\_\_ Black (Not of Hispanic origin): \_\_\_ Hispanic: \_\_\_ Asian: \_\_\_  
Cape Verdean: \_\_\_ Other: \_\_\_ Female Head of Household \_\_\_

I/we hereby certify that the information provided in this application is true and complete to the best of my/our knowledge. I/we authorize the City of Boston to investigate my/our record(s) of credit. I/we hereby grant permission to the Department of Neighborhood Development to enter my property for the purposes of repair survey and inspection.

Signed under the pains and penalties of perjury this \_\_\_ day \_\_\_ of year \_\_\_\_\_

Applicant's Signature: \_\_\_\_\_

CoApplicant's Signature: \_\_\_\_\_

Please submit the following documentation with this application:

1. \_\_\_ Copy of the Deed to the property with Book and Page number (also called a "quitclaim" deed, "warranty" deed, or "certificate of title"). A copy can be picked up at the Edward Brook Court House -Registry of Deeds, 24 New Chardon Street, Boston.
2. \_\_\_ If applicable copy of death certificate for all deceased persons listed on the recorded deed. A copy of a death certificate can be picked up at the Registry of Births, Deaths, and Marriages, City Hall, 2nd Floor Room 213.
3. \_\_\_ Current pay stub and Social Security award letter plus proof of any other income such as pension for all owners. Contact your local Social Security office, the main number is 800-772-1213.
4. \_\_\_ Copy of most recent year's income tax returns. (IRS form 1040, 1040A, or 1040EZ) for all owners where applicable.
5. \_\_\_ Copy of current Boston Water and Sewer Commission bill.
6. \_\_\_ Copy of current Mortgage Statement.
7. \_\_\_ Copy of Homeowner's Insurance Policy.

Additional information may be required from an applicant.

Please return the completed application to:

**Seniors Save c/o DND  
26 Court St., 9th floor  
Boston, MA 02108**



a partnership of



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

alzheimer's association®  
Massachusetts/New Hampshire Chapter

**Mayor Walsh invites you to join**

**The “City of Boston” Team**

**For the Greater Boston Walk to End Alzheimer’s  
Pre-Registration Event**

**Thursday, September 15<sup>th</sup>**

**8AM-2PM**

**Boston City Hall, 3<sup>rd</sup> Floor Lobby**

To register online, visit [alzwalkMANH.org](http://alzwalkMANH.org) and look for the “City of Boston” Team



**2016 Walk to End Alzheimer's**

**Sunday, September 25, 2016**

**8:30am | Ceremony at 10am | Walk at 10:30am**

**Location: North Point Park**

**Route Length: 1.5 miles and 3.5 miles**

**Parking:**

- FREE parking courtesy of CambridgeSide Galleria. North Point Park is a short walk from the Galleria. Limited shuttle service will be available for those requiring assistance.
- Use of public transportation is encouraged. Take the train to **Lechmere**.

*Free City of Boston Team t-shirts will be available on a first come, first serve basis*

For more information about the pre-registration event, the walk, or for help registering, please contact Patricia (Chi) McCormack at 617-635-3992 or email at [patricia.mccormack@boston.gov](mailto:patricia.mccormack@boston.gov).

# Health Care Decisions in Times of Crisis: A New Proposal for an Ongoing Problem

## Greater Boston Legal Services

Every person in Massachusetts over the age of 18 should have a health care proxy. A health care proxy is a document that names the person who can make medical decisions for you when you cannot make them yourself. When someone has a medical crisis such as a bad fall, a stroke, or a car accident and goes to the hospital, the doctors and nurses can treat that person until they are stable. If the patient is still unconscious or otherwise unable to understand their surroundings, then a health care proxy tells doctors who can make essential health care decisions in the patient's place. The problem in Massachusetts is that if a patient does not already have a health care proxy, then no one is allowed to make medical decisions for them at all. This paradox leaves most treatment options unavailable, including drug regimens, surgery, and even discharge to a rehab facility. In order to give consent to any of these treatments without a health care proxy, a family member must

go to court and obtain a guardianship. This is a costly, burdensome process that can take weeks, while the patient waits in the hospital without the care they need.

A new law now being considered by the State Legislature would change that. The Surrogate Health Care Decision-Maker Act, which has the backing of the Massachusetts Medical Society, would give a health care provider, such as a doctor or nurse practitioner, the power to appoint a health care decision-maker from

among a patient's relatives and close friends when no health care proxy exists.

**If you do not have a health care proxy or are not sure, contact your primary care provider or another doctor.**

The proposed law contains a list of relatives to be chosen as health care decision-maker in order of priority. The patient's spouse is at the very top, followed by adult children, then parents, siblings, and finally close friends or other relatives. Surrogate health care decision-maker is a position that requires the upmost trust and understanding

between the surrogate and patient. Therefore, the law includes some flexibility for doctors trying to choose the best possible decision-maker. If, for example, the patient has a sibling whom they see every day and are very close with, and an adult child who calls once a month and lives in a far-away state, then the sibling could be chosen even though the child falls higher on the priority list.

A health care decision-maker, whether named by a health care proxy or otherwise, must do the best they can to make the decision that the patient themselves would have made. This means weighing the patient's philosophical, religious, and moral values relative to life, sickness, medicine, suffering, and death. No law can substitute someone's ability to pick the right surrogate for themselves. That is why every person in Massachusetts should have a health care proxy in place. However, for those who do not, the Surrogate Health Care Decision-Maker Act would save families from the enormous cost in time, energy, and resources that goes into obtaining a court-ordered guardianship. Instead, a family member or close friend could shepherd a patient through the care they need when they need it, and hopefully on to health and recovery.

## Discounted TAXI COUPONS

at 1/2 Price

- Buy 2 books each month -

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



We're here for you.

617-635-3000



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 a.m. - 4 p.m.

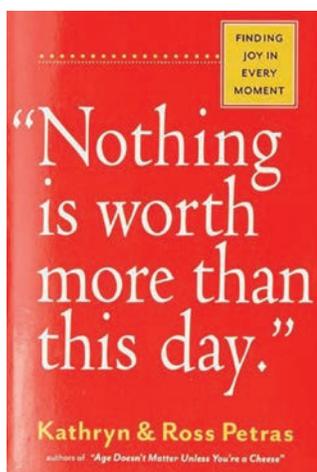
# Book Reviews

by

Kathleen O'Connor



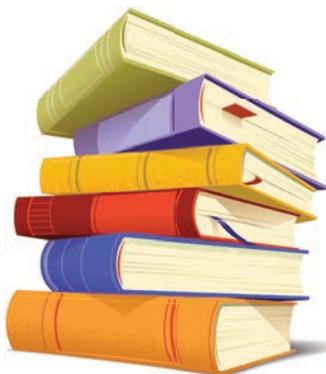
## Good Autumn Reads...



**“Nothing is Worth More Than This Day.”**, Kathryn & Ross Petras – ...A bottle of Zen-infused vitamins for the heart. The title says it all about what’s inside – 337 quotations reflecting

an attitude that can dramatically change how you experience life. Stick it in a tote bag for the inevitable line at the bank, the wait for the “T” stuck on

“Approaching...” Some thoughts will center you, others may poke your contemplative button. Either way, not bad medicine.



## **The Year My Mother Came Back:**

*A Memoir, Alice Eve Cohen* – Many women grapple with unresolved issues about their mothers long after they’ve become mothers themselves. This book chronicles one woman’s vulnerability as she navigates a daunting medical diagnosis, her adopted daughter’s reconnection with her birth mother, and her youngest daughter confronting an intimidating surgical procedure. The icing on the cake: her long-deceased mother appears on her kitchen table, triggering a stream of unsettled feelings about her own imperfections.



A moving, touching personal memoir of the author’s struggle to accept her humanness, wrinkles and all.

STATEPOINT CROSSWORD

THEME: PIONEER DAYS

ACROSS

- 1. "Peter, Peter Pumpkin \_\_\_"
- 6. Lawyers' league
- 9. Versus "Wall" street?
- 13. Less than 90 degrees
- 14. Eric Stonestreet on "Modern Family"
- 15. Beautiful, in Spanish
- 16. Overthrow an argument
- 17. It comes with or without seeds
- 18. "\_\_\_ for the courage of the fearless crew, the Minnow would be lost"
- 19. \*Ingalls' homestead setting
- 21. \*a.k.a. American bison
- 23. Junior
- 24. Tom, not Tabby
- 25. Cathode-ray tube
- 28. Deity, in Sanskrit
- 30. Belonging to Cree, e.g.
- 35. Cambodia's neighbor
- 37. \*An outlaw does it to his horse
- 39. Zzzz
- 40. Miners' passage
- 41. Tom Petty and the Heartbreakers' guitarist Benmont
- 43. "The Man Who \_\_\_ Too Much"
- 44. Angers
- 46. "The Way We \_\_\_"
- 47. Abominable humanoid
- 48. It's meant to be
- 50. Display displeasure
- 52. Word for a nod
- 53. Oration station
- 55. Type or kind
- 57. \*\_\_\_ Murrieta, a.k.a. the Robin Hood of El Dorado
- 61. \*Cowboy's biannual trip
- 65. Loathing
- 66. Flying saucer
- 68. Oceanic trenches
- 69. Caffeine-containing nut tree, pl.
- 70. Hard to escape routine
- 71. Hanukkah coins
- 72. At one time, formerly
- 73. "\_\_\_ he drove out of sight..."
- 74. "The Waste Land" poet

- 4. Lady's pocketbook
- 5. Retread, past tense
- 6. \*Homesteader's purchase, sing.
- 7. \*Hudson's \_\_\_ Company
- 8. Naked protozoa
- 9. State of irritation
- 10. Karenina or Kournikova
- 11. Object of worship
- 12. Post WWII military alliance
- 15. Inmates without hope of freedom
- 20. Like helium
- 22. Last, abbr.
- 24. March tradition
- 25. \*Corps of Discovery explorer
- 26. Half of diameters
- 27. Works hard
- 29. Whoopi Goldberg's opinion, e.g.
- 31. Pac Man's blue ghost
- 32. 1970s disco band "\_\_\_ M."

- 33. Mountain ridge
- 34. \*Corps of Discovery explorer
- 36. Kind of cell
- 38. Shade of beige
- 42. Sunny prefix
- 45. Stonecrops
- 49. Chi forerunner
- 51. Programmer's clumsy solution
- 54. Accustom
- 56. Strike a pose, in church
- 57. "Knock-Knock," e.g.
- 58. O in b.o.
- 59. Pains
- 60. African tea
- 61. Memorization by repetition
- 62. Kosher establishment
- 63. "If it were \_\_\_ me..."
- 64. Attention-getting sound
- 67. \*Trading post ware

- DOWN
- 1. \*Wyatt or Virgil
  - 2. Tennis serving whiz
  - 3. Lowest brass instrument

CROSSWORD														
1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19						20			21	22				
			23				24							
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46					47			
48					49		50			51		52		
				53		54			55		56			
57	58	59	60					61				62	63	64
65						66	67			68				
69						70				71				
72						73				74				



## TV AND INTERNET

**OVER 190 CHANNELS**

TV & INTERNET

**\$49**<sup>94</sup>

LIMITED TIME PRICING  
(installed and billed separately)

- FREE SAME DAY INSTALLATION (WHERE AVAILABLE)
- 3 MONTHS OF PREMIUM CHANNELS OVER 50 CHANNELS: HBO   
- ASK ABOUT OUR 3 YEAR PRICE GUARANTEE AND GET NETFLIX INCLUDED FOR A YEAR
- BUNDLE HIGH SPEED INTERNET

**CALL TODAY & SAVE UP TO 50%! 800-318-5121**

Call for more details 

© StatePoint Media

## Doctor Visits

If you are lucky, you see your doctor once a year!! Most of us over 60 likely have more frequent visits. Why?

Sometimes, a minor problem to us, could be the beginning of a serious health problem. A mild non-productive cough, a quick weight gain, swollen fingers and feet at the end of the day, shortness of breath while shopping, these could be the early stages of a cardiac condition. It's important that you see your doctor if you're experiencing these symptoms.

Make a list beginning with when you started experiencing these symptoms, what you were doing, how long it has been happening and bring this list to your appointment. No symptom is insignificant. Your doctor may suggest daily weights, frequent blood pressure screenings, limiting your fluids (ice cream, jello, ice cubes, soup are all considered fluids). Avoiding the BIG S Group: salt, smoking, stress, sweets and Scotch (or other alcoholic drinks—wasted calories).

Doctors might also encourage a decrease in: rich sauces, gravy, croissants and wines - to eat healthy farm-to-table, a plate half-full of vegetables, limited meats, few starches and fresh fruit for dessert.

## Medications:

It would be nice if we only took one medication a day. Many of us have upwards of 10 prescribed medications and unfortunately fifty percent of seniors do not take their daily medications correctly! Many times it's because we are choosing between buying food or other necessities and buying medication.

They are all important so talk to your doctor to figure out ways you may be able to save. S/he may have samples in the office, be able to order generics or eliminate a particular medication to see if you do well without it, or connect you with programs that might be able to assist. Do not discontinue any medication on your own or only take it sporadically. Your doctor won't know if it is not working or if you are on the wrong dose.

## We care for the caregivers.

When caregivers make a commitment to care for a loved one, we make a commitment to them.

We stand alongside them with a promise that they'll never be alone on their journey of providing the dignity and comfort of home. With experienced care teams that help solve day-to-day challenges while anticipating what's ahead, we support caregivers and help improve the lives of those in need of care.



Learn more and determine eligibility.

866-797-2333 | [caregiverhomes.com](https://caregiverhomes.com)

Martin J. Walsh  
Mayor



Emily K. Shea  
Commissioner

*Commission on Affairs of the Elderly*  
Presents the Annual

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



Thursday, October 6, 2016

10:00 a.m. - 1:30 p.m

**Joe Moakley Park**

on Old Colony Avenue, South Boston

Near the **Red** T Line at JFK-UMass

Pre-registration Deadline is September 29, 2016

*Please see registration form on back cover.*

*For more information, please call 617-635-4168*

*or email [michael.mccolgan@boston.gov](mailto:michael.mccolgan@boston.gov)*

# Healthy Recipes

*All Healthy Recipes are carefully  
selected by our expert nutritionist  
Tara Hatala, RD*

## Melon Bowls

### Ingredients:

- 1 melon (cantaloupe or honeydew)
- 1 cup low fat yogurt
- 3 cups chopped mixed fruit

### Preparation:

1. Cut melon in half and remove seeds.
2. Scoop out an inch of melon around the center, widening the 'bowl'. Chop and set aside.
3. In a large bowl, mix the chopped melon, yogurt and chopped mixed fruit.
4. Scoop fruit mixture into melon bowls.
5. Chill for one hour.

**Calories per serving:** 180



Source and photo: <http://jsyfruitveggies.org/melon-bowls/>

## Wild Rice Salad

### Ingredients:

- 1 (6-ounce) box long grain and wild rice
- 2 cups chicken or turkey, cooked and cut into small pieces
- 1 green pepper, chopped
- 2 stalks celery, chopped
- 1 carrot, chopped
- 1/4 cup red onion, chopped
- 4 fresh plums, sliced
- 1/2 cup creamy Italian dressing, low-fat or non-fat

### Preparation:

1. Wash and prepare vegetables, plums, and meat.
2. Cook rice mix according to package directions.
3. Place rice in large mixing bowl and let it cool.
4. Add chicken or turkey, green pepper, celery, carrot, red onion, and plums. Combine gently.
5. Stir in salad dressing and refrigerate salad.

**Tip:** Try other salad dressings for different tastes.

**Serves:** 8 **Calories:** 180

Source: <http://extension.umass.edu/nutrition/recipes/wild-rice-summer-salad>

# Monthly Memory Café

Monday, September 12th

Are you an individual with memory loss or their caregiver? Looking for an enjoyable way to spend time together? Then please join us for:



## ***Grove Hall's "Thanks for the Memories" Café***

Enjoy coffee, refreshments, creative arts, and conversation with new friends of all ages. This month's creative exploration will be hosted by ARTZ, an initiative of the *I'm Still Here Foundation* and feature classic film clips mingled with audience discussion and reminiscence.

Co-hosted by the City of Boston's Alzheimer's Initiative and BCYF's Grove Hall Community Center

**Where:** BCYF's Grove Hall Community Center  
51 Geneva Avenue, Dorchester

**When:** Meets the first Monday of every month  
11:30 a.m. – 1:30 p.m.

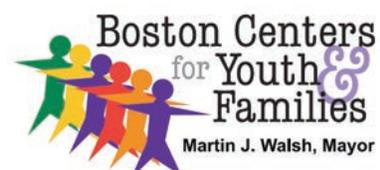
**Cost:** Free

RSVP not required, but please call or email to confirm dates.

Contact [Patricia.Mccormack@boston.gov](mailto:Patricia.Mccormack@boston.gov) or 617-635-3992 for more information.

### *What is a Memory Café???*

A Memory Cafe is a place where individuals with memory loss and their caregivers can get together in a safe, supportive and engaging environment. It is a time and place where people can interact, laugh, find support, share concerns and celebrate with other people experiencing memory challenges and their care partners. Attendees enjoy refreshments, conversation and activities in a relaxed, supportive setting. A caregiver must accompany participants requiring special assistance. A Memory Cafe offers a participatory program or guest facilitator each month.



***Reel in the Closet, A Documentary,*  
connects with LGBTQ people  
through the rare home movies they  
left over the past 80 years.  
From Stu Maddux, Director of the  
Award-winning *Gen Silent*  
Wednesday, October 19th at 7 p.m. at  
the Coolidge Corner Theatre**

The public is invited to an exclusive screening of the film, *Reel in the Closet*, a feature length documentary that connects us with LGBTQ people over the past 80 years through the rare home movies they left. The screening, which includes a Q&A with Director Stu Maddux, takes place on Wednesday, October 19th, at 7 p.m. at the Coolidge Corner Theatre, 290 Harvard Street, Brookline. Tickets are \$10 tickets and are now on sale at [www.coolidge.org](http://www.coolidge.org) or at the Coolidge box office. Proceeds will benefit local LGBTQ organizations.

This special evening also includes a pre-screening reception with Stu Maddux from 5-6 pm at the Brookline Senior Center, 93 Winchester Street. Please RSVP to 617-730-2770 to attend. Space is limited.

Sponsored by: Goddard House Assisted Living, BrooklineCAN, ETHOS, Brookline Council on Aging, Brookline High School Gender Sexuality Alliance, Center Communities of Brookline/Hebrew Senior Life, Good Shepherd Community Care, Keshet, Beth Israel Deaconess Medical Center and the Brookline Commission for Diversity Inclusion & Community Relations

This intergenerational and educational event will inspire and promote dialogue for equality and inclusion. *Reel in the Closet* director Stu Maddux also is the director of the award-winning *Gen Silent*.

Maddux spent three years discovering the most compelling moments from hundreds of home movies, many never viewed, in archives and museums around the world. He then created a feature length film that recounts, in an intimate way, the LGBT experience over the past eight decades.

The documentary continues that chronology into the present day by including rare community productions as well as footage from LGBT news stories, saved by a gay news editor before they were erased. Together, they all make up the “home movie of an entire people”.

Maddux reports that through the film-making process, he discovered that “watching these people documenting their lives made me rethink what it was like to be LGBT before Stonewall. For many people, it was much happier and open than we have been led to believe.”

Depicted throughout the film, are young LGBT adults of today interviewing their elder counterparts to learn about and preserve their legacy. “Younger people have been deeply moved by the film”, reports Maddux. “We are thrilled that the Brookline screening will be an intergenerational event.”

# REEL IN THE CLOSET

# OCT 19

COOLIDGE CORNER THEATRE  
WWW.COOLIDGE.ORG



## Exclusive Public Screening of Reel in the Closet with Director Stu Maddux

### ABOUT THE FILM

From the director of the award-winning Gen Silent, comes Reel in the Closet, a feature-length documentary that lets us connect with LGBTQ people from the past through the rare home movies that they left for us. Q&A follows screening at theater.

### SPECIAL EVENT INCLUDES PRE-SCREENING RECEPTION

5:00 to 6:00 pm with Stu Maddux at **Brookline Senior Center**, 93 Winchester St. To attend the reception, please RSVP to 617-730-2770 as **space is limited**.

Tickets are only \$10 to benefit local LGBTQ programs.

## REEL IN THE CLOSET

Wed., October 19, 2016

7:00 p.m.

**Coolidge Corner Theatre**  
**290 Harvard Street**  
**Brookline MA 02446**

Tickets go on sale on  
August 22nd online or

the **Coolidge Corner  
Theatre Box Office.**

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

**617-734-2501**

Sponsored By



Beth Israel Deaconess  
Medical Center

Brookline High School  
Gender Sexuality Alliance

Center  
Communities  
of Brookline  
Hebrew SeniorLife

# September is National Preparedness Month!

This year we are asking you to take action now – make a plan with your community, your family, and for your pets. Plan how to stay safe and communicate during the disasters that can affect your community.

**DON'T WAIT. COMMUNICATE.  
MAKE YOUR EMERGENCY PLAN TODAY.**



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!



AMERICA'S **PrepareAthon!** Ready

Solution to "Pioneer Days"  
Crossword Puzzle on page 11

E	A	T	E	R		A	B	A			M	A	I	N		
A	C	U	T	E		C	A	M			L	I	N	D	A	
R	E	B	U	T		R	Y	E			I	F	N	O	T	
P	R	A	I	R	I	E			B	U	F	F	A	L	O	
			S	O	N		M	A	L	E						
C	R	T			D	E	V	A			T	R	I	B	A	L
L	A	O	S			R	I	D	E		S	N	O	R	E	
A	D	I	T			T	E	N	C	H			K	N	E	W
R	I	L	E	S			W	E	R	E			Y	E	T	I
K	I	S	M	E	T			S	U	L	K			Y	E	S
						D	A	I	S		I	L	K			
J	O	A	Q	U	I	N				R	O	U	N	D	U	P
O	D	I	U	M			U	F	O			D	E	E	P	S
K	O	L	A	S			R	U	T			G	E	L	T	S
E	R	S	T				E	R	E			E	L	I	O	T

## Help Us Learn More About Sleep!

If you are:

- 55-70 years old
- Non smoker
- Healthy and taking no medication

You may be eligible for a 37-day sleep research study at Brigham & Women's Hospital. There will be a 4-6 week screening period. Must be willing to spend 37 consecutive days and nights in our facility.

Receive up to \$10,125



Call 617-525-8719 or email [sleepstudy@partners.org](mailto:sleepstudy@partners.org)

# Stuttering hurts ...we can help!

StutteringHelp.org  
800-992-9392

THE STUTTERING FOUNDATION®

"We know there is a need for seniors to not only volunteer, but to work here in the city of Boston. This is a great opportunity to bring your expertise and experience into helping shape the city's first master plan in 50 years."

- Andrea Burns, Director, Age-Friendly **Boston**

## Join our Engagement Team!



Imagine Boston 2030 is hiring! We've engaged more than 10,000 Bostonians over the last year but we're not done yet. We're launching a street team this fall and we need your help to make it happen!

The Imagine Boston Engagement Team will be visiting events in every single neighborhood of Boston to set up a mobile engagement station with fun and interactive activities. But these activities are more than just fun--they're important for the future of our city. You will be helping people learn about the crucial issues that the citywide plan will address, such as housing affordability, and give their own input on the best ways to address these issues.

Ideal Engagement Team members are:

- Outgoing and energetic, and enjoy interacting with diverse residents
- Excited about the future of the City of Boston
- Available for 5-6 weeks between mid September to early November 2016
- Available a minimum of two days a week (can include weekends) between 11 am and 8 pm

The most important qualification for street team members is being outgoing, personable, and enthusiastic. **Experience in urban planning is not necessary.** Training will be provided, as well as an orientation to get you up to speed on all things Imagine Boston 2030. This is a **paid** contract position and can be full or part-time, depending on your schedule. Bilingual candidates (Spanish, Haitian Creole, Cape Verdean Creole, Chinese or Vietnamese) are strongly encouraged to apply.

Interested? Please email your resume to [natalia.urtubey@Boston.gov](mailto:natalia.urtubey@Boston.gov) with the subject line "Engagement Team."

# Seniors Count

**BNN-TV Channel 9**

Boston Seniors Count Cable Television Show

Thursdays at 3:30 p.m.

Repeated Sundays at 11:30 a.m.



For more information call 617-635-4366



Seniors Count is  
**ON AIR**

LISTEN IN

Streaming on [zumix.org](http://zumix.org) Wednesdays at  
2 PM and Mondays at 9 AM

WJIB 740 AM on Sundays on 7:30 AM



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!*

CALL US  
617-635-1922  
EMAIL US  
[CITYHALLGREETER@BOSTON.GOV](mailto:CITYHALLGREETER@BOSTON.GOV)

Things to  
do this Fall

## Beantown Jazz Festival

Saturday, September 24,  
12 to 6 PM

For more information:  
[www.berklee.edu](http://www.berklee.edu)

## 30th Annual South End Open Studios

Saturday and Sunday,  
September 24 & 25,

11 AM to 6 PM rain or shine

For more information:  
[www.useaboston.com](http://www.useaboston.com)

## 52nd Head of the Charles Regatta

Saturday and Sunday,  
October 22 and 23

For more information:  
[www.hocr.com](http://www.hocr.com)

## Foliage Tours

For more information: [www.  
boston-discovery-guide.com](http://www.boston-discovery-guide.com)

Check out:

[www.boston.gov/departments/  
tourism-sports-and-entertainment/  
things-do-around-boston](http://www.boston.gov/departments/tourism-sports-and-entertainment/things-do-around-boston)

for more events



## Free Wellness Sessions for seniors 65+



### Kindness is Powerful

Friday, October 21, 2016

10:00 AM to 11:30 AM

Iora Primary Care - Hyde Park

912 River Street, Suite 201

Hyde Park, MA, 02136

This dynamic and interactive learning session ends with a gentle relaxation massage that includes back, head, back shoulders and hands.



We demonstrate how to be kind to yourself before sharing kindness with others. Kindness is a powerful virtue which can help improve relationships. Through simple acts of kindness, participants learn to enhance feelings of joyfulness, happiness, optimism and self-worth.



**Space is limited.** For more information, please contact:

Kaitlin Lycke 617-649-2255

[kaitlin.lycke@ioraprimarycare.com](mailto:kaitlin.lycke@ioraprimarycare.com)



### Sponsored by:



# Your Pharmacist and You: Reducing Your Fall Risk by Understanding Your Medications

By: Mary Sullivan RPh, Pharm D  
*Member of the Massachusetts Commission  
on Falls Prevention*

Day to day medication management can be an overwhelming task – sometimes feeling like it is a new full time job. The more medications that are identified on your list, the more difficult it is to take them all correctly. As a pharmacist, I see firsthand how challenging managing and taking your medications regularly can be. As part of our counseling role, pharmacists are happy to assist you by reviewing all of your medications with you to help you understand what you need to know about them. Organizations such as the Institute for Safe Medication Practices and the National Council on Patient Information and Education have provided tips on what to discuss with your pharmacist at a review – we call these “brown bag” medication reviews. This is because all your medications should be brought to the review in a brown bag-including all prescription medications, as well as any over the counter medications such as creams, ointments, eye drops, vitamins or natural supplements. By scheduling a specific time to meet with your pharmacist, you will have the

opportunity to ask questions, take notes and gain a better understanding of the medications you are taking. The Massachusetts Commission on Falls Prevention is dedicated to recommending how older adults can reduce their risks for falls and fall-related injuries. One way that is often recommended is to learn more about the medications you are taking and to find out about any possible side effects that could increase your risk for falling. Remember to be cautious when trying a new medication for the first time until you are comfortable in how it reacts for you. Some medications may cause drowsiness or changes in balance. Others may alter your vision so objects do not appear how they really are. Consider taking advantage of brown bag reviews by meeting with your local pharmacist some time soon.

## **Here are some specific questions you may want to ask:**

1. What is the generic and brand name of the medication? Knowing both names will help eliminate taking a duplicate of the same medication in a different form.
2. What am I taking the medication for?
3. When during the day do I take the medication? If once a day is that in the morning or at night? If more often, do I need to wake up to take a dose? What if

I miss a dose? Do I take the medication all the time or just as I need it? Do I take with food or with any special instructions? How long should I expect to be on the medication? How long before I feel the effects of the medication? Do I limit my activities, such as smoking, or alcohol intake with this medication?

4. Will there be any side effects from the medication that could make me drowsy or dizzy or interfere with my balance? When should I report reactions to my physician? Are there any medications that should not be combined with those I am on?

5. How should I store my medications?

6. How do I dispose of unwanted and expired medications? Watch for special take back dates in your community.

7. Are there any programs to help with the affordability of the medications?

Remember to bring a notebook to jot down notes during your review. Bringing along a friend or family member would also be helpful. At the end of your review, your pharmacist will provide you with a list of your current medications. Always carry this medication list with you, be sure to update this list if there are any changes and share it with all the members of your health care team.

**MOUNT PLEASANT HOME**

**WORRIED ABOUT A SENIOR LIVING ALONE?**

Gorgeous, compassionate,  
**HAPPY** home for seniors  
who need a little help

*All-inclusive & affordable!*



617.522.7600 301 South Huntington Ave, Jamaica Plain, MA  
www.MountPleasantHome.org

**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 contact:

Lorna Heron at 617-635-4335 or email  
lorna.heron@boston.gov

**Boston Fire Department**

**Free Elderly Fire Safety Program**

Photo Electric Smoke Alarm and Carbon Monoxide Detector available for owner occupied single family homes/condos

**Restrictions Apply**

Please call the Fire Safety Program at 617-343-2022 or contact Ernie Deeb at 617-635-4366.

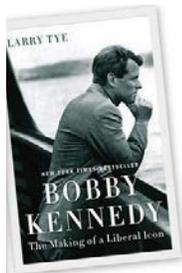
You can also view our website online at [www.cityofboston.gov/fire](http://www.cityofboston.gov/fire) or visit the Boston Fire Department on Facebook.



## **BOSTON PUBLIC LIBRARY** **SEPTEMBER LITERARY** **EVENTS AND PROGRAMS**

Boston Public Library offers an abundance of author talks and programs across the city's locations in September, including classes designed to build career skills through the Central Library's newly renovated Kirstein Business Library and Innovation Center. Visit [www.bpl.org/calendar](http://www.bpl.org/calendar) for a complete list.

- The Friends of the Connolly Branch Library hold their annual book sale on Saturday, September 17, from 10 a.m. – 4 p.m. at 433 Centre Street in Jamaica Plain.
- Stacy Schiff, author of *The Witches: Salem, 1692* examines the legal and social ramifications of the Salem Witch Trials, the truth about witchcraft, the adolescent mind, and how the events of 1692 shaped America's future. Tuesday, September 20, at 6 p.m. in Rabb Hall at the Central Library, located at 700 Boylston Street.
- In *Bobby Kennedy: The Making of a Liberal Icon*, Larry Tye draws upon unpublished memoirs, unreleased government files, and 58 boxes of Bobby's papers that had been under lock and key for the past forty years to peel away layers of myth and misconception to paint a complete portrait of him on Thursday, September 22, at 6 p.m. in Rabb Hall at the Central Library, located at 700 Boylston Street.
- Ted Reinstein, a native New Englander



and local writer, shares stories from the history of New England and brings to life many of the fights, spats, and arguments that have, in many ways, shaped the region in *Wicked Pissed: New England's Most Famous Feuds*. Tuesday, September 27, at 6 p.m. in the Abbey Room at the Central Library, located at 700 Boylston Street.

- Stephen T. Moskey explores the intersection of wealth, celebrity, politics, gender, and race in *Larz and Isabel Anderson: Wealth and Celebrity in the Gilded Age* on Wednesday, September 28, at 6 p.m. in the Commonwealth Salon at the Central Library, located at 700 Boylston Street.

Kirstein Business Library & Innovation Center (KBLIC) September classes:

- **Web Development Academy Orientation:** Ryan Mitchell, author of *Web Scraping with Python: Collecting Data from the Modern Web* and *Instant Web Scraping with Java* teaches basic web design from September 12 – November 7 in The Exchange at the Kirstein Business Library & Innovation Center. Classes will meet on Mondays and Wednesdays from 6-8 p.m. (excluding Columbus Day). An orientation session will be held on Wednesday, September 7, at 6 p.m. in the Commonwealth Salon at the Central Library, located at 700 Boylston Street. Attendance at the orientation is required to register for the course.
- **Basics of 3D Printing:** Students receive an overview of software and equipment available for 3D printing at KBLIC on Thursday, September 29, at 1 or 6 p.m., in

The Exchange, located on the Lower Level of the Central Library's Johnson building at 700 Boylston Street.

- **SCORE Small Business Mentoring:** Receive free one-hour business mentoring sessions for small business owners or people considering starting a small business on Saturday, September 24, at 1, 2, or 3 p.m. in The Exchange, located on the Lower Level of the Central Library's Johnson building at 700 Boylston Street. Preregistration is required; please call 617.565.5591 or visit <https://scoreboston.org/KL>.
- **Navigating Photoshop:** Learn basic techniques to navigate Photoshop, manipulate images, get an introduction to layers, and discover resources for further learning on Thursday, September 15, at 1 or 6 p.m. in The Exchange, located on the Lower Level of the Central Library's Johnson building at 700 Boylston Street.
- **Gary Gekow: The Importance of LinkedIn:** Gekow reviews best practices as they relate to online profile creation and managing one's account. He also discusses the many additional usages of LinkedIn including the importance of joining groups and getting others to offer testimonials. Tuesday, September 20, at 6 p.m. in The Exchange, located on the Lower Level of the Central Library's Johnson building at 700 Boylston Street.
- **Create with Photoshop:** Receive an overview of specialized tools and brushes for creating and editing images on Thursday, September 22, at 1 or 6 p.m. in

The Exchange, located on the Lower Level of the Central Library's Johnson building at 700 Boylston Street.

- **Budgeting Basics with Google Sheets:** Learn how to create an inventory of your monthly expenses using Google Sheets. This workshop will help you keep your budget on track so you can save for future goals on Friday, September 23, at 2:30 p.m. in the Community Learning Center Classroom in the Johnson building on the Mezzanine Level at the Central Library, located at 700 Boylston Street.
- **Gary Gekow: Tell Me about Yourself:** In this interactive workshop, learn newfound confidence in how to talk about yourself in interviews, including where to begin and when to end to make a compelling story on Tuesday, September 27, at 6 p.m. in The Exchange, located on the Lower Level of the Central Library's Johnson building at 700 Boylston Street.

#### About BOSTON PUBLIC LIBRARY

Boston Public Library has a Central Library, twenty-four branches, map center, business library, and a website filled with digital content and services. Established in 1848, the Boston Public Library has pioneered public library service in America. It was the first large free municipal library in the United States, the first public library to lend books, the first to have a branch library, and the first to have a children's room. Each year, the Boston Public Library hosts thousands of programs and serves millions of people. All of its programs and exhibitions are free and open to the public. At the Boston Public Library, books are just the beginning. To learn more, visit [bpl.org](http://bpl.org).

# Do Not Ignore Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2017. During Medicare Open Enrollment (October 15 - December 7), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

## Do Not Wait Until It's Too Late!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. To schedule a SHINE appointment, call the Boston SHINE Program at 617-522-9270. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.



## CUSTOM DENTURE

**EAT .. SMILE .. TALK with ease !!**

**Only \$1099!** (reg. \$1313)

**Affordable! MassHealth accepted**

**Call NOW 617.738.1232**

[www.BrooklineDentureCenter.com](http://www.BrooklineDentureCenter.com)

# Falls Prevention Awareness Day

Ready, Steady, Balance: Prevent Falls in 2016



The 9th annual Falls Prevention Awareness Day (FPAD) will be observed on Sept. 22, 2016—the first day of fall. The event raises awareness about how to prevent fall-related injuries among older adults. The theme of this year's event is Ready, Steady, Balance: Prevent Falls in 2016.



## Falls Free®

*National Council on Aging*

For more information go to:  
[www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/](http://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/)

**Thank you for donating to the  
Charlestown Pride Luncheon**

**Knights of Columbus - Bunker Hill #62,  
Century 21 - Joe McGonagle, Grasshopper Cafe,  
Warren Tavern, Navy Yard Bistro, Decca,  
Zume's Coffee House, New Speedy Chen's,  
Family Kitchen, Domino's Pizza, Paolo's Trattoria,  
777 Convenience Store, Charlestown Ace Hardware,  
Unleashed by Petco**

# Women and Stroke



One in five women in the United States will have a stroke in her lifetime. Nearly 60% of stroke deaths are in women, and stroke kills twice as many women as breast cancer. Surprised? You're not alone. Stroke is the third leading cause of death for women, yet most women do not know their risk of having a stroke.

These facts are alarming, but there is some good news: Up to 80% of strokes can be prevented. This means it is important to know your risk of having a stroke and to take action to reduce that risk.

## What Is a Stroke?

A stroke, sometimes called a brain attack, occurs when blood flow to an area of the brain is cut off. When brain cells are starved of oxygen, they die. Stroke is a medical emergency. It's important to get treatment as soon as possible. A delay in treatment increases the risk of permanent brain damage or death.

## What Puts Women at Risk of Stroke?

- **High blood pressure** is a main risk factor for stroke, yet nearly one in three women with high blood pressure does not know she has it.
- Stroke risk increases with **age**, and women live longer than men. This is why 6 in 10 people who die from stroke are women. Also, the percentage of strokes in women aged 45 or younger is increasing. Younger women may have different symptoms of stroke, such as dizziness or headache, than women age 46 and older do.
- Women have some unique risk factors for stroke. Having high blood pressure during **pregnancy** raises a woman's risk for stroke.
- Certain types of **birth control** medicines may raise stroke risk in women with high blood pressure, especially if they smoke.
- Women are twice as likely as men to experience depression and anxiety, and women often report higher stress levels than men do. These **mental health issues** all raise a person's risk for stroke.

Not all women are equally affected by stroke. African-American women are nearly twice as likely to have a stroke as white women, mainly because of having high blood pressure, being overweight, and having diabetes.

## Blanche Teal-Cruise



A smoker for 40 years, Blanche knew her habit was unhealthy. But she had no idea how it would eventually affect her health.

When Blanche almost fell down one morning after getting out of bed, she blamed her dizziness on vertigo, a condition that makes you feel dizzy or lightheaded. But when she tried to turn on the light, her arm felt like dead weight. So she rested a short while until she felt better. Then she took a shower and drove to work. She had no idea she had suffered a mild stroke.

When she arrived at work, a coworker noticed that Blanche was not walking straight. When Blanche spoke, she felt as if she had to push the words out of her mouth.

Blanche was lucky: When she got to the hospital, she was diagnosed with a transient ischemic attack, often called a "mini-stroke." Unlike major strokes, mini-strokes don't cause permanent injury to the brain. But mini-strokes can lead to a major stroke.

Blanche's mini-stroke was a wake-up call. Two weeks after her mini-stroke, Blanche quit smoking for good. Like many African-American women, Blanche also had high blood pressure. She now takes medicine to control her blood pressure and walks her dog every day to stay active. She sees her doctor regularly and works to keep her weight down.

Blanche always talks to her friends and family about how to reduce their chances of having a stroke and how to recognize if someone is having a stroke. She has learned so much about how to prevent stroke, and she likes to spread the word to others about the importance of going to the doctor and quitting smoking.

## How Can I Prevent Stroke?

Most strokes can be prevented by keeping medical conditions under control and making lifestyle changes. A good place to start is to know your **ABCS of heart health**:

- A Aspirin:** Aspirin may help reduce your risk for stroke. But you should check with your doctor before taking aspirin because it can make some types of stroke worse. Before taking aspirin, talk with your doctor about whether aspirin is right for you.
- B Blood Pressure:** Control your blood pressure.
- C Cholesterol:** Manage your cholesterol.
- S Smoking:** Quit smoking or don't start.

Make lifestyle changes:

- **Eat healthy and stay active.** Choose healthy foods most of the time, including foods with less salt, or sodium, to lower your blood pressure, and get regular exercise. Being overweight or obese raises your risk of stroke.
- **Talk to your doctor about your chances of having a stroke,** including your age and whether anyone in your family has had a stroke.
- **Get other health conditions under control,** such as diabetes or heart disease.

## What Is CDC Doing About Stroke?

CDC and its partners are leading national initiatives and programs to reduce the death and disability caused by stroke and to help women live longer, healthier lives.

- CDC's [Division for Heart Disease and Stroke Prevention](#) (DHDSP) provides resources to all 50 states to address heart disease and stroke.
- DHDSP supports the [WISEWOMAN](#) program that provides low-income, under-insured or uninsured women with chronic disease risk factor screening, lifestyle programs, and referral services in an effort to prevent heart disease and strokes.
- The [Paul Coverdell National Acute Stroke Program](#) funds states to measure, track, and improve the quality of care for stroke patients. The program works to reduce death and disabilities from stroke.
- The [Million Hearts](#)<sup>®</sup> initiative, which is co-led by CDC and the Centers for Medicare & Medicaid Services, works with other federal agencies and private sector partners to raise awareness about stroke prevention. Million Hearts<sup>®</sup> aims to prevent 1 million heart attacks and strokes by 2017.

## If Stroke Happens, Act F.A.S.T.

Knowing your risk factors is only half the battle. Strokes come on suddenly and should be treated as medical emergencies. If you think you or someone else may be having a stroke, act F.A.S.T.:



### F—Face:

Ask the person to smile. Does one side of the face droop?



### A—Arms:

Ask the person to raise both arms. Does one arm drift downward?



### S—Speech:

Ask the person to repeat a simple phrase. Is the speech slurred or strange?



### T—Time:

If you see any of these signs, call 9-1-1 right away.

Calling an ambulance is critical because emergency medical technicians, or EMTs, can take you to a hospital that can treat stroke patients, and in some cases they can begin life-saving treatment on the way to the emergency room. Some treatments for stroke work only if given within the first 3 hours after symptoms start.

Learn more by visiting [www.cdc.gov/stroke](http://www.cdc.gov/stroke)

# Savin Hill Apartments

Photos by: Jeremiah Robinson



# Senior Garden Contest Winners

Photo by: Isabel Leon

## First Place:

Diane Spears,  
Jamaica Plain  
(on the left of photo)

## Second Place:

Kathryn Willmore,  
South End  
(not pictured)

## Third Place:

Daphne Georges,  
Jamaica Plain  
(in the middle of photo)



# Amy Lowell Apartments

Photo by: Isabel Leon



Registration Form

# Mayor Walsh's Fitness Walk

## at Joe Moakley Park, South Boston

Thursday, October 6, 2016, 10:00 a.m. – 1:30 p.m.

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"/> Harriet Tubman Hse, 566 Columbus Ave	<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"/> St Brendan Church, 589 Gallivan Blvd <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 completed form by **Thursday, September 29, 2016** 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 \_\_\_\_\_